

Growing in Holiness

Engage: Page 189

- ▶ Read aloud the session title. Invite your child to quiet himself or herself and prepare to hear Sacred Scripture. Read aloud 1 Peter 2:1–10. Then say: **The Word of the Lord.** Invite your child to respond, *Thanks be to God.*
- ▶ Provide your child with boxes of various sizes and invite him or her to use them to build a tower. When he or she has finished, say: **Unless the tower rests upon a solid base, it'll fall apart. Similarly, the Church rests upon Jesus, the cornerstone.** Invite your child to read aloud the paragraphs on page 189. Say: **Ask: How can we ensure that our spiritual house is sturdy?** (by patterning our lives after Jesus)
- ▶ Say: **Let's ask Jesus to help us care for both our physical and spiritual selves.** Pray aloud the prayer, then conclude by praying *Amen.*

Explore: Pages 190–191

- ▶ Discuss what it means to act morally. Then read aloud We Are Called to Act as Jesus Did on page 190. Ask: **Whom do we reflect when we act morally?** (Jesus) Invite your child to read aloud We Are Called to Act Morally. Discuss with your child how he or she can be a witness for Jesus at home, at school, and around his or her friends.
- ▶ Invite your child to read aloud the Reading God's Word feature. Say: **This passage is from the Old Testament. In it, God calls us to be holy just as he is holy.** Invite your child to reflect on what it means to be holy.
- ▶ Invite your child to read page 137 silently. Together, look up the words *sexuality* and *chastity* in the Glossary and encourage your child to discuss the words with you. Ask: **How can you use your body to glorify God?** (Possible responses: using my voice to sing and praise God, using my eyes to see where help is needed, hugging someone to show love, using my athletic and intellectual skills to their full potential)

Art Print: Page 192

- ▶ Find in a magazine, a book, or online an image of Saint Kateri Tekakwitha.
- ▶ Say: **Now we are going to look at a picture of Saint Kateri Tekakwitha.** Encourage your child to describe the picture in detail. Say: **Saint Kateri was a Native American who accepted Jesus and the Christian faith but still loved her people and wanted their culture and history to remain part of her life.**
- ▶ Have your child turn to page 192. Read aloud the introduction and discuss the question.

- ▶ Invite your child to read aloud Saint Kateri Tekakwitha on page 192. Ask: **How was Saint Kateri like some of the other saints about whom we've read?** (She chose Jesus above all else. She made hard choices. She helped people. She lived her life according to Jesus' example.) **Why might Saint Kateri's choices have been especially difficult?** (Her community didn't accept her Christian beliefs.)
- ▶ Read aloud the activity directions. Allow time for your child to complete the activity.
- ▶ Read aloud the Sacred Site feature. Say: **To follow Christ's teaching, Saint Kateri sacrificed the acceptance of her people. We can ask God for the strength to stand up for what we believe too.**
- ▶ Ask your child to consider what symbols might appear in an iconographic portrait of himself or herself. Invite your child to draw these symbols on a sheet of paper, leaving space in the center to include a self-portrait or a photograph of himself or herself. Encourage your child to include symbols of his or her faith and other personally meaningful images. Discuss the elements of the self-portrait and encourage your child to display it in his or her room.

Reflect: Pages 193–194

- ▶ While your child looks at the picture on page 193, read aloud 1 Corinthians 6:19–20 from your Bible. Then read aloud the first paragraph of Called to Holiness. Pause for a few moments to allow your child to reflect, then say: **It helps to be quiet when we listen to and speak to God in our hearts. Be very still and listen to the rhythm of your breathing.** Read aloud the second paragraph, pausing after each sentence. Invite your child to close his or her eyes and pray silently with you as you pray aloud the prayer. Conclude by praying the Sign of the Cross together.
- ▶ Read aloud the first paragraph and the activity directions on page 194. Ask: **How do we know how Jesus wants us to act?** (from the Gospels, which contain Jesus' teachings and show us how he lived) Provide your child with a Bible and work together to complete the activity.

Respond: Pages 195–196

- ▶ Invite your child to read aloud the Faith Summary on page 187. Review the Words I Learned in this session. Read aloud Ways of Being Like Jesus and discuss how your child can care for himself or herself both physically and spiritually.
- ▶ Read aloud the activity directions and give your child time to complete the activity. Discuss his or her answers.
- ▶ Pray aloud the prayer as your child prays along silently. Pray the Sign of the Cross together.
- ▶ As a family, read and discuss With My Family on page 188, then make plans to complete the activity together. Pray aloud the prayer. Say: **Let's remember to take care of our bodies and use them to glorify God and to be witnesses to Jesus.**