

## Chapter 5 Quiet Is Good

### Centering

- Say: **Sometimes we do noisy activities.** Ask: **What are some you do outdoors?** (play games, play on playground equipment) Say: **Sometimes we do quiet activities.** Ask: **Can you name some?** (read books, color, draw) Say: **Both noisy and quiet activities can make us feel happy.**
- Say: **Quiet is good. Many good things happen in quiet. God speaks to us in quiet.**

### Sharing PAGE 25

- Read aloud the chapter title and text at the top of page 25. Pause after each phrase to allow your child to put his or her fingers to their lips, as if to say “Shh-shh-shh.”
- Together name other good and beautiful things that are quiet. (sleeping baby, falling leaf, ladybug) Say: **Let’s remember to thank God for these quiet things.**
- Read aloud the Scripture feature. Remind your child that these words come from God’s special book, the Bible.
- Say: **If you wish to discover some of the good and beautiful things that happen in quiet, you can learn to be still and to have a quiet heart.**
- Play a listening game with your child. Sit quietly together for one minute, listening for sounds like a passing car, an airplane, or a bird. When the minute is up, see if your child, with your help, can recall three things he or she heard in the quiet. Then say: **Now that we have practiced listening for quiet sounds, let’s practice quieting our hearts so we can hear the quiet sounds within us.**

### Sharing PAGE 26

- Say: **You have a wonderful world inside of you that you come to know when you are quiet. Your thoughts are part of this world. When we are very quiet, we become aware of our thoughts.**
- Read aloud the text at the top of page 26. Point out the word *church* and help your child find the word in the Glossary. Say: **Church is a holy, quiet place where we can meet Jesus in a special way. When we are in church, we might find it easier to enter into our quiet hearts and be with Jesus.**
- Say: **The way we sit can help us quiet our hearts so that we can listen carefully.** Help your child settle into a prayer posture by saying: **Sit tall in your chair. Keep your feet flat on the floor. Have your hands resting in your lap and open. Then to become even more quiet when you talk to Jesus in prayer, it helps to close your eyes.**
- Read aloud A Moment with Jesus. Distribute the Chapter 5 A Moment with Jesus prayer card and have your child spend some quiet time in prayer. Then say: **We cannot see or hear Jesus, but Jesus is always with us. Jesus meets us in the quiet of our hearts. When we know how to quiet ourselves, it helps us meet Jesus in our hearts.** Remind your child to save the card with the others and encourage him or her to use them at any time.

#### Sharing PAGE 27

- Read aloud the text at the top of page 27. Help your child find the word *Trinity* in the Glossary. Read aloud and discuss the definition.
- Say: **The Trinity is a mystery of our faith. We believe in one God. We also believe that there are Three Persons in this one God: God the Father, God the Son, and God the Holy Spirit.** Read aloud the last sentence together. Say: **We love the Trinity.**
- Read aloud the directions and have your child complete the activity.

#### Acting

- Play a listening game with your child. Have your child close his or her eyes and listen for sounds. Perform some of the following actions and have your child guess what they heard (*open and close a door, shuffle papers, tear paper, ring a bell*). Say: **Just as you've practiced listening for these sounds, you can also practice quieting your heart so you can hear the sounds within you.**
- Using your family Bible, lead your child in prayer using Psalm 131:2.

## Gather and Go Forth PAGES 28 29

### Inspire

- Read aloud the text and the Scripture in the sidebar on page 28. Say: **Draw near** means “to feel a special closeness.” **We draw near to God when we pray. We do not need to use words to pray. We can draw near to God by sitting quietly and still. Let’s sit quietly and let God hear what is in our hearts.**

### Proclaim

- Read aloud the Know and Proclaim text and the chart. Say: **We pray in many different ways at Mass. Sometimes we pray or sing aloud with others. Sometimes we listen as the priest or lector prays. Sometimes we talk and listen quietly to God.**
- Read aloud the question and answers in Test Your Catholic Knowledge. Have your child answer the question and say: **When we are quiet and still, we do not need to use words. We draw near to God, and we let God draw near to us.**
- Read aloud A Catholic to Know on page 29. Say: **Saint Thérèse’s simple, quiet prayers showed her love for Jesus. She teaches us that we can talk to Jesus anytime and anyplace.**
- Read aloud the Witness and Share directions. Invite your child to quiet his or her body, mind, and heart to feel at peace before he or she completes the activity.

### Transform

- Ask: **Why is it important to find a quiet place in your body, mind, and heart when you pray?** (Possible answer: When I am quiet, it is easier for me to talk and listen to God.)
- Describe your strategies for finding quiet during your daily routine and invite your child to identify times when he or she can find quiet outside of school.

## Chapter Review PAGE 30

- Help your child complete the Chapter 5 Review on page 30.
- Read aloud the question in We Remember and discuss the answer. Ask: **Why is it hard to get to know God when you are loud and noisy?** (It is harder to concentrate on something when it is noisy.)
- Pray aloud the prayer in We Respond. Then have your child repeat the prayer aloud with you.
- Encourage your child to share the Building Family Faith section with other members of your family, or together read aloud the section to review.
- Read the Chapter 5 Living the Lesson by Tom McGrath, found at [www.christourlife.com/family](http://www.christourlife.com/family).

## Chapter 6 Talking to God Is Good

### Centering

- Help your child recall what he or she has learned about talking to Jesus. Ask: **How do you behave so that you can meet Jesus in your heart?** (quietly)
- Say: **Talking is one way we share our thoughts and ideas with one another.** Ask: **How can you talk to someone who is in a place that is far away from you?** (You could talk on the phone or video chat with them.)
- Say: **You can also talk to people without using words. Show me how you would say each of these things without words: Good-bye, Hello, I'm happy, Yum-Yum, Be quiet.**

### Sharing PAGE 31

- Read aloud the chapter title and text at the top of page 31. Add other possible responses to the man's question, such as, "I like the blue one too!" "They are all pretty."
- Ask: **When we talk with someone, do we do all the talking?** (No.) Say: **When we talk, we also want someone to be listening. Let's practice talking and listening to one another now.** Suggest topics to talk about such as pets, favorite toys, or games.
- Ask: **Can we talk to God?** (Yes; God is with us always.) **Where can we talk to God?** (anywhere, in church) **When can we talk to God?** (in the morning, at night, anytime)
- Talk about ideas for night prayers. Say: **Just before going to bed is a good time for prayer. There are many things we might pray to God before going to sleep.** Ask: **How might you thank God for your day? How can you ask God for help? How might you ask God to bless you and watch over you?**
- Read aloud A Moment with Jesus. Distribute the Chapter 6 A Moment with Jesus prayer card and repeat the prayer together. Remind your child to save the card with the others and encourage him or her to use them at any time.

### Sharing PAGE 32

- Read aloud the top of page 32. Have your child point to the word *pray* and help him or her find it in the Glossary. Read aloud and discuss the definition.
- Say: **Talking to and listening to God are not the only ways to pray. Music can help us think about and love God. Sometimes we move to talk to God. We can stand or we can kneel. Sometimes we may sing and dance to tell God how much we love him.**
- Play a song that lends itself to creative dance, such as "He's Got the Whole World in His Hands." Say: **Let's dance a prayer now.** Play the song and encourage your child to express prayer through dance. Participate to help your child feel free.
- Repeat these sentences together: **God always listens. God loves us.**
- Read aloud the Scripture feature. Remind your child that these words come from the Bible.

#### Sharing PAGE 33

- Read aloud the directions on page 33 and have your child complete the activity.
- Say: **Amen is a prayer word. It means “Yes, Lord.” When we answer “Amen” after a prayer is prayed by another person, we make the prayer our own.**
- Say: **Listen to my prayer. If you would like to make it your prayer, answer “Amen.” God, you are so very good. (Amen) God, you made the world beautiful. (Amen) We love you, God. (Amen)**

#### Acting

- Say: **Sometimes we pray to God using our own words. Let’s take time to do that now. Perhaps you would like to ask God to help someone you know.** Allow time for your child to pray.
- Say: **Sometimes we pray using words that other people have prayed before us. Many of the psalm prayers we are learning this year were written by King David. Let’s pray one now.** Using your family Bible, lead your child in prayer using Psalm 90:14.

#### Gather and Go Forth PAGES 34 35

##### Inspire

- Read aloud the text and the Scripture in the sidebar on page 34. Say: **When we communicate with God, we listen. God is listening to us, too. He wants to hear what we say, whenever we need or want to say it.** Together talk about your favorite places to pray.

##### Proclaim

- Read aloud the Know and Proclaim text and the chart. Say: **At Mass, we sometimes pray together. We all speak or sing the same words at the same time.** Ask your child to share other parts of the Mass he or she can recall. Say: **Each of the different parts of the Mass is a form of prayer.**
- Read aloud the question and answers in Test Your Catholic Knowledge. Have your child answer the question and say: **God listens to us and gives us peace and comfort whenever we need it.**
- Read aloud A Catholic to Know on page 35. Say: **Anthony’s gift was teaching others about God. You can share your gifts with others by spreading God’s message of love with everyone you meet.**
- Read aloud the Witness and Share directions and have your child complete the activity.

##### Transform

- Ask: **What are you thankful for? How can our family show God we are thankful for all that he does for us?**
- Pray aloud as your child prays silently. Say: **Dear Jesus, Son of God, thank you for always being near to me. Help me remember I can always talk to you. Amen.**

#### Chapter Review PAGE 36

- Help your child complete the Chapter 6 Review on page 36.
- Point to the word *pray* in Word to Know. Say: **Use the word *pray* in a sentence that tells about your drawing.**
- Pray aloud the prayer in We Respond. Then have your child repeat the prayer aloud with you.
- Encourage your child to share the Building Family Faith and Growing Faith sections with other members of your family, or together read aloud the sections to review.
- Read the Chapter 6 Living the Lesson by Tom McGrath, found at [www.christourlife.com/family](http://www.christourlife.com/family).
- Conclude the unit by holding the Unit 1 Celebration found at [www.christourlife.com/family](http://www.christourlife.com/family).