

## 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).

## Chapter 10 Thanking Is Good

### Centering

- Say: **There is an important way that we can show that we are growing more like Jesus. It is a way that we can show love to other people every day just by saying two simple words. See if you can figure out what these two words are.**
- Say: **If someone gives you something, what do you say? (Thank you.) If someone helps you with something, what do you say? (Thank you.)**
- **What is something that we can do every day to be more like Jesus? (Say thank you.)**

### Sharing PAGE 57

- Read aloud the chapter title and the text on page 57. Help your child find the word *Thanksgiving* in the Glossary. Read aloud and discuss the definition. Say: **Our celebration of Thanksgiving Day lasts just one day. But, as Christians, we believe that every day is really a thank-you day. Why?** (There are reasons to say thank you every day.)
- Say: **God gives us food to eat and other things we need to stay alive. He cares for us every day.** Ask: **What do you think we should do every day?** (Pray our thanks to God.)
- Display the Grace Before Meals Prayer Card punchout. Say: **As Christians, we can thank God for our food every day before we eat it. Listen as I pray grace.** Read aloud the prayer on the card. Then help your child pray the prayer with you. Point out this prayer on the inside back cover of the book. Say: **This is an important prayer for us to know so that we can say thank you to God our Father for the food we eat. When you know this prayer by heart, you can color the cross next to it.**
- Teach your child the next line of the Lord's Prayer. Say: **In one part of the Lord's Prayer, we pray, "Give us this day our daily bread." Let's say this together.** Say the line. Then say: **When we say these words, we ask God our Father for food and for all the things we need. Let's say the words again, with our hands held open to show God we are asking for something: "Give us this day our daily bread."**
- Lead your child in prayer using A Moment with Jesus. Distribute the Chapter 10 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 58

- Together take a short thank-you walk around the room, your home, or outdoors. As you walk, spontaneously thank God for the things you see.
- When you return, lead the prayer on page 58. Say: **We ask God for many things, and God, in his goodness, gives us many good things.**

#### Sharing PAGE 59

- Read aloud the text and the directions on page 59. Then have your child complete the activity. After the drawing is complete, discuss what your child drew and why.
- Read aloud the Scripture feature and have your child repeat it. Say: **When we pray grace before meals, we thank God for our food. We can also thank God for the many other good gifts that he gives to us.**

#### Acting

- Give your child some drawing materials. Say: **Think of a gift or blessing from God for which you are especially grateful—parents, pets, food, nature, or anything.** Invite your child to draw a picture of the gift they thought of. Complete your own drawing while your child works and share what you drew and why with her or him. When you're both done, lead your child in prayer thanking God for that gift.
- Using your family Bible, lead your child in prayer using Psalm 136:1.



#### Gather and Go Forth PAGES 60–61

##### Inspire

- Read aloud the text and the Scripture in the sidebar on page 60. Say: **We feel good when we thank God for his many gifts.** Ask: **How can we show our thanks to God in the things that we do?** (by treating others with kindness, by taking care of God’s creations, by sharing God’s love)

##### Proclaim

- Read aloud the Know and Proclaim text and the chart. Ask: **What do you think it means to have a “thankful heart”?**
- Read aloud the question and answers in Test Your Catholic Knowledge. Have your child answer the question and ask: **How does our family say grace before a meal?**
- Read aloud A Catholic to Know on page 61. Say: **Bernadette’s family was very poor, and Bernadette was sick as a child.** Ask: **Why might it be difficult to be thankful in hard or unhappy times?** (Possible answer: You may feel sad.) Say: **Remember that God is always with us. Bernadette remembered this, so she was always very thankful.**
- Read aloud the Witness and Share directions. Encourage your child to think about family members, friends, teachers, or others at school or home. Assist your child with spelling as needed.

##### Transform

- Ask: **Why is it important to say thank you?** (Possible answer: because it shows people we love them)
- Help your child practice saying thank you by role-playing situations. Role-play scenarios could include someone helping another put on a coat, or sharing a toy.

#### Chapter Review PAGE 62

- Help your child complete the Chapter 10 Review on page 62.
- Read aloud the question in We Remember and have your child answer it. Say: **Complete this sentence about the person you are thankful for: Thank you \_\_\_\_\_ for \_\_\_\_\_.**
- 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 10 Living the Lesson by Tom McGrath, found at [www.christourlife.com/family](http://www.christourlife.com/family).

## Chapter 12 Choosing Is Good

### Centering

- Say: **In the last chapter, we talked about preparing. You can choose to prepare or not to prepare your heart. Today we will talk about choosing.**
- Give your child the option of two snacks to choose from. Then ask: **Was it easy to choose the snack you wanted? Why did you choose one snack over the other?**

### Sharing PAGE 69

- Read aloud the chapter title and the text on page 69. Help your child find the words *choice* and *grace* in the Glossary. Read aloud and discuss the definitions.
- Ask: **What are some choices you make every day?** (what to eat, what to wear, which toys to play with) Say: **God's grace helps us make good choices. Grace is a gift from God freely given to us because he loves us so much. We receive grace in the Sacrament of Baptism. We are filled with God's love and grace.**
- Say: **Every day we have opportunities to make choices. Some choices are easy to make. Some choices are more difficult.** Ask: **What kinds of choices are easy for you to make? What are choices that are more difficult for you to make?**
- Say: **Let's take a few minutes to talk to Jesus about some of our choices.** Lead your child in prayer using A Moment with Jesus. Distribute the Chapter 12 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 70

- Tell your child the story of the Annunciation. Say: **God sent an angel to ask Mary to be Jesus' mother. The angel Gabriel came to Mary and said, "Hail Mary, full of grace. The Lord is with you! God wants you to be the Mother of his Son. You will have a baby boy. You are to name him Jesus." The angel waited. [Pause.] God let Mary choose if she would be Jesus' mother. She could say yes or no to God. Mary said, "Yes. I will be Jesus' mother. I will do whatever God wants me to do."**
- Give your child the Yes Card punchout. Tell him or her to raise the yes card when the answer to the question is yes. Ask: **What did God ask Mary to choose?** (whether or not to be the mother of Jesus) **Why did Mary say yes?** (She wanted to do what God wanted.) **Did Mary choose what was good?** (Yes.) **Do you think Mary was happy saying yes to God?** (Yes.)
- Read aloud page 70, including the Scripture feature. Say: **These words come from God's special book, the Bible.**

#### Sharing PAGE 71

- Read aloud page 71. Help your child find the Word to Know *Hail Mary* in the Glossary. Read aloud and discuss the definition.
- Introduce the Hail Mary. Say: **There is a special prayer that the Church prays to Mary. Say each line of the prayer after me: “Hail Mary, full of grace.”** [Pause.] **“The Lord is with thee.”** [Pause.]
- Say: **We say *Hail Mary*, like Gabriel did, to honor Mary because she is a very special person. *Full of grace* means “full of goodness or full of God’s life and love.” *The Lord is with thee* means “God is with Mary.”**
- Pray the Hail Mary together. Then say: **When we honor Mary, we also honor her Son, Jesus.**

#### Acting

- Dramatize the story of the Annunciation from page 70. Play Gabriel and have your child play Mary. Let him or her respond spontaneously, but whisper line prompts as needed.
- Give your child the Hail Mary Prayer Card punchout. Say: **The prayer card has the Hail Mary prayer that we are learning. When you learn it by heart, you may color the cross by the Hail Mary on the inside front cover of your book.**
- Say: **Take time each day to remember that you are a special gift from God.**
- Using your family Bible, lead your child in prayer using Psalm 25:12.

#### Gather and Go Forth PAGES 72–73

##### Inspire

- Read aloud the text and the Scripture in the sidebar on page 72. Say: **Mary made a good choice when she said yes to God.** Ask: **What are some times when you have said yes to God?** (by following rules, showing love, cooperating, and treating others with kindness)

##### Proclaim

- Read aloud the Know and Proclaim text and the chart. Show your child examples of rosaries. Say: **We honor Mary when we pray the Rosary.**
- Read aloud the question and answers in Test Your Catholic Knowledge. Have your child answer the question and say: **When we make good choices, we are acting like Mary.**
- Read aloud A Catholic to Know on page 73. Say: **Saint Joan of Arc went into battle in the name of God to fight for France.** Ask: **What words could you use to describe Saint Joan?** (Possible answers: brave, strong, faithful)
- Read aloud the Witness and Share directions. Remind your child that we say a special prayer to honor Mary. Read aloud the words that your child will trace and point out that this is only the beginning of the Hail Mary prayer. Have your child complete the activity.

##### Transform

- Ask your child to pray the beginning of the Hail Mary prayer he or she wrote in Witness and Share. Say: **Mary shows us how to make good choices by saying yes to God.**
- Have your child think about the good choices he or she makes and finish this sentence: *God asks me to \_\_\_\_\_ and I say yes!*

#### Chapter Review PAGE 74

- Help your child complete the Chapter 12 Review on page 74.
- 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 12 Living the Lesson by Tom McGrath, found at [www.christourlife.com/family](http://www.christourlife.com/family).
- Conclude the unit by holding the Unit 2 Celebration found at [www.christourlife.com/family](http://www.christourlife.com/family).

# Christ Our Life: God Loves Us

NEW EVANGELIZATION EDITION

K

AGES 5-6

AT-HOME EDITION

UNIT 4

## Celebrating God's Love

Point to the unit title on page 115 and read it aloud. Have your child repeat it as you point to each word. Say: **In Unit 4 we will learn how to celebrate God's gift of love with others.**

### Chapter 19 Seeds Are Good

#### Centering

- Say: **Seeds can help us understand what Jesus did for us. God made seeds in a wonderful way. Inside each seed is a tiny little plant. The seed also holds food for the little plant.**
- With your child, dramatize how a seed grows. Say: **The seed is deep down in the ground.** [Kneel with hands hugging knees, head touching floor and hands.] **The little plant in the seed is waking up.** [Raise head very slowly.] **The plant is beginning to grow.** [Rise slowly and stand up.] **The sun shines and the plant grows.** [Smiling, slowly raise arms and reach up to the sun.]
- Say: **Today you will learn more about the great act of love that Jesus did for us.**

#### Sharing PAGE 115

- Read aloud the chapter title and the poem on page 115. Say: **A seed dies to give new life to a plant. It's planted in the ground, but it does not stay there. It comes up with new life. Jesus did not stay in the tomb after he died. He rose with new life.**
- Say: **Jesus died to give new life to us so that we can grow to be more like him. You received this new life when you were baptized. This new life helps you live in love as Jesus did.**
- Lead your child in prayer using A Moment with Jesus on page 115. Distribute the Chapter 19 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 116

- Read aloud the text at the top of page 116. Have your child reread the second sentence with you. Say: **Jesus died on the Cross so that we can have new life.** Help your child find the words *cross* and *heaven* in the Glossary. Read aloud and discuss the definitions.
- Introduce the Mystery of Faith. Say: **When we come together for Mass, we remember that Jesus died to give us new life. We sing or say this prayer: "We proclaim your Death, O Lord, and profess your Resurrection until you come again."** Help your child repeat it. Say: **This part of the prayer we pray during Mass is called the Mystery of Faith.**

#### Sharing PAGE 117

- Read aloud the text at the top of page 117. Help your child find the Word to Know *Sign of the Cross* in the Glossary. Read aloud and discuss the definition.
- Show your child a cross. Say: **A cross is a special sign of God’s love for us. Jesus died on the Cross. Some crosses show Jesus’ body on the cross. When an image of Jesus is on a cross, it is called a crucifix.**
- Tell your child about the Sign of the Cross. Say: **Making the Sign of the Cross is a prayer. When we sign our forehead, we give God our mind. When we sign our chest, we give God our heart. When we sign our body from shoulder to shoulder, we give God our whole self. This is how we do it.** Pin a paper cross to yourself and make the Sign of the Cross.
- Have your child make the Sign of the Cross with his or her right hand as you say the words of the prayer: **In the name of the Father, and of the Son, and of the Holy Spirit. Amen.**
- Have your child complete the activity on page 117. When your child has taken the prayer to heart, let him or her color the cross next to the prayer on the inside front cover of his or her book.

#### Acting

- Give your child the Cross punchout and ask him or her to draw seeds on it. Have your child display it somewhere in your home as a reminder that, just as the seed dies so the plant can grow, Jesus died to give us new life.
- Encourage your child to practice the Sign of the Cross by showing other members of your family how to do it.
- Using your family Bible, lead your child in prayer using John 3:17.

## Gather and Go Forth PAGES 118–119

### Inspire

- Read aloud the text and the Scripture in the sidebar on page 118. Say: **God’s Son, Jesus, died for us. His love keeps growing and growing in our hearts.**

### Proclaim

- Read aloud the Know and Proclaim text and the chart. Say: **When we pray the Sign of the Cross, we make the cross shape on our bodies to remind us that Jesus died for us.**
- Read aloud the question and answers in Test Your Catholic Knowledge. Have your child answer the question and say: **We show we love Jesus with our mind, our heart, and our whole self.**
- Read aloud A Catholic to Know on page 119. Say: **Saint Teresa used prayer to fill her heart with God’s love.** Ask: **What can you do to help the seeds of God’s love grow in your heart?** (Possible answers: I can pray every day; I can help my family; I can cheer up someone who is sad; I can show love for the earth.)
- Read aloud the Witness and Share directions. Read aloud the loving acts that can make God’s love grow (share with others, help someone, be kind, pray for someone) and allow time for your child to complete the activity.

### Transform

- Ask: **How can you make God’s love grow bigger and stronger in your heart every day?** (make good choices, pray, do kind and loving acts)
- Make a large drawing of a plant in a pot. Have family members add leaves to the plant as they discover ways to show and share God’s love. Label the leaves with each family member’s ideas.

## Chapter Review PAGE 120

- Help your child complete the Chapter 19 Review on page 120.
- Read aloud the Words to Know and ask your child to use each word in a sentence.
- 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 19 Living the Lesson by Tom McGrath, found at [www.christourlife.com/family](http://www.christourlife.com/family).