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God chooses me



Growing up Catholic...
...begins at Baptism!

- ✦ God already loved you before you were baptized!
- ✦ But at baptism you became a special friend of Jesus
- ✦ What else happened at baptism?

What happens at Baptism?

- You became part of **the Church**, God's Family
- You received **special help** from God to overcome temptations
- You went **under the water** blessed at Easter
- You came out of the water as **a friend of Jesus**
- The **Holy Spirit** came to you in a special way
- You professed your **faith** along with everyone else
- You began the process of **growing up Catholic**

God chose YOU!

Parent lesson plans for page one of the first lesson.

Follow the numbers.

1 In this session you and your child will return to **Baptism**. Baptism is how we begin our initiation into the Church. We complete that initiation at Eucharist.

2 Make sure your child understands that God has always **loved** him or her. Always.


What else happened? (The answer is in the bottom half of the page.)

3 **Who is the Church?** Explain to your child that the Church is all those who have been baptized, including your child and yourself. The people in the Church are all trying to follow the teachings of Jesus, and they get help in doing this from the Holy Spirit and the Sacraments.

4 The **special help** we all get is called "grace," which is God's own life within us.

4 At baptism, our godparents (along with the whole parish) **professed the faith** that we are now learning about. It's the same as the Creed we all say at Mass on Sundays. In the "Catholic Prayers" section of the web site, you will find the **Apostles' Creed**. This would be a good time to help your child memorize that.

Session 1: First Reconciliation Child Text Growing Up Catholic



Prayer Celebration: Growing up Catholic begins at Baptism

Begin with the Sign of the Cross. Everyone say it aloud together.
 In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Leader: We thank you, Jesus, for giving us this water, which has been blessed by you and the Church.

Parents & Children: With this water, we were all baptized!

Leader: And we thank you, Jesus, because you forgive our sins and help us live as your people.


Parents & Children: In Baptism, we were made your children!

Leader: And now we thank you, Jesus, because we here in this room are all members of your Church. With these people, we will prepare for the wonderful Sacrament of Reconciliation. You have called us by name to this important time of our lives. *Each child in the room writes his or her name, and that of his or her parents or guardian, on a special piece of paper. Each child tells his or her name and that of their parents or guardian.*

Reader: *Hear and listen now to God's Word from the Bible: (Matthew 4:18-20)*
 A reading from the Gospel of Matthew...
 ... This is the Gospel of the Lord
 All: Praise to you, Lord Jesus Christ!

Listen to the Leader.

All: *(pause after each line)*
 Jesus, we accept your invitation
 to grow closer to you in love
 and to learn about this Sacrament.
 Please bless us and be with us.
 We love you and want to love you more. Amen.



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Parent lesson plans for page two of the first lesson.

Follow the numbers.

1 Pray this with your child, helping them find their way through it as the leader guides you.

When the time comes, help them write **the names** and say the names aloud when asked to by the leader.

2 At the end of the prayer, ask your child to go back over this and circle **every word which they don't understand**. Explain the meaning of any such words to them.

3 Explain what it means to be a **"child of God."** It means that God chooses us and loves us as much as our parents do! God really loves us and will never stop loving us. God knows all our names and calls us by name to be his children!

4 Explain that we go to Confession because sometimes we fail to love God or our parents or each other as much as we should. **Confession** helps us stay on track.

Your Baptism Day

At baptism, you became a special friend of Jesus.

When were you baptized?

Month Day Year

What is your name? _____



What happened at your baptism?

The priest or deacon begins the baptism.
The first thing he does is to trace the **Sign of the Cross** on your forehead. He says, "I claim you for Christ...by this sign..."

Words! Write the words to say in the Sign of the Cross.

In the name of the _____

And of the _____

And of the Holy _____

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Parent lesson plans for page three of the first lesson.
Follow the numbers.

1 Help your child complete the first part of this page. Tell them about **their baptism** – when, where, who were the godparents, and any other details.

Help them write their full, proper name on the line.


2 Rehearse the **Sign of the Cross** with your child until he or she knows it by heart. One way to memorize is to **write out the words**. Help them do that in the spaces provided.

Note for at home later:
Use the Sign of the Cross often at home. Use it before every meal prayer, bedtime prayers, and at other appropriate times.

The parish will provide you with a small jar of **Holy Water** (you have to bring your own jar in most places). Have that Holy Water in a central location in your home. At night time, as your children are going to bed after brushing their teeth and saying their prayers, come to them and sprinkle them with it and say, **“Good night. God bless you. We (I) love you very much and so does God.”**

Your children will truly rest in peace every night.

Session 1: First Reconciliation Child Text Growing Up Catholic



Meeting Jesus in the Bible
 At baptism we become friends with Jesus, who is our friend first. He chooses us because he loves us very much.

Jesus Meets and Loves the Children

The moms and dads were bringing their children to see Jesus.

And Jesus was happy to see them. He blessed them all!


Some people told these children and their parents to go away!

But Jesus made it very clear that he loved the children. He wanted them to be near him!

“What I am teaching you is for these children,” he said.

In fact, he told everyone, “You should all have the simple faith of these children!”

Then he hugged them all and blessed them.



(Based on Mark 10:13-16)

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Parent lesson plans for page four of the first lesson.

Follow the numbers.

1 Begin by showing your child a **Bible**. Open it to show them this passage.

2 Tell them that we are going to read this story in words that we understand better.

3 Then close the Bible and ask them to read this passage aloud. Help them when needed.

4 Explain that Jesus has made us all his **special friends**. He loves us and wants to be close to us.

5 Tell your child that **you believe in Jesus, too**. Explain that Jesus gives us the strength we need to be forgiving, to be loving, to be generous. Use some examples from your family life: times when you helped a relative or when you did something for which you depended on strength from Jesus.

6 In a few minutes, you will help your child **write a letter to Jesus**. Your child will tell Jesus that he or she loves him and promises to be his friend. You can prepare for that now by asking your child: what are some ways we show our friendship with Jesus?

Parent lesson plans for pages five & six of the first lesson.

Follow the numbers.

Color this picture together...



"Jesus said, 'Let the little children come to Me, and do not forbid them; for such is the kingdom of God.'" Mark 10:14

Now write Jesus a letter to thank him for loving you. Tell him how much you want to be his friend. What will you promise Jesus? How will you show your love to him?

1 Time for a break! Help your child **enjoy** coloring this image of Jesus and the children.

Coloring time is a good time to be close to your child without necessarily talking about faith.

Don't be afraid to **put your arm around your child** during this time.

Dear Jesus,

Handwriting practice lines consisting of solid top and bottom lines with a dashed middle line. There are ten sets of these lines for writing.



Love,

Two horizontal lines for writing a name, with a dashed middle line.


2 Using the instruction on the bottom of page 5, help your child **find the appropriate words** and write them out here.

They might say things like:

- ✚ Thank you for loving me and giving me my mom and dad.
- ✚ Thank you for (other things in their life).
- ✚ I want to be your friend.
- ✚ I will show you my love by (doing my chores) (loving others) (praying) (or other things).

The Sacrament of Reconciliation
The Reconciliation Room

Where do we go to celebrate the Sacrament of Reconciliation?




- It's a **small room**
- Where you meet the priest
- It has chairs and a Bible
- You sit down or kneel and begin

The priest welcomes you

What is the first thing the priest will do when you enter this room?

- He says, "Please come in."
- "You are **welcome** here."
- "May God bless you and help you to make a good Confession today."
- Then you make **the Sign of the Cross** together.



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Parent lesson plans for page seven of the first lesson.
Follow the numbers.

➤ **1** If possible, and if the group you are in is doing so, take your child **to see the parish reconciliation room.**

You may also use this picture to explain it to them.

➤ **2** Tell them that they will be in the reconciliation room with the Priest. **Assure them** that you will be there that day with them, just outside the room. Explain that when they go to confession, they do not have to tell you what sins they are telling the Priest.

➤ **3** Use these notes to explain **what the Priest will say to them** and how to begin. (You will have another chance to review this with your child in the final preparation session.)


➤ **4** It helps a great deal if you **share with your child** what it's like for you when you go to Confession. If you have not been to the Sacrament of Reconciliation lately, this might be a good time for you to return and make a good Confession.

➤ **5** Explain that the name "Reconciliation" and "Confession" and "Penance" refer to the same Sacrament.

Parent lesson plans for the home work in the first lesson.

Follow the numbers.

Session 1: First Reconciliation Child Text Growing Up Catholic



At home this week
Work on this together at home as a way of continuing the process of preparing for the Sacrament of Reconciliation

In the box, draw a picture of your family members all together. Below, list all their names. These are the people who BELONG to your family. Just like a family, you BELONG to the Church.

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1 Help your child draw this picture, making sure that everyone who is part of your family – near and extended – is included.

Help them write the names of each family member on the line below. If more space is needed, use the back of this sheet.

Session 1: First Reconciliation Child Text Growing Up Catholic



At home this week
Work on this together at home as a way of continuing the process of preparing for the Sacrament of Reconciliation

Make sure your child knows the following prayers by heart this week. Help him or her rehearse these and pray them together at bedtime each night. Also here is a prayer they do not need to memorize but which makes a good night prayer for you to pray with them.

Sign of the Cross
In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

Our Father
Our Father, who art in heaven, hallowed be thy name; thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day our daily bread and forgive us our trespasses, as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

Hail Mary
Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, mother of God, pray for us sinners, now and at the hour of our death. Amen.

Gloria Be
Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

Night Prayer
O my God, at the end of this day I thank you most heartily for all the graces I have received from you. I am sorry for the times that I did not make better use of them. I am sorry for all the sins I have committed against you. Forgive me, O my God, and graciously protect me this night. Dear Mary, my heavenly mother, take me under your protection. Dear St. Joseph, pray for me. Jesus, my friend and companion, thank you for your sacrifice and for making me strong in my faith. Please give me a peaceful night of rest. Amen.

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2 There are certain prayers and Catholic customs which every child should know by heart. Help your child learn these.

Hint: When memorizing, it helps to learn one line at a time, dividing the prayer into smaller parts. Once memorized, it helps for the child to repeat the prayer daily until he or she is fluent.

To teach your child the Rosary, visit "Special Prayers to Mary" on the web site.