

# Renewed

Your Journey to First Reconciliation

**FAMILY FAITH FORMATION:**

**At-Home Lesson Guide**



**ASCENSION**

West Chester, Pennsylvania

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This *Renewed* Family Faith Formation: At-Home Lesson Guide is intended for use with the second edition of the *Renewed: Your Journey to First Reconciliation* Student Workbook.

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## Contents

Letter to Parents .....	4
<i>Renewed</i> Family Faith Formation Program Overview .....	5
<b>Unit 1: Who Created the Universe? .....</b>	<b>9</b>
Lesson 1.1: God's Plan for Creation. ....	10
Lesson 1.2: What Happened to God's Plan .....	18
<b>Unit 2: How Did God Show His Love to His People After the Fall? .....</b>	<b>26</b>
Lesson 2.1: From Adam and Eve to the Exodus. ....	27
Lesson 2.2: From the Ten Commandments to the Promised Savior, Jesus Christ .....	35
<b>Unit 3: Who Is Jesus? .....</b>	<b>43</b>
Lesson 3.1: Jesus Heals Us, Teaches Us, and Saves Us .....	44
Lesson 3.2: Jesus Gives Us the Church to Continue His Work .....	52
<b>Unit 4: Why Did Jesus Give Us the Sacraments? .....</b>	<b>59</b>
Lesson 4.1: The Sacraments Bring Us God's Love. ....	60
Lesson 4.2: The Sacraments Throughout Our Lives .....	67
<b>Unit 5: Why Did Jesus Give Us the Sacrament of Reconciliation? .....</b>	<b>75</b>
Lesson 5.1: Our Need for Forgiveness. ....	76
Lesson 5.2: Our Friendship with God .....	84
<b>Unit 6: How Do We Live Out the Sacrament of Reconciliation? .....</b>	<b>92</b>
Lesson 6.1: Our First Reconciliation .....	93
Lesson 6.2: Living the Life God Wants for Us .....	101

## Letter to Parents

Welcome to *Renewed*!

Teaching is a daunting task, even more so when the student is your own child and the focus is on your son or daughter's relationship with God! If you're feeling nervous, rest assured that this is normal. But remember, too, that you are doing this with Jesus, and Jesus is our friend. What often happens when we're with a friend? Fun!

The catechetical formation of your child is, indeed, a big undertaking, and you may wonder if you are up to the task. With your commitment to your child, God, and the Church, you are. In a culture in which young people are increasingly leaving our Faith, one of the most certain indicators that your child will stay in the Church is the presence of a faithful adult in his or her life. That faithful adult is *you*! Your witness, your joy, and your commitment are hopeful signs that your child will carry the Faith into adulthood.

You may be surprised to learn that you have been a "catechist" for your child all along. Your loving care has always modeled God's loving care. You are already teaching your child to tell right from wrong, own up to mistakes, apologize, and treat others kindly—important first lessons about God and our relationship with him.

*Renewed* reinforces those lessons. You are embarking on a slightly different version of the lessons that classroom teachers use. The main difference is that the catechist and student are you and your child. To calm your nerves, we have designed the *Renewed* Family Faith Formation: At-Home Lesson Guide just for you as a parent-teacher. We walk with you every step of the way.

As you prepare your child for the Sacrament of Reconciliation, you are showing him or her the power of God's love, the freedom to admit we've done wrong, and the mercy that awaits us in the sacrament. This knowledge transforms! We are so blessed to have our God! He teaches us that owning our bad decisions is a vital step, and he waits eagerly to forgive us and help us begin again. His love is freeing!

Thank you for saying yes to the call to prepare your child for Reconciliation. Thank you for believing so much in God's mercy that you are willing to extend it to your son or daughter. Your child is blessed to have your witness, and so is the Church.

You may still feel nervous; that's normal. It means you understand the importance of the task. It means you care, and that is what matters most. Remember that you truly have all you need: an open heart, a love of God, and a joyful witness to his mercy.

We are praying for you.

In Christ,

Your Friends at Ascension



## ***RENEWED* FAMILY FAITH FORMATION PROGRAM OVERVIEW**

*Renewed: Your Journey to First Reconciliation*, second edition, is a twelve-lesson sacramental preparation program for elementary school children. It prepares children to encounter God's mercy in the Sacrament of Reconciliation by setting the sacrament in the context of salvation history—God's love for us and his desire for us to know him and love him in return.

The original *Renewed* program is used widely in parishes and schools. This new program, *Renewed* Family Faith Formation, gives you the tools you need to teach *Renewed* at home. Used with the *Renewed*, second edition, workbook and videos, it walks you through the lessons and tells you what to say and do every step along the way.

The *Renewed* program aims to do more than simply impart an intellectual understanding of Reconciliation. It is designed to stimulate an encounter between your child and God. *Renewed* invites your child to meet Jesus Christ in his Word and in the sacrament—and, ultimately, to experience a conversion of heart. Your child will hear and respond in faith to the voice of the God who “first loved us” (1 John 4:19). The goal? To form your child into a disciple.

### **The Components**

To teach *Renewed* at home, you will need three things:

- The *Renewed* Student Workbook, second edition
- Online access to the *Renewed* videos
- This *Renewed* Family Faith Formation: At-Home Lesson Guide

These are the basic components of the Family Faith Formation program. The workbook belongs to your child. It provides beautifully illustrated lessons that use many approaches—Bible stories, hands-on activities, saint connections, prayers, and family activities—to teach the Faith and bring it alive in your child's everyday life.

The award-winning videos feature live-action and stunning animations that communicate the spiritual and practical dimensions of the Sacrament of Reconciliation in ways your child can easily understand.

This guide is your roadmap through both. Take a few minutes to review it and familiarize yourself with all its features.



## Get Ready

Before you start a lesson with your child, we suggest you **look over the lesson in the workbook**, read the lesson instructions here, and watch the video on your own. This will give you the confidence of knowing where you are going when you and your child begin the lesson together.

In this *Renewed* Family Faith Formation: At-Home Lesson Guide, each *Renewed* lesson starts with a brief overview and parent's prayer, lists the lesson goals, and describes optional resources. We suggest you read the overview page on your own before you begin a lesson.

You will also need to **set up a quiet study space where you and your child can work without distractions**. If there's a TV or game console in the room, make sure it's turned off. If you have a cell phone, please put it away. Your child needs your full attention during this hour. Consider putting your phone far away in a drawer or even in another room to show your child how important this time together is to you.

This is also a good time to **set up the equipment you need to watch the video** and queue the player to the start of the video so it's ready to go.

Take a minute, too, to **gather whatever supplies your child will need**—the workbook; extra paper for notes; and pencils, crayons, and markers.

These optional resources from Ascension may also be helpful:

- A Catholic Bible. We recommend Ascension's *The Great Adventure Catholic Bible*. (The *New American Bible* is also available online without charge from the United States Conference of Catholic Bishops (USCCB) at [bible.usccb.org/bible](http://bible.usccb.org/bible).)
- A take-with-you book for your child, *Renewed by Jesus: My Guide to Reconciliation*, by Colin and Aimee MacIver, which uses simple analogies and powerful imagery to guide your child through his or her first Reconciliation.
- *Renewed* Online Parent Certification to help you explore your own faith and the Sacrament of Reconciliation more fully. It also answers tough questions your child may ask and provides strategies for **Family Time** activities. It can be accessed on the Thinkific platform at [AscensionPress.Thinkific.com](http://AscensionPress.Thinkific.com).
- *Renewed* Prayer Cards for the twelve saints introduced in the lessons, each with a beautiful illustration and a prayer on the back.



## Follow the Steps

This guide breaks down each lesson into seven steps and keys the steps to the pertinent pages in your child's workbook. It then tells you exactly what to do and say for each page.

When you're ready to teach, settle down at a table or desk with your child and work through the steps in order. They will enable you to complete the lesson comfortably in about an hour.

**STEP  
1**

### **Step 1: Let's Begin! (5–15 min.)**

A vibrant image and Scripture verse in the workbook get things started. They will help your child visualize the theme and remember it. We give you a short script to introduce the lesson and pray the opening prayer together. A script for an optional *visio divina* exercise (10 min.) follows.

**STEP  
2**

### **Step 2: Warm-Up Activity (10 min.)**

Do this activity together to spark your child's interest in the lesson theme. We provide you with a script and detailed instructions when needed.

**STEP  
3**

### **Step 3: Have You Ever Wondered ... ? (5 min.)**

A story from Scripture provides the biblical basis for the lesson. We give you a brief script to introduce it and list the Bible sources for reference. We also give you a script to help you talk about it after you've read the text together.

**STEP  
4**

### **Step 4: Learning About God's Plan (18 min.)**

The next few pages in the workbook present the heart of the lesson in three parts. We walk you through each part, providing scripts and suggestions for reading the text aloud and then talking about it. We also provide answers to the quick quiz ("Check Your Understanding") at the end, which gives you a chance to see how well your child is understanding the content.

**STEP  
5**

### **Step 5: Video Time (10 min.)**

The video is about five minutes long. It is a delightful story-based presentation that covers a challenging topic in the lesson. It *shows* how things work. We provide a list of things to think about and questions to help you and your child talk about it after you've watched it. (*Note:* Be sure to turn on closed captioning if it helps.)

**STEP  
6**

### **Step 6: Friend on the Journey (5 min.)**

The friend is a saint whose life connects with the lesson. We provide you with a short script to help your child see the saint as a real person and ideas for more ways to get to know the saint.

**STEP  
7**

### **Step 7: Wrap-Up Activity (7 min.)**

This final activity reinforces an important teaching point. We provide a short script, answers to questions if needed, and a suggestion for continuing with the theme during the week. We also provide a reminder to pray the closing prayer together.



## Family Life Activities

Two Family Life Activities follow the lesson and can be done later in the week. They give other members of your family a chance to join in. They are explained in the workbook, but we provide extra instructions here when needed.

### Lesson Plan

The following lesson plan summarizes the steps for a sixty-minute lesson:

60-MINUTE LESSON PLAN		
<b>STEP 1</b>	Let's Begin! (Optional <i>Visio Divina</i> )	5 min. (10 min.)
<b>STEP 2</b>	Warm-Up Activity	10 min.
<b>STEP 3</b>	Have You Ever Wondered ... ?	5 min.
<b>STEP 4</b>	Learning About God's Plan Check Your Understanding	15 min. 3 min.
<b>STEP 5</b>	Video Time	10 min.
<b>STEP 6</b>	Friend on the Journey	5 min.
<b>STEP 7</b>	Wrap-Up Activity Closing Prayer	6 min. 1 min.
	<b>Total Time:</b>	<b>60 min.</b>





## Unit 1

# Who Created the Universe?

In this unit, you will introduce your child to who God is, what he created, and why. You will help your child understand that God has a personal love for each one of us that lasts forever.

# Lesson 1.1

## GOD'S PLAN FOR CREATION

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### LESSON OVERVIEW

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The lessons in this guide correspond to the lessons in your child's *Renewed* Student Workbook, second edition. Lesson 1.1 begins on workbook page 4.

In this lesson, you will help your child understand that God is a relational being who desires a relationship with your son or daughter. You will explore the Creation story with your child, helping him or her discover the reality of God's goodness, the goodness of creation, and God's desire to be reconciled with all people.

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

In this lesson, you will help your child

- know that God created everything;
- see that God creates every person in his image and likeness;
- understand that God knows and loves your child and wants your child to know and love him;
- see some of the many ways God reveals himself to us, especially in the Church; through his Son, Jesus Christ; and through Sacred Scripture and Tradition.

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### RESOURCES

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As you prepare the lessons, you may find these optional resources helpful: *Renewed by Jesus: My Guide to Reconciliation* by Colin and Aimee MacIver and the *Renewed* Online Parent Certification. Both are available from [AscensionPress.com](http://AscensionPress.com).

#### Reconciliation Book

If your child has a copy of *Renewed by Jesus*, take time to look through it together and enjoy the illustrations. Read the introduction on pages 1–7 together.

#### Online Parent Certification

Lesson 1.1 of the online resource invites you to think about how you reflect God's love in your family. It also invites you to think about the various gifts and talents of each family member and how each person reveals God's love.





## LET'S BEGIN (workbook pages 4–5)

Choose a place that's quiet and where you and your child are both comfortable. When you're ready to get started, turn to workbook page 4.

### Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation aloud.

**SAY:** This is the Bible verse for our first lesson. It is from Genesis, from the story of the seven days of Creation:

“God saw everything that he had made, and behold, it was very good” (Genesis 1:31).

At the end of each day, God looked at what he had created—the seas, the trees, the sun and moon, the birds, everything!—and he “saw that it was good.” He was happy with what he made. Then, on the sixth day, he created human beings. When he looked at them that day, he saw what he had made and called them “*very good*.”

### Lesson Preview

**SAY:** Today, we'll learn that nothing existed before God. He created everything out of perfect love—the heavens and the earth. God rejoices in all his creation, but he especially rejoices in his creation of you!



### Opening Prayer

Consider setting up a prayer table or other sacred space in your home to help draw your family into the spirit of prayer. If there is a crucifix in the room, you and your child can both face it for the opening and closing prayers.

**SAY:** By being quiet and still, we can focus on being in God's presence.

On workbook page 5, read aloud the sentences under the heading “Let Us Pray.”

**ASK:** What would you like to pray for today? Give your child a moment to write some intentions. You can give some examples to help, or offer your own intentions first and allow your child to follow. (Examples: For Grandma, who is sick. For Uncle Eli. For my friend. For beautiful weather.)

Now, pray the Our Father together. Begin and end with the Sign of the Cross.

The Sign of the Cross is its own prayer—it is the prayer we use to begin and end other prayers. The Sign of the Cross reminds us of Jesus' sacrifice on the Cross and the Holy Trinity. Slow down here and walk your child through the motions.





### Optional Visio Divina

Allow an extra ten minutes for this exercise.

*Visio divina* means “divine seeing.” It is a prayer practice that invites you to pray visually with sacred images, “reading” them and gleaning insights as you would from reading a Scripture passage or a spiritual book.

Begin with the Sign of the Cross. Then, invite your child to look quietly at the image on page 4 of the Student Workbook:

**SAY:** You know that when we pray, we talk to God. But we also listen to him. One way of listening to God is to use pictures. God “speaks” to us through the details we notice, our feelings as we look, and our imagination.

Let’s try it with this picture. Look at it quietly for a minute or two with “the eyes of your heart.” Just look. What interests you in the picture? How does it make you feel? God often speaks to us through these things.

After a few moments of silence, introduce the questions:

**SAY:** Now, I’m going to give you three questions to think about as you look at the picture again.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

- **ASK:** What animals do you see in the image? Who is with them?

*Potential answer:* Your child might mention a lamb, wolf, cheetah or leopard, goat, lion, cow, and bears. He or she will also notice the child in the center, who might be a boy, the child Jesus, or even Adam with the animals.

- **ASK:** What is remarkable about the animals? Do you think you’d be scared if you were with them?

*Potential answer:* Your child might notice that the animals are walking peacefully together even though they are a mix of predators and prey. He or she might say it would be frightening to walk with those animals but may also notice that the child in the picture is not afraid. Consider mentioning that this is the way God intended the world to be when he created it, a world without fear. This is how the world would have always been if Original Sin and the Fall had never happened.

- **ASK:** Imagine living in a world where all the people and all the different animals were at peace with one another. What animal would you like to play with first?

*Potential answer:* Encourage your child to describe an animal in the image that he or she would like to play with. Your child might add what he or she would like to do with the animal, like running fast with a cheetah.

End with the Sign of the Cross.





STEP  
2

## WARM-UP ACTIVITY (workbook page 6)

### “My Timeline”

Have some crayons or markers for your child to use. Read the instructions together.

**SAY:** God has a plan for your life and mine. (You can name other family and friends here too if you like: “... and Daddy’s life and Nana’s and ...”) We can often get a glimpse of his plan when we look at what’s happened in our lives. Let’s look at your life so far!

Now, read the labels in the boxes, starting with box 1 and going in order. Invite your child to draw a picture of what each event might have looked like.

Consider doing the activity yourself. You can draw some events from your life on a separate sheet of paper and share a glimpse of God’s plan for you, too.



STEP  
3

## HAVE YOU EVER WONDERED ... ? (workbook page 7)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word, and read the definitions together.

Throughout the lesson, whenever you ask a question, be sure to give your child a moment to think about it and respond. Your appreciation of your child’s answer is important—and children often have surprising insights! The SAY response after a question gives you a helpful point to add before you move on to the next question. You can also use it as a prompt for conversation.

You can find the Bible source here:

- The Story of Creation: Genesis 1–2

Read the heading on workbook page 7 and then read the text of this section together. (*Note:* Questions that appear in the Student Workbook appear here in bold type.)

**ASK:** Have you ever wondered where the world came from?

**SAY:** This lesson’s Scripture account is about the Creation. Please read this page to me. Or Let’s take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

**ASK:** Why do you think God created all things? Pause for your child’s response.

**SAY:** God created all things because he loves us and wants us to enjoy his creation.



Look over workbook pages 8–11 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

**“God Creates Us in His Image and Likeness” (page 8)**

Read the heading out loud, and then read the text together.

**SAY:** Please read this page to me. Or Let's take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

**ASK:** **How do you think God feels about you?** Pause and listen to your child's response.

**SAY:** God loves you and cares for you more than you can even imagine. He wants you to be happy, and he wants to spend eternity with you in heaven.

**“We Take Care of God's Creation” (page 9)**

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

**ASK:** **What are some ways you can care for God's creation?** Pause and listen to your child's response.

**SAY:** We can care for God's creation by taking care of our pets, watering plants, picking up trash we see on the ground, planting trees, and recycling. Invite your child to think of more ways to care for God's creation, too.

**“God Wants Us to Know Him” (pages 10–11)**

After reading the heading and the text with your child, read the highlighted question at the bottom of page 11.

**ASK:** **Sometimes, when we see something beautiful, it suddenly reminds us that God loves us. Sometimes it is a person who makes us feel God's love. Is there a place or a person that makes you feel God's love? Describe that place or that person.** Help your child think of a place where he or she feels God's presence. This is likely to be a place where your child feels a lot of love, support, excitement, or, simply, happiness. In addition to the love and support your child feels at home, encourage your child to think about the love and support your child gets from his or her grandparents, teachers, friends, and others. Be sure to talk through these feelings together and, if you like, give examples of your own.

**Check Your Understanding (pages 12–13)**

This short quiz gives you a chance to check your child's comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 8–11.

Answers: 1(c) 2(b) 3(a) 4(c) 5(d)





## VIDEO TIME

### “Your Story!”

Watch the *Renewed* video for Lesson 1.1 with your child. Be sure to turn on closed captioning if it's helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation with your child.

#### Think about ...

- Sometimes, the Faith seems to tell a different story than science.
- The Bible is the story of how God created us and how much he loves us.
- All of us have a story that began with our birth and brought us to where we are now.
- Relating our stories to Bible stories can help us understand the Faith in a personal way.

#### Talk about ...

Below are some questions to help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** How is Felicity's story like the Bible story? Pause and listen to your child's answer.

**SAY:** Before Felicity was born, she did not exist. Then she was born and grew, just like everything and everyone in God's creation.

**ASK:** How is the story of the Bible like your own life? Pause and listen.

**SAY:** The Bible is the story of the family of God. We all are part of God's family.

**ASK:** In our family, are there ways we look the same or do things the same? Pause and listen.

**SAY:** Remember how Theo and his dad do the same thing with their mouths while they are thinking? Because we're family, we look like each other and do the same things sometimes.

**ASK:** We are in God's family, too. What does it mean to be made in God's image and likeness? Can you name some ways that God made you like him? Pause and listen.

**SAY:** God made Adam and Eve in his image and likeness, to be like him, and we are human, just like Adam and Eve. God gave us minds to think with, just like him. He gave us hearts so we can love, just like him.





## STEP 6

### FRIEND ON THE JOURNEY (workbook pages 14–15)

#### St. Francis of Assisi

Turn to workbook page 15 and read about St. Francis together.

**SAY:** Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Francis teaches us about God and about ourselves.

Mention the fun fact, and then ask your child the following question:

**ASK:** If you could meet St. Francis, what would you like to ask him? Pause and listen to your child's answer.

**Going deeper:** St. Francis loved creation! This will be a good time to go on a nature walk or participate in a service project that helps the environment. If a community of Franciscans lives nearby, consider visiting them or volunteering with them.

**Talking to a friend:** Look back at the picture of St. Francis on page 14. Remind your child that St. Francis is a friend your son or daughter can talk to whenever he or she needs his help.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the St. Francis card and ask him to intercede for your family.

The workbook pages are perforated. Your child might like to tear out the picture of St. Francis to hang in a special place.



## STEP 7

### WRAP-UP ACTIVITY (workbook page 16)

#### “Creation Landscape”

**SAY:** Earlier, we talked about a special place that fills you with a sense of God's love. Now, it's time to draw that place.

Have crayons and markers available. Read aloud the instructions. When your child has finished his or her picture, talk about it together. Tell your child about a place where you feel God's love, too.

**SAY:** Let's look for signs of God's love every day this week!



#### Closing Prayer (page 17)

**SAY:** It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class. Pray together the brief closing prayer. Remember to begin and end the prayer with the Sign of the Cross.

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## FAMILY LIFE ACTIVITIES

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The instructions for these activities are on page 192 of your child's workbook. They are addressed to a child who has been doing the program in a classroom rather than at home, so please adapt the wording to your own family situation.

### Car Conversation

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

We encourage you to have the “**Car Conversation**” on the day you finish the lesson while the information is fresh. You don't have to do it in the car! It might be after a meal, after school, or before bed. Simply use the prompts on page 192 to encourage your child to talk about what he or she learned today.

### Family Time

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child is learning. It is an enjoyable activity that you can do with your family any time during the week. Follow the instructions on workbook page 192, and enjoy one another's company.

## Lesson 1.2

# WHAT HAPPENED TO GOD'S PLAN

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### LESSON OVERVIEW

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Use this lesson plan with your child's *Renewed* Student Workbook, second edition. Lesson 1.2 begins on workbook page 18.

In this lesson, you will introduce your child to the story of salvation—the story of the Savior, Jesus Christ. You and your child will read about the Fall, when Adam and Eve used their free will to separate themselves from God. Because of their rebellion, sin and suffering entered the world and damaged human beings' relationship with God. But God promised a savior, who would one day heal us and restore us to God's friendship.

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

As you go through the lesson, you will be helping your child

- become familiar with Adam and Eve and the story of the Fall;
- learn the meaning of Original Sin and understand how it affects us today;
- identify Jesus as the promised Redeemer, sent to reconcile God and people;
- understand that we receive grace, God's life in our souls, through the sacraments.

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### RESOURCES

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#### Reconciliation Book

If your child has a copy of *Renewed by Jesus*, look at part 1, "Sin Hurts Us, But Reconciliation Heals Us" (pp. 9–17). Take time to help your child understand how sin pushes us away from God, hurts other people, and damages our souls (p. 10).

#### Online Parent Certification

Lesson 1.2 of the online resource invites you to think about the Fall of Adam and Eve. God allows Adam and Eve to bear the consequences of their wrong actions, but he is also merciful. He is a good Father who wants to protect and provide for his children. Think about how your own understanding of sin affects the way you see God.

**STEP  
1**

**STEP 1: LET'S BEGIN**  
(workbook pages 18–19)

Choose a place that's quiet and comfortable for you and your child, and settle in together. When you're ready to get started, turn to workbook page 18.

**Scripture Verse**

Look at the illustration together for a moment, and then read the verse and explanation out loud.

**SAY:** Today's Bible verse comes from the book of Genesis and describes the moment when the Serpent (called Satan or the Devil) tempts the first woman, Eve, to sin:

"Now the serpent was more subtle than any other wild creature that the LORD God had made. He said to the woman, 'Did God say, "You shall not eat of any tree of the garden?"' (Genesis 3:1).

The Serpent makes the woman think that God does not want the very best for her. Sometimes, it seems like God's rules are not fair or don't make sense, but they are *always* for our good.

**Lesson Preview**

**SAY:** Today, we'll learn about the first man and the first woman, Adam and Eve. They disobeyed God and hurt their friendship with him. That is how sin came into the world. We'll also look at how sin still affects us today. We'll see that Jesus came to save us from sin so that we can be close friends with God again!



**Opening Prayer**

**SAY:** Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 19, read aloud the sentences under the heading "Let Us Pray."

**ASK:** Do you remember what an intention is? What would you like to pray for today? Give your child a moment to write some intentions in the workbook. Give some examples to help, or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end the prayer with the Sign of the Cross.







### Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 18:

**SAY:** Do you remember how, in the last lesson, we listened to God by looking at a picture? Let's try it again.

Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions:

**SAY:** Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to help your child discover answers.

**ASK:** What catches your eye first? What is happening in this picture?

*Potential answer:* Your child may notice the Devil in red with chains around him as he falls into the fire, the white and blue angels fighting, and St. Michael in the center with his sword and shield. Or your child may simply mention angels fighting.

**ASK:** What color are the good angels? What colors are the bad angels?

*Potential answer:* Your child's answer may include a description of the good angels as white, the bad angels as dark blue, and the Devil as red. Help him or her notice the good angels fighting the bad angels (demons) and the Devil falling backward into the fire.

**ASK:** Who is leading the battle against the Devil and the other demons? (*Hint:* He is this lesson's "Friend on the Journey"!)

*Potential answer:* Your child might recognize St. Michael the Archangel leading the charge. If not, turn to pages 28–29 of the workbook and talk about St. Michael. Then, come back to the picture and help your child find St. Michael in the battle scene.

End with the Sign of the Cross.





## WARM-UP ACTIVITY (workbook page 20)

### “The Creation of YOU!”

Make sure your child has a pencil. Read the instructions together.

**SAY:** No one in the world is just like you! Let’s have fun imagining how God made you.

Look over the list of traits for inspiration, and with your child, think of some other good traits your child has. Add them to the list. Make sure your child selects only positive qualities. The “measurements” in the recipe are meant to be silly, but if it helps, explain them—the pail and the armful mean lots, the large can and the handful are a good amount, and the rest of the measurements mean some or just a little bit. When your child is done, read the finished recipe together.



## HAVE YOU EVER WONDERED ... ? (workbook pages 21–22)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word, and read the definitions together.

You can find the Bible source here:

- The Fall: Genesis 3

Read the heading on workbook page 21 and then read the text of this section together.

**ASK:** Have you ever wondered what sin is and where it came from?

**SAY:** This lesson’s Scripture account is about the Fall of Adam and Eve. Please read these two pages to me. OR Let’s take turns reading the paragraphs on these two pages.

At the bottom of page 22, read the highlighted questions.

**SAY:** When we do something wrong, we often try to hide it, just like Adam and Eve.

**ASK:** Have you ever done something wrong and tried to hide it? Why did you try to hide it? Your child doesn’t have to name specific sins here. The focus is on why we try to hide what we’ve done wrong. Give your child a moment to think about the question and respond. Your child may say something like, “I didn’t want to get in trouble,” or “I was sorry and didn’t know what to do.”

**ASK:** What can you do instead of trying to hide it? Brainstorm ideas with your child. Talk about the Sacrament of Reconciliation, where your son or daughter can tell Jesus about what he or she did wrong, say sorry, and be forgiven.



## LEARNING ABOUT GOD'S PLAN (workbook pages 23–27)

Look over workbook pages 23–25 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

### **“A Closer Look at the Devil” (page 23)**

Read the heading out loud, and then read the text together.

**SAY:** Please read this page to me. Or Let's take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

**ASK: What can we do when we are tempted to do something wrong?** Give your child a moment to think about the answer and respond. You can give a prompt if it helps.

**SAY:** When we are tempted to do something wrong, we should ask God for help. He gives us the strength to say no.

### **“Original Sin” (page 24)**

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

**ASK: What is sin? Why is it sometimes easy to sin?** Give your child a moment to think about the answer and respond. You can provide a prompt if it helps.

**SAY:** Sin means disobeying God. It is something we do or say on purpose that goes against God's will. It is easy for us to sin because we are often weak and selfish. Instead of trusting God, we want to have our own way.

### **“God's Rescue Plan” (page 25)**

After reading the heading and the text with your child, read the highlighted question at the bottom of the page.

**ASK: How do the sacraments help us?** Give your child a moment to think about the answer and respond. You can provide a prompt if it helps.

**SAY:** Jesus frees us from sin, and the sacraments bring Jesus to us. He rescues us through them, giving us grace and drawing us closer to him.

### **Check Your Understanding (pages 26–27)**

This short quiz gives you a chance to check your child's comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 23–25.

Answers: 1(b) 2(b) 3(a) 4(a) 5(b)





## VIDEO TIME

### “Broken”

Watch the *Renewed* video for Lesson 1.2 with your child. Be sure to turn on closed captioning if it's helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation with your child.

#### Think about ...

- God created everything good, but because of sin, bad things sometimes happen.
- God gave us free will. We can use our free will to listen to God or ignore him.
- The first chapters of Genesis tell how God created the first man and woman in the Garden of Eden. Adam and Eve could eat the fruit of all the trees except one. Only the fruit from the Tree of the Knowledge of Good and Evil was forbidden.
- Adam and Eve chose not to listen to God. They listened to the Serpent instead. Because of this, sin entered the world. We need the Sacrament of Baptism to cleanse us from the stain of Original Sin.

#### Talk about ...

Below are some questions to help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** What was Theo's mistake? Why should he have waited for his dad? Pause and listen to your child's answer.

**SAY:** Theo tried to knock his Frisbee off the roof by throwing a rock at it, and instead, he broke a kitchen window. Theo's mistakes were failing to obey his father, using a rock to try to get the toy, and telling his sister that their parents shouldn't know what happened. Then Felicity cut herself on the broken glass from the window. He should have waited for Dad to help because Dad told him to wait. Getting something off a roof is no job for a boy Theo's age.

**ASK:** Do you go to God with your problems, or do you try to fix them yourself? Pause and listen.

**SAY:** If it is a math problem you can figure out, you can do that. If you broke something at home, let God help you ask an adult for help.

**ASK:** Have you ever been hurt by someone else's mistakes? Have you ever made a mistake that hurt someone else? Pause and listen.

**SAY:** Did you notice that Theo's mistake led to Felicity getting cut? Sometimes, one mistake leads to other problems.



## STEP 6

### FRIEND ON THE JOURNEY (workbook pages 28–29)

#### St. Michael the Archangel

Turn to workbook page 29 and read about St. Michael together.

**SAY:** Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Michael teaches us about God and about ourselves.

Mention the fun facts, and then ask your child the following question:

**ASK:** If you could meet St. Michael the Archangel, what would you like to ask him? Pause and listen to your child's answer.

**Going deeper:** St. Michael the Archangel is a true warrior and a wonderful example for children! Point out pictures or statues of St. Michael at your church. He is the patron saint of police officers, the military, and more!

**Talking to a friend:** Look back at the picture of St. Michael on page 28 together. Remind your child that St. Michael is a friend your son or daughter can talk to whenever he or she needs his help.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the St. Michael card. (You can also find the St. Michael prayer on workbook page 226.) Ask him to intercede for your family.

Invite your child to tear out the picture of St. Michael to hang in a special place.



## STEP 7

### WRAP-UP ACTIVITY (workbook page 30)

#### “You Choose!”

**SAY:** Earlier today, we talked about how God gave us free will. In this activity, you can think about different ways someone can choose to please God or disobey him.

Read aloud the instructions. Then, read aloud the two different choices for each scenario. Explain them if necessary, and then ask your child to put a smiley face next to the choice that would please God and an X next to the bad choice.

*These are the choices that would please God:* (1) Aiden invites someone to play with him on the playground. (2) The Smith family goes to Mass. (3) Maria shares her candy. (4) Audrey helps someone who tripped and fell. (5) Nathan says something nice. (6) Katie sits down next to someone who is alone.

**SAY:** Let's look for different ways to do God's will this week.



#### Closing Prayer (page 31)

**SAY:** It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class. Pray together the brief closing prayer. Remember to begin and end the prayer with the Sign of the Cross.



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## FAMILY LIFE ACTIVITIES

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The instructions for these activities are on page 194 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child is learning. This lesson's activity mentions a game called “Act It Out.” To play “Act It Out,” simply ask each family member to choose a scenario from the list and act it out in two ways—a way that pleases God and a way that disobeys him. Talk about why God wants us to act in certain ways (to help Mom and Dad, to be kind, to treat others with respect, to protect someone who is being bullied). Remind your family that listening to God brings peace, and disobeying him brings hurt and anxiety.





## Unit 2

# How Did God Show His Love to His People After the Fall?

In this unit, you will be teaching your child about God's plan to save us from our sins, and your child will begin to see the story of salvation history as the story of God's love for his people. You will invite your child to start finding his or her own place in this story.

## Lesson 2.1

# FROM ADAM AND EVE TO THE EXODUS

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### LESSON OVERVIEW

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Use this lesson plan with your child's *Renewed Student Workbook*, second edition. Lesson 2.1 begins on workbook page 34.

In this lesson, you will share the stories of Noah and Abraham with your child and begin to notice how God interacts with his people. You will see that covenants are strong, special promises; they are ways that God binds himself to human beings in love. You will help your child understand that God always keeps his promises. He always wants to be close to us and free us from sin.

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

As you go through the lesson, you will be helping your child

- become familiar with the stories of Noah and Abraham and the covenants God made with them;
- see the story of salvation as the story of God's love for his people;
- learn the importance of trusting God as Noah and Abraham did;
- understand that God never stops reaching out to us.

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### RESOURCES

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#### Reconciliation Book

If your child has a copy of *Renewed by Jesus*, turn to page 4, where the introduction mentions the “spiritual scrapes and bruises” that we call *venial sins*. Take time to mention that holy water reminds us of our Baptism and washes away our venial sins. It is a tangible sign of God's redemption. Use a small dish of water to show your child how to use holy water.

#### Online Parent Certification

Lesson 2.1 of the online resource focuses on the generational and cyclical nature of sin. After the Fall, people continue to move further and further away from God. God keeps reaching out to them, attempting to reconcile them to himself despite their waywardness. Today, God reaches out to us through the Sacrament of Reconciliation every time we stray and sin. You are invited to think about how you can show your child God's mercy.





**STEP**  
**1**

**LET'S BEGIN**  
(workbook pages 34–35)

Settle down together in a comfortable place. When you're ready to get started, turn to workbook page 34.

**Scripture Verse**

Look at the illustration together for a moment, and then read the verse and explanation out loud.

**SAY:** Today's Bible verse is from the book of Genesis, where God is speaking to Abraham. God tells Abraham,

"I will make of you a great nation, and I will bless you, and make your name great, so that you will be a blessing" (Genesis 12:2).

Abraham was a holy man. God made this covenant with him so that God would be united to the people of Israel. This verse reminds us that God had a plan to save humanity. He wanted to make the Israelites into a great nation and, eventually, his Church.

**Lesson Preview**

**SAY:** Today we'll learn that God loves his people and wants a relationship with them. He wants to be close to them, and he wants them to know him. God makes promises with Noah and Abraham. The promises are called covenants, and they bind God close to his people. We will see God's love for his people in the stories of Noah and Abraham.



**Opening Prayer**

**SAY:** Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 35, read aloud the sentences under the heading "Let Us Pray."

**ASK:** Do you remember what an intention is? What would you like to pray for today? Give your child a moment to write some intentions in the workbook. Give some examples to help, or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end the prayer with the Sign of the Cross.







### Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 34:

**SAY:** Do you remember how we listened to God by looking at a picture? Let's do it again.

Look at this picture quietly for a minute or two with “the eyes of your heart”—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions:

**SAY:** Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

**ASK:** What is in this picture? Why do you think there is a child in the angel's arms?

*Potential answer:* Your child may mention the “storm” of colors around the angel holding a child at the very center. Your child might say things like “The angel is protecting the child” or “The angel loves the child.”

**ASK:** This picture is called *Guardian Angel*. Why do you think we have guardian angels?

*Potential answer:* Your child might say something like “I think we have guardian angels because God loves us. I think my guardian angel protects me from harm and helps me do what is right and not do what is wrong.”

**ASK:** When we sin, do you think our guardian angels are happy or sad? Do you think they want to help us get closer to God or pull us away from God?

*Potential answer:* Your child may say that sin makes our guardian angels sad, adding that our guardian angels want to help us grow closer to God. Some children may dive deeper with this answer, noting that our guardian angels want to protect us from the Devil and temptation.

End with the Sign of the Cross.



STEP  
2

## WARM-UP ACTIVITY (workbook page 36)

### “God’s Promises”

Have a pencil and some crayons or markers available. Read the instructions together, and invite your child to draw a rainbow. Then read the first question at the bottom of the page.

**ASK:** **How did Noah know that God would never flood the earth again?** If your child doesn’t already know the story of Noah, tell him or her you will be reading about it in a few minutes. (It’s on pages 37–38 of the workbook.) Tell your child that God promised Noah that he would never flood the whole earth again, and God put a rainbow in the sky as a sign of his promise.

This is a good time to talk about promises. Read the second question at the bottom of the page:

**ASK:** **Have you ever made a promise to someone?** Help your child think of a time when he or she kept a promise. Maybe the promise was to you, a friend, a teacher, or even a pet. Invite your child to write down the promise he or she made in the workbook.

**Consider:** If your son or daughter struggles to remember a promise, or if your child only remembers a promise he or she made but didn’t keep, remind him or her that this is normal. We all break promises sometimes, but God never does.

**ASK:** **Do you remember a time when someone made a promise to you and kept it? How did you feel when he or she kept that promise?**

**SAY:** We can always trust God to keep his promises. That is how he shows his love for us.



STEP  
3

## HAVE YOU EVER WONDERED ... ? (workbook pages 37–38)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word and read the definitions together.

You can find the Bible source here:

- Noah and the Flood: Genesis 6–9

Read the heading on workbook page 37 and then read the text of this section together.

**ASK:** **Have you ever wondered what happened after Adam and Eve?**

**SAY:** This lesson’s Scripture account is about how, after the Fall, God called his people back to him and made covenants with Noah and Abraham. Please read these two pages to me. OR Let’s take turns reading the paragraphs on these two pages. Read the text together.

At the bottom of page 38, read the highlighted question together.

**ASK:** **What is a covenant?** Give your child a moment to think about the answer. You can help your child find the answer in the text just above the question.



**SAY:** We read that a covenant is a special agreement God makes with his people to bless them. It is a promise that shows them how much he cares for them.

**STEP**  
**4**

**LEARNING ABOUT GOD’S PLAN**

(workbook pages 39–43)

Look over workbook pages 39–41 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

**“God Blessed His People in His Covenants” (page 39)**

Read the heading out loud and then read the text with your child.

**SAY:** Please read this page to me. Or Let’s take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

**ASK: Why did God send us his Son, Jesus?** Give your child a moment to think about the answer and respond.

**SAY:** Jesus brought us an everlasting covenant. He is the Savior who saves us from sin.

**“Jesus Comes to Us in the Sacraments” (page 40)**

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

**ASK: What do the sacraments bring us?** Give your child a moment to think about the answer and respond.

**SAY:** Jesus gives us sacraments so we can always come back to God. The sacraments bring us God’s grace—his life within us.

**“God Wants Us to Trust Him” (page 41)**

After reading the heading and the text with your child, read the highlighted question at the bottom of the page.

**ASK: How do we know we can trust God?** Give your child a moment to think about the answer and respond.

**SAY:** God kept his promises to Adam, Eve, Noah, and Abraham. He will do the same with us. God shows his mercy by forgiving us and always calling us back to himself.

**Check Your Understanding (pages 42–43)**

This short quiz gives you a chance to check your child’s comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 39–41.

Answers: 1(a) 2(b) 3(b) 4(a) 5(a)



## VIDEO TIME

### “Trust”

Watch the *Renewed* video for Lesson 2.1 with your child. Be sure to turn on closed captioning if it's helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

#### Think about ...

- When we know someone loves us, we can trust them.
- God loves us, and his promises are trustworthy. We can trust him.
- God's promises are called covenants. He makes covenants to show us that he will always love us and be there for us.
- God is faithful to us even when we sin. He will help us get on track again.

#### Talk about ...

Below are some questions to help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** What are some ways Felicity and Everly can rebuild their friendship? Pause and listen to your child's answer.

**SAY:** They can be honest about how they feel. Felicity can begin by telling Everly that she hurt her feelings when she did not seem to care that the bracelet she made got broken. Felicity does not know how Everly will reply, but if Everly is a good friend, this problem can be solved.

**ASK:** How can they strengthen their friendship now that they go to different schools? Pause and listen.

**SAY:** They can agree to call each other once a week, or they can chat on a safe social media platform.

**ASK:** Who is someone you trust? How do you know you can trust them? Pause and listen.

**SAY:** I trust [name] and will value anything he or she tells me. I might not agree all the time, but I trust that he or she will tell me the truth.

**ASK:** How do we know we can trust God? Pause and listen.

**SAY:** God's love and mercy are perfect. People are not. We should trust God because he will clean up the mess.



**STEP  
6****FRIEND ON THE JOURNEY**  
(workbook pages 44–45)**St. Thérèse of Lisieux**

Turn to workbook page 45 and read about St. Thérèse together.

**SAY:** Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Thérèse teaches us about God and about ourselves.

Mention the fun fact, and then ask your child the following questions:

**ASK:** If you could meet St. Thérèse, what would you like to ask her? Pause and listen to your child's answer.

**Going deeper:** St. Thérèse loved others in many little ways. Talk about ideas for small acts of kindness that your child can do to make Jesus happy.

**Talking to a friend:** Look back at the picture of St. Thérèse on page 44 together. Remind your child that St. Thérèse is a friend he or she can talk to anytime.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the St. Thérèse card. Ask her to intercede for your family.

Your child might like to tear out the picture of St. Thérèse to hang in a special place.

**STEP  
7****WRAP-UP ACTIVITY**  
(workbook page 46)**“Where Do You Feel God’s Love?”**

**SAY:** Now you get to draw a picture of a place where you feel close to God and are talking to Jesus.

Have crayons and markers available. Read aloud the instructions. As your child is drawing, explain that this is what the Sacrament of Reconciliation will be like.

**SAY:** Going to Confession will be like having a conversation with a friend who loves you very much. This friend is Jesus.

Talk about your child's drawing when it's done. Then, read the questions at the bottom of the page together, and have your child write down the answers.

**Closing Prayer (page 47)**

**SAY:** It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

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## FAMILY LIFE ACTIVITIES

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The instructions for these activities are on page 196 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child is learning.

## Lesson 2.2

# FROM THE TEN COMMANDMENTS TO THE PROMISED SAVIOR, JESUS CHRIST

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### LESSON OVERVIEW

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Use this lesson plan with your child's *Renewed* Student Workbook, second edition. Lesson 2.2 begins on workbook page 48.

In this lesson, you will tell your child about God's covenants with Moses and David. You will introduce the Ten Commandments as gentle guidance from a good Father to help us live holy lives. You will also help your child understand why God sent his Son, Jesus Christ, as the final and everlasting covenant with the whole world.

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

In this lesson, you will help your child

- become familiar with the stories of Moses and David and the covenants God made with them;
- list the Ten Commandments and explain how they lead us to live holy lives;
- learn how God continued to show his love for his people through his covenants;
- understand that God made his final covenant with us when he sent his Son, Jesus, to rescue us from sin.

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### RESOURCES

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#### Reconciliation Book

If your child has a copy of *Renewed by Jesus*, read together “What Makes a Sin” on pages 10–11, where the authors explain what sins are, how we know when we've committed one, and how God helps us learn right from wrong.

#### Online Parent Certification

If you have access to the online parent resource, read the lesson recap for Lesson 2.2 of the online resource. This section shows the lengths to which God went to show the Israelites his love and draw them to himself, and it asks you to think about how you view the Ten Commandments. It challenges you to reflect on how the Ten Commandments are like the rules you give your own child—rules to keep him or her safe, happy, and healthy.



**STEP**  
**1**

**LET'S BEGIN**

(workbook pages 48–49)

Settle down together in a comfortable place. When you're ready to get started, turn to workbook page 48.

**Scripture Verse**

Look at the illustration together for a moment, and then read the verse and explanation out loud.

**SAY:** Today's Bible verses come from the book of Exodus. God is reminding the Israelites that he is God, who rescued them from slavery in Egypt:

"I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before me" (Exodus 20:2–3).

God wants his people to know that he is God, and he wants a relationship with them. This proclamation later becomes the First Commandment.

**Lesson Preview**

**SAY:** Today, we'll learn more about God's plan to save us from sin. Through Moses, God led his people out of slavery and gave them (and us) the Ten Commandments to help them live holy lives. We'll also learn about the covenants God made with his people through Moses and David and his final, everlasting covenant through his Son, Jesus Christ.



**Opening Prayer**

**SAY:** Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 49, read aloud the sentences under the heading "Let Us Pray."

**ASK:** Do you remember what an intention is? What would you like to pray for today? Give your child time to write some intentions in the workbook. Give some examples to help, or offer your own intentions first and allow your child to follow.

Now pray the Our Father together. Begin and end the prayer with the Sign of the Cross.







### Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 48:

**SAY:** Let's try listening to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions:

**SAY:** Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to his or her answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

**ASK:** How do you think the people felt when they heard the Ten Commandments for the first time?

*Potential answer:* Your child may answer that the people probably felt thankful because now they could know what was right and wrong. Or they might have been a little worried about being able to follow rules that they never had to follow before. And some people might have complained about having rules at all.

**ASK:** Why do you think there are beams of light coming from the sky down to Moses?

*Potential answer:* Your child may not know or may say something like "I think the beams of light show how God spoke to Moses from heaven and is using Moses to speak to the people."

**ASK:** Some people look like they're raising their hands to ask questions. What do you think they're asking about?

*Potential answer:* Your child might say that the people are asking "why." Or maybe they are asking if there are exceptions to certain rules. The people probably want to understand the Ten Commandments better and learn why God gave them to Moses.

End with the Sign of the Cross.



STEP  
2

## WARM-UP ACTIVITY (workbook page 50)

### “Rules to Live By”

Make sure your child has a pencil. Read the instructions together.

**ASK:** *What are some of our family’s rules?* Brainstorm together for a minute or two. Consider writing down the rules as you and your child think of them.

**ASK:** *What is a family rule we have that keeps you safe? How does it help you? How do you feel about it?* Invite your child to write the answers to these questions in the workbook.

Invite your child to talk about his or her responses. Listen thoughtfully. This is a great time to help your child understand how good rules help everyone.

**SAY:** *The Ten Commandments are meant to do the same as family rules: keep us safe, spiritually healthy, and close to God. God gives us these rules because he is a loving Father and wants what is best for us!*



STEP  
3

## HAVE YOU EVER WONDERED ... ? (workbook pages 51–53)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word, and read the definitions together.

You can find the Bible sources here:

- Slavery in Egypt: Exodus 1:18–22
- Moses’ birth: Exodus 2:1–10
- The plagues: Exodus 7:14–12:32
- The Passover: Exodus 12:33–14:31
- The Ten Commandments: Deuteronomy 5:1–21

Read the heading on workbook page 51 and then read the text of this section together.

**ASK:** *Have you ever wondered where the Ten Commandments came from?*

**SAY:** *This lesson’s Scripture story is about how God freed the Israelites from slavery and gave them the Ten Commandments. Please read these three pages to me. OR Let’s take turns reading the paragraphs on these three pages.*

At the bottom of page 53, read the highlighted question together.

**ASK:** *How do the Ten Commandments help God’s People?* Pause for your child’s answer.

**SAY:** *The Ten Commandments taught the Israelites how to love God and one another. They showed them right from wrong. They continue to do the same for us today as God’s people in the Church.*



Now read the Ten Commandments on page 54 and the text at the bottom of the page. If your child has questions, take time to answer them.

*Note 1:* The Ten Commandments are not numbered in Scripture—that is simply how we refer to them. They are worded differently in Exodus, Deuteronomy, and here (where we use the “Traditional Catechetical Formula” of the *Catechism of the Catholic Church*), but the meaning in all three places is the same.

*Note 2:* Your child may ask what “adultery,” “bear false witness,” and “covet” mean. This is one way to approach the answer: [When a man and a woman get married, they promise to love and be loyal to each other for the rest of their lives. “Adultery” is when one of them breaks that promise by having a romantic relationship with someone else. “Bearing false witness” means lying. And “coveting” means wanting something that belongs to someone else—wanting it so badly that you become upset, unhappy, or jealous because you don’t have it.](#)

#### **STEP 4** **LEARNING ABOUT GOD’S PLAN** (workbook pages 55–59)

Look over workbook pages 55–57 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

##### **“The Ten Commandments Are for Us Today” (page 55)**

Read the heading out loud, and then read the text with your child.

**SAY:** [Please read this page to me. Or Let’s take turns reading the paragraphs on this page.](#)

At the bottom of the page, read the highlighted question.

**ASK:** [How do the Ten Commandments help us today?](#) Give your child a moment to think about the answer and respond.

**SAY:** [The commandments help us live holy lives, and they protect us from sin.](#)

##### **“God Makes Covenants with Moses and David” (page 56)**

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

**ASK:** [Why did God send the prophets?](#) Give your child a moment to think about the answer and respond.

**SAY:** [Prophets are people who speak for God. God sent the prophets to tell the people to repent and be sorry for their sins. He wanted the prophets to help the people turn their hearts back to him.](#)

##### **“The Final and Everlasting Covenant” (page 57)**

After reading the heading and the text with your child, read the highlighted question at the bottom of the page.

**ASK:** **Why do you think God included all people in the New Covenant?** Give your child a moment to think about the answer and respond.

**SAY:** God made the New Covenant in Jesus with all the people in the world so that he can bless not just one family or one nation but everyone everywhere forever.

### Check Your Understanding (pages 58–59)

This short quiz gives you a chance to check your child’s comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 55–57.

Answers: 1(a) 2(b) 3(b) 4(c) 5(b)



### VIDEO TIME

#### “The Laundry Wars”

Watch the *Renewed* video for Lesson 2.2 with your child. Be sure to turn on closed captioning if it’s helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

#### Think about ...

- Rules are not meant to get in the way. They exist so that everyone can be safe and happy.
- When rules are broken, people get hurt.
- God loves us and gives us rules to help us be happy and holy. These rules are called the Ten Commandments.
- If we break one of the commandments, God will forgive us if we come to him and are truly sorry.

#### Talk about ...

Below are some questions to help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child’s answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** When they were playing the laundry game, what rule did Theo break? What happened next? Pause and listen.

**SAY:** The rule was “Only twenty socks in play,” but Theo hid extra socks to get extra points. His cheating was wrong and ruined the fun of the game. Theo was out for the rest of the round.

**ASK:** What rule did Felicity break? What happened next? Pause and listen.

**SAY:** Felicity threw the remote at Theo. She broke the rule that says, “Only throw socks.” The remote could have hurt Theo. The consequence was that Felicity was out of the game, too.

**ASK:** How do the rules help in the laundry game? Pause and listen.

**SAY:** The rules of the laundry game let everyone play in a way that's fun—and no one gets hurt. As Theo and Felicity's mom says, "The rules aren't there to get in the way. We have them so we can be closer together. When we break the rules, no one wins."



**STEP**  
**6**

## **FRIEND ON THE JOURNEY** (workbook pages 60–61)

### **King David**

Turn to workbook page 61 and read about King David together. (*Note:* The Church honors King David as a saint, but we don't use the title "Saint" for Old Testament figures.)

**SAY:** Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what King David teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

**ASK:** If you could meet King David, what would you like to ask him? Pause and listen to your child's answer.

**Going deeper:** King David was a man after God's heart. He wrote many of the psalms. The psalms are worship songs from about three thousand years ago, and we still read or sing them at Mass. When you have time, read Psalm 23 with your child, and invite your son or daughter to write his or her own psalm as a prayer exercise.

**Talking to a friend:** Look back at the picture of King David on page 60 together. Remind your child that King David is a friend he or she can talk to anytime.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the King David card. Ask him to intercede for your family.

Your child might like to tear out the picture of King David to hang in a special place.



**STEP**  
**7**

## **WRAP-UP ACTIVITY** (workbook page 62)

### **"Ten Commandments Match"**

**SAY:** We talked about the Ten Commandments. Now, let's think of some ways to practice them.

Make sure your child has a pencil. Read the instructions together. Explain that each scene in the left column illustrates one of the Ten Commandments, and invite your child to match the scene to the commandment it represents.

This can be a challenging exercise, but it's also a good opportunity to discuss following the commandments in the real world. A helpful way for children to think about each commandment is given in the right-hand column.

It may be helpful to do the first scene yourself to give your child a clear idea of what to do. If appropriate, continue to work through the scenes together, talking about what the commandments



mean and brainstorming more ways to put them into action.

*Answers:*

Tony: Third Commandment

Jack: Sixth and Ninth Commandments

Alexa: Second Commandment

Kyle: Fifth Commandment

Lauren: Fourth Commandment

Brynn: Seventh and Tenth Commandments

Mark: First Commandment

Carlos: Eighth Commandment

**SAY:** Let's keep thinking of ways we can follow the commandments this week.



### **Closing Prayer (page 63)**

**SAY:** It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

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## **FAMILY LIFE ACTIVITIES**

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The instructions for these activities are on page 198 in the back of your child's workbook. Please adapt the wording to your family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child is learning.







## Unit 3

# Who Is Jesus?

In this unit, you and your child will be meeting Jesus Christ, the Messiah, in his humanity and divinity. You will be teaching your child about his life and his saving mission. You will also help your child understand that Jesus instituted the Church to continue his saving mission on earth.



## Lesson 3.1

# JESUS HEALS US, TEACHES US, AND SAVES US

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### LESSON OVERVIEW

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Use this lesson plan with your child's *Renewed* Student Workbook, second edition. Lesson 3.1 begins on workbook page 66.

In this lesson, you will give your child an opportunity to meet Jesus—to discover his humanity and his divinity. You will explore together some of the extraordinary things Jesus did while he was on earth. Through the Scripture stories, you will help your child connect Jesus' Incarnation (his life on earth) to the ways Jesus saves people from sin.

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

In this lesson, you will help your child

- learn who Jesus is and what the Gospels tell us about his life on earth;
- name and explain the two natures of Jesus—truly God (his divinity) and truly man (his humanity);
- know Jesus' saving mission—to save us from sin and reconcile us to God;
- become familiar with Jesus' public ministry, especially his preaching, teaching, and healing.

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### RESOURCES

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#### Reconciliation Book

If your child has a copy of *Renewed by Jesus*, read together “What Is Forgiveness?” (pp. 16–17) about God's mercy and the parable of the Prodigal Son. Talk about how this story relates to the Sacrament of Reconciliation and how the Father sees each of us.

#### Online Parent Certification

Lesson 3.1 of the online resource invites you to focus on the healing aspects of Jesus' mission. This is your opportunity to reflect on the Bible story of the Good Samaritan and the ways God wants to heal and take care of each of us.

You are invited to think about the times in your life when you have been cared for or have experienced the kindness of another person. You are also invited to think about where in your life you need God's healing.



## LET'S BEGIN

(workbook pages 66–67)

Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 66.

### Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

**SAY:** Today's verses are from the first letter of John, one of Jesus' Apostles. John says,

"My little children, I am writing this to you so that you may not sin; but if any one does sin, we have an advocate with the Father, Jesus Christ the righteous; and he is the expiation for our sins, and not for ours only but also for the sins of the whole world" (1 John 2:1–2).

These verses remind us that Jesus is the Messiah, the Savior God promised Adam and Eve after the Fall. Jesus is the one who frees us from sin. He takes away the sins of the world.

### Lesson Preview

**SAY:** Today, we'll learn more about Jesus. We will talk about Jesus' life, his teaching, and his healing miracles. Jesus saves the world from sin. He restores our friendship with God. We'll also see that the Sacrament of Reconciliation is one way Jesus heals us today.



### Opening Prayer

**SAY:** Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 67, read aloud the sentences under "Let Us Pray."

**ASK:** What would you like to pray for today? Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end the prayer with the Sign of the Cross.





### Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 66.

**SAY:** Let's try listening to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as

God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions:

**SAY:** Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to your child's answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

**ASK:** Who is in this picture?

*Potential answer:* Your child may notice Jesus, some people who are blind, Jesus' followers behind him, onlookers, and a mother and baby.

**ASK:** What would you do if you saw Jesus healing someone?

*Potential answer:* Your child may say things like "I would be so excited," "I would stop and watch," or "I would ask Jesus to heal me or a loved one." Reassure your child that Jesus came to heal us and save us. He loves us.

**ASK:** There's a man sitting on a rock in the back, off to the right. Why do you think he hasn't come close to Jesus with the other people?

*Potential answer:* Your child might say something like "The man is jealous or angry that Jesus is healing the other blind man," "The man is afraid to ask Jesus to heal him, too," or "The man wants to watch Jesus heal, but he does not want to get close because he is afraid."

End with the Sign of the Cross.



STEP  
2

## WARM-UP ACTIVITY (workbook page 68)

### “Portrait of Jesus”

Have crayons or markers available. Read the instructions together.

**ASK:** In this lesson, we’re going to be learning more about Jesus. What do you imagine Jesus was like when he was on earth? Help your child think of what to draw. Suggest events in Jesus’ life that are already familiar to your child, like his birth in Bethlehem or his death on the Cross. Give your child time to draw Jesus and then tell you about what he or she drew.



STEP  
3

## HAVE YOU EVER WONDERED ... ? (workbook pages 69–70)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word, and read the definitions together.

You can find the Bible sources here:

- The angel Gabriel comes to Mary: Luke 1:26–38
- The Birth of Christ: Luke 2:1–20
- John the Baptist and the Baptism of Christ: Luke 3:1–22
- The Kingdom of God: Luke 4:43 and throughout the Gospels

Read the heading on workbook page 69 and then read the text of this section together.

**ASK:** Have you ever wondered what Jesus did when he lived on the earth?

**SAY:** This lesson’s Scripture Story is about Jesus’ life on earth. Please read these two pages to me. OR Let’s take turns reading the paragraphs on these two pages.

At the bottom of page 70, read the highlighted question together.

**ASK:** What is the Incarnation? Give your child a moment to think about the answer and respond.

**SAY:** The Incarnation is when Jesus became a human being.



**STEP 4** **LEARNING ABOUT GOD’S PLAN**  
(workbook pages 71–75)

Look over workbook pages 71–73 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

**“Jesus Heals” (page 71)**

Read the heading out loud, and then read the text with your child.

**SAY:** Please read this page to me. Or Let’s take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

**ASK:** **What are two ways Jesus healed people during his life on earth?** Give your child time to think about and answer the question.

**SAY:** Jesus healed people’s souls by forgiving their sins. He also healed their bodies so that blind people could see and lame people could walk. Now, he heals and forgives people through the sacraments.

**“Jesus Teaches” (page 72)**

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

**ASK:** **What did the Good Samaritan do for the man who was hurt?** Give your child time to think about and answer the question.

**SAY:** The Good Samaritan treated the man with mercy. He stopped the bleeding, put medicine on his cuts, and took him to an inn. At the inn, he paid the manager to take care of the man and promised to come back.

**“Jesus Saves” (page 73)**

After reading the heading and the text with your child, read the highlighted question at the bottom of the page.

**ASK:** **What does “Resurrection” mean?** Give your child time to think about and answer the question.

**SAY:** “Resurrection” means rising from the dead. Three days after he was crucified, Jesus rose from the dead. He left the tomb where his body had been laid, and he met with his disciples and spoke to them many times before he went up into heaven. He even ate with his disciples!

**Check Your Understanding (pages 74–75)**

This short quiz gives you a chance to check your child’s comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 71–73.

Answers: 1(a) 2(c) 3(b) 4(a) 5(a)



## VIDEO TIME

### “Stuck”

Watch the *Renewed* video for Lesson 3.1 with your child. Be sure to turn on closed captioning if it's helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

#### Think about ...

- Sometimes there are things only Jesus can fix.
- We can sometimes get stuck in sin, but Jesus knows we are not perfect, so we can be honest with him.
- It is better to come to Jesus openly and honestly and admit our sins rather than try to hide them.

#### Talk about ...

Below are some questions to help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** Why did Felicity's family not want Fr. Paul to know about her stuck hand? Was this a good reason or a bad reason? Pause and listen to your child's answer.

**SAY:** Felicity's parents were embarrassed that her hand was stuck in the glass jar. They didn't want Fr. Paul to think they were bad parents.

**ASK:** How did Fr. Paul react when he saw her hand stuck? How does Jesus react when we are stuck in sin? Pause and listen.

**SAY:** Fr. Paul reacted immediately to get Felicity's hand unstuck by dabbing her wrist with soap, and it worked. The jar came off. Some people might have judged Mom and Dad or Felicity. But like Jesus, Fr. Paul knows that people make mistakes.

**ASK:** How does Jesus help us when we are sick or stuck in sin? Pause and listen.

**SAY:** When we are sick, Jesus wants us to talk to our parents because they will know what to do. When sin is the issue, Jesus invites us to go to Confession to talk to the priest and receive the Sacrament of Reconciliation. That frees us from the sin that is making us feel stuck.



STEP  
6

## FRIEND ON THE JOURNEY (workbook pages 76–77)

### St. Blaise

Turn to workbook page 77 and read about St. Blaise together.

**SAY:** Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Blaise teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

**ASK:** If you could meet St. Blaise, what would you like to ask him? Pause and listen to your child's answer.

**Going deeper:** St. Blaise is the patron saint of illnesses affecting the throat. If you'd like to celebrate his legacy in a deeper way, consider asking your child to make a package for someone who is sick for your parish homebound ministry.

**Talking to a friend:** Look back at the picture of St. Blaise on page 76. Remind your child that St. Blaise is a friend your son or daughter can talk to whenever he or she needs his help.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the St. Blaise card. Ask him to intercede for your family.

Your child might like to tear out the picture of St. Blaise to hang in a special place.



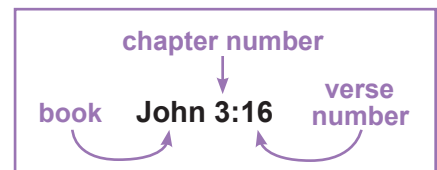
STEP  
7

## WRAP-UP ACTIVITY (workbook page 78)

### "Find It!"

**SAY:** We talked today about the things Jesus did when he was here on earth. We'll read about three of them now and decide whether he is teaching, healing, or saving others in each one.

Your child will need a Bible and a pencil for this activity. Read the instructions on page 78 together and find the first Bible passage, Matthew 11:1. This graphic may be helpful:



Invite your child to read the passage out loud and decide whether Jesus is teaching, healing, or saving others in the scene. Talk about it with your child, and then move on to the next passage.

*Answers:* Matthew 11:1, teaching • Luke 4:40, healing • John 3:16, saving

**SAY:** This week, let's think of other scenes in Jesus' life that fit into these categories.



### Closing Prayer (page 79)

**SAY:** It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.



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## FAMILY LIFE ACTIVITIES

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The instructions for these activities are on page 200 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning. Here are examples of the events your child might ask you to find in the Bible:

- Jesus performing a miracle: John 2:1–12, Jesus turns water into wine
- Jesus healing someone: John 9:1–11, Jesus heals a blind man
- Jesus teaching: Matthew 5–7, the Sermon on the Mount
- Jesus teaching with parables: Matthew 13:1–9, the parable of the Sower



## Lesson 3.2

# JESUS GIVES US THE CHURCH TO CONTINUE HIS WORK

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### LESSON OVERVIEW

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Use this lesson plan with your child's *Renewed* Student Workbook, second edition. Lesson 3.2 begins on workbook page 80.

In this lesson, you and your child will explore the many ways the Church continues Jesus' healing mission on earth. You will explain to your child that we become members of the Church through Baptism. You will also help your child see that the Church is Jesus' gift to us, supporting us in our walk with him. Through it, he gives us the sacraments, which are profound encounters with God's grace and mercy.

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

In this lesson, you will help your child

- become familiar with the story of what happened to the Apostles at Pentecost;
- understand that Jesus gave us the Church to carry on his work;
- recognize the role of the Church as our guide in our relationship with Christ;
- know that we become members of the Church when we are baptized.

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### RESOURCES

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#### Reconciliation Book

If your child has a copy of *Renewed by Jesus*, read the section titled "Prayers to Know" together (pp. 79–89), which includes some common prayers to learn and try to memorize. Talk about how having memorized prayers can help us when we are at a loss for words but still want to pray.

#### Online Parent Certification

Lesson 3.2 of the online resource invites you to consider your relationship with the Church throughout your life. It invites you to reflect on when your relationship with the Church first started, the challenges of the relationship, and why it is important to you.

It also invites you to think about your call to share the love and mercy of Jesus as members of the Body of Christ. Reflect on your own family as a domestic church, in which your child and other members of your family experience God's love.





## LET'S BEGIN

(workbook pages 80–81)

Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 80.

### Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

**SAY:** Today's verse comes from Matthew's Gospel. Jesus is speaking to Peter. It is the moment when Jesus first tells his disciples about his Church:

"And I tell you, you are Peter, and on this rock I will build my Church, and the gates of Hades [the powers of death] shall not prevail against it" (Matthew 16:18).

It is important to understand that Jesus himself, not human beings, started the Church. The Church continues Jesus' mission on earth so that we are not alone.

### Lesson Preview

**SAY:** Today, we're going to learn about the Church. We'll learn where it came from and how it leads us to Jesus. The Church is our home as a family of faith. We go to church to pray, worship, receive the sacraments, and learn. The Church helps us know God better and love him more.



### Opening Prayer

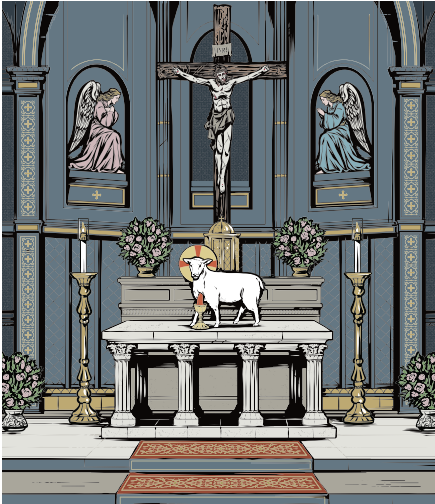
**SAY:** Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 81, read aloud the sentences under "Let Us Pray."

**ASK:** What would you like to pray for today? Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Remember to begin and end the prayer with the Sign of the Cross.





### Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 80.

**SAY:** Let's try listening to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions:

**SAY:** Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to your child's answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

**ASK:** How many things do you see in this picture? Tell me seven different things you see.

*Potential answer:* Your child may mention an altar, a lamb standing on the altar with its blood pouring into a chalice, a crucifix, a tabernacle, angels praying, candles, and roses.

**ASK:** This Sunday, can you find the things you see here at our church?

*Potential answer:* Consider making a plan to play "I Spy" at church on Sunday before Mass to see how many things from the image you can find there.

**ASK:** Who is on the altar? Do you know why Jesus is called the Lamb of God?

*Potential answer:* Your child will probably notice the lamb and the chalice on the altar and the lamb's blood pouring into the chalice. Your child might not know why Jesus is called the Lamb of God or might say he's called that because he shed his blood to save us, like the Passover lamb. You can help here by talking about the Passover story in Exodus 12—how, when the Israelites escaped Egypt, a lamb's blood saved each family from death. For us, Jesus is the true Passover Lamb because he saves us from the death of sin.

End with the Sign of the Cross.



STEP  
2

## WARM-UP ACTIVITY (workbook page 82)

### “Welcomed by Jesus”

Make sure your child has a pencil and maybe some crayons or markers. Read the instructions together.

**SAY:** Imagine next Sunday, before Mass, you saw Jesus at the door of our church, and he was waiting to greet you. What do you think he would say to you? What would you say to him?

Give your child time to write down or draw his or her thoughts and then share them with you.



STEP  
3

## HAVE YOU EVER WONDERED ... ? (workbook page 83)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word, and read the definitions together.

You can find the Bible sources here:

- Peter: The Rock of the Church: Matthew 16:15–19
- Jesus breathes the Holy Spirit: John 20:19–23

Read the heading on workbook page 83 and then read the text of this section together.

**ASK:** Have you ever wondered how Jesus started the Church?

**SAY:** This lesson’s Scripture story is about the beginnings of the Church on earth. Please read this page to me. OR Let’s take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question together.

**ASK:** After Jesus’ Ascension, who were the leaders of the Church? Give your child a moment to think about the answer and respond.

**SAY:** The Apostles became the leaders of the Church. Just as Jesus taught the Good News to the people he met, the Church spreads the Good News to the people of the world today. Jesus healed and forgave sins, and now the Church brings healing and forgiveness to all people.

**STEP 4** **LEARNING ABOUT GOD’S PLAN**  
(workbook pages 84–89)

Look over workbook pages 84–87 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

**“The Birthday of the Church” (page 84)**

Read the heading out loud, and then read the text with your child.

**SAY:** Please read this page to me. Or Let’s take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

**ASK: Why do we call Pentecost the birthday of the Church?** Give your child time to think about and answer the question.

**SAY:** On the first Pentecost, the Apostles were filled with the Holy Spirit and preached in the streets with joy and power. Thousands of people were baptized. That is when the Church began.

**“The Church Continues Jesus’ Mission” (page 85)**

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

**ASK: Why do we need the Church?** Give your child time to think about and answer the question.

**SAY:** The Church carries out Jesus’ mission on earth by serving others and making God’s love known to all. Through the pope and the bishops, the Church teaches us and helps us understand Scripture and Tradition. Jesus continues to share his life with us through the Church, in the Mass and the sacraments.

**“We Are Members of the Church” (pages 86–87)**

After reading the heading and the text with your child, read the highlighted question in the middle of page 87.

**ASK: When do we become members of the Body of Christ?** Give your child time to think about and answer the question.

**SAY:** At Baptism, we become members of the Body of Christ, the Catholic Church. We become temples of the Holy Spirit, we receive new life in Christ, and we share Jesus’ mission and his work.

**Check Your Understanding (pages 88–89)**

This short quiz gives you a chance to check your child’s comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 84–87.

Answers: 1(b) 2(a) 3(a) 4(b) 5(b)



STEP  
5

## VIDEO TIME

### “Talking to Jesus”

Watch the *Renewed* video for Lesson 3.2 with your child. Be sure to turn on closed captioning if it’s helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

#### Think about ...

- When we pray, we are not just thinking our own thoughts. We are talking to Jesus.
- God speaks to us in all kinds of ways, especially through the people around us.
- Jesus was God and human. He can always relate to what we are going through.
- Jesus listens to us and answers our prayers—maybe not right away or in the way we want, but he does answer them.

#### Talk about ...

Below are some questions to help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child’s answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** Why was Felicity having trouble praying at first? Pause and listen to your child’s answer.

**SAY:** She was talking to herself and not to Jesus. Her mom suggested she talk to Jesus like a friend.

**ASK:** What was Felicity praying for? How did she want Jesus to answer? How did Jesus answer Felicity’s prayer instead? Pause and listen.

**SAY:** Felicity felt lonely in her new school. She hoped Jesus could help her find a friend. Fr. Paul told her Jesus always answers our prayers but not always the way we want. In this case, a boy from her school introduced himself when she needed a friend. Jesus works in wonderful ways.

**ASK:** What would you like to talk to Jesus about? What would you like to ask him? This question will be more personal for your child. Give him or her time to answer and encourage your child to think of new things to talk to Jesus about. Share some things you would like to talk to Jesus about, too.



STEP  
6

## FRIEND ON THE JOURNEY (workbook pages 90–91)

### St. Peter

Turn to workbook page 91 and read about St. Peter together.

**SAY:** Please read this page to me. Or Let’s take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Peter teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:



**ASK:** If you could meet St. Peter, what would you like to ask him? Pause and listen to your child's answer.

**Going deeper:** St. Peter is “the Rock” on which Jesus built our Church. He was the first pope. Take this lesson a step further by teaching your child about our current pope and saying a Rosary together for the pope's intentions. If your child is not familiar with the Rosary, use the visuals and instructions starting on page 217 of your child's workbook.

**Talking to a friend:** Look back at the picture of St. Peter on page 90. Remind your child that St. Peter is a friend your son or daughter can talk to whenever he or she needs his help.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the St. Peter card. Ask St. Peter to intercede for your family.

Your child might like to tear out the picture of St. Peter to hang in a special place.



STEP  
7

### WRAP-UP ACTIVITY (workbook page 92)

#### “Comic Strip”

**SAY:** Earlier today, we talked about how the Church continues Jesus' mission today.

Have crayons and markers for your child to use. Read the instructions out loud, and help your child remember things he or she learned in the last lesson—how Jesus taught, healed, and saved. Brainstorm together some of the things the Church does today to fulfill Jesus' mission—offering the sacraments, celebrating Mass, teaching about God and his saving message, and helping people in need. Write down some examples so your child can refer back to them.

When your child has finished the comic strip, invite him or her to talk you through it.

**SAY:** Let's keep thinking this week of ways the Church does Jesus' work in the world.



#### Closing Prayer (page 93)

**SAY:** It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

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## FAMILY LIFE ACTIVITIES

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The instructions for these activities are on page 202 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning.





## Unit 4

# Why Did Jesus Give Us the Sacraments?

In this unit, you will introduce your child to the concept of a sacrament. What a privilege it is to be able to introduce a child to the encounters with God available to us all through the Church!

## Lesson 4.1

# THE SACRAMENTS BRING US GOD'S LOVE

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### LESSON OVERVIEW

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Use this lesson plan with your child's *Renewed* Student Workbook, second edition. Lesson 4.1 begins on workbook page 96.

In this lesson, you will teach your child that a sacrament is a sign of God's grace, an experience that truly changes us. All the sacraments draw us closer to Christ. They prompt us to respond to God's invitation to love and serve him. In this lesson, you will be helping your child make that response.

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

In this lesson, you will help your child

- know that Jesus instituted the sacraments to nurture his life in us;
- understand that God uses physical signs to give us grace, which we cannot see;
- be able to define "sacrament" and list all seven sacraments;
- be able to describe how we encounter Christ in the sacraments.

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### RESOURCES

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#### Reconciliation Book

If your child has a copy of *Renewed by Jesus*, read "Remember: Jesus Is a Friend" on page 23, which talks about how we encounter Jesus in the Sacrament of Reconciliation and reminds us of how much Jesus wants to be close to us.

#### Online Parent Certification

Lesson 4.1 in the online resource asks you to think about the Church's gift of the sacraments and consider how the sacraments continue Jesus' saving mission on earth today. It invites you to think about your experiences receiving the sacraments and how the sacraments have helped you encounter God's love. It also encourages you to reflect on why you wanted your child to receive Baptism and now first Reconciliation and first Communion.





## LET'S BEGIN

(workbook pages 96–97)

Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 96.

### Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

**SAY:** Today's verse is from John's Gospel:

"For the law was given through Moses; grace and truth came through Jesus Christ" (John 1:17).

When John mentions the Law, he is referring to the book of Deuteronomy in the Old Testament, when Moses repeated to the people the Ten Commandments that God gave them. In Jesus' day, the Pharisees enforced the Law with such care that there was no room for exception. Jesus himself brought a New Law—to love one another—and also grace. He knows that we may fail to live up to his Law and offers us a way back to him through the sacraments.

### Lesson Preview

**SAY:** In our last lesson, we learned that Jesus gave us the Church. Today, we will learn about the Seven Sacraments. The sacraments keep us close to Jesus and help us receive God's grace.



### Opening Prayer

**SAY:** Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 97, read aloud the sentences under "Let Us Pray."

**ASK:** What would you like to pray for today? Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Remember to begin and end the prayer with the Sign of the Cross.





### Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 96.

**SAY:** Let's try listening to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

**SAY:** Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to your child's answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

**ASK:** The dove is a symbol of the Holy Spirit. Where do you see the Holy Spirit in these sacraments?

*Potential answer:* Your child may notice that the dove is always above the head of the person receiving the sacrament, showing us that the Holy Spirit is always with us when we receive a sacrament. Your child may also give specific descriptions for each sacrament image.

**ASK:** Which sacraments look familiar to you? Which ones have you not seen before?

*Potential answer:* Your child may be familiar with most of the sacraments, maybe even all of them, or your child may recognize just Holy Communion. You can take this time to talk to your child about his or her baptism and upcoming first Reconciliation and first Holy Communion. You can also tell your child about your wedding or that of other family members, the Anointing of the Sick for a loved one, and the ordination of your parish priest.

**ASK:** When you look at the image of Reconciliation, do you feel excited, nervous, or something else?

*Potential answer:* Your child may express feelings of excitement, anxiety, or mixed emotions. You can take this time to reassure your child that Reconciliation is a place where we can experience God's love and mercy.

End with the Sign of the Cross.





STEP  
2

## WARM-UP ACTIVITY (workbook page 98)

### “Symbols and Signs” (First Part)

Make sure your child has some crayons or markers to use. Read the instructions together.

**ASK:** Today, we'll be learning about sacraments and symbols. What are some symbols we have here in our house? Think of as many as you can together on a piece of paper. Invite your child to draw one of them in the workbook.

Talk together about the symbols in your home and what they mean to your family.



STEP  
3

## HAVE YOU EVER WONDERED ... ? (workbook pages 99–101)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word, and read the definitions together.

You can find the Bible sources here:

- Jesus tells the Apostles to preach the Gospel: Matthew 28:18–20
- Jesus chooses Peter to be the leader of the Apostles: Matthew 16:18
- Jesus promises to send the Holy Spirit: John 14:16–17, 26; 15:26–27
- Read the heading on workbook page 99 and then read the text of this section together.

**ASK:** Have you ever wondered why Jesus gave the Church the sacraments?

**SAY:** This section introduces you to the sacraments. Please read these three pages to me. OR Let's take turns reading the paragraphs on these three pages.

At the bottom of page 101, read the highlighted text together.

**SAY:** Circle the sacrament in which Jesus forgives our sins. Give your child a moment to think about the answer and respond.

**SAY:** Jesus forgives our sins in the Sacrament of Reconciliation. This sacrament is also called Confession or Penance.







## LEARNING ABOUT GOD'S PLAN (workbook pages 102–107)

Look over workbook pages 102–105 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

### “Sacraments Are Signs of God’s Grace” (pages 102–103)

Read the heading out loud, and then read the text with your child.

**SAY:** Please read this page to me. Or Let’s take turns reading the paragraphs on this page.

At the bottom of page 103, read the highlighted question.

**ASK: Why do we need the sacraments?** Give your child time to think about and answer the question.

**SAY:** We need the sacraments because we receive Jesus’ grace through them. Jesus gave us the sacraments to do his saving work.

### “Receiving the Sacraments with a Loving Heart” (page 104)

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

**ASK: How can we prepare our hearts to receive Jesus in the Eucharist?** Give your child time to think about and answer the question.

**SAY:** We can prepare our hearts to receive Jesus in the Eucharist by receiving the Sacrament of Reconciliation. Jesus can forgive our sins and reconcile us to God. Then, when our hearts are clean and open again, we can receive him with joy.

### “The Church Helps Us Experience God’s Love” (page 105)

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

**ASK: How does the Church bring us God’s love?** Give your child time to think about and answer the question.

**SAY:** The Church brings us God’s love in all the sacraments: God’s life in us through Baptism, the forgiveness of sins through Reconciliation, Jesus himself in the Eucharist, strength to share God’s love in Confirmation, God’s comfort and healing in the Anointing of the Sick, the grace to love our spouse and families in Matrimony, and the grace to administer the sacraments and serve the People of God in Holy Orders.

### Check Your Understanding (pages 106–107)

This short quiz gives you a chance to check your child’s comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 102–105.

Answers: 1(a) 2(a) 3(b) 4(a) 5(a)







STEP  
5

## VIDEO TIME

### “Where’s the Holy Spirit?”

Watch the *Renewed* video for Lesson 4.1 with your child. Be sure to turn on closed captioning if it’s helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

#### Think about ...

- The Holy Spirit is present in every sacrament, from Baptism to the Anointing of the Sick.
- The Holy Spirit isn’t always represented in icons or images.

#### Talk about ...

Below are questions to help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child’s answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** When could you see the Holy Spirit at work in Felicity’s life? Pause and listen to your child’s answer.

**SAY:** The Holy Spirit is everywhere in her life. When her mom and dad married, when she and her brother were born, at Baptism, first Communion, when her grandmother received the Anointing of the Sick, when Fr. Paul was called to be a priest, at a Confirmation—everywhere. The Holy Spirit is everywhere, especially when you need him.

**ASK:** When have you noticed the Holy Spirit at work in your life? In our family? Help your child recall some of these times, and talk about them together.

**SAY:** The Holy Spirit is very powerful. Let’s pray to the Holy Spirit now and ask him to protect our family and keep us safe. Encourage your child to speak to the Holy Spirit from his or her heart. If it helps, you can begin the prayer and invite your child to add to it.



STEP  
6

## FRIEND ON THE JOURNEY (workbook pages 108–109)

### St. Teresa of Calcutta (Mother Teresa)

Turn to workbook page 109 and read about Mother Teresa together.

**SAY:** Please read this page to me. Or Let’s take turns reading these paragraphs to each other. Invite your child to pay special attention to what Mother Teresa teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

**ASK:** If you could meet Mother Teresa, what would you like to ask her? Pause and listen to your child’s answer.



**Going deeper:** Mother Teresa was an amazing and inspiring woman. Find photographs of her to show your child. Consider telling your child about her sisters, the Missionaries of Charity. Mother Teresa was famous for telling people that if they wanted to save the world, they should go home and love their families. Ask your child to think of one new way to love his or her family this week.

**Talking to a friend:** Look back at the picture of Mother Teresa on page 108. Remind your child that she is a friend your son or daughter can talk to whenever he or she needs her help.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the Mother Teresa card. Ask Mother Teresa to intercede for your family.

Your child might like to tear out the picture of Mother Teresa to hang in a special place.



STEP  
7

### WRAP-UP ACTIVITY (workbook page 110)

#### “Symbols and Signs” (Second Part)

**SAY:** Earlier, we talked about a special place that fills you with a sense of God’s love. Now, you get to draw that place.

Have crayons and markers available. Read the instructions out loud, and ask your child to recall the family symbol he or she drew earlier (see workbook page 98). Then, answer the questions about it in the box.

**SAY:** Let’s see what other family symbols we can notice this week!



#### Closing Prayer (page 111)

**SAY:** It’s time to finish up now. Let’s pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

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## FAMILY LIFE ACTIVITIES

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The instructions for these activities are on page 204 of your child’s workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child has been learning.



## Lesson 4.2

# THE SACRAMENTS THROUGHOUT OUR LIVES

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### LESSON OVERVIEW

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Use this lesson plan with your child's *Renewed* Student Workbook, second edition. Lesson 4.2 begins on workbook page 112.

In this lesson, you will teach your child about the Seven Sacraments and the three categories of sacraments—Sacraments of Initiation, Healing, and Service—and explain what each category means. You and your child will look closely at the Sacraments of Initiation and Healing so that your child can begin to understand the sacraments' effects on his or her life.

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

In this lesson, your child will

- understand why we are baptized;
- be able to name the categories of sacraments—Sacraments of Initiation, Sacraments of Healing, and Sacraments at the Service of Communion;
- be able to name the Sacraments of Initiation and explain how each one welcomes us into the Church and the family of God;
- be able to identify the Sacraments of Healing and describe how they repair our relationship with God.

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### RESOURCES

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#### Reconciliation Book

We remember our Baptism every time we enter a church and bless ourselves with holy water. If your child has a copy of *Renewed by Jesus*, read about this and prayers that speak of God's mercy and forgiveness in the section titled "Praying in God's Mercy" (pp. 37–43). Also, consider spending some time reading and practicing the *Confiteor* with your child ("I confess ..." on page 39; also p. 225 of the workbook).

#### Online Parent Certification

Lesson 4.2 of the online resource asks you to reflect more deeply on each of the Seven Sacraments, especially the Sacrament of Baptism. Through Baptism, we are welcomed into God's family and become his adopted sons and daughters. You are invited to review Jesus' parable of the Prodigal Son and reflect on the role of the Father and his love for the son who went away. You are also asked to reflect on similar scenes in your life and think about how God feels about you when you stray from him and then return.



## LET'S BEGIN

(workbook pages 112–113)

Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 112.

### Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud:

**SAY:** Today's Bible verse comes from Matthew's Gospel:

"Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28:19).

We often call this verse the Great Commission. This is because, in it, Jesus is giving his followers their mission: to make disciples of all nations. He gives them the authority to spread the Good News to all the world. This is the mission of the Church.

### Lesson Preview

**SAY:** Today, we'll learn more about the Seven Sacraments. We'll read about the different groups of sacraments and what each one means. We'll also look carefully at the Sacraments of Initiation and Healing. These sacraments help us become the person we were created to be!



### Opening Prayer

**SAY:** Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 113, read aloud the sentences under "Let Us Pray."

**ASK:** What would you like to pray for today? Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Remember to begin and end the prayer with the Sign of the Cross.





### Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 112.

**SAY:** Let's try listening to God by looking at the picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

**SAY:** Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to your child's answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

**ASK:** What do you see in this image? What is happening?

*Potential answer:* Your child may mention Jesus, a dove or the Holy Spirit, John the Baptist, rays of light coming from the sky onto Jesus, water, birds, people, and trees. Your child may say that Jesus is being baptized and that everyone is hearing and seeing God's power.

**ASK:** What do you think is portrayed by the golden light coming down on Jesus?

*Potential answer:* Your child may say that the golden light shows that God the Father and the Holy Spirit are there. If your child already knows the account of Jesus' baptism, he or she may remember that when Jesus was baptized by John, "the heavens were opened," and God the Father said, "This is my beloved Son, with whom I am well pleased" (Matthew 3:16, 17).

**ASK:** What expressions are on the faces of the people? What do you think they're thinking?

*Potential answer:* Your child may notice that the people in the image have different reactions. Some are shocked and scared, while others look peaceful and even happy. Your child might say that they are amazed because they have never seen anything like this before. Your child might also say that some of the people are happy because they realize that Jesus is the Messiah who has come to save them.

End with the Sign of the Cross.





STEP  
2

## WARM-UP ACTIVITY (workbook page 114)

### “Sacrament Symbols”

Make sure your child has a pencil. Read the instructions together. Ask your child to match the name of each sacrament with an image that reminds him or her of it, drawing a line between them. Talk together about what the images mean. (See workbook page 101 for reminders.)



STEP  
3

## HAVE YOU EVER WONDERED ... ? (workbook pages 115–116)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word, and read the definitions together.

You can find the Bible source here:

- The Great Commission: Matthew 28:18–20

Read the heading on workbook page 115 and then read the text of this section together.

**ASK: Have you ever wondered why we are baptized?**

**SAY:** This lesson’s Scripture story is about the Great Commission and the importance of Baptism. Please read these two pages to me. OR Let’s take turns reading the paragraphs on these two pages.

At the bottom of page 116, read the highlighted questions together.

**ASK: Why is it important to be baptized?** Give your child a moment to think about the answer and respond.

**SAY:** Baptism is necessary for salvation.

**ASK: What are the graces we receive in Baptism?** Give your child a moment to think about the answer and respond.

**SAY:** Grace is a free gift from God of his life within us. There is nothing we can do to deserve it. We receive many graces in Baptism: We receive the forgiveness of Original Sin. We become God’s adopted children. We become a temple of the Holy Spirit. We become official members of the Body of Christ. And we receive a spiritual mark on our souls that means we belong to Christ.



**“Different Kinds of Sacraments” (117–119)**

Look over workbook pages 117–119 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

Read the main heading and the text about the three kinds of sacraments.

- **“The Sacraments of Initiation Make Us Members of God’s Family”**  
(page 117–118)

Read this heading out loud, and then read the text (up to the highlighted question on page 118) with your child.

**SAY:** Please read these pages to me. Or Let’s take turns reading the paragraphs on these pages.

Read the highlighted question.

**ASK: What are the three Sacraments of Initiation?** Give your child time to think about and answer the question.

**SAY:** The three Sacraments of Initiation are Baptism, the Eucharist, and Confirmation. Through them, we begin and grow in our lives as Christians.

- **“The Sacraments of Healing Repair Our Bodies and Our Hearts”**  
(pages 118–119)

Again, read this heading and the text after it with your child (up to the highlighted question in the middle of page 119).

**ASK: Who should receive the Anointing of the Sick? How does it help them?** Give your child time to think about and answer the questions.

**SAY:** A person who is very ill or near death should receive the Anointing of the Sick. Through the sacrament, the sick person receives the forgiveness of sins, the strength to resist temptation, and the peace and courage to endure the sickness or prepare for death.

- **“The Sacraments of Service Help Grownups Serve God”**  
(page 119)

After reading the heading and the text with your child, read the highlighted question at the bottom of page 119.

**ASK: Name the two sacraments that give people special graces to serve God.** Give your child time to think about and answer the question.

**SAY:** The two Sacraments of Service are Holy Orders (for deacons, priests, and bishops) and Matrimony (for married couples). These sacraments give them special graces to fulfill their vocation and bring others to Christ.



## Check Your Understanding (pages 120–121)

This short quiz gives you a chance to check your child’s comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 117–119.

Answers: 1(b) 2(a) 3(c) 4(a) 5(c)



## VIDEO TIME

### “The Sacraments”

Watch the *Renewed* video for Lesson 4.2 with your child. Be sure to turn on closed captioning if it’s helpful. After the video, review the things to think about below, and use the talk prompts to start a conversation.

#### Think about ...

- We are all born with Original Sin. It is like dirt on our souls.
- Baptism, Confirmation, and the Eucharist are the three Sacraments of Initiation. By them, we enter and grow in the Church.
- In Baptism, we are cleansed of Original Sin and become part of the Church family.
- In the Eucharist, Jesus feeds us with himself and strengthens our souls.
- In Confirmation, the Holy Spirit gives us the strength and protection we need to go out into the world and stand up for our faith.
- Reconciliation and the Anointing of the Sick heal us. We need the grace of Reconciliation when we are hurt spiritually through sin. We need the grace of the Anointing of the Sick when we are physically sick or injured.
- Matrimony and Holy Orders are the Sacraments of Service or Vocation. Matrimony unites a man and woman in marriage for life. Holy Orders forms men into deacons, priests, and bishops.

#### Talk about ...

These questions will help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child’s answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** What does Baptism wash away? Pause and listen to your child’s answer.

**SAY:** In the same way that we wash our hands before we eat, Baptism washes away our sins as we join our church family.

**ASK:** What does a good, healthy meal do for your body? What does the Eucharist do for your soul? Pause and listen.

**SAY:** A healthy meal prepares your body for living well. It makes your body strong. In the Eucharist, Jesus himself feeds your soul. Jesus’ Body and Blood makes your soul strong.



**ASK:** When Theo puts on his hockey armor, how is it like the Sacrament of Confirmation? Pause and listen.

**SAY:** Theo is a goalie, and he needs his hockey gear to protect him from pucks, sticks, skates, and other players. In Confirmation, the Holy Spirit gives us the strength and protection we need out in the world.

**ASK:** How are the positions on Theo's hockey team like the Sacraments of Holy Orders and Matrimony? Pause and listen.

**SAY:** Each hockey player plays the position that best suits his skills. Matrimony and Holy Orders are like that. Some people are called to be married, and some people, like our priest, are called to serve God in the special ways that men of God do.



**STEP**  
**6**

**FRIEND ON THE JOURNEY**  
(workbook pages 122–123)

### **St. John the Baptist**

Turn to workbook page 123 and read about St. John the Baptist together.

**SAY:** Please read this page to me. Or Let's take turns reading these paragraphs to each other.

Invite your child to pay special attention to what St. John the Baptist teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

**ASK:** If you could meet St. John the Baptist, what would you ask him? Pause and listen to your child's answer.

**Going deeper:** St. John the Baptist is the New Testament prophet who foretold the coming of Jesus Christ. Consider reading Luke 1:39–56, the story of the Visitation, together. John was the first person to recognize Jesus as the Messiah—when both he and Jesus were still in their mothers' wombs!

**Talking to a friend:** Look back at the picture of St. John the Baptist on page 122. Remind your child that St. John the Baptist is a friend your son or daughter can talk to whenever he or she needs his help.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the St. John the Baptist card. Ask him to intercede for your family.

Your child might like to tear out the picture of St. John the Baptist to hang in a special place.



## WRAP-UP ACTIVITY (workbook page 124)

### “Sacrament Categories”

**SAY:** Earlier, we talked about the Seven Sacraments and the three sacrament categories.

Make sure your child has a pencil. Read aloud the instructions and then give your child time to put the Seven Sacraments into the right categories. It might help to review the categories together: “Initiation” refers to beginning something—here, our life as members of the Church. “Healing” is for both spiritual and physical sickness. And “Service” refers to a grownup’s vocation, such as marriage or the priesthood.

**SAY:** This is a lot of information to learn at once, but we can keep practicing the names of the sacraments and their categories until you know them all.



### Closing Prayer (page 125)

**SAY:** It’s time to finish up now. Let’s pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

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## FAMILY LIFE ACTIVITIES

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The instructions for these activities are on page 206 of your child’s workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child is learning.





## Unit 5

# Why Did Jesus Give Us the Sacrament of Reconciliation?

In this unit, you will give your child the important message of God's mercy. By helping him or her understand that God seeks us and is eager to forgive us, you will help your child approach the Sacrament of Reconciliation with confidence. You will also help your child see how the forgiveness we receive in Reconciliation prepares our hearts to receive Jesus in the Eucharist.

## Lesson 5.1

# OUR NEED FOR FORGIVENESS

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### LESSON OVERVIEW

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Use this lesson plan with your child's *Renewed* Student Workbook, second edition. Lesson 5.1 begins on workbook page 128.

In this lesson, you will focus on the Sacrament of Reconciliation as your child prepares to receive it for the first time. It is important that your child understands that Reconciliation isn't about exposing our sins; rather, it is about returning to God and receiving his mercy. The core message of this lesson is that God loves you, and when you sin, he sees your pain and wants to heal it.

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

In this lesson, you will help your child

- learn that when we get lost because of sin, God always seeks us and wants us to return to him;
- be able to name the two types of sin—venial and mortal sin—and describe the difference;
- know what it means when we say that a priest stands *in persona Christi*, so that your child understands that when the priest grants us absolution, God truly forgives our sins;
- understand what “the seal of Confession” means.

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### RESOURCES

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#### Reconciliation Book

If your child has a copy of *Renewed by Jesus*, see the excellent discussion of mortal and venial sins under “The Types of Sin” (pages 12–15). During step 4 of this lesson (“Learning About God’s Plan”), consider reading the following extracts to your child. They explain the difference between mortal and venial sins and the importance of the Sacrament of Reconciliation for healing the damage sin causes:

*“Mortal sins are serious sins that need serious repair. Mortal sins are big injuries to our souls, just as broken bones are big injuries to our bodies. Mortal sin empties charity (love) from our hearts and puts our souls in danger of hell. Just as we should go to a doctor to repair a broken bone, we should go to the Sacrament of Reconciliation when we think we have done a mortal sin.”* (p. 13)

*“Venial sins are smaller sins. Venial sins are small injuries to our souls, just as cuts or bruises are small injuries to our bodies. Venial sins are not as serious as mortal sins, but they hurt us and others. They push*

us away from God. Even though venial sins are smaller than mortal sins, they still need repair. If we don't repair small cuts and bruises on our bodies, they can become infected and cause more harm ... If we don't repair venial sins, our souls get weaker, and we are more likely to commit mortal sins. That's why it's important to go to Reconciliation often." (p. 15)

## Online Parent Certification

Lesson 5.1 of the online resource invites you to reflect on your own experience of the Sacrament of Reconciliation and the times you have encountered Jesus in this sacrament. Think of specific moments of conversion in your life and ways that God has brought you back to himself.



### LET'S BEGIN

(workbook pages 128–129)

Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 128.

## Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

**SAY:** Today's Bible verse is from Luke's Gospel. It is from a parable about a shepherd that Jesus uses to teach us about God's love:

"What man of you, having a hundred sheep, if he has lost one of them, does not leave the ninety-nine in the wilderness, and go after the one which is lost, until he finds it?" (Luke 15:4).

The shepherd has one hundred sheep and loses one. He leaves the others to find the one who got lost. In the same way, Jesus seeks us until he finds us when we wander away from him.

## Lesson Preview

**SAY:** Today, we'll learn that God always loves us, even when we do something wrong. We'll see that the Sacrament of Reconciliation is the sacrament of God's mercy. We will also learn what happens when we receive the sacrament.



## Opening Prayer

**SAY:** Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 129, read aloud the sentences under "Let Us Pray."

**ASK:** What would you like to pray for today? Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end with the Sign of the Cross.







### Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 128.

**SAY:** Let's listen to God by looking at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

**SAY:** I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to your child's answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

**ASK:** Does the shepherd look angry at the sheep for wandering off or relieved and happy to have found it?

*Potential answer:* Your child may observe that the shepherd looks relieved. Your child might explain that the shepherd is looking lovingly at the sheep as if he is thankful that he found it.

**ASK:** Where do you think the shepherd found the lost sheep? Where do you think he is taking it?

*Potential answer:* Looking at the picture, help your child see that the sheep was found among rocks and thorns, in a ditch, or in another dark and scary place. Your child may notice that the shepherd is taking the sheep out of the darkness to the open field, somewhere safe, where the other sheep are grazing.

**ASK:** Why do you think the shepherd is looking at the sheep on his shoulder instead of the ones in the field?

*Potential answer:* Your child may say something like "Because the shepherd is worried about the sheep" or "Because the shepherd wants to be sure the sheep is all right." Your child may dive deeper and explain that the shepherd is like Jesus, the Good Shepherd, who cares about each one of us individually, just as the shepherd in the image is taking special care of the lost sheep.

End with the Sign of the Cross.





STEP  
2

## WARM-UP ACTIVITY (workbook page 130)

### “Confessions Expressions”

Have a pencil and maybe some crayons and markers on hand. Read the instructions together.

**ASK:** Can you think of a time when you were sorry for something you did? Being sorry for doing something wrong is an important part of making a good Confession. Invite your child to draw (in the circle on the left) what his or her face might look like when your child is sorry and tells Jesus his or her sins.

**ASK:** How do you think you will feel after Jesus forgives you? Your child may say things like “joyful,” “happy,” or “relieved.” Invite your child to draw (in the circle on the right) what his or her face might look like after Confession. Then, your son or daughter can write the words that describe his or her feelings on the lines under the circles.



STEP  
3

## HAVE YOU EVER WONDERED ... ? (workbook page 131)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word, and read the definitions together.

You can find the Bible sources here:

- Parable of the Lost Sheep: Luke 15:1–7
- Parable of the Lost Coin: Luke 15:8–10

Read the heading on workbook page 131 and then read the text of this section together.

**ASK:** Have you ever wondered what God does when we sin?

**SAY:** This lesson’s Scripture story tells Jesus’ parables of the Lost Sheep and the Lost Coin. Please read this page to me. OR Let’s take turns reading the paragraphs on this page.

At the bottom of page 131, read the highlighted question together.

**ASK:** What does the Good Shepherd do when one of his sheep gets lost? Give your child a moment to think about the answer and respond.

**SAY:** The shepherd searches for the sheep until he finds it. When we get lost because of sin, God searches for us until he finds us and brings us home.





## LEARNING ABOUT GOD'S PLAN (workbook pages 132–137)

Look over workbook pages 132–135 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

### **“Sin Harms Our Relationship with God” (pages 132–133)**

Read the heading out loud, and then read the text with your child.

**SAY:** Please read this page to me. Or Let's take turns reading the paragraphs on this page.

At the bottom of page 133, read the highlighted question.

**ASK: What is a sin?** Give your child time to think about the question.

**SAY:** A sin is something we say or do on purpose that goes against God's will. Or it may be something we should have done but chose not to do. Some sins are more serious than others.

*Note:* Remind your child that three conditions must be present for a sin to be mortal: (1) It has to be seriously wrong, (2) you have to know it is very wrong, and (3) you have to choose to do it anyway. Consider reading aloud the description of mortal and venial sins from *Renewed by Jesus* (pp. 13–15).

### **“God Pours Out His Mercy in Reconciliation” (page 134)**

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

**ASK: What does “make amends” mean?** Give your child time to think about and answer the question.

**SAY:** When we sin, we hurt God, and we hurt other people. When we make amends, we do something to repair the damage our sin caused. One way we do this is by performing the penance the priest gives us during Confession.

### **“We Confess Our Sins to Jesus Through the Priest” (page 135)**

After reading the heading and the text with your child, read the highlighted question at the bottom of the page.

**ASK: What happens when we receive absolution?** Give your child time to think about and answer the question.

**SAY:** After we have confessed our sins to the priest, he stretches out his hands over us and prays the Prayer of Absolution. At that moment, we receive absolution, and our sins are taken away.

### **Check Your Understanding (pages 136–137)**

This short quiz gives you a chance to check your child's comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 132–135.

Answers: 1(a) 2(a) 3(b) 4(a) 5(b)





## VIDEO TIME

### “Theo’s Confession”

Watch the *Renewed* video for Lesson 5.1 with your child. Be sure to turn on closed captioning if it’s helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

#### Think about ...

- An examination of conscience helps us remember our sins before we go to Confession.
- In the Sacrament of Confession, the priest acts in the person of Christ (*in persona Christi*) to forgive our sins.
- We bring all our sins into the confessional, and when we have been absolved, we leave them there.
- Absolution lifts a heavy weight. The sins we have confessed are erased, and we are made clean from the stain of sin.

#### Talk about ...

These questions will help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child’s answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** How do Theo’s sins affect him? Pause and listen to your child’s answer.

**SAY:** Theo feels guilty about fighting and disobeying rules. He is carrying a spiritual weight.

**ASK:** What changes in Theo after he confesses his sins? Pause and listen.

**SAY:** After Confession, Theo walks taller because a weight has been lifted off him. He is more at peace because he knows that Jesus has lifted his burden and taken his sins away.

**ASK:** While Theo is waiting in line, he looks at one of the Stations of the Cross. Who is in the image, and what is he doing? Pause and listen.

**SAY:** In the image, Jesus is carrying the Cross. Jesus takes our sins to the Cross. He takes the weight of the burden away from us.

**ASK:** What happens to Theo’s sins after he tells them to the priest in Reconciliation? Pause and listen.

**SAY:** When the priest, in the person of Christ (*in persona Christi*), absolves Theo of his sins, Jesus takes Theo’s sins away completely and destroys their power.





**STEP**  
**6**

**FRIEND ON THE JOURNEY**  
(workbook pages 138–139)

**St. Maria Faustina Kowalska**

Turn to workbook page 139 and read about St. Faustina together.

**SAY:** Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Faustina teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

**ASK:** If you could meet St. Faustina, what would you like to ask her? Pause and listen to your child's answer.

**Going deeper:** St. Faustina gave us the image of the Divine Mercy, which is based on a vision she had of Jesus. Show your child a picture of the Divine Mercy painting. (You can find it online by searching on "Kazimirovski Divine Mercy image.") Find photographs of St. Faustina to show, too.

St. Faustina also gave us the Divine Mercy Chaplet (see page 223 in the workbook), which we pray for the forgiveness of sins. This would be a great opportunity to show your child how to pray the Divine Mercy Chaplet.

**Talking to a friend:** Look back at the picture of St. Faustina on page 138. Remind your child that St. Faustina is a friend your son or daughter can talk to whenever he or she needs her help.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the St. Faustina card. Ask her to intercede for your family.

Your child might like to tear out the picture of St. Faustina to hang in a special place.



**STEP**  
**7**

**WRAP-UP ACTIVITY**  
(workbook page 140)

**"Making Amends for Sin"**

**SAY:** Earlier, we talked about what it means to make amends. Now, you can think of some ways to put things right after you've done something wrong.

Make sure your child has a pencil. Read the instructions together. Explain that the first column of the chart gives examples of some general sins a child might commit, such as not telling the truth or saying something unkind. Keep the language surrounding sins general rather than focusing on individual sins.

Read the example in the first row together. Then, talk about ways each typical sin hurts others, and think of ways a child could make amends.

**SAY:** This week, let's keep thinking of ways we can fix what we've broken!





### Closing Prayer (workbook page 141)

**SAY:** It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

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## FAMILY LIFE ACTIVITIES

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The instructions for these activities are on page 208 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child is learning.

## Lesson 5.2

# OUR FRIENDSHIP WITH GOD

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### LESSON OVERVIEW

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Use this lesson plan with your child's *Renewed* Student Workbook, second edition. Lesson 5.2 begins on workbook page 142.

In this lesson, you and your child will explore the ways the Sacrament of Reconciliation prepares our hearts to receive the Eucharist. You will explain that the Church teaches that we should receive the Eucharist only in a state of grace—that is, when we are in a right relationship with God, which means we are not harboring any unconfessed mortal sin.

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

In this lesson, you will help your child

- become familiar with the parable of the Prodigal Son;
- see the importance of being sorry for his or her sins;
- understand that, though we are sinful, God is merciful;
- see how Reconciliation prepares his or her heart to receive the Body and Blood of Jesus in the Eucharist.

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### RESOURCES

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#### Reconciliation Book

If your child has a copy of *Renewed by Jesus*, read about God's forgiveness and mercy on pages 16–17 under "What Is Forgiveness?"

#### Online Parent Certification

Lesson 5.2 of the online resource asks you to reflect on the desires that God has for you as a good Father. It invites you to think, in turn, about the desires you have for your child and the purpose behind these desires. It helps you see that God loves you as a good Father the way you love your children.

**STEP**  
**1**

**LET'S BEGIN**

(workbook pages 142–143)

Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 142.

**Scripture Verse**

Look at the illustration together for a moment, and then read the verse and explanation out loud.

**SAY:** Today's Bible verses are from the story of the Prodigal Son in Luke's Gospel. They show us the wonderful love and mercy that God the Father has for us when we come back to him.

"Let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found" (Luke 15:23–24).

The father is rejoicing because his son has come home, just as God rejoices over us when we seek forgiveness and return to him.

**Lesson Preview**

**SAY:** Today, we'll find out why the Sacrament of Reconciliation is so important for us. We are important to God, and in the sacrament, we experience God and his mercy. The sacrament brings us back to God when we have wandered off. It renews us and makes our hearts clean so that we are ready to receive Jesus in Holy Communion.



**Opening Prayer**

**SAY:** Let's be quiet and still now, so we can focus on being in God's presence.

On workbook page 143, read aloud the sentences under "Let Us Pray."

**ASK:** What would you like to pray for today? Give your child time to write his or her intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end with the Sign of the Cross.







### Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 142.

**SAY:** Let's listen to God by looking at the picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

**SAY:** Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to your child's answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

**ASK:** What moment in Scripture does this image show us?

*Potential answer:* Your child may know that the scene is from Jesus' parable of the Prodigal Son.

**ASK:** What is the young man on the right holding? Why?

*Potential answer:* Your child may notice sandals and fine clothing. Your child may say that the clothes are "to dress the son" or explain that the father loves his son so much that he wants to clothe him in the finest clothes.

**ASK:** What emotion do you see on the father's face? On the son's?

*Potential answer:* Your child may say that the father's face looks happy, loving, or kind and that the son looks thankful, relieved, or amazed.

End with the Sign of the Cross.





STEP  
2

## WARM-UP ACTIVITY (workbook page 144)

### “What I Do in Confession”

Have a pencil on hand for your child to use. Read the instructions together. This is a good time to review “We Confess Our Sins to Jesus Through the Priest” in Lesson 5.1 (on workbook page 135). *Note:* The steps will be covered again, in more detail, in Lesson 6.1 (on workbook pages 164–165).

**SAY:** Let’s review the basic steps for making your Confession. To begin, you’ll make the Sign of the Cross and say, “Bless me, Father, for I have sinned. This is my first Confession.” Invite your child to make the Sign of the Cross and say the words along with you.

**ASK:** What will you do next? Look at the list of steps in the workbook, and invite your child to mark the next step with a 1. Continue numbering the steps in order.

Children often worry that they will forget what to do when they make their first Confession. Reassure your child that this is normal. Think of different ways to review the steps so your child gets more practice. Consider asking your child to write the steps in the correct order or draw them or act them out. (But don’t let your child name his or her sins in front of you or others.) Also, remind your son or daughter that if he or she forgets what to do next during Confession, he or she can always ask for a reminder from the priest.



STEP  
3

## HAVE YOU EVER WONDERED ... ? (workbook page 145–146)

Before you read this section in the workbook, look for key words or phrases (in bold type), and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word, and read the definitions together.

You can find the Bible source here:

- Parable of the Prodigal Son: Luke 15:11–32

Read the heading on workbook page 145 and then read the text of this section together.

**ASK:** Have you ever wondered how much God loves you?

**SAY:** This lesson’s Scripture story tells Jesus’ parable of the Prodigal Son. Please read these two pages to me. OR Let’s take turns reading the paragraphs on these two pages.

At the bottom of page 146, read the highlighted question together.

**ASK:** What did the father do when he saw his son coming home? Give your child a moment to think about the answer and respond.

**SAY:** The father saw his son when his son was still a long way off. When he saw him, the father ran to him and hugged him with joy.





## LEARNING ABOUT GOD'S PLAN (workbook pages 147–151)

Look over workbook pages 147–149 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

### **“Contrition Helps Us Know God” (page 147)**

Read the heading out loud, and then read the text with your child.

**SAY:** Please read this page to me. Or Let's take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

**ASK: What are we telling God when we say our Act of Contrition?** Give your child a moment to think about the answer and respond.

**SAY:** When we say our Act of Contrition, we are telling God we are sorry for our sins.

### **“Reconciliation Restores Our Friendship with God and with Others” (page 148)**

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

**ASK: What happens to us when the priest absolves us?** Give your child time to think about the question.

**SAY:** When the priest absolves us, we are truly free from our sins. Absolution turns our hearts back to God. It reconciles us with him and restores his grace in our souls.

### **“Reconciliation Prepares Our Hearts to Receive Holy Communion” (page 149)**

After reading the heading and the text with your child, read the highlighted question at the bottom of the page.

**ASK: How does Reconciliation help us get ready for Holy Communion?** Give your child time to think about and answer the question.

**SAY:** Reconciliation prepares our hearts to receive Jesus in Holy Communion. Before we receive him, we need to be in a state of grace, free from mortal sin. In the Sacrament of Reconciliation, absolution washes away our sins so that our hearts are ready to receive Jesus with joy.

### **Check Your Understanding (pages 150–151)**

This short quiz gives you a chance to check your child's comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 147–149.

Answers: 1(a) 2(a) 3(c) 4(a) 5(a)





## VIDEO TIME

### “Light and Dark”

Watch the *Renewed* video for Lesson 5.2 with your child. Be sure to turn on closed captioning if it's helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

#### Think about ...

- We go to Confession when we've sinned.
- When we are in the darkness of sin, we cannot thrive.
- In Confession, God pours out his mercy on us and brings us into the light.
- When we are reconciled and brought into the light of God's love, we can continue to grow.

#### Talk about ...

These questions will help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** What happens when a plant is kept in the dark? Pause and listen to your child's answer.

**SAY:** Plants die if they are kept in the dark.

**ASK:** What happens when our soul is kept in the darkness of sin? Pause and listen.

**SAY:** Sin gets in the way of God's love, and we end up in the dark.

**ASK:** What happens when a plant is put in the sunlight? Pause and listen.

**SAY:** The sunlight feeds the plant, just as Jesus' love and mercy feed our souls.

**ASK:** What happens when our soul returns to God? Pause and listen.

**SAY:** When we come back into the light of God, it feeds our souls so we can live.

**ASK:** What was Felicity's dad explaining with the flashlight and the glass of ink? What does this have to do with our souls, our sins, and Jesus? Pause and listen.

**SAY:** The ink represents sin. The flashlight represents God. When the glass is dark and filled with ink, the light cannot get through. When we sin, our souls are in the dark. In Reconciliation, Jesus takes away our sins so that the light of God, his love and mercy, can shine in us again.



## STEP 6

### FRIEND ON THE JOURNEY (workbook pages 152–153)

#### St. John Vianney

Turn to workbook page 153 and read about St. John Vianney together.

**SAY:** Please read this page to me. Or Let's take turns reading these paragraphs to each other.

Invite your child to pay special attention to what St. John Vianney teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

**ASK:** If you could meet St. John Vianney, what would you like to ask him? Pause and listen to your child's answer.

**Going deeper:** St. John Vianney is the patron saint of all priests. Consider honoring St. John Vianney by making a thank-you card for your parish priests and asking St. John Vianney to pray for them!

**Talking to a friend:** Look back at the picture of St. John Vianney on page 152. Remind your child that St. John is a friend your son or daughter can talk to whenever he or she needs his help.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the St. John Vianney card. Ask him to intercede for your family.

Your child might like to tear out the picture of St. John Vianney to hang in a special place.



## STEP 7

### WRAP-UP ACTIVITY (workbook page 154)

#### “To-Do List”

**SAY:** We talked earlier about how rules help and protect everyone. Let's think of some more of our family's rules.

Make sure your child has a pencil. Read the instructions out loud, and ask your child to make a list of the rules you have at home. Help your child remember some rules he or she forgot.

After your child has finished the list, talk about the ways these rules help your family. Then remind your child that

- God is a parent, like your parents. He wants our good just as they do.
- When we choose to do what he tells us not to do, we hurt God by turning away from him, and we also hurt ourselves and others.
- In the Sacrament of Reconciliation, we can turn back to God and restore our friendship with him by seeking forgiveness.

Encourage your child to tear out the list, hang it where it can easily be seen, and check off each rule as he or she keeps it during the week.



**SAY:** This week, instead of complaining about the rules, let's keep noticing how they help us get along and keep us safe.



### Closing Prayer (page 155)

**SAY:** It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

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## FAMILY LIFE ACTIVITIES

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The instructions for these activities are on page 210 of your child's workbook. Please adapt the wording to your own family situation.

The "**Car Conversation**" prompts give your child a chance to tell you or another family member what he or she learned today.

The "**Family Time**" activity gives you a chance to engage with other family members while reinforcing what your child is learning.





## Unit 6

# How Do We Live Out the Sacrament of Reconciliation?

In this unit, you will emphasize to your child that the Sacrament of Reconciliation is where God is always waiting to know us, love us, and forgive us. It is where we prepare ourselves to receive the Eucharist and where we learn virtue throughout our lives.



## Lesson 6.1

# OUR FIRST RECONCILIATION

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### LESSON OVERVIEW

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Use this lesson plan with your child's *Renewed* Student Workbook, second edition. Lesson 6.1 begins on workbook page 158.

In this lesson, you will prepare your child in practical ways for his or her first Confession. The lesson describes in detail how to go to Confession—how to prepare for the sacrament using an examination of conscience and what to do in the confessional.

Some children become anxious about the practical details of going to Confession for the first time. Reassure your child that the priest is happy to help if he or she needs it. Be patient, gentle, and affirming. You will be guiding your child to a powerful experience of God's mercy!

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

In this lesson, you will help your child

- learn the story of Peter's denial of Jesus and Jesus' forgiveness;
- become familiar with an examination of conscience based on the Ten Commandments and use it to prepare for his or her first Confession;
- understand the different ritual elements of the Sacrament of Confession—contrition, confession, penance, and absolution;
- know what is expected of him or her in Confession.

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### RESOURCES

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#### Reconciliation Book

If your child has a copy of *Renewed by Jesus*, it will be very helpful with this lesson. See especially "How to Go to Confession" (pages 25–35) and "Examining Your Conscience" (pages 49–77). The authors provide three examinations of conscience for children—one based on the Ten Commandments (reprinted in your child's workbook on pages 232–235), one based on the Beatitudes, and one based on the seven deadly sins.

#### Online Parent Certification

Lesson 6.1 of the online resource asks you to reflect on your day using a daily examen like the one by St. Ignatius of Loyola. You will be invited to use this meditation and the Sacrament of Reconciliation



on a more regular basis to help you avoid sin, grow closer to God, and have healthier relationships with others. You will also be encouraged to identify obstacles in your life that prevent you from implementing these daily practices.

**STEP 1** **LET'S BEGIN**  
(workbook pages 158–159)

Settle down together where you're comfortable. When you're ready to get started, turn to workbook page 158.

**Scripture Verse**

Look at the illustration together for a moment, and then read the verse and explanation out loud.

**SAY:** These Bible verses are from John's Gospel, where Jesus gives Peter the power to forgive sins and lead the Church:

"Then the disciples were glad when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent me, even so I send you.' And when he had said this, he breathed on them, and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven'" (John 20:20–23).

These words help us understand why Catholic priests have the power to forgive sins, just as Jesus himself did.

**Lesson Preview**

**SAY:** Today, we'll learn how to get ready to receive the Sacrament of Reconciliation. We'll learn that we get to meet Jesus in the sacrament. The things we talk about today will help you make a good Confession.



**Opening Prayer**

**SAY:** Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 159, read aloud the sentences under "Let Us Pray."

**ASK:** What would you like to pray for today? Give your child time to write his or her intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end with the Sign of the Cross.



### Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 158:

**SAY:** Let's listen to God as we look at a picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions:

**SAY:** I'm going to give you the three questions to think about now as you look at the picture.

Read each question out loud. After your child has thought about it, listen to your child's answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

**ASK:** What do you think is happening in this picture? What do you notice first?

*Potential answer:* Your child may observe that Jesus is forgiving Felicity for her sin. Your child may notice things like the waves coming from Jesus' palm, the cartoon of Jesus where the priest sits, and Felicity's quiet but happy face.

**ASK:** What moment of Reconciliation does this image show us?

*Potential answer:* Your child may say that this is the moment of absolution, forgiveness, or healing from sin.

**ASK:** Why is Jesus there and not a priest?

*Potential answer:* Your child may remember from Lesson 5.2 that Jesus is there because the priest stands in the place of Christ (*in persona Christi*) in the sacraments. Even though we see the priest, it is really Jesus who is forgiving our sins, just like in this image with Felicity.

End with the Sign of the Cross.



STEP  
2

## WARM-UP ACTIVITY (workbook page 160)

### “Confession Reflection”

Have a pencil available for your child to use. Read the instructions together.

**ASK:** What are some things you’re wondering about as you get ready to go to Confession for the first time? Encourage your child to talk about his or her concerns and listen thoughtfully. Then, invite your child to list the concerns in the workbook.

Be sure to reassure your child if he or she expresses fears because they feel very real. Help your child think of ways to be more confident as he or she approaches the sacrament (like bringing a copy of the Act of Contrition to Confession if your child doesn’t have it memorized). Remind your son or daughter that the priest will gladly help your child through the process if he or she forgets anything.



STEP  
3

## HAVE YOU EVER WONDERED ... ? (workbook page 161–162)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word, and read the definitions together.

You can find the Bible source here:

- Peter denies Christ: Luke 22:54–62
- Christ forgives Peter: John 21:15–17

Read the heading on workbook page 161 and then read the text of this section together.

**ASK:** Have you ever wondered what it is like to have Jesus forgive you?

**SAY:** This lesson’s Scripture story tells the story of Peter’s denial of Jesus and Jesus’ forgiveness of Peter. Please read these two pages to me. OR Let’s take turns reading the paragraphs on these two pages.

At the bottom of page 162, read the highlighted question together.

**ASK:** Why was Peter sorry? Give your child a moment to think about the answer and respond.

**SAY:** Peter was sorry because he had denied knowing Jesus. He denied him not just once but three times. Jesus forgave him and commissioned Peter to lead the Apostles and the Church.





## LEARNING ABOUT GOD'S PLAN (workbook pages 163–167)

Look over workbook pages 163–165 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

### “Getting Ready for Reconciliation” (page 163)

Read the heading out loud, and then read the text with your child.

**SAY:** Please read this page to me. Or Let's take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

**ASK: How do we get ready for Confession?** Give your child a moment to think about the answer and respond.

**SAY:** We get ready for Confession by doing an examination of conscience—going through a list of questions of things we might have done wrong.

Pause here and turn to workbook page 231. Look over the sections titled “How to Make a Good Examination of Conscience and Confession” and the “Examination of Conscience from the Ten Commandments” on pages 231–235. Decide on a time during the next day or two when you can read these sections and help your child get started on examining his or her conscience. It might make sense to do a little bit each day between now and the day of your child's first Reconciliation.

Please make sure that your child knows not to tell his or her sins to anyone except the priest. Your child's Confession is for the priest's ears only, and he can never tell anyone what was told to him.

### “Going to Reconciliation” (pages 164–165)

Turn to page 164 in your child's workbook. Read the heading out loud, and then read the text with your child.

**SAY:** Please read these pages to me. Or Let's take turns reading the paragraphs on this page.

At the bottom of page 165, read the highlighted questions. Pause after each one to give your child time to think about and answer the question.

**ASK: What is the first thing you say to the priest after making the Sign of the Cross?** Give your child a moment to think about the answer and respond.

**SAY:** You will say, “Bless me, Father, for I have sinned. This is my first Confession.” (The next time you go to Confession, you will say, “Bless me, Father, for I have sinned. It has been [how many] weeks/months since my last Confession.”)

**ASK: What should you pray after you have told the priest your sins?** Give your child a moment to think about the answer and respond.

**SAY:** When you are done confessing your sins, say, “I am sorry for these and all my sins.” Remember, the priest will help you.



**ASK: What should you do right after you leave the confessional?** Give your child a moment to think about the answer and respond.

**SAY:** Once you leave the confessional, complete your penance right away. If it is a prayer, kneel in a pew to say it.

Teaching Tip #1: To avoid confusion on the day, let your child know what to expect ahead of time. Ask your parish priest what the setting will be for your child's first Confession. Will there be a choice to kneel or sit?

Teaching Tip #2: Remind your child to complete the penance right away so he or she doesn't forget. Reassure your child, too, that if he or she does forget, the Confession is still valid but incomplete. Your child should make the penance as soon as he or she remembers.

### Check Your Understanding (pages 166–167)

This short quiz gives you a chance to check your child's comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 163–165.

Answers: 1(a) 2(c) 3(b) 4(a) 5(b)



### VIDEO TIME

#### “Felicity’s First Reconciliation”

Watch the *Renewed* video for Lesson 6.1 with your child. Be sure to turn on closed captioning if it's helpful. After the video, review the things to think about below, and use the talk prompts to start a conversation.

#### Think about ...

- We shouldn't be afraid of our first Reconciliation.
- In the confessional, we should confess all our sins.
- When we hurt others, we hurt Jesus. When we love others, we are loving Jesus.
- The Act of Contrition and our penance are important parts of the sacrament.

#### Talk about ...

These questions will help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** Why is Felicity worried before her first Reconciliation? Pause and listen to your child's answer.

**SAY:** She is worried because this is her first Confession. Being nervous before Confession is normal.

**ASK:** Is Felicity worried at the end? Why not? Pause and listen.

**SAY:** She is not worried at the end because Fr. Paul listened carefully and said hers was “an amazing Confession.” He explained how doing wrong hurts Jesus, and he gave her a penance while reminding her



that God loves her as a father.

**ASK:** Why shouldn't we be worried about Reconciliation? Pause and listen.

**SAY:** God loves us no matter what.

**ASK:** How does Jesus feel about Felicity's Confession? Pause and listen.

**SAY:** Fr. Paul tells Felicity that Jesus is very proud of her Confession.

**ASK:** How do you think Jesus will feel about your Confession? Pause and listen.

**SAY:** He will be happy when you make your first Confession. Jesus gives us the Sacrament of Reconciliation because he knows we are not perfect. He knows we are weak sometimes. When we go to Confession, we are showing Jesus that we love him and are sorry for our sins. He forgives us and shows us how much he loves us, too. He will be very proud of your Confession.

**ASK:** What happens when Father says the words of absolution over Felicity? Pause and listen.

**SAY:** We see Jesus as the one who absolves Felicity of her sins. This is because Jesus is acting through the priest.



**STEP**  
**6**

**FRIEND ON THE JOURNEY**  
(workbook pages 168–169)

### St. Ignatius of Loyola

Turn to workbook page 169 and read about St. Ignatius together.

**SAY:** Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Ignatius teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

**ASK:** If you could meet St. Ignatius of Loyola, what would you like to ask him? Pause and listen to your child's answer.

**Going deeper:** St. Ignatius was famous for his daily examen, a practice that many Catholics continue today. Review the steps of "A Daily Examen" on workbook page 230, and consider beginning this prayer practice with your child.

**Talking to a friend:** Look back at the picture of St. Ignatius on page 168. Remind your child that St. Ignatius is a friend your son or daughter can talk to whenever he or she needs his help.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the St. Ignatius card. Ask him to intercede for your family.

Your child might like to tear out the picture of St. Ignatius to hang in a special place.







## WRAP-UP ACTIVITY (workbook page 170)

### “Examination of Conscience”

**SAY:** Earlier, we talked about using an examination of conscience to prepare for Reconciliation.

Now you get to imagine where you (and the Holy Spirit!) might like to go when you examine your conscience before your first Confession.

Have crayons and markers for your child to use. Read the instructions out loud, and ask your child to think about a quiet space—like kneeling by his or her bed, curling up in a chair, walking outside, or sitting in a pew at church—and draw a picture of him or her at that spot. Ask your child to draw the Holy Spirit with them. The Holy Spirit could be a dove, the wind, a cloud, or rays of light—however he or she imagines him. Invite your child to describe the picture to you when it’s done.

Now turn to the examination of conscience that begins on workbook page 232. Read one or two of the questions from each commandment to make sure your child knows how to make an examination of conscience. Then ask your child to write down a commandment he or she thinks is difficult to follow.

*Note:* Remind your child not to tell his or her sins to others, only to the priest during the Sacrament of Reconciliation. You can help your child best by teaching him or her how to use an examination of conscience and how to recognize sin.

**SAY:** This week, let’s find a quiet and comfortable place where you can always go to examine your conscience and pray.



### Closing Prayer (page 171)

**SAY:** It’s time to finish up now. Let’s pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

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## FAMILY LIFE ACTIVITIES

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The instructions for these activities are on page 212 of your child’s workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child is learning.

## Lesson 6.2

# LIVING THE LIFE GOD WANTS FOR US

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### LESSON OVERVIEW

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Use this lesson plan with your child's *Renewed* Student Workbook, second edition. Lesson 6.2 begins on workbook page 172.

In this lesson you will help your child understand that first Reconciliation is not a one-time rite of passage. God calls us to repentance and conversion—to holiness—all through our lives. His call doesn't end after our first Reconciliation. You and your child will explore what a lifetime of discipleship means, in which we frequently seek God's mercy and forgiveness in the sacrament.

#### Parent's Prayer

*God our Father, you sent your Son to be born into a family so that Mary and Joseph would love him and protect him. Help me to be like them, to model our family on the example of the Holy Family. Help me to grow in the spirit of penance so that I may lead my son or daughter by example and grow in holiness with my child in this process of sacramental preparation. Amen.*

#### Bird's-Eye View

In this lesson, your child will

- learn what being “called by God” means;
- recognize his or her baptismal call to holiness and consider how to live that call;
- understand that the Sacrament of Reconciliation helps us grow in holiness;
- learn that virtues are habits that help us strive for holiness.

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### RESOURCES

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#### Reconciliation Book Connections

If your child has a copy of *Renewed by Jesus*, consider reading the introduction (pp. 1–7) again to remind your child *why* the Sacrament of Reconciliation is so important.

#### Online Parent Certification

Lesson 6.2 of the online resource introduces the concept of vocation: a special call in life, always directed toward holiness. You are asked to think about the specific purpose God has for your life. You will be asked to think about your child's life and the specific gifts, talents, and abilities God has given your child to become a saint.



## LET'S BEGIN

(workbook pages 172–173)

Settle down together in a comfortable place. When you're ready to get started, turn to workbook page 172.

### Scripture Verse

Look at the illustration together for a moment, and then read the verse and explanation out loud.

**SAY:** Today's verse comes from the first letter of St. John:

"If we confess our sins, he is faithful and just, and will forgive us our sins and cleanse us from all unrighteousness" (1 John 1:9).

This verse reminds us that in Reconciliation we are forgiven and made clean. After we receive forgiveness, we live it out in our everyday lives like the saints. And, as we do this, we become more and more like them. We become more and more the people God created us to be.

### Lesson Preview

**SAY:** You've learned how to receive the Sacrament of Reconciliation, and you know what it does for you. Today, you'll learn about your call to holiness. You will also learn how Reconciliation helps you live a happy and holy life as you become the person God wants you to be!



### Opening Prayer

**SAY:** Let's be quiet and still now so we can focus on being in God's presence.

On workbook page 173, read aloud the sentences under "Let Us Pray."

**ASK:** What would you like to pray for today? Give your child time to write some intentions in the workbook. You can give some examples to help or offer your own intentions first and allow your child to follow.

Now, pray the Our Father together. Begin and end with the Sign of the Cross.





### Optional *Visio Divina*

Allow an extra ten minutes for this exercise.

Begin with the Sign of the Cross. Invite your child to look quietly at the image on page 172.

**SAY:** Let's listen to God as we look at the picture again. Look at this picture quietly for a minute or two with "the eyes of your heart"—trying to see as God might see. Notice what interests you and what you feel as you look at the picture.

After a few moments of silence, introduce the questions.

**SAY:** Now, I'm going to give you three questions to think about as you look at the picture.

Read each question out loud. After your child has thought about it, listen to your child's answer appreciatively and, if you wish, point out more details. If your child has questions about the image, you can answer directly or explore the image together to discover answers.

**ASK:** Why do all the saints look so different?

*Potential answer:* Your child may tell you that they all look different because they are different people! They lived in different times and places and did many different things to serve Jesus. This could be a good time to talk about how God made each one of us one of a kind. Your child is unique and has a unique calling, just like each of the saints.

**ASK:** Do you recognize Mary in the front of the picture?

*Potential answer:* Mary is the woman with the pretty blue robe in the front and center of the picture. You can take this time to talk about what Mary looks like and point out how she is standing in a familiar way with her arms open in blessing.

**ASK:** If you become a saint, who would you look like in this picture?

*Potential answer:* Each saint is dressed differently, and many are holding unusual objects. You can talk about what some of the clothes and objects mean and encourage your child to imagine that he or she is one of the saints. What would your child wear? What would your child carry if he or she were a saint? See, too, if you and your child recognize any of the saints, maybe one he or she learned about in this book.

End with the Sign of the Cross.



**STEP  
2**

## **WARM-UP ACTIVITY** (workbook page 174)

### **“Holiness Habit Tracker”**

Have a pencil on hand for your child to use. Read the instructions together and invite your child to think about what habits will help him or her become holy.

**SAY:** Becoming holy means becoming the person God created you to be. It means loving him and loving others with your whole heart. We don’t become holy all at once—we do it step by step, day by day, our whole lives. What are some things you could do every day this week that will help you become holy?



**STEP  
3**

## **HAVE YOU EVER WONDERED ... ?** (workbook page 175)

Before you read this section in the workbook, look for key words or phrases (in bold type) and point them out to your child. You can find the definitions in the glossary, which begins on workbook page 237. Talk about each word, and read the definitions together.

You can find a Bible source here:

- Plans for a future and a hope: Jeremiah 29:11–12

Read the heading on workbook page 175 and then read the text of this section together.

**ASK:** **Have you ever wondered if God has a plan for you?**

**SAY:** This lesson’s Scripture story explains that God calls every person on earth to know him, love him, and say yes to him. Please read this page to me. OR Let’s take turns reading the paragraphs on this page.

At the bottom of page 175, read the highlighted question together.

**ASK:** **We have read about many people God has called. Which one do you remember most?**

**Why?** Give your child a moment to think about the answer and respond. If your child has trouble remembering one, remind him or her about St. Peter.

**SAY:** Remember St. Peter? Peter was one of Jesus’ Apostles. Yet shortly before Jesus was crucified, Peter was afraid and denied knowing Jesus three times. Later, he was ashamed of what he had done. Jesus forgave him. He wanted Peter to lead the Apostles and the Church. He was our first pope. St. Peter is one of our greatest saints.



**STEP**  
**4**

**LEARNING ABOUT GOD’S PLAN**  
(workbook pages 176–181)

Look over workbook pages 176–179 together. Notice the headings, the pictures, and the questions. Check for key words and phrases and find their definitions in the glossary.

**“We Are Called to Be Holy” (page 177)**

Read the heading out loud, and then read the text with your child.

**SAY:** Please read this page to me. Or Let’s take turns reading the paragraphs on this page.

At the bottom of the page, read the highlighted question.

**ASK: How can we be close to God?** Give your child time to think about and answer the question.

**SAY:** We grow closer to God as we become holy. God made us to be happiest when we are close to him, and this is what holiness is—being close to him. Holiness means receiving the sacraments and following Christ. It means doing our best to love God, trust him, and say yes to him.

**“We Seek Forgiveness Often” (page 178)**

Again, read the heading and the text with your child. At the bottom of the page, read the highlighted question.

**ASK: Why should we go to Confession often?** Give your child time to think about and answer the question.

**SAY:** We need forgiveness when we sin, and we should go to Confession often to receive forgiveness. We need the sacraments to make God’s life strong in us and keep us growing in holiness. The more often we receive forgiveness, the more we are able to forgive others.

**“The Sacrament of Reconciliation Helps Us Grow in Virtue” (page 179)**

After reading the heading and the text with your child, read the highlighted question at the bottom of the page.

**ASK: How do the virtues help us to be holy?** Give your child time to think about and answer the question.

**SAY:** A virtue is a holy habit, a habit of doing good and avoiding sin. As we develop virtues, they help us know and do what is right. They help us grow closer to God and become the people God created us to be.

**Check Your Understanding (pages 180–181)**

This short quiz gives you a chance to check your child’s comprehension. Ask your son or daughter to complete it, and review the answers with your child. If your child seems uncertain about some answers, encourage him or her to look them up on pages 176–179.

Answers: 1(a) 2(b) 3(b) 4(c) 5(b)





## VIDEO TIME

### “The Way to Heaven”

Watch the *Renewed* video for Lesson 6.2 with your child. Be sure to turn on closed captioning if it's helpful.

After the video, review the things to think about below, and use the talk prompts to start a conversation.

#### Think about ...

- It is important to go to Confession often.
- We shouldn't be worried about the priest telling anyone our sins. He can't. He is bound by the seal of Confession.
- We are called to take the path to holiness, which includes going to Mass, celebrating the sacraments often, and remaining close to Jesus.
- We are not alone in striving to be saints.

#### Talk about ...

These questions will help you and your child talk about the story and characters. After you ask a question, be sure to give your child time to think about it and respond. Listen appreciatively to your child's answer. The SAY response gives you a helpful point to mention before you move on to the next question.

**ASK:** How often does Felicity's dad go to Reconciliation? Pause and listen to your child's answer.

**SAY:** He goes at least once every month, sometimes more often.

**ASK:** Why does he go so often? Pause and listen.

**SAY:** Felicity's dad goes often so he can stay close to Jesus and grow stronger in virtue. He goes so he can be a good dad, a good role model for Felicity and Theo, and a good husband to his wife.

**ASK:** Can the priest tell anyone else what you tell him in Confession? Pause and listen.

**SAY:** No. The priest can never tell anyone what you say in the sacrament.

**ASK:** What makes a person holy? Pause and listen.

**SAY:** What makes a person holy is loving God, trusting him, and following him.

**ASK:** What are some things God gives us to help us stay on the path to heaven? Pause and listen.

**SAY:** God gives us so much! To start, he gives us prayer, the Mass, the sacraments, Scripture, the love of our parents and family and friends, our parish, and our teachers. He also gives us himself, the Holy Spirit, who is always with us.





## STEP 6

### FRIEND ON THE JOURNEY (workbook pages 182–183)

#### St. Catherine of Siena

Turn to workbook page 183 and read about St. Catherine of Siena together.

**SAY:** Please read this page to me. Or Let's take turns reading these paragraphs to each other. Invite your child to pay special attention to what St. Catherine teaches us about God and about ourselves.

Mention the fun fact out loud, and then ask your child the following question:

**ASK:** If you could meet St. Catherine, what would you like to ask her? Pause and listen to your child's answer.

**Going deeper:** St. Catherine was known for saying, "God is closer to us than water is to a fish." Talk about this with your child. You could expand upon the quote, explaining that St. Catherine is telling us that God is always with us, helping us become the people we were created to be.

**Talking to a friend:** Look back at the picture of St. Catherine on page 182. Remind your child that St. Catherine is a friend your son or daughter can talk to whenever he or she needs her help.

If you are using the *Renewed* prayer cards, pray the prayer on the back of the St. Catherine card. Ask her to intercede for your family.

Your child might like to tear out the picture of St. Catherine to hang in a special place.



## STEP 7

### WRAP-UP ACTIVITY (workbook page 184)

#### "Holy Habits"

**SAY:** Today, we talked about how we become holy as we grow closer to God. Now, we get to think of some habits that will help with this.

Make sure your child has a pencil. Read the instructions out loud, and then talk about habits that will help you grow closer to God. Complete the first one together, remembering to be specific. Examples of holy habits are going to Mass on Sundays, making a Morning Offering when you wake up, praying each day, doing an act of kindness for someone every day, praying the Rosary, performing a penance (like not eating meat) on Fridays, and going often to Confession.

Ask your child to write down three more habits in the workbook. Encourage your child to tear out the list and hang it where it can be seen often.

**SAY:** This week, let's think of more habits that will help us grow closer to God. As a family, let's help one another practice these habits.



### Closing Prayer (page 185)

**SAY:** It's time to finish up now. Let's pray together.

Remind your child of the intentions he or she wrote down at the beginning of class, and pray the closing prayer together. Remember to begin and end the prayer with the Sign of the Cross.

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## FAMILY LIFE ACTIVITIES

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The instructions for these activities are on page 214 of your child's workbook. Please adapt the wording to your own family situation.

The “**Car Conversation**” prompts give your child a chance to tell you or another family member what he or she learned today.

The “**Family Time**” activity gives you a chance to engage with other family members while reinforcing what your child is learning.



**“Confession is an act of honesty and courage;  
an act of entrusting ourselves, beyond sin,  
to the mercy of a loving and forgiving God.”  
—St. John Paul II**