

A watercolor illustration of a wooden boat on a sea. The sea is depicted with various shades of green and blue, showing waves. In the background, there are green hills and mountains under a light blue sky. A white fishing net is draped over the side of the boat in the foreground.

*into the*  
**DEEP**

*Level Two*

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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 of Catholics who know the Lord and deeply understand 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, in which poetry, art, music, literature, nature study, fables, parables, and tactile work are served.

## Structure

Level Two can be completed semi-independently by the child, or the parent and child can work together throughout the entire study. We wanted to ensure it is usable in whatever format you wish to catechize your child, keeping in mind the vast differences and capabilities of the unique children in this age range. Read through some of the Presentations before the child begins to see how you would like to approach it with your unique child.

*If you want your child to move through Level Two independently:*

- Your child will partake in The Daily Feast with you (and the rest of the family, if applicable). More on The Daily Feast below.
- We suggest reading each day's Presentation ahead of time so that you can anticipate any assistance your child might require and converse with your child afterward about the material.
- You could also direct your child to complete each Presentation's Closing Prayer with you, if you want that to be a point of connection.
- Some of the Deep Dives (more on that below) in this Level require further reading or research. If you choose to do those as an extension of the Presentation, it is a great way to go further with your child.

*If you want your child to move through Level Two alongside you:*

- Remember that each Presentation is written for children, so you can read it aloud to them easily.
- When the text asks questions, be sure to pause and allow your child to think or verbally respond.
- Everything from The Daily Feast to the Closing Prayer and optional Deep Dive can be done together.

Finally, Level Two can be completed in a hybrid format, which mixes both independent and dependent approaches according to your family's needs, seasons, and discernment.

## 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 Presentation 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 recommend 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 and/or your child will need to have a Bible on hand for the daily readings. We use and recommend the New Revised Standard Version Second Catholic Edition; you can also read from the New American Bible if you want to use the same translation used in the Mass. It might be helpful to use Bible tabs if the child is still learning the order of books in the Bible.

The child will also need a notebook for any narrations. This can be a simple notebook used only for this resource or a part of their narration portfolio.

You will find a list of resources at the beginning of each presentation that you can acquire ahead of time (most of these are standard supplies like drawing paper and scissors).

Additionally, it could be helpful to set this time apart from the child's 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, or 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 entirely "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. You can also find the list of books via Amazon at:  
<https://intothedeep.co/into-the-deep-level-two-book-list/>

## The Daily Feast

The Daily Feast is a compilation of synthetic prayer and memory work aimed at teaching our 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:

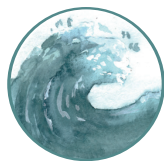
- **Vocal Prayer** | Vocal prayer refers to rote prayers that are a part of our Church's tradition and liturgy (Hail Mary, Our Father, etc.).
- **Free Prayer** | This refers to prayer from your heart. Teaching our children to pray is teaching them how to have a conversation with God. We do this best 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, all of which are listed at the end of this book. This reading is not required, but it will further season the content of the presentation.

These living books will represent some part of that day's topic 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 they may help your family continue conversing and connecting with one another and the Lord.





*Do not be afraid.*

Luke 5:10



*Presentation 1*

# THE DAILY FEAST

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

**Parent says:** I am so excited to learn more about God and to know Him better through prayer alongside you. As we move through this resource together, we will have many opportunities to pray together and on our own. We will get to hear stories from the Bible, learning more about where we came from so we know better where we are going. We will get to know the Saints—our brothers and sisters in Christ who have gone before us. We will learn and sing hymns of praise and petition. We will build storehouses of Truth in our minds and hearts by memorizing God’s Word.

This time of prayer, which we will prioritize each day, is called The Daily Feast. Our Catholic Faith presents us with a buffet of beauty handed down to us throughout the ages. Our Church has gifted us prayers, hymns, chants, and devotional practices to feed our souls and to help draw our hearts to Jesus. The Daily Feast gives us an opportunity to learn and explore these treasures!

***If your child will be reading/doing much the resource on his or her own, say:***

In addition to The Daily Feast, each day we use Into the Deep we will dive into the teaching of the Church. We will learn about our Faith and how we can live it more fully in our daily lives. In each Presentation, I will read an opening paragraph to you, and you will finish reading the rest of the Presentation on your own. I am here to help if you need anything along the way!

***If you will be accompanying your child through the entire resource, say:***

In addition to The Daily Feast, each day we use Into the Deep we will dive into the teaching of the Church. We will learn about our Faith and how we can live it more fully in our daily lives.

**Parent says:** Because God is all good, every new thing we learn about Him gives us another reason to love Him. I am looking forward to discussing what we learn and love as we go about our days!

*Introduce the components of your Daily Feast. Begin with the Sign of the Cross and a Bible story of your choosing. 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 (consider one they know well, like the Our Father or Hail Mary). Then, introduce the memory verse you have selected (John 3:16, John 10:10, and Psalm 119:105 are great verses to begin with). 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.*



Presentation 2

# WHO GOD IS

**Lesson Prep:** Gather your notebook and a pencil; Have Mozart's "Piano Concerto, No. 21 in C major, K.467, last movement" pulled up on a phone or computer.

**Parent Reference:** *Catechism of the Catholic Church* 268-278

**Additional Reading:**

Picture Books:

- *Are You My Mother?* by P.D. Eastman
- *The North Wind and the Sun* by Jean de La Fontaine

Chapter Books:

- *The Golden Key* by George MacDonald

## ○ Partake in the Daily Feast

What is the best book you have ever encountered? Take a few moments to consider your favorites and write them below.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Why do you love these books? What makes you want to read them again?

In the great books you read and hear, there is a hero, a problem to be solved, and final victory in one way or another. These are the elements of wonderful epics which we want to live in our imaginations again and again. When we read stories that capture our hearts and minds like this, it is always helpful to learn more about the author. When did the author live? What was going on in the world? What inspired this story? What did the author want to communicate through the story? All of these questions shed greater light on the story itself.

Did you know that you are a part of a story? You play a role in the most brilliant epic ever dreamed up. Just like our favorite novels or picture books, it is helpful to know more about the Author Who is writing the beautiful story of your life.

Who do you think the Author is?

God is the Author of all of creation. He is the Author of your life and mine. Throughout this book, we will be learning about Him and getting to know Him in prayer. We will ask questions about what inspired Him to create us, how He propels the Story of this world forward, and what He wants to communicate to us.

What are some characteristics of human beings? *Take some time to think about the things that all human beings share in common; you can even write them down in your notebook.*

Good. Because humans are created in the image of God, we can understand that God, too, has characteristics, called Divine Attributes. Today, we are going to look at some of those characteristics.

*Read Psalm 139:1-18.*

The God of the universe is *infinite*, which means He is unlimited and perfect in every possible way, to the highest conceivable degree. There is only One God and He is a unity of Divine Persons (we will learn more about this next time). To learn more about

the magnitude of His greatness, we will look at the prefix “omni,” which comes from the Latin word “omnis,” meaning “all.” We will learn four words that describe the character of God and contain the prefix “omni-.”

God is:

- **OMNISCIENT** | Omniscient means “all-knowing.” You and I have to learn about things. We have to learn to talk, read, and walk. We have to learn how to fix things and calculate equations and prepare food. God does not have to learn anything because He is the Creator of everything and is therefore all-knowing. The Psalmist declares this in what you just read: God’s thoughts are weighty and vast!
- **OMNIPRESENT** | What do you think Omnipresent means? Good, all-present! God is present everywhere at all times. In fact, God is outside of time and space. Although we are confined to the space taken up by our bodies and to the regularities of time, God is not bound by these things. The Psalmist touches on this when he contemplates the highest heights and the lowest depths he could travel and yet never escape the presence of God. This is great news for us, for we are never alone! God is always present to us.
- **OMNIPOTENT** | Omnipotent means “all-powerful.” What do you think it means to say that God is all-powerful? Yes, there is nothing He cannot do. The Psalmist remarks that God created him in his mother’s womb, and he declares that he is fearfully and wonderfully made. God is the ultimate Creator and nothing is beyond His power! How magnificent it is that we have such a mighty Author.
- **OMNIBENEVOLENT** | Finally, Omnibenevolent means “all-good.” The One true God does not will our failure or demise. He is not out to get us or to trick us. God is good, and He wants our good. We can rest easy because the Author of our story is cheering for us, guiding us, and protecting us. He wants us to have the final victory, and we will see that nothing can stop Him from making that possible.

The mindblowing reality is that while God is above and beyond anything we could comprehend fully, He loves you as if you were the only person who ever existed. That’s right, the infinite, omniscient, omnipresent, omnipotent, and omnibenevolent God loves you, specifically and endlessly. This is where our joy comes from!

Below, select the "omni" characteristic that struck you the most. Write it on the top line, and then copy the corresponding Scripture verse from Psalm 139 below it. While you write, listen to Mozart's "Piano Concerto, No. 21 in C major, K.467, last movement."

- Omniscient - Psalm 139:4-6
- Omnipresent - Psalm 139:7-10
- Omnipotent - Psalm 139:11-12
- Omnibenevolent - Psalm 139:13-15

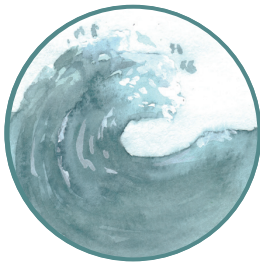
GOD IS OMNI \_\_\_\_\_

Lined writing area with 15 horizontal lines for notes.

## Closing Prayer

Lord God, You are beyond my wildest imaginings! Great are You, Lord. Thank You for being the Author of creation and the Author of my life. Help me to follow the ways You mark out for me, for I am fearfully and wonderfully made in Your image. Amen!

## Deep Dive



Try to imitate, on a small scale, these attributes of God this week. How can you increase your knowledge? *(By being committed to your studies, by practicing diligently, by reading an extra 30 minutes each day, etc.)* How can you be more fully present to the person in front of you? *(Not being distracted when someone is talking to you, by asking your parents or siblings questions about themselves, etc.)*

How can you use your influence (power) to help someone else? *(By standing up for someone who is vulnerable, by providing a good example for younger siblings or children, by holding doors for other people or helping them carry something, etc.)* How can you grow in virtue and goodness? *(By choosing to resist temptation, by being kind to others even if you do not particularly like them, by having an attitude of hope and positivity, etc.)*

Consider using the remaining "omnis" and verses for copywork this week.





*Presentation 3*

# THE MOST HOLY TRINITY

**Lesson Prep:** If engaging in the Deep Dive activity, gather watercolor paints and supplies, and pull up, with a parent's permission, "Praise the Father, Praise the Son" by Chris Tomlin.

**Parent Reference:** *Catechism of the Catholic Church* 232-260

**Additional Reading:**

Picture Books:

- *Saint Patrick* by Tomie de Paola
- *The Life of St. Patrick: Enlightener of the Irish* by Zachary Lynch

Chapter Books:

- *Nate the Great* by Marjorie Weinman Sharmat

## ○ Partake in the Daily Feast

There was once a man named Augustine who had a brilliant mind and a heart for God. Augustine had come to know God, and he wanted to help other people know Him too. So he wrote many works about God. One day, Augustine was writing about God as Trinity: Three Persons in One God. This is a difficult concept for the limited human brain to grasp, so Augustine took a break and went for a walk on the beach to clear his mind.

While he was walking, he came upon a young boy hard at work. The boy was focused and determined, running back and forth between the breaking waves and a small hole in the sand on the shore.

Augustine asked curiously, "My son, what are you doing?"

The boy, stopping and catching his breath, looked up and held a pink sea shell above his head. "I am trying to fit the entire ocean into this tiny hole," he proclaimed.

Augustine smiled at the boy's innocence and tenacity. He watched the boy a little longer, admiring the child's perseverance. Finally, he approached the boy and said, "My son, it is impossible to fit such a vast ocean into this small pit."

The boy immediately looked into Augustine's eyes and said plainly, "And you could never possibly fully understand the Blessed Trinity."

Then, in a flash, the boy disappeared.



*Vision of St. Augustine, Botticelli, circa 1488*

Augustine understood this to be a message from Heaven telling him not to worry about completely understanding the Blessed Trinity because he never would this side of Heaven.

The fact that the One God is a unity of Three Persons is a Mystery of our Faith. A Mystery is a deep reality about God. We are capable of understanding Mysteries, but it will take us forever to do so fully. This side of Heaven, we get to be like detectives, examining evidence and looking for clues to discover more and more of the Mystery!



Saint Augustine was thus content to do his best to help us understand the Mystery of the Blessed Trinity, but the pressure is off of him and us to understand this Mystery with *full* comprehension this side of eternity.

Jesus Himself offers us a glimpse of the unity of the Holy Trinity in the Gospel of John.

*Read John 14:26.*

Who did Jesus reference in that passage?

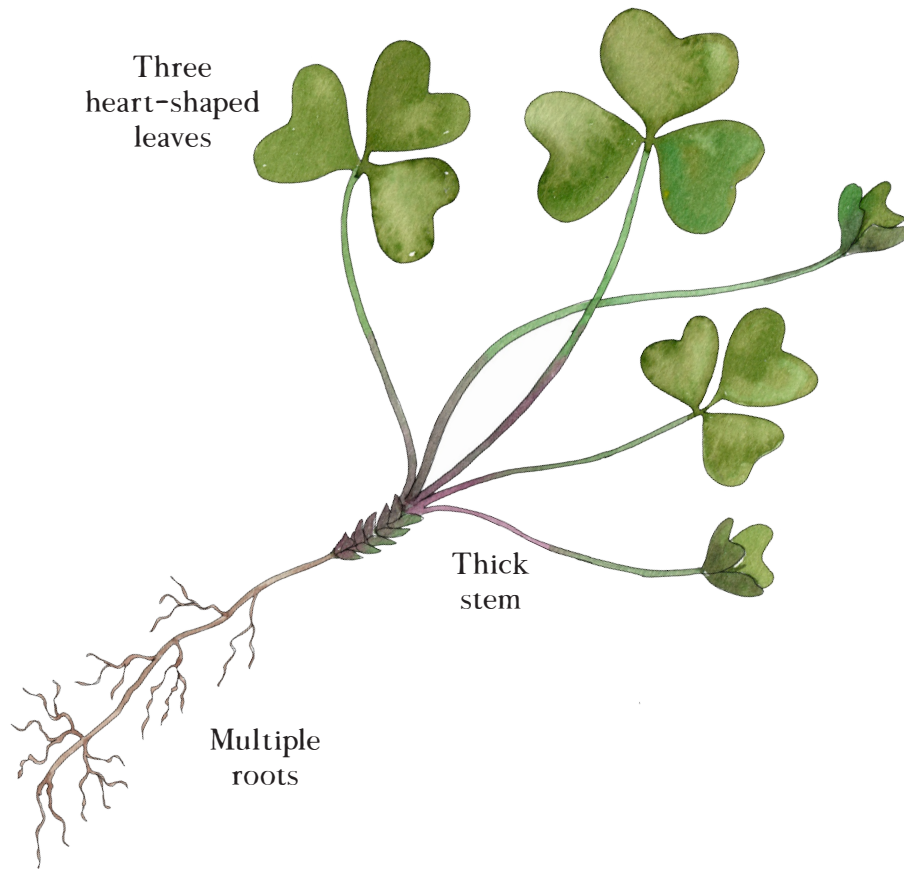
Good, the Father, the Son (Himself), and the Holy Spirit.

Like Saint Augustine, Saint Patrick sought to teach others about this great Mystery. He examined how understanding the Triune God as creator points to a reality about Him. Saint Patrick used the humble shamrock to teach us about the unity of the Trinity.

Look at the anatomy of the shamrock on the next page. What do you notice about it?

Good. The shamrock has three leaves that are connected to a single stem. Saint Patrick used this imperfect symbol to explain the reality of the Trinity. Although it falls short, it gives us more understanding.

The next time you see three-leaf clovers, think of the Blessed Trinity!

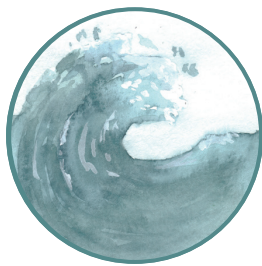


## Closing Prayer

Most Holy Trinity, we praise You, we bless You, we adore You, we glorify You, we give You thanks for Your great glory! Amen!

*(From the Gloria)*

## Deep Dive



Watercolor your own shamrock and label the three heart-shaped leaves as the Father, the Son, and the Holy Spirit. Listen to "Praise the Father, Praise the Son" by Chris Tomlin while you create.



Presentation 4

# WHO GOD SAYS YOU ARE

**Parent Reference:** Catechism of the Catholic Church 27, 357, 1700, 1934

**Additional Reading:**

Picture Books:

- *Snowflake Bentley* by Jacqueline Briggs Martin
- *The Story of Snow* by Mark Cassino

Chapter Books:

- *The Door in the Wall* by Marguerite de Angeli

## ○ Partake in the Daily Feast

Think back to your favorite books that you listed a couple of Presentations ago. Who were the characters in those stories? What were they like? What role did they play?

Now that we know more about the Author of everything—the Author of your life—let’s look at your role in the Story He is writing, which contains your life and the whole world.

In literature, character is immensely important because it is the literary device that keeps the story moving forward. There are different types of characters: protagonist, antagonist, confidante, dynamic, static, round, flat, and so on. To which category would the characters in your favorite stories belong? (*Research any unfamiliar terms with your parent’s permission.*)

God’s Story, however, transcends this literary device because each one of us is a unique, unrepeatable creation that cannot be reduced to mere terms and descriptions. For our “character analysis,” then, we must look to the Author Himself. To discover who we are—who we truly are—let us look to God’s Word. Sacred Scripture is divinely inspired and absolutely true, so if you want to know what God thinks of you, look there. Let’s do that now. (*Feel free to write down a word or phrase that sticks out to you if you need help remembering.*)

Read:

- *Genesis 1:26-27*
- *Song of Solomon 1:16*
- *Isaiah 43:1, 4*
- *Isaiah 49:15-16*
- *Jeremiah 1:7-8*
- *Matthew 19:14*
- *2 Thessalonians 1:13*
- *1 John 3:2*

What do you remember about God’s declaration over you from these verses?

In His Word, God says that you are created in His image, that you are good, and that you are beloved. You are a unique creation. There has never been and will never be anyone just like you.

Did you know each and every snowflake is unique? There are several different shapes of snowflakes (find some on the next page!), but even within those shapes, each individual snowflake is different. Temperature and humidity determine a snowflake’s shape. When the temperature inside a cloud lowers to a certain point, the water vapor crystalizes into solid ice. This process is called deposition.

The crystal continues to grow, and the molecules do not stack together in perfect uniformity, thus giving each snowflake its individual shape. Once the ice crystals become heavy enough, they fall from the cloud as snowflakes. As it falls through various temperatures and atmospheric conditions, the shape of the snowflake changes more, making it even more unique.

If every single snowflake can be different from all others, imagine with what care, intention, and distinctiveness God created you! In fact, the scientific chances of you existing, in all your you-ness, is 1 in 4 quadrillion! God must have really wanted you to exist.

Even further, the Lord loves you as if you were the only person who ever lived. Isn't that amazing? Never doubt your goodness, your purpose, and your belonging! God dreamed you up and, through the cooperation of your parents, wrote you into His marvelous Story.

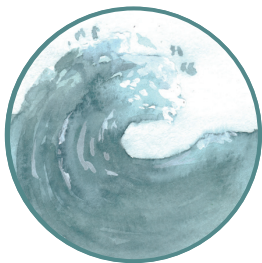
Sometimes we can forget who we are. Sometimes we want to look to other people, the culture, or the world to tell us who we are. Sometimes we feel bad about ourselves and wonder if we are worthy of love. But with God's Word, you do not have to wonder. During those times of self-doubt, re-read those Scripture verses above to remind yourself of who God says you are. Remember, His Word is true.

You are not just another character; you are a child of God!

## Closing Prayer

Father, thank You for creating me and for reminding me of who I am because of You. Help me to remember that I am Your child and help me to live as Your child. Holy Spirit, if I ever doubt that I was created on purpose and for a purpose, please remind me of what You have declared to be true about me. In Jesus' Name I pray. Amen.

## Deep Dive



Spend some time reading about DNA. If you ever doubt your unrepeatability, these scientific findings will convince you that you were willed by an endlessly creative Creator!

Use the Scripture verses listed in this Presentation as copywork this week. Hang them in your room or somewhere the entire family can see. It will serve as a reminder of who you are in God's eyes!

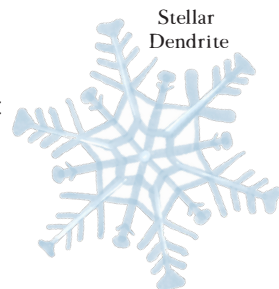
## Different Snowflake Shapes



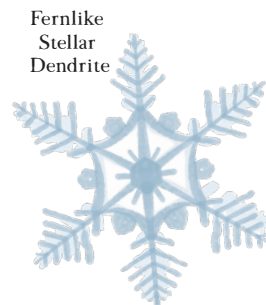
Hexagonal Plate



Stellar Plate



Stellar Dendrite



Fernlike Stellar Dendrite