

LESSON PLANS

The following are suggestions for a broad spectrum of lesson plans which will enhance the teaching in the textbook allowing the student to be challenged as they are brought to a knowledge of their Catholic faith and its application to their lives. Instilling in our students a love for Scripture, a love for the Holy Eucharist and a love for Catholic doctrine is a great responsibility because they each possess an immortal soul redeemed by the Son of God and destined to be in heaven for all eternity.

AIM OF CATECHESIS

In his encyclical *Catechesi Tradendae*, Pope John Paul stated, “At the heart of catechesis is in essence a person... **the person of Jesus Christ** and it is the definitive aim of catechesis is to put us in touch with, in intimacy with Jesus Christ for it is he who can lead us to the Father and make us share in the life of the Trinity.”

The beautiful pictures and words of the *Faith and Life* Series text bring the student closer to the person of Jesus Christ.

The series is built on the same four pillars that the *Catechism of the Catholic Church* is built: Creed, Sacraments, Commandments and Prayer.

PREPARATION

- In preparation for teaching the lesson it is important to pray to the Holy Spirit.
 - You are his instrument and it is through you he will spread his message. God is with you always. It is spoken that God has chosen you to be a catechist and you have responded.
 - It will be your message and your Christ likeness that will bring your students closer to Christ.
 - Follow a routine on the first day and continue the procedure throughout the year.
 - Begin and end your class with prayer. Include Scripture and a prayer, which has been previously memorized.
 - Establish the rules for disciple and follow them throughout the year.
 - ◆ Momentarily commencing with your presentation, looking at those talking and then proceeding is more effective discipline than scolding.
 - ◆ Boredom is usually not found in a classroom where the students are challenged in learning the basics of their Catholic Faith.
 - ◆ When necessary seat students in straight rows away from friends. This is the most important class they will take.
 - ◆ Give responsibilities to the student who wants to talk with others or “act out” in front of the class.
 - ◆ Learn student’s name as soon as possible. You might use nametags for a few classes with a memorized scripture quote for the day at the bottom on the nametag.
- With an attractive format, use poster boards to:
- ◆ List names of students and prayers they have memorized
 - ◆ Display Scripture quotations and prayers that have been memorized.
 - ◆ Make a monthly calendar using your parish church calendar to mark:

- ◆ Holy Days of Obligation
- ◆ Solemn Feast Days of the Church, Saints Days

- ◆ Please don't waste this precious hour with a lot of arts and crafts. Most children are not getting the teachings about Jesus and his church at home so we must fill every minute with God and the things of God.

LESSON PLANS

A. Use your Bible. Pray to the Holy Spirit as you prepare your lesson.

- Remember the words of Pope John Paul from his encyclical *Catechesis Tradendae*, that in the classroom, "You are Christ's instruments... It is Christ who is taught and it is Christ alone who teaches."
- Set a routine for personal preparation time planning for more than necessary.
- Keep your Bible prominent during all your teaching time. Children are influenced greatly by the way you reverence and love your Bible.
- Have the students look up the Scripture verses they are memorizing.
- Prominently display the Bible and Religious pictures in your classroom.
- Mention to your children periodically how wonderful it would be for them to ask for a Bible for Christmas or their birthday so they could read from it a few verses each day.

B. LESSON PLAN OUTLINE

1. LESSON THEME

Set the Doctrine of Faith before their eyes.

Examples of Lesson Themes taught throughout the Faith and Life Series

- Blessed Trinity
- Baptism
- Sanctifying Grace
- Sacrament of Reconciliation
- Definition of different kinds of Sin
- Sacrament of the Holy Eucharist
- Holy Mass
- Scripture: Old Testament and New Testament
- Commandments of God
- Creed
- Life of Christ
- Gifts of the Holy Spirit
- Fruits of the Holy Spirit
- Mercy of God
- Reverence for God's Holy Name
- Virtues

- Sacraments and their transforming effects
- Importance of Sunday being the Lord's Day
- Sacredness of Life
- Purity and Truth
- Character of the Ordained Minister
- Mary Our Mother
- Purpose of Life
- Last Things: Judgment, Purgatory, Hell, Heaven.

II. LESSON PRESENTATION

A. Development

1. Text

Study the lesson so you are able to teach in your own inspirational words:

2. Scripture for the lesson

Chose at least one Scripture each class period to be memorized. Examples from Grade 3

“I will never forget you. See, I have cared you on the palm of My hand.”(Is.49: 15-16)

“Blessed are the pure of heart for they shall see God.”(Matt.5:8)

“If you love me, keep my Commandments.”(John 14:15)

“I am the Bread of Life. He who comes to Me shall not hunger, and he who believes in Me shall never thirst.”(John 6:35).

3. Words to Know

Have students memorize at least three definitions. Faith and Life students like the challenge of learning vocabulary words. By the end of seventh grade they have a religious vocabulary, which will enable them to intelligently explain their faith to others:

Incarnation:	Indwelling
Blasphemy	Hypostatic Union
Covenant	Mediator
Goliath	Monstrance
Infallibility	Jordan River
Apostolic Succession	Mortal Sin
Judea	Venial sin
Indulgence	Occasions of Sin
Mystical Body of Christ	Mystery of Faith
Mystery	Original Sin
Passover	Paschal Mystery
Prophecy	Paraclete
Purgatory	Patriarch
Redeemer	Pilgrim Church
Sacrifice	Prophecies
Temptation	Psalms
Ark of the Covenant	Repent

Beatitudes	Reconciliation
Benediction	Sanctifying Grace
Chrism	Tradition
Communion of Saints	Transubstantiation
Exodus	Victim

4. Pictures

Teach the beautiful masterpiece pictures. Have the children reflect on what they see in their texts. As they look at the picture in silence you can inspire them to speak what is in their heart. For example you can say, "God is just as beautiful and wonderful as He can be...I wonder what God is like. Use the pictures to inspire, motivate as well as inform. Children learn more through the eyes than in any other way. God speaks to us in beautiful pictures.

In the fourth grade book the picture of the Magi in front of the baby Jesus as he is held in his mother's arms is on Page 64. Some of the questions to cause the students to reflect on the actual scene-taking place would be: Do you see the love and adoration in the eyes of the king as he holds his gift in front on the Christ Child? Look at Our Lady as her eyes rest on Jesus. The light is focused on the just the two of them just as our life is to be focused on Jesus and his mother to presents him to us. Notice St. Joseph, the protector of the Holy Family looking at Mary. Look into the eyes of the other wise men. They look at the baby through the eyes of faith and see the King for whom they have been searching. When we receive Holy Communion we look at the round white host and through the eyes of faith, adore Jesus who is present.

5. Question & Answers:

Chose at least three questions and answers that the students will memorize. You may shorten any questions that may be too long.

The lessons in the Faith and Life series contain questions and answers. Our Holy Father in his encyclical Catechesis Tradendae stated that there should be questions and answers in each catechetical series.

6. Memorization of Prayers

Using the prayers in the back of the textbook, teach the students the meaning of the words and in phrases as they memorize prayers that will last forever. Please be sure that they know the Act of Contrition, The Act of Love and the Prayers After Communion listed on a separate sheet.

Importance of Memorization

Bishop John Meyers in his pastoral on Religious Education entitled "To Reach Full Knowledge of the Truth" stated that memorization allows the child to have a permanent space in mind and heart set aside for and dedicated to the things of God and of the

Church. They are permanently there wherever the child goes. He or she can come back to them again and again looking at them and pondering them in different life settings to give comfort, in times of trouble or a call to conversion.”

7. Memorization in the Faith and Life textbook.

At each class try to have your students memorize three question and answers, a scripture quotation, three vocabulary words and to tell you something that touched them about the teachings this week. A truth treasured in the heart is of the most value.

III. LESSON REINFORCEMENT

A. Teachers Resource Book – A 3-ring binder with seven sections:

1. Classroom Activities: Excellent ways to reinforce the teachings of the lesson. Examples of Activities from Grade 2:

Waiting for the Savior Time Line
The Ten Commandments Puzzle
Examination of Conscience
Ways A Family Can Be a Holy Family
The Baptism of Jesus
Memorization of Traditional Prayers
Diorama of the Mass
Descriptions of Items Used at Mass
The Sacraments
Invocation of the Holy Spirit

2. Other outstanding sections of the Teachers Resource Book include

- Expanded Scope and Sequence
- Correspondence to the *Catechism of the Catholic Church*
- Unit Assessments

B. Activity Books

C. Teach Apologetics- Explanation of the Faith

- They have been given the responsibility to “go and teach all nations what I have commanded you.”
- Challenge them to “Proud to Be Catholic” Presentations in Apologetics.
- ◆ Stress a slogan such as “Happy to be Catholic” inspiring them to want to learn as much as they can about their Catholic faith so they can pass on to others.
- ◆ Provide examples of answers they can give to people who question the teachings of the Catholic Church.
 - ◆ Why do you worship Mary?
 - ◆ “I don’t need to tell my sins to anyone.”
 - ◆ I was told you worship statues.

- ◆ The word Purgatory is not in the Bible.

Catholicism and Fundamentalism by Karl Keating

- ◆ Teach the message that Our Lady asked the children at Fatima to say the rosary every day.
- ◆ Pray for vocations and teach them the beauty of the life of a priest or religious.

D. Provide them with inspirational saint stories. Tell them about the story so they can look forward to the following week:

Next week we are going to find out about St. Catherine Laboure's surprise one night when she saw an angel at her bedside telling her something she could hardly believe.

E. Mention what they can tell their parents they learned today.

Example: *"Mom, I learned that the four moral cardinal virtues are prudence, justice, temperance, and fortitude.*

F. Have a regular plan for review games:

- ◆ Bible Password, Catholic Doctrine Cards, TicTacToe, Credo, Bible Baseball, Divine Pursuit are examples of review games in Teachers Manual.
- ◆ Divide the students in teams keeping a record of the winning team each week.
- ◆ Students will be motivated to listen to the teaching if they know there will be a review game that they can compete in during the class period.
- ◆ Periodically reward students who try and those who excel with holy cards, small medals, crucifixes, etc.

Catholic Quiz Programs

Catholic Doctrine Cards

Flash cards for Bible Password Games,

Vocabulary password Games

Attractive Poster Cards with Memorized Scripture Verses

RELIGIOUS JEOPARDY

Category One Sacred Scripture	100 Points	200 Points	300 Points
Category Two Catholic Teachings	100 Points	200 Points	300 Points
Category Three Prayers	100 Points	200 Points	300 Points

Category 1 Preschool

Shakers can be made using empty soda cans, by placing marbles, or other objects inside so that when shaken, they will make different sounds. Tape over the opening so that the contents will not fall out. The teams will use the shakers to signal that they know the answer to the question.

Before starting review the lesson and prepare enough questions of varied difficulty to be asked when each square is called. Make sure you have a good list of the questions so you will know which one to ask when a particular square is called. On the blackboard draw the game board.

The team shaking their shaker first has first try to answer the question. If correct, they get the number of points associated with that square, then pick the next square. But if they are wrong, that number of points is deducted from their total, and the other team can try to answer. If the second team gets the correct answer, they get the points and pick the next square, but if wrong no points are deducted.

Credo Game for Grade 7

C	R	E	D	O
Incarnation	Blasphemy	Covenant	Goliath	Infallibility
Judea	Prophecy	Purgatory	Sacrifice	Temptation
Communion of Saints	Mediator	Name of Jesus Free Space	Original Sin	Paschal Mystery
Sanctifying Grace	Victim	Jordan River	Monstrance	Tradition
Redeemer	Beatitudes	Chrism	Exodus	Occasions of Sin

G. Provide Religious Rewards

- Holy Cards
- Small Rosaries
- Small Blessed Medals with yarn for a chain.
- Blessed St. Benedict Medals
- Blessed Miraculous Medals

H. Utilize a few minutes periodically to ask short review questions during class time, or while they are entering or leaving class.

Susan, what did Jesus say to his apostles when he found them sleeping in the garden of Gethsemane? Jimmy could you tell me the three theological virtues? Larry, will you begin saying the first sentence of the Act of Contrition so each one in your row can follow you with another sentence?

I. Creatively use visual aids.

- ◆ With the rest of the room dark, use a spotlight on a religious picture such as the Sacred Heart, Divine Mercy, or Blessed Mother during prayer time.
- ◆ Provide times when students can pray silently. Background Gregorian music adds to the atmosphere. Provide a spotlight and pictures
- ◆ Use the chalkboard for outlining and reinforcing the lesson. Involve the students in using the chalkboard.
- ◆ Utilize flannel board cutouts to teach the life of Christ.

J. Inspire the students with a knowledge and love of Catholic Traditions:

- ◆ Popular Devotions
 - ◆ Visits to the Blessed Sacrament
 - ◆ Benediction
 - ◆ Processions
 - ◆ Stations of the Cross
 - ◆ Rosary
 - ◆ Medals

K. Sacramentals

- ◆ Blessings of persons, meals, objects, and places

L. Give them a love for:

- ◆ Our Lord Jesus Christ
- ◆ His words in Scripture
- ◆ Mass and the Sacrament of the Holy Eucharist
- ◆ Church Teachings

- ◆ Our Blessed Mother
- ◆ The sacredness of life
- ◆ Heaven

M. Give them a love for the Holy Rosary

- ◆ Provide inexpensive rosaries for each student.
- ◆ Recite with the students a Scriptural Decade of the Rosary in which a quote from scripture is read before saying the Hail Mary.
 - ◆ For example: In the first Sorrowful Mystery: Agony in the Garden
 “And his sweat fell like drops of blood” Hail Mary
 “Could you not wait one hour with me” Hail Mary
- ◆ Teach the message of the church and of the Saints on the Rosary.

N. Inspire the students with a knowledge and love of Catholic Traditions:

- ◆ Visits to the Blessed Sacrament
- ◆ Sacramentals: “Sacred Signs, which bear a resemblance to the sacraments.” CCC # 1667
- ◆ Holy Water
- ◆ Crucifixes

O. Provide students with a knowledge and love of all the things in church.

- Have the students get in the habit of praying as they are coming to church. Teach them to recite an Act of Love, or a decade of the rosary on the way over to the church to prepare their hearts for Christ who is present there.
- Have them make the sign of the cross and genuflect before the tabernacle.
- Show them the altar, the sacred vessels, cruets, vestments.
- Have them look at the Crucifix and the five holy wounds with love.
- Explain and pray at each of the Stations of the Cross.
- Have the students look at the beautiful statues and pictures in the church.
- Explain the holy water font and the special blessing of holy water in the home.
- Tell them why we are silent in church: Blessed Sacrament is present in every Catholic Church.

- Show them the Baptismal font where the person has original sin wiped away from their soul and where they receive sanctifying grace in their soul and become a child of God.
- Explain when it is important to call the priest so a person can receive the Sacrament of the Sick.
- Teach them the importance of having Masses said for loved ones, those who need prayers and for the Souls in Purgatory.

P. Provide a Prayer book for each student to have by their bed to include: Morning Offering, Act of Contrition, Act of Love, Angel Prayer of Fatima, Prayers Before and After Communion, Evening Prayers, Scriptural Quotations that they can use at home.

Q. Provide pages listing the Scriptural Decades for the Mysteries of the Rosary and encourage students to say the decade with their family.

IV. INSTILL WITHIN YOUR STUDENTS ANTICIPATION for HOLY MASS and RECEIVING HOLY COMMUNION.

The Faith and Life series teaches the beauty of the Mass through every grade level of the series. Please build up within the students an excitement about going to Mass. “Just think in only four days, you will get to be present at the Holy Sacrifice of the Mass and receive Jesus in Holy Communion.” This may be the last time they are taught in depth about the Mass therefore what they learn from the Faith and Life series could keep them going to Mass for the rest of their lives.

If we appreciated the immense treasure we possess in the Holy Mass how happy we should be. How we’d love every opportunity to go to Mass. When coming to the church say silently “I am going to receive God. He is the answer to my every problem.”

At the beginning of the Mass we make **the sign of the Cross, the sign of the Blessed Trinity and the sign of our salvation.**

We ask God for his mercy. God is merciful to those who ask for mercy because of His only begotten Son who has paid so great a price to obtain mercy for us. The mercy and forgiveness of God is infinite.

We are full of **sorrow for our sins:** We confess the sins we have committed through our own fault in our thoughts words and deeds and those things that we neglected to do them to Almighty God and our brothers and sisters and thoughts and in my words and ask Blessed Mary every virgin, all the angels, the saints, our brothers and sisters, to pray for us to the Lord our God

The **Gloria** is a prayer of joy in God. It is an expression of gratitude and joy for our Redemption, which is renewed at every Mass.

The first part of the prayer is the words the angels sang above the manger of the infant God. We adore Him and praise Him. We bless him and thank him for his glory.

We then turn to the Eternal Son enthroned at the right hand of the Father and call upon his mercy. We ask him who was sacrificed for the sins of the world to take away our sins and receive our prayer.

We praise him as the highest King and Lord who lives and reigns from all eternity and who will prepare a throne for us near his own. It is He who is one with the Holy Spirit in unending glory. It is He who will come to us Holy Communion within a few minutes.

As we say the **Creed** our hearts should be filled with joy for these are the same truths of the faith that the apostles taught and what they and the martyrs gave their lives for.

During the Preparation of the Gifts, we offer ourselves to God, our whole life to him, our joys and sorrows.

The **Washing of the Hands** signifies the great purity with which we should approach the Holy Eucharist. It is a prayer to God to wash away our sins as we come close to Him.

Prayer over the Gifts We pray that our sacrifice maybe accept to God the Almighty Father and that the Lord will accept this sacrifice at the hands of the priest for our good and the good of the whole church. ... Every time we go to Holy Mass we offer up Christ himself to the Father.

Lift up your hearts, we have lifted them up to the Lord. At this time our heart should be turned to God leaving all our earthly cares in his hands.

Holy Holy Holy, we address God the Father and unite ourselves with countless hosts of angels who stand before Him to do his will and praise him night and day. Hosanna is a Hebrew word meaning save us...hosanna is a special exclamation of joy in the salvation God has promised to us.

Blessed is he who comes in the name of the God. This is when we welcome him in our midst.

At the **Consecration** the host the priest holds up for us to see and adore is the whole Jesus, his body, blood, soul and divinity. The whole Jesus is even in the tiniest piece of host and in each drop of the precious blood.

When the priest holds up the host and says the words “**Take this, all of you, and eat it: This is my body which will be given up for you.**” we silently look with reverence on the Sacred Host knowing that Our Savior himself is hidden under the appearance of bread and say as did St. Thomas “My Lord and My God”.

When the priest holds up the chalice with the precious blood and says, **“This is the cup of my blood, the blood of the new and everlasting covenant. ...It will be shed for you and for all so that sins may be forgiven. Do this in memory of Me.”** .We look with love at the chalice containing the blood of Jesus and say “My Jesus Mercy”.

St. John Chrysostom states, “It is the very same blood Jesus shed on the cross that is actually in the chalice.”

We are then called to **express our belief in this great mystery of our faith** that Jesus really is present on the altar now. Christ has died, Christ has risen, Christ will come again.

How solemn and sublime are the moments as the actual Body and Blood of Christ is elevated: Speak silently with the priest to God the Father who is there before you... **“Through him, with him, in him in the unity of the Holy Spirit all glory and honor is yours almighty Father Forever and ever.”**

We respond with the word **Amen** meaning we fully assent to the prayer of the priest and that the Sacrifice is complete.

Our Father: In the words of the Father Christ, makes one condition for our being forgiven that is our forgiveness of others. We should not approach Holy Communion without having forgiven those who have offended us. While reciting this most sacred of prayers let us promise our Lord to forgive others. Our Savior has forgiven us countless times. Otherwise we are simply lying to the all-knowing God when we keep hatred in our hearts when saying the Our Father.

Receiving Jesus in Holy Communion is a special occasion for us every time. It is so important never to receive without preparation or unworthily (guilty of the Body and Blood of Our Lord Jesus Christ)
Jesus is contained in his entirety, his Body, Blood, Soul and Divinity. We can truly say that God becomes our food.

As we walk up the aisle we prepare ourselves to receive Jesus alive within the round white host. We keep our eyes down as we say the Act of Love and the Act of Contrition with our hands folded. We tell Jesus how happy we are to be able to receive Him.

Act of Contrition

O my God, I am heartily sorry
for having offended you and
I detest all my sins because of
your just punishments, but most of all
because they offend you my God,
who art all good and deserving
of all my love.
I firmly resolve,

with the help of your grace
to confess my sins, to do penance
and to amend my life. Amen

Act of Love

O my God, I love you
above all things,
with my whole heart and soul,
because you are all
good and worthy of all my love.
I love my neighbor as myself
for the love of you.
I forgive all who have
injured me and
ask pardon of all
whom I have injured.

After receiving Holy Communion on our tongue, we reverently bow our heads, with reverence and clean hands; we step to the side and consume Our Lord's Body before we begin going back to our pew.

With folded hands we go back to our place in church and begin our thanksgiving. Continually tell Jesus "I love you." over and over again. Thank him for coming to you.

Prayers After Communion

- ◆ For ten to fifteen minutes Jesus is present within us in the round white host following Holy Communion. It should be our happiest time for we can listen and speak to Jesus heart-to-heart. He is alive within us waiting to give us many graces.
- ◆ We have received the body and blood, soul and divinity of Our Lord into our heart. There is no more fitting time to thank God for his favors and ask for his help than in the precious moments after Holy Communion. We ask Jesus for our needs and the needs of others and for the conversion of sinners
- ◆ We adore Jesus, who is in our heart and thank him for having loved and honored us so much with this Holy Communion. We can ask Our Lady to thank Him for us as her thanksgivings were always so filled with love.
- ◆ We relate to Our Lord how sincerely sorry we are for our sins that have led us away from him. We continually express to him how much we love him.

Memorized Holy Communion Prayers

Have your students memorize the following beautiful prayers of the church for the time following Holy Communion. Ask your students say the prayers on their way home from church if they cannot say them at church. Suggest to them that they teach these prayers to others in their family.

Prayer Before the Crucifix

Behold, O kind and gentle Jesus,
I kneel before you and pray
that you -would impress upon my heart
the virtues of faith, hope and charity,
with true repentance for my sins
and a firm purpose of amendment.
At the same time, with sorrow I meditate
on your five most precious wounds,
having in mind the words which David spoke in prophecy:
“They have pierced my hands and feet. I can count all my bones. “
Our Father, Hail Mary, Glory be to the Father
for the Holy Fathers intentions

Anima Christi (the word means Soul of Christ)

Soul of Christ, sanctify me;
Body of Christ, save me;
Blood of Christ, fill my veins
Water from the side of Christ, wash me
Passion of Christ, strengthen me
O good Jesus, hear me
Within your wounds hide me
Separated from you, let me never be
From the evil one protect me
At the hour of death, call me
And close to you bid me
That with your saints, I may be
praising you forever, and ever. Amen

Prayer of the Angel at Fatima

My God, I believe, I adore, I hope in and I love you.
I ask pardon of those who do not believe, adore, hope in, love you.
(Three times)

Fruits of Holy Communion

Teach your students the fruits of Holy Communion as taught by the
Catechism of the Catholic Church:

“The principal fruit of Holy Communion is an intimate union with Christ Jesus.”
CCC#1391

The Holy Eucharist...

"...preserves, increases and renews the life of grace received at Baptism." CCC#1392

"...separates us from sin" CCC#1393

"...strengthens our charity...and this living charity wipes away venial sins."

CCC#1394

"...preserves us from future mortal sins." CCC#1395

St. John Vianney said it would take a lifetime to thank God sufficiently for just one Holy Communion.

St. Alphonsus Liguori said that here is no prayer more agreeable to God nor profitable to the soul that that which is made during the thanksgiving after Holy Communion. These minutes are the most precious and meritorious in the sight of God for the value of these prayers are increased because of the presence of Jesus.

The Church teaches Our Lord is present until approximately ten minutes or until every part of the sacred species has dissolved within the person.

Let us never ignore the greatest friend we will ever have. Our Lord told St Faustina that after Holy Communion, He is present within us waiting to give us his graces, to listen to us. He told her that it hurt him when people ignore him after Holy Communion. He wants us to know his love for us.

V. DEVELOP A DAILY PRACTICE OF PRAYER

Catechists need to help those they serve to develop a faithful daily practice of prayer to enable them to grow in holiness.

Bishop John Meyers in his pastoral "To Receive Full Knowledge of the Truth" stated a "Catechist should desire that those they teach fall in love with the Lord. Like any love relationship it requires time spent with him." Bishop Meyers mentioned the importance of instilling a prayer life into the student. **"It is tragic that many a good Catholics do not have a substantial prayer life because no one ever taught them to pray. It helps little to teach children that the Lord is really, truly, and substantially present in the Eucharist if they do not have a personal relationship with the Lord who is present."** This relationship, based on the grace of baptism and their knowledge of Him is fostered by a genuine life of prayer:

Bishop Meyers mentioned the importance of the child receiving the Sacrament of the Holy Eucharist with love. He recommended receiving the Sacrament of Penance once a month and of attending Mass each Sunday and even on weekdays.

Bishop Meyers listed the ways to extend the Sacraments into the students' daily lives by:

- ◆ Visits to the Blessed Sacrament
- ◆ Bible Study
- ◆ The Rosary
- ◆ Use of Sacramentals.

Students learn that saying ones prayers is not so much a matter of duty as an act of love. This will lead to a deeper reception of the grace offered in the sacraments.”

Teach students to speak to God with their hearts especially After Holy Communion and during Visits to the Blessed Sacrament, and Morning and Evening Prayers.

Adapt a check list for every age level student to help them remember to pray during the above times as well as to say short prayers throughout the day:

- When they hear someone take God’s holy name in vain...Silently pray **Blessed be God, Blessed be his holy name.**
- When sitting at a long traffic light pray, “Jesus, Mary I love you.”
- When suffering comes say “Jesus I offer this suffering to you.”

VI. DEVELOP THE VIRTUE OF KINDNESS WITHIN YOUR STUDENTS.

Mother Teresa said, “In every family there must be “endless forgiveness.”

- ◆ Teach them how to show love for their parents, family and neighbor using examples in the textbook. Show in the third chapter of the book of Sirach how acts of kindness for parents, make up for sin and is blessed by God.
- ◆ Pray for their family always.
- ◆ Follow the ways the *Faith and Life* Series teaches:
 - Never make fun of a person or hurt their good name
 - Do not give in to lying, stealing cheating, being deceitful
 - When tempted ask Jesus and Mary to help you.
 - Forgive our enemies. God will forgive our sins if we forgive the shortcoming of those in our family.
 - Refuse to have hatred and revenge in your heart.
 - Always have Purity of heart - Your Body is a Temples of the Living God. Your body is holy because on the day of your baptism the Holy Spirit came to live inside of it. God told us to respect our bodies and the bodies of other people. He wants us to keep our bodies pure and pleasing to him. He wants us to be modest and stay away from movies, books and pictures that call attention to the body in the wrong way.
- Teach the **Corporal Works of Mercy.**
 - Feed the Hungry
 - Give Drink to the Thirsty
 - Clothe the Naked
 - Shelter the Homeless
 - Visit the Sick
 - Visit Prisoners
 - Bury the Dead

- Teach the **Spiritual Works of Mercy**
 - Instruct the ignorant
 - Correct sinners
 - Advise the doubtful
 - Show patience for sinners and those in error
 - Forgiving others
 - Comforting the afflicted
 - Praying for the Living and the Dead

VII. GIVE YOUR STUDENTS A LOVE FOR SCRIPTURE

- A. Briefly teach the gospel for the coming Sunday so they will listen closely to it at the next Sunday Mass. Have the students place themselves in the actual scene being described. Hear the sound of the crowd as they listen to the voice of Jesus. In the gospel Jesus speaks to us personally.
- B. Use the book *To Know Christ Jesus* by Frank Sheed, published by Ignatius Press, to give you an excellent knowledge of the gospels and the life of Jesus in chronological order. You are able to provide your students with a outstanding knowledge of the life and times of the people of Palestine and with the accompanying map, the location and importance of each of the cities where Jesus traveled.

HOLY LAND GLOSSARY

Bethany	City located two miles from Jerusalem at the foot of the Mount Olives. It was the home of Lazarus.
Bethlehem	City five miles south of Jerusalem where Jesus was born. City is built on two hills 2,550 feet above sea level.
Bethsaida	City located two miles north of the Sea of Galilee Home of the apostles Andrew, Peter, and Philip. Jesus healed the blind man at Bethsaida.
Caesarea Philippi	City located in the north of Palestine where Jesus told Peter he would be the rock upon which the Church would be founded.
Cana	Town located approximately seven miles from Nazareth where Jesus performed his first miracle by changing water into wine at a wedding feast.

Capernaum	City located 23 miles from Nazareth on the northern shore of the Sea of Galilee. Jesus lived in Capernaum and began his ministry here. Located three miles north of the Sea of Galilee.
Dead Sea	The Dead Sea, the lowest point on earth is 53 miles long and ten miles wide. No fish were able to live in the water. It had a high salt content because there was no outlet.
Galilee	Northern part of Palestine. Rich in fertile land. Jewish people lived in the country area and Gentiles in the cities. During his Galilean ministry of fifteen or sixteen months, Jesus traveled the roads preaching and teaching in the synagogues of Galilee.
Sea of Galilee	A 70 square mile lake around which most of the Galilean ministry took place. Other names: The Sea of Tiberias, the Lake of Gennesaret, Bethsaida, three miles west where Simon Peter lived until he moved in Capernaum. Caused three miraculous catches of fish, Calmed the water. The area around the sea of Galilee where Jesus walked is only a few hundred square miles. To the southwest is Mount Tabor and Nain. To the northeast Jesus fed the 5000. To the northwest Jesus said “I am the Bread of Life”
Jacob’s Well	The well at which Jacob stopped, is located 40 miles north of Jerusalem, where Jesus spoke to the Samaritan woman.
Jericho	Oldest city in the world lies 23 miles northeast of Jerusalem. The prophet Joshua led the Israelites around the city seven times as they blew trumpets that caused the walls of the city to fall. The story about the Good Samaritan took place on the road between Jericho and Jerusalem.
Jerusalem	Country located in the southern part of Palestine. Since 1967, it has been under Israeli control. David took the city from the Jebusites 1000 years before Christ. The great Temple, destroyed in 70 A.D., was center of the Israelites religion. Jesus rode into the city on a donkey. Outside the city, Jesus was crucified.

Jordan River	River in Palestine that flows for 125 miles. God stopped the flow of the Jordan so the Israelites could cross it. Jesus was baptized in the river.
Mount Gerizim	High hill where the Samaritans built their temple.
Mount of Olives	Area east of Jerusalem where the Agony in the Garden took place.
Mount Tabor	Mountain, two thousand feet high, believed to be site of Transfiguration.
Palestine	Area of land on the eastern shore of the Mediterranean Sea. It includes parts of Egypt, Israel, and Jordan. It is often called the Holy Land because it has religious importance to Jews, Christians, and Moslems.
Samaria	Country in the kingdom of Israel between Galilee and Judea. The Jews, which had intermarried with conquering armies, were called Samaritans. Great hostility existed between the Jews and the Samaritans.

C. Each class period provide at least one Scripture quotations for the class to memorize. Keep a chart of all the memorized verses throughout the year for review. We will never know the influence of just one memorized Scripture quotation will have years later on a child.

- ◆ When playing games or taking tests give the first few words of the phrase and have the students finish the rest of the quotation.
- ◆ Have the students mention times in the week when a Scriptural quotation came to them.
- ◆ Have them make booklets listing all the Scripture for the year for them to have near their bedside.
- ◆ Provide activities in which students individually or on teams can compete in games for the most memorized scripture quotations.

“Cast all your worries upon the Lord because He cares for you.”

2 Peter 5:7

“I have loved you with an everlasting love” *John 2:9*

“Ask and you shall receive. Seek and you shall find.

Knock and the door will be opened.” *Matt 7:7-12*

“Whatever you ask in prayer, you will receive, if you have faith.” *Matt 21:22*

“...for all things are possible with God.” *Mark 10:27*

“Everyone who is angry with his brother shall be liable to judgment. Love your enemies. Pray for those who persecute you.” *Matt 5:22*

“...forgive, if you have anything against anyone; so that your Father also who is in heaven may forgive you your trespasses.” *Mark 11:24*

“...do not be anxious saying, ‘What shall we eat?’ or ‘What shall we drink?’ or ‘What shall we wear?’ ...Your heavenly Father knows that you need them all. Seek first his kingdom and his righteousness, and all these things shall be yours as well.” *Matt. 6:31-33.*

“Before I formed you in the womb I knew you, and before you were born I consecrated you.” *Jer. 1:5*

“I will never forget you. See upon the palms of my hands, I have written your name.” *Isaiah 49:15*

“Fear not, for I have redeemed you; I have called you by name, you are mine.” *Isaiah 43:1*

“I have loved you with an everlasting love.” *Jer. 31:3*

“... you are precious in my eyes, and honored, and I love you..” *Isaiah 43:4*

“Could you not watch one hour with me?” *Mark. 14:37*

“As the Father has loved me, so have I loved you; abide in my love.” *John 15:9*

“Have no anxiety about anything...and the peace of God, which surpasses all understanding, will keep your hearts and your minds in Christ Jesus.” *Phil 4: 6,7*

“Let not your hearts be troubled; believe in God, believe also in me.”
John 14:1

“Love your enemies and do good, and lend, expecting nothing in return; and your reward will be great, and you will be sons of the Most High; for he is kind to the ungrateful and the selfish.” *Luke 6:35*

“I can do all things in him who strengthens me.” *Phil 4:13*

“...apart from me you can do nothing.” *John 15: 5*

“So if you are offering your gift at the altar, and there remember that your brother has something against you; leave your gift there before the altar and go; first be reconciled to your brother, and then come and offer your gift.” *Matt. 5: 22,23*

“Know that I am with you all days even to the end of the world.” *Matt 28:19-20*

Peter came up and said to him, “Lord, how often shall my brother sin against me, and I forgive him...as many as seven times?”
Jesus said to him, “I do not say to you seven times, but seventy times seven.” *Matt. 18:21,22*

“God is faithful, and he will not let you be tempted beyond your strength.” *1 Cor. 10:13*

“Come to Me all you labor and are burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and lowly in heart; and you will find rest for your souls. For my yoke is easy and my burden light.” *Matt 11:28-30*

