

LESSON 6 My Sacred Self



In This Lesson

For You Pages 1–2

- Jesus Reminds Us That Respect Has No Age
- 3-Minute Retreat
- Lead Your Child to Grow with God
- Safe and Sacred at Home

For You and Your Child Pages 3–4

- With Your Child: Bringing the Lesson Home
- Pray Together



What the Church Says About

Our First Teachers

The family is the primary setting for socialization, since it is where we first learn to relate to others, to listen and share, to be patient and show respect, to help one another and live as one.

Pope Francis,
Amoris Laetitia, 276 (2016)

Jesus Reminds Us That Respect Has No Age

At their best, families are models of helping and loving communities sanctified by practical and spiritual rituals. It is through rituals, such as making beds, brushing teeth, sharing with siblings, and saying grace before meals, that children learn how to live and interact with the world. These everyday routines become habits and lay the foundation of each and every day.

When love and respect are what children witness and experience at home when going about their daily rituals, they are more likely to reflect that love and respect outside the home.



As much as we may want it to be so, even the most grace-filled parenting cannot always keep children from acting inappropriately. When this happens, and it will, responding with love and mercy allows room for the child to ask for and receive forgiveness.

At times, all parents fall short of living by the example of Jesus. We may lose our patience and speak hastily or thoughtlessly. It is our turn, then, to model humility and ask forgiveness from our children. When our children can see us taking responsibility for our mistakes, they feel safer to do the same.



3minute
RETREAT

“Whoever receives this child in my name receives me, and whoever receives me receives the one who sent me.”

Luke 9:48

Reflection

We are open to God’s grace when we receive one another in love. Jesus presented the child in order to help us understand this idea. Children were the most powerless people in his society and the most likely to be overlooked. Sometimes we dismiss or ignore the feelings of those in our care who are most helpless. Jesus reminds us that to receive the feelings of others with respect and honesty is the way in which we receive the Father in our lives.

Questions

How can I prepare myself to treat members of my family and others with dignity and respect? How ready am I to accept all children for who they are as a means of receiving God’s grace in my life?



Prayer

Speak to Jesus, using the words of this prayer or your own.

Dear Jesus, help me recognize your presence in those who are most helpless and accept them as a means of your grace in my life.

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

Spiritual Find a resource of open-ended questions that have no single answer, or make a set of your own questions.

(Example: What is something

you have done only once in your life so far, but you would love to do again?) Gather your family together and select one question.

Invite each family member to answer it and encourage everyone to listen to the responses. Listening to our loved ones talk about their ideas nurtures respect and gives everyone an opportunity to express emotions. After each family member has expressed an idea, pray together to express gratitude for the family God puts in our lives and the time we share with them.

Social Encourage your child to play with other children in a variety of social settings, such as on the school playground, as part of a team or club, or during a play date. Before each event or situation, talk about any emotions that your child may experience in that setting and model respectful ways of expressing or managing those emotions.

Physical Expressions of emotions are often tied to physical responses that vary from person to person. One person may cry when watching a sad movie, while someone else may not show any outward signs of how he or she is feeling. Each is OK. Help your child become aware of his or her emotions and respond to them.



Safe and Sacred at Home



Raising Faith-Filled Kids (Loyola Press)
by Tom McGrath

Ask God for help. Prayer has been one of the biggest helps to me in being a father. Sincere prayer can help clarify your hopes for your children so that your plans will not be filled with ego or fear. Prayer is a way to be put back in touch with your deepest desires for the well-being of your children.

Big Ideas

In Lesson 6, your child will:

- identify family relationships.
- tell how he or she treats family members with love and respect.
- identify different emotions and explain how to express emotions in healthy ways.
- demonstrate understanding that the emotions and feelings God gave us help us share his love in the world.
- define *emotion* and *respect*.

Words to Know

emotion • A strong feeling or reaction to people, things, or events

respect • An attitude and understanding that everyone is loved and created by God and should be treated well

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.

NAME _____

Growing with GOD
Safe and Sound

LESSON 6 My Sacred Self

Families Spend Time Together

What activity do you like to do most with your family? Write about it in the green box. Then draw a picture of you and your family doing the activity. Label each person.

Our Favorite Activity

GRADE 2 / LESSON 6 My Sacred Self - Worksheet A / Side A

STEP 1 ENGAGE & EXPLORE

Ask your child to tell you about the picture he or she drew of your family on Side A of the worksheet.

SAY: I am so grateful to God for the time we get to spend together as a family. Name your favorite activities to do with your family and perhaps share or reminiscence about a favorite time your family has had together. You may even wish to look through some family photos together to recall those times.

SAY: I love our family. Each person is different, and we may not always agree on everything, but we know that family is a gift from God. I thank God for you every day!



Bringing the Lesson Home *(continued)*

STEP 2 REFLECT & RESPOND

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

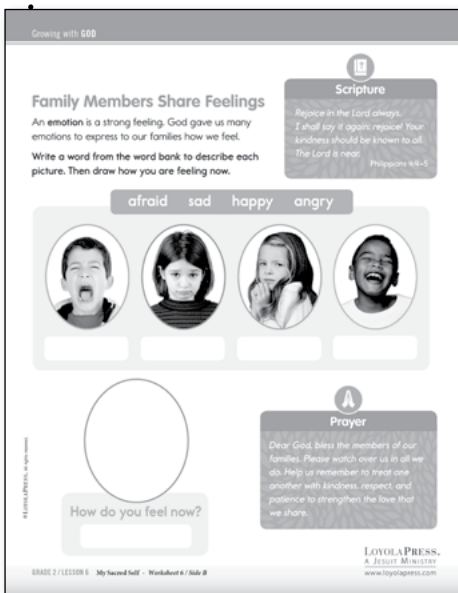
SAY: As family members, we know each other better than anyone else does, so we show feelings such as fear or sadness to our family members that we might

not show anybody else.

Talk with your child about why we would be more comfortable sharing these emotions at home. **SAY:** Our family offers a soft place to rest and take comfort when things have gone badly for us. We love one another unconditionally.

SAY: My hope for our family is that we

always show one another love and kindness so we may always trust that our home is a place of comfort and happiness. Pray the prayer from the Pray Together feature or a prayer of your own. Begin and end the prayer by praying the Sign of the Cross.



"Notions About Emotions"



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



Pray Together

Dear God, thank you for giving us many emotions. Guide us always to share our feelings with kindness and respect so that the family you have given us always knows how much we love them.

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

