

Level 5 Lesson Plan # 1 Sacraments of Initiation

Objectives:

- There are three sacraments of Christian initiation: Baptism, Confirmation, and Holy Eucharist.
- Christian initiation is brought about by means of building the foundations of Christian life through these three sacraments. (C. 251, Y. 193)
- Christians are born through Baptism, strengthened through Confirmation, and nourished through Holy Eucharist. (C. 251, Y. 193)
- Baptism is the first sacrament because it joins us with Christ. When we are baptized, we are entering into an everlasting covenant with Jesus,. We become members of the Body of Christ, children of God. (Y. 194, 200, C. 263)
- Every person who is not yet baptized and believes in Christ can be baptized by pouring water over the head of the candidate. This is typically done by a priest or deacon but can be done by anyone in an emergency. The words used are :”I baptize you in the name of the Father, and of the Son, and of the Holy Spirit.” (Y. 195, 196. 198 C. 259, 260, 263)
- The name we receive in Baptism is important because it tells us that God knows each of us by name. (Y. 201, C. 264)
- Confirmation is the sacrament that completes Baptism. It confirms the sacrament of Baptism by anointing with chrism. (C. 266, 267 Y. 203)
- Those who are already baptized can be confirmed by a Bishop. By doing this,while in a state of grace, they receive the gifts of the Holy Spirit. (C. 268, 269, 270 Y. 204, 205, 207)

Discussion Points:

- Review the seven sacraments with the children. Ask them to name the seven sacraments. Tell children that the sacraments can be divided into 3 different groups:
- Sacraments of Initiation, Sacraments of Healing, and Sacraments of Communion and Mission (Service).
- Share with children that you will be talking about two of the Sacraments of Initiation. Ask children to share their ideas of what the word initiation means to them. Explain that when we are initiated into something, we come to belong in a group. When we receive the sacrament of Baptism, we are entering into God’s family or, the Church.
- Share with your child the details of their own baptism and what you remember about the ceremony. Pictures and remembrances from the day are a good way to make connections again even if you did this when they were younger.
- Talk about your decision to have them baptized. That you made a promise for them to be a light in the world because in this way, they could experience God’s love as a young child and be able to grow as a part of God’s family.
- Explain as they get older it becomes their job to live as Jesus taught us so they can fulfill that promise made at Baptism.
- Connect this with the Sacrament of Confirmation they will be receiving next year.
- Confirmation will help give them strength so that they may grow stronger in living tout the promises of Baptism.
- If familiar, talk about what happens at Confirmation, where they will be anointed on their

forehead with chrism by the bishop, signifying that they are ready to live their Baptism completely with the help of the Holy Spirit.

Additional Resources/Ideas:

- <http://looktohimandberadiant.blogspot.com/p/sacramentsandliturgy>. This blogspot has great resources for all the Sacraments and ideas to support the sacraments
- <http://harringtonharmonies.com/2013/03/eucharisticadorationwithkids/>: Eucharistic Adoration bag ideas
- <http://www.happytogethercreates.com/2010/06/corksilhouettenecklacetutorialand/> : Confirmation necklace craft
- <http://catholicicing.com/makeaholywaterbottlecraftwithcatholickids/> Baptism craft

Level 5 Lesson Plan #2 Sacraments of Initiation: Holy Eucharist

Objectives:

- **** The Eucharist will transform us and bring us into communion with God. Once we receive communion, we are to go and spread God's love to the world. Everything else that the Church is besides that is secondary. (Y. 217)
- The Eucharist is the actual sacrifice of the Body and Blood of the Lord Jesus that Jesus gave us until His return in glory. He gave us this sacrament on Holy Thursday by sharing bread and wine which were turned into His body and blood and told the apostles to "Do this in memory of me." (C. 271, 272, 273 Y. 208, 209, 210)
- The Eucharist is the heart of the Church.. We are the Church because every time we receive the sacrament of the Eucharist, we receive the Body of Christ. We are in communion with divine life and are united and increasingly transformed into the Body of Christ, which is just another name for our Church (C. 274, Y. 211, 217)
- The Eucharist is celebrated by a validly ordained priest through the Holy Mass in two main parts, Liturgy of the Word and the Liturgy of the Eucharist. Wheat bread and grape wine are essential elements of the Eucharist. (C. 277, 278, 279 Y. 213, 214, 215)
- Jesus is wholly, truly present in the Eucharist. He is truly present in the bread and wine and He is also acting through the priest at the altar. The priest is not acting in his stead. Jesus actually works through the priest on the altar to change the bread and the wine into His Body and Blood. In this way, he gives himself to us each and every time we receive communion. (C. 280,281, 282 Y. 216, 217)
- His sacrifice on the cross for us is here on the altar through transubstantiation. Transubstantiation is the change of the whole bread and wine into the actual Body and Blood of Jesus. This change happens through eucharistic prayer and by the power of the Holy Spirit. (C. 283 Y. 217)
- Christ is forever present in the consecrated Eucharist and therefore must be treated with reverence. The Most Blessed Sacrament (consecrated Hosts) is kept in the tabernacle in the church. Because Jesus is truly present in the tabernacle, we genuflect before any tabernacle. It is one of the most holy places in the church. (C. 285, 286 Y. 218)
- Christians should celebrate the Eucharist on Sundays and holy days of obligation. We must receive communion at least once a year during the Easter season. To receive communion, one needs to be a member of the Church and be in a state of grace. Receiving Holy Communion increases our union with Christ. (Y. 219, 220, 221 C. 289, 290, 291, 292)

Discussion Points:

- The most important discussion point is the first objective. Without this remembrance, there is no Church. Jesus' sacrifice is the foundation of our Church. We are blessed to be able to go to mass every Sunday and receive His Body and Blood.
- Retelling the Easter story is a great way to relate the Sacrament of Holy Eucharist and when Jesus gave it to us. The story of the Last Supper on Holy Thursday is particularly relevant.

- Break down the parts of the Mass for the children and walk them through it. Discussing with them makes it more important to them when they are at Mass. It will allow them to make connections during Sunday mass. Discuss the Liturgy of the Word and liturgy of the Eucharist.
- Discuss what happens at the actual moment the priest says the words of the prayer that leads to transubstantiation. Talk about the fact that Jesus did not give the power to change the bread and wine to the priest but that it is actually God working through the priest at that point to have transubstantiation occur.
- On Sunday or a visit to church, point out the tabernacle and the light next to it that lets us know when the Most Blessed Sacrament is in the tabernacle. Discuss the monstrance. Explain the respect it deserves and why.

Additional Activities/Resources:

- https://docs.google.com/file/d/0B5ETRkL51fhMNGIzZWEwYjEtMmlwZS00NzlkLWE2NmEtMWIxNDUyMjk0N2Qz/edit?usp=drive_web&urp=http://looktohimandberadiant.blogspot.com/p/sacram&pli=1: Catholic Mass book for older children
- <http://www.olrl.org/Lessons/Lesson22.shtml>: good summarization: question/answer format
- http://www.crossroadsinitiative.com/library_category/25/Eucharist.html: reading resources for parents
- http://www.catholicmom.com/2007_lesson_plans/WhatSacramentIsIt.pdf: compilation of all sacraments
- <http://looktohimandberadiant.blogspot.com/2012/04/howtogetmostoutofmass.html>: ideas for why mass?

Level 5 Lesson Plan #3 Sacraments of Healing: The Sacraments of Penance and Anointing of the Sick

Objectives:

- Tell why Christ gave us the Sacraments of Penance and Anointing of the Sick.
- Recall the different names for the Sacrament of Penance.
- Explain why the Sacrament of Penance is needed even after Baptism and why we should go to confession.
- Tell the process/procedure for going to confession and how to do a moral inventory.
- Relate why Jesus sought out the sick and why it is the Church's job to take care of the sick.
- Give an overview of how Anointing of the Sick is administered and who can receive/administer the Sacrament.

Discussion Points/Procedures:

- Review why these two sacraments are Sacraments of Healing. Discuss that because of our human weakness, we have a tendency to sin, which distances us from God. Jesus gave us these sacraments so that we may be reconciled with God again. (C. 295 Y. 224)
- Research the different names for the Sacrament of Penance. They are the "Sacrament of Reconciliation," the "Sacrament of Forgiveness," the "Sacrament of Confession," and the "Sacrament of Conversion." (C. 296 Y. 225)
- Jesus gave the Sacrament of Penance when He appeared to the Apostles on Easter. Jesus forgave sin with the power of the Holy Spirit and He passed that onto the Apostles. (C. 297,298 Y. 226, 227, 228)
- Talk about the reason many people give for not going to confession: "I can talk directly to God, why do I need a priest?" (Y. 228 C. 307) Discuss that Jesus wants us to encounter that power that was conferred to the Apostles by Him. We can do this by going to confession.
- Remind them of the Seal of the Confessional (Y. 238, C. 309)
- Discuss the steps of confession: to do an examination of conscience, confess your sins, be truly contrite, have the resolution not to commit that sin again and acts of penance. Some types of penance are fasting, prayer, and almsgiving. (Y. 230, 231, 232 C. 300, 301, 302 , 303)
- Discuss different types of sin and when and how often one must go to confession (C. 304, 305, 306, 307, 308). make them aware that there are times that forgiveness may not be granted. (Y 235,236, 237)
- Guide children through the procedure of going to confession. If needed, links to the information are provided below.
- Talk about how by going to confession, we are healed spiritually and relate this to the Sacrament of Anointing of the Sick. Anointing of the Sick imparts consolation, peace, and strength, and unites that person with with Christ. Anointing of the Sick has the effect

of forgiving sins. All very similar to Confession. (Y. 245, 316,318)

Additional Resources/ Ideas:

- www.loyolapress.com : How would God advertise Sacrament of Penance activity. Good for older children.
- www.sacredhearthouston.org : has many extension activities for Sacrament of Penance under home resources for sacramental preparation of Children.
- www.sadlierreligion.com : sadlier religion /we believe/ printable activities
- www.catholicjules.net : guide explaining the sacrament of penance
- <http://education-portal.com/academy/lesson/the-anointing-of-the-sick-definition-history-symbols.html#lesson>: explaining anointing of sick
- <http://www.beginningcatholic.com/anointing-of-the-sick.html>

Level 5 Lesson Plan #4 Sacraments: Sacraments of Communion and Mission

Objectives:

- Children will review sacraments of Matrimony and Holy Orders. Children will recall that these sacraments are Sacraments of Communion and Mission.
- Explain the Sacrament of Holy Orders and restate the characteristics of this sacrament.
- Explain the Sacrament of Matrimony and restate the characteristics of this sacrament.

Discussion Points:

- Ask children if they know why these two sacraments are called Sacraments of Communion and Mission. Support their responses with the idea that these sacraments are directed to the *good of others*. Men become priests to serve God and others and people marry together.
- These sacraments are intended to build up the people of God. (Y. 248, C. 321)
- Have children brainstorm what they think they know about the Sacrament of Holy Orders. Check for understanding of key points:
 - In Holy Orders a man receives a special gift of the Holy Spirit by Christ through a bishop.
 - During ordination, the Bishop calls down the power of God upon the man seeking ordination. He can only be ordained *in* Christ and *through* a calling from Christ.
 - Priests must live a celibate life: They may not marry. Jesus lived His life this way as a way of showing His undivided love of God the Father. This is why the Church asks this of priests. (Y. 254, 250, 249, 258 C. 322, 323, 328)
- Make connections with children relating priest they know and how they serve God.
- Connect this with the Sacrament of Matrimony. (Could start with the priest's role in Matrimony or how the man and woman getting married are there to love and serve one another.)
- Activate prior knowledge of children by asking what they know about the Sacrament of Matrimony, or marriage. Discuss people they know who have received the sacrament. Share your wedding story with your children.
- Remind children that Jesus gave us the Sacrament of Matrimony. Man and woman were made for each other so that they might be "no longer two but one" (Matthew 19:6) This love they have for each other is an example of the love God has for us, his children.
- Tell children that the Sacrament of Matrimony occurs when a man and a woman make a lifelong promise to each other to love and honor each other forever.
- The Sacrament of Matrimony is a sacrament where a baptized man and woman make a promise before God and the Church to love one another and become a sign of God Himself, who is all love. (C. 343,344,346; Y 261)
- God confirms the promise made by the man and woman Himself. Therefore, the bond formed in marriage is forever (until death). (Y.261; C. 343,344,346)

- For a Christian, sacramental marriage it is necessary that both man and woman are baptized and desiring to enter into a lifelong marriage willingly with an openness for children. (Y. 262; C. 338, 344)

Additional Resources/Activities:

- <http://www.catechist.com/blog/archives/191-20100111.htm>: Activities for teaching Sacrament of Holy Orders
- <http://www.loyolapress.com/laying-on-hands-sacrament-of-holy-orders-activity.htm>: laying on of hands activity
- <http://www.loyolapress.com/sacrament-of-holy-orders.htm>: More information on Holy Orders
- Share your wedding video with your children. Discuss the vows that you and your spouse made with each other.
- Pick a favorite Bible story about a married couple and connect to discussion. Abraham and Sarah, Isaac and Rebecca, Mary and Joseph, etc.
- <http://catholicmom.com/2013/05/26/sacrament-of-matrimony/> : Article on Marriage
- <http://suite101.com/a/teaching-the-sacrament-of-matrimony-a92112> : additional activities