

The background is a watercolor illustration of a boat on water, rendered in various shades of teal and blue. The brushstrokes are visible, creating a textured, layered effect. The boat is positioned in the lower half of the frame, and the water ripples around it. The overall composition is centered and evokes a sense of depth and exploration.

into the
DEEP

Level One

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How to Use this Resource

Principles Behind this Resource

Into the Deep seeks to:

- **Encourage and help parents in the work that the Lord has already equipped them to do: build a legacy of faith in their families.**

Parents are the primary educators of their children; Jesus has already given you everything you need to catechize and evangelize your kids. This resource is meant to encourage and empower you to do this work for the Kingdom.

- **Evangelize the next generation by offering opportunities for them to encounter the Person of Jesus Christ.**

We want to raise up a generation that knows the Lord and deeply understands their Faith. To this end, we learn to recognize God's Voice by spending ample time reading and memorizing God's Word. He is the ultimate Teacher. We know that catechesis is a moment of evangelization (*Catechesi Tradendae* 18), so this resource seeks first to draw hearts to God through the beauty of the world, so that in coming to know Him, we come to love Him.

- **Provide children with thorough, deeply-Catholic catechesis.**

Into the Deep is a Catholic company in full submission to Holy Mother Church. We are aligned with the Truth of Catholic Church teaching as given to us through Sacred Scripture, Sacred Tradition, and the Magisterium. Our catechetical content is not "watered-down" or pseudo-Catholic. We strive to present the full Deposit of Faith in all its richness and goodness.

- **Draw the hearts of our children to their Creator by experiencing the true, good, and beautiful.**

We believe that we can learn about God's Heart through nature, created works, and the liturgy of the everyday—in fact, we believe that encountering His beauty in these elements draws our hearts ever more deeply to His. This resource, then, presents the Faith as a feast, at which poetry, art, music, literature, nature study, fables, parables, and tactile work are served.



Preparation

Preparation for catechesis is two-fold. The practical use of this resource requires little-to-no preparation ahead of time. We recommend that you look over the next day's lesson the night before (if possible), or, more realistically, five minutes before your school day begins while you finish your cup of coffee. However, we know well that we cannot give what we do not have. We also know that faith is often "caught." Your own spiritual formation is deeply important and possibly has the most lasting impact on your child. We encourage you to make daily prayer a priority—the highest priority. Your relationship with God will overflow into your catechesis. Allow your child to witness you praying, reading Scripture, learning about the Saints, and living a sacramental life. Further, we highly recommended praying with each day's Scripture passage beforehand, if possible, inviting the Word of God into your heart so that you can first be moved toward Him before proclaiming the Word to your child.

You will need to have a Bible on hand for the daily readings. We use and recommend the Revised Standard Version Second Catholic Edition; or you can use the New American Bible if you want to use the same translation used in the Mass.

You will find a list of resources at the beginning of each presentation that you can acquire ahead of time. Additionally, it could be helpful to set this time apart from your other school work or reading. This can be done simply by lighting a candle, moving to a different area in the home, sitting near a sacred space in your home, or placing a crucifix or other holy image on the table.

Investment of Time

This resource is set up to cover two presentations per week over a 36-week school year. Each presentation will take roughly 20 minutes.

Ultimately, you set the pace for this resource. You may want to spend a couple of days on a single lesson, you may want to do more than two lessons each week, you may want to do more than one lesson in a day. Remember, you are the primary catechist and you know your child best. You get to shepherd their hearts according to the grace and wisdom the Lord has given you!

This resource is almost completely "open-and-go." At the beginning of each presentation, you will see what preparation is required. If you want to read corresponding picture books or chapter books, please refer to Appendix A and acquire the recommended books (the library and your local Catholic bookstore are great resources for this). If utilizing the library, we recommend looking ahead about a month at a time to gather the books you will need for upcoming presentations.

The Daily Feast

The Daily Feast is a compilation of synthetic prayer and memory work aimed at teaching the children to pray. While the lessons in this resource are structured to be presented twice each week, we *highly recommend incorporating the Daily Feast into your daily rhythm*. It's perfect for morning time!

The Daily Feast consists of:

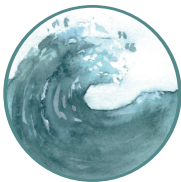
- **Vocal Prayer** | Vocal prayer refers to rote prayers that are a part of our Church's tradition and liturgy (Hail Mary, Our Father, etc.).
- **Free Prayer** | This refers to prayer from your heart. Teaching our children to pray is teaching them how to have a conversation with God. We do this best by showing them. Invite them to pray from their heart, too.
- **Memory Verse** | We cannot emphasize enough the importance of memorizing God's Word. This resource will immerse us and our children in Scripture, building our arsenals of Truth that will serve us well in spiritual battle.
- **Bible Story** | Each day, read to your child from the Bible. (It can be a Children's Bible.) Start from the beginning and read them the Story of Salvation History over and over again throughout their lives.
- **Hymn** | The Psalms encourage us to "sing a new song unto the Lord" (Psalm 96:1). As a family, you will learn new hymns together that will help you to praise the Lord.

Additional Reading

At the beginning of each presentation, you will see suggestions for additional reading. We include both picture books and chapter books and have compiled a list of these readings at the end of this book. This reading is not required, but it will further season the content of the presentation.

Each of these living books will represent some part of a day's topics or theme and will further enrich your child's imagination. Do not feel pressure to explain the connection to your child or "preach" on the lesson. Simply let the text soak in and allow the child to volunteer their thoughts on the story.

Deep Dive



You will also find a section titled "Deep Dive" at the end of each presentation. If your child is particularly struck by a presentation, these Deep Dives offer additional suggestions for learning and exploring. These are not required, but may help your family continue to converse and connect with the Lord.



Follow Me.

Matthew 4:19



INTRODUCTION TO THE DAILY FEAST

- **Lesson Prep:** Assemble books and materials for your first daily feast (Children's Bible, hymn ready on your phone or computer, Scripture memory verse written on a chalkboard or index card)

○ *Partake in the Daily Feast*

Parent says: Today is our first daily feast of prayer! We will spend this year learning about God and how He loves and cares for us. We are going to see how He designed the world, how He made us a part of His family, and how He helps us live a full and joyful life.

Every day, we will start our morning time in prayer. We will read a story from the Bible to explore where we came from and to learn about our family, we will pray together and for people in our family and in the world, we will memorize words from Sacred Scripture so we will be armed with God's Word, and we will sing hymns together. I'm really excited to spend this time with you and the Lord.

Introduce the components of your Daily Feast. Begin with the Sign of the Cross and a Bible story. After the story, pray from the heart. Allow the child to offer intentions or their own prayer. Close the prayer with the vocal prayer of your choice. Then, introduce the memory verse you have selected. Read the full verse several times. Do not worry about having the child repeat after you the first few times. Eventually, invite them to repeat after you, phrase by phrase. They will learn it gradually! Finally, introduce the hymn and listen to it. Close with the Sign of the Cross.

GOD CREATED | DAY + NIGHT

- **Lesson Prep:**
Gather crayons
or colored
pencils

- **Parent Reference:**
*Catechism of
the Catholic
Church* 290-301

- **Additional Reading:**
 - *Bear Can't Sleep* by Karma Wilson
 - *Night in the Country* by Cynthia Rylant

○ *Partake in the Daily Feast*

Parent says: Because God is Love and because He desired us, He created everything. Everything! He created the lakes and rivers, the stars and planets, the dolphins and penguins, and you and me. For our next few lessons, we will be talking about how God created all of this. In the beginning, there was nothing but God. Everything was dark. Nothing and no one existed besides Him. Saint Paul tells us that, "By faith we understand that the world was created by the word of God, so that what is seen was made out of things which do not appear" (Hebrews 11:3). And here, we see the brilliance of God as He creates His masterpiece...

Read Today's Scripture: Genesis 1:3-5

Parent says: Wow, isn't that amazing? All God did was say, "Let there be light," and there was light! He is so powerful; everything He speaks comes to be. His Word is mighty and creative. I cannot do that, can you? If I say, "Let there be a chocolate milkshake in front of me," does one appear? Of course not! Only God's Word has the power to create something out of nothing.

What did God create first? (*Child responds.*) That's right, the day and the night! What is your favorite, daytime or nighttime? (*Child responds. Share your response, too!*)

As we talk about the story of creation, let's draw what God did on the different days. (*Point to blank sheet on the next page*)

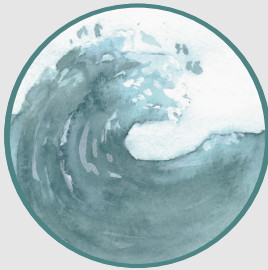
Today, we are working on Day 1. In this box, can you draw the day and the night? (*Discuss how they would like to do that.*)

Optional:

While the child sketches, listen to "On the Nature of Daylight" by Max Richter.

Closing Prayer

God, thank You for creating the day and the night! You are so creative, and we are grateful that You have set rhythms in our world to guide us ultimately to You. We praise You, God! Amen.



Deep Dive

Sit outside and watch the sunset tonight or sometime this week. Talk with your child about the division between day and night. You could discuss the importance of sleep, and how the night marks a time for our bodies to rest and recover.



God Created

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7



GOD CREATED | SKY

- **Lesson Prep:**
Gather crayons
or colored
pencils

- **Parent Reference:**
*Catechism of
the Catholic
Church* 290-301

- **Additional Reading:**
 - *Thunder Cake*
by Patricia
Polacco
 - *Watersong* by
Tim McCanna

○ Partake in the Daily Feast

Read Today's Scripture: Genesis 1:6-8

Parent says: What did God create on Day 2? (*Child answers.*) That's right, the sky! He separated the waters below "the dome," which is the sky, from the waters above. What do you think "the waters above" refers to? What water comes from above? (*Child answers.*) The rain! What kinds of things does the rain do? (*Let the child respond. Answers could include things like: water the vegetation, cool down the temperature, fill the oceans, rivers and streams, etc.*). God helps the earth so much by sending the rain.

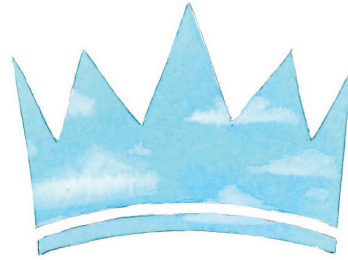
Turn to the page with the creation chart on it.

Parent says: Let's look at our story of creation. What did God create on Day 1 (*day and night*)? What did God create on Day 2 (*the sky*)? Can you draw the sky in the box that says Day 2?

Read the poem "Real Riches" by Emily Dickinson:

Real Riches

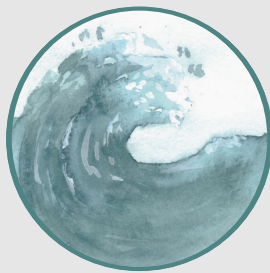
'Tis little I could care for pearls
Who own the ample sea;
Or brooches, when the Emperor
With rubies pelteth me;
Or gold, who am the Prince of Mines;
Or diamonds, when I see
A diadem to fit a dome
Continual crowning me.



Emily Dickinson says that she does not want pearls, gold, diamonds, or other luxurious things because she has "a diadem to fit a dome". Do you know what a diadem is? It is a crown like kings and queens wear! So the sky is like a crown for the earth! Wouldn't it be fun to have a crown of the blue sky, sprinkled with clouds?!

Closing Prayer

Father, You provide everything we need. Thank You for thinking of us even before You created the world. Thank You for giving us the sky, the clouds, and the rain. We delight in You, God. Amen.



Deep Dive

If there are cumulus clouds in the sky over the next week, go outside and spot "cloud shapes" with your child. How many animals can you spot? Do any clouds look like your favorite food? Thank God for sending funny-shaped clouds to brighten your day!

If there is a rainy day this week, read *Thunder Cake* together and bake your own (the author's recipe is in the back of the book).

Presentation 4



- **Lesson Prep:**
Gather crayons
or colored
pencils

- **Parent Reference:** *Dei Filius* Chapters 1 and 2

- **Additional Reading:**

- *Roxaboxen*
by Alice McLerran
- *A Tree is Nice*
by Janice May Udry
- *Miss Maple's Seeds*
by Eliza Wheeler
- *Hello Ocean*
by Pam Muñoz Ryan

○ Partake in the Daily Feast

Read Today's Scripture: Genesis 1:9-13

Parent says: Today's Scripture reminds us that when God says something, it happens! His Word has great power. It also reminds us that, when God looks at what He creates, He sees that it is good. Everything God creates is good! So what did God create on Day 3? (*Child responds.*) Yes, the earth and the sea! He created all the plants and flowers!

Take some time to talk with your child without rushing. Ask them about their favorite flower or their favorite color of flower. If you have ever been to the beach or another body of water, ask them about their experience. What did they love most about the ocean? What kind of fun did they have at the lake? Ask them about their favorite fruits and vegetables.

Isn't it wonderful that God created all these amazing things for us to enjoy? He knew we would have fun in the ocean together, and that we would love the taste of fruit and vegetables. He takes care of everything we need! And the Church tells us that "the world was created for the glory of God" (*Dei Filius*)—so even the wildflowers, seashells, and pinecones point to His glory.

Turn to the page with the creation chart on it.

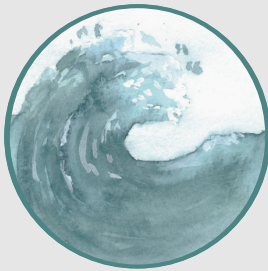
What did God create on the first day (*day and night*)? What about the second day (*sky*)? And the third day (*land and sea*)? Can you draw the land and the sea in the box labeled Day 3?

Today, we are going to go for a walk and see what we can spot things that God created on the third day!

Some time this week—today if possible—go for a walk and collect from nature—leaves, flowers, pinecones, tree bark, rocks, etc. Bring them back and display them on your table, nature shelf, or school desk. Keep it in a space where you can point to it frequently over the following days and talk about the goodness and creativity of God.

Closing Prayer

Lord, we are so grateful for everything You have created. Thank You for creating stunning plants, delicious fruits and vegetables, and the roaring seas. Help us to see You today in the work of Your Hands. We love You, Lord! Amen.



Deep Dive

Check out books from the library about oceans, flowers, and/or trees. Learn about the science and intricacies behind these amazing works of God. Let your child choose what interests him or her most and deep dive it. Talk about how God is a God of details—He is a master artist and leaves nothing undone!