



Growing with GOD™

Safe and Sacred

LESSON 6
My Sacred Self

In This Lesson

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What the Church Says About

The Role of the Domestic Church

A family matures as a domestic church as it ever more deeply immerses itself within the life of the Church. This especially means that fathers and mothers, by their example and teaching, help their children come to an appreciation of the need for continual conversion and repentance from sin, encouraging a love for and participation in the Sacrament of Reconciliation.

United States Conference of Catholic Bishops (November 17, 2009)

A Calling for Families

God’s plan is for family members to help children develop a strong relationship with him. When families go to church, children take joy in celebrating God’s love by singing songs of praise and learning Bible stories. In so doing, they learn they are valuable in God’s eyes and loved unconditionally. They learn we are all God’s children, and we are called to know him and love him above all things.



Your first grader is learning and observing every day. He or she is making assumptions and judgments about experiences. Look for opportunities to clarify misconceptions about faith, ideas, or self-worth. Children need to hear often about God’s love for them.

Hearing gentle and sincere words of affirmation from you and other family members will help your child develop a sense of self that is rooted in God’s truth—as well as develop the ability to see others through God’s eyes.

The Holy Family nurtured Jesus. They helped him grow and learn and practice his faith. They fulfilled God’s plan faithfully. God calls all parents to do the same for their children.



3minute
RETREAT

For those who are led by the Spirit of God are children of God.

Romans 8:14

Reflection

Paul reminds us that the Spirit of God leads us the same way the Spirit of God led the Holy Family—the very sacred model for family life. How can we compare to such perfection? When we seek God’s presence in our daily lives and act according to the guidance of the Holy Spirit, we become vessels of God’s goodness and benevolence, and we serve his kingdom faithfully.

Questions

How do I show my child that I seek the presence of God in my daily life? What steps can I take to become more aware of God’s presence in my child’s life?

Prayer

Speak to God, using this prayer or one of your own.

God, help me recognize your presence and guidance in the daily decisions I make for the sake of my family and others.

Lead Your Child to Grow with God: Spiritually, Socially, and Physically

Spiritual Young children love to sing, and music provides a wonderful avenue to explore God’s love for us and his presence in our lives. Sing simple songs of praise and worship together in the car, while making dinner, or at bedtime.

Social Take every opportunity to gather with extended family, close friends, and your parish community so that your child begins to value relationships. Teach your child that healthy relationships help one grow and learn and become closer to God.

Physical All too often, self-image becomes rooted in one’s physical appearance. Help your child focus on and develop a sense of gratitude for the wonderful things his or her God-given body can do, such as play baseball, ride a bicycle, or simply hug and care for loved ones.



Safe and Sacred at Home

Positively Catholic (Loyola Press)

by Michael Leach

Pope John Paul II compared God’s love to the love that only a mother can give: “tender, merciful, patient, and full of understanding.”

Big Ideas

In Lesson 6, your child will:

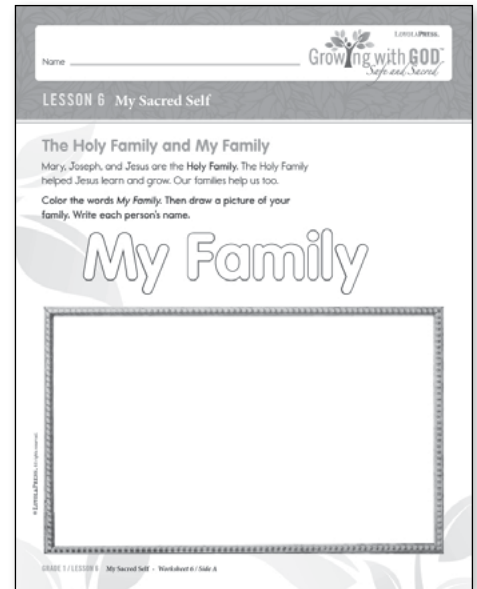
- identify the Holy Family.
- demonstrate understanding that Jesus' family helped him grow and learn.
- find similarities between your family and the Holy Family.
- define *Holy Family*.

Word to Know

Holy Family · *The family made up of Jesus; his mother, Mary; and his foster father, Joseph*

Bringing the Lesson Home

Determine ahead of time when and where you and your child will engage with the lesson content. Read or complete Side A of the worksheet with your child.



STEP 1 ENGAGE & EXPLORE

Take a moment to listen to your child talk about the drawing of your family.

SAY: **When you came into our family, you changed it for the better. We were so excited to have another person to love.** Share the story of the child coming home as an infant. Invite your child to share some of his or her earliest memories of what you did together as a family and of plans for activities that will make new memories. Allow time for your child to answer. You may wish to look at pictures together to reminisce about special times you have had together as a family.

ASK: **What is something you would like our family to do together that we have not done yet?** Allow time for the child to respond.



Bringing the Lesson Home *(continued)*

STEP 2 REFLECT & RESPOND

Read or complete Side B of the worksheet with your child.

SAY: Family members help one another grow and learn, and we feel safe and secure when we are with them. Our family gives one another strength, but that is because our family relies on our faith in God to

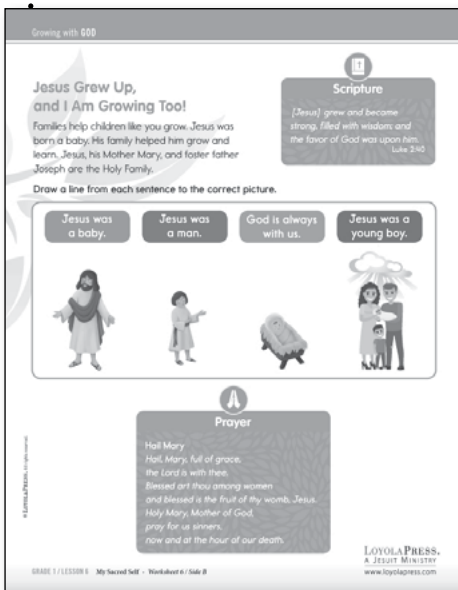
guide us on the path he has laid out for us.

Encourage your child to talk about how your family helps him or her grow like Jesus' family helped him grow.

Share with your child specific ways your family supports one another. For example, when one shares good news, the whole family rejoices. Encourage

your child to complete the blackline master. Talk with your child about how to respond when something good happens for our friends or family. Explain that our hearts have room to share in the joy of others.

SAY: Let's pray together now. Pray the prayer from the Pray Together feature or one of your own. Begin and end the prayer with the Sign of the Cross.



“One Big Family”



Scan this code to view a video for Lesson 6 with your child.



Pray Together

Heavenly Father, thank you for each member of our family. Help us love and support one another as the Holy Family loved and supported Jesus.

Scan this code and guide your child through a simple review of the lesson.

