

## LESSON 6 My Sacred Self



### In This Lesson

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### What the Church Says About

#### *Living in Gratitude*

Because the children are received in gratitude and in a spirit of openness to each of them as God's gifts, they are themselves formed in that very openness and in appreciation for all of those gifts.

United States Council of Catholic Bishops, *Marriage: Love and Life in the Divine Plan* (November 17, 2009)

## Entrusted with a Sacred Gift

By third grade, children often are beginning to develop more sophisticated critical thinking skills. This is to be encouraged as it gives children the ability to think more deeply about the world and to become more independent. However, thinking negatively about oneself can sometimes accompany maturing analytical skills. You can gently quell any growing insecurities your child may have by instilling a sense of gratitude for all he or she has been given. Remind your child that each body and soul is a unique gift given by God and that God made each child exactly how he intended. Consider choosing a time each day (perhaps before bedtime) to take turns naming things for which you are grateful, and then together thank God for the many ways he blesses you.

### You can be a living example of what it means to live with gratitude.

Speaking words of thanks and praise to God for your child's gifts, laughing aloud with your child, and taking care of yourself and others can help your child learn how to live with a spirit of thankfulness. Consequently, your child will be more aware of and motivated to care for the gifts he or she has been given. Simple daily routines, such as bathing and exercising, take on a deeper meaning and may be carried out with more self-discipline. Encourage the use of heart and hands to serve others gently, willingly, and enthusiastically, and each day your child will become more fully the person God intends him or her to be.



3minute  
RETREAT

*Beloved, I hope you are prospering in every respect and are in good health, just as your soul is prospering. [...] Nothing gives me greater joy than to hear that my children are walking in the truth.*

3 John 2, 4

### Reflection

In this Scripture passage, John is sending blessings to another disciple who is living a Christian life in its fullness. He shares that living in the truth of Jesus' love leads to great satisfaction and spiritual fulfillment.

### Questions

How has the transforming love of Jesus made a noticeable difference in my life? What signs do I see in my child that he or she is being transformed by the love of Jesus?



### Prayer

Pray to Jesus, using this prayer or one of your own.

*Jesus, please give me the grace to continue living in the truth of your love, both for my own sake and for the sake of my child.*

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

**Spiritual** Write your child positive and affirming notes from time to time, telling what you have noticed about his or her spiritual growth. Make the notes short and sweet surprises, perhaps tucked in a lunchbox or stuck to the bathroom mirror in the morning.

**Social** Take your child with you to as many events as possible to meet your friends, play with their children, and learn how to navigate introductions and new social settings. Teach your child that good manners are a sign of respect.

**Physical** Help your child make a poster of how to care for one's body and hang it in the bathroom where he or she can see it while carrying out the tasks listed. For example, the poster might read: *Brush teeth, wash hands, comb hair.* Have your child think of an original title for the poster that connects these daily habits to his or her faith, such as *Caring for What God Gave Me.*

### Safe and Sacred at Home



*Go in Peace* (Loyola Press)  
by John Paul II

The family is called the Church in miniature, "the domestic church," a particular expression of the Church through the human experience of love and common life. Like the Church, the family ought to be a place where the gospel is transmitted and from which the gospel radiates to other families and to the whole of society.

## Big Ideas

### In Lesson 6, your child will:

- demonstrate understanding that we are responsible for what God has given us, including our bodies.
- determine how he or she can use his or her gifts for the glory of God.
- define *hygiene* and *sacred*.

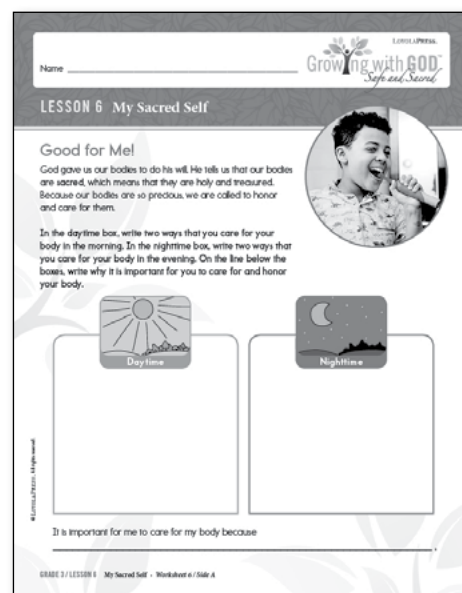
### Words to Know

**hygiene** • Practices that promote good health and take care of one's body, such as bathing and brushing one's teeth regularly

**sacred** • Holy and treasured

## 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

When your child was younger, you did all the bathing, clothing, and feeding. With time and development, you taught him or her how to take care of personal hygiene needs independently. Now, you may have to do some prompting to get your child to complete a daily hygiene routine.

**SAY:** Keeping your body clean helps keep you healthy. This shows God you care about the gift he gave you and that you care about keeping others around you healthy as well. For example, washing your hands frequently stops the spread of germs.



Invite your child to share his or her responses on the worksheet. Talk to your child briefly about hygiene. Is there anything you would like your child to add to his or her routine or do better at, such as flossing teeth or washing hair more often? Use this opportunity to make gentle suggestions.

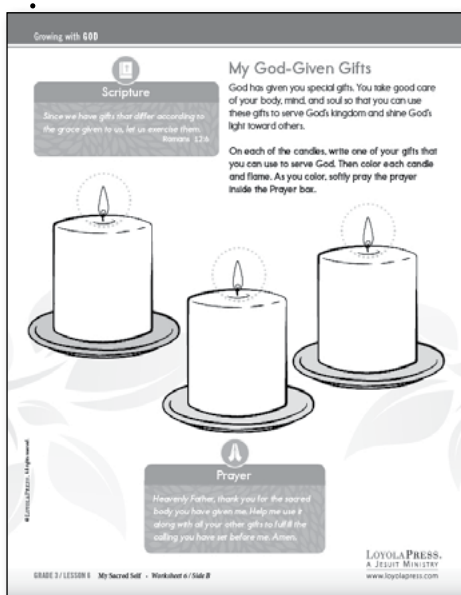
Use the blackline master to spark a discussion about honoring one's mind, body, and soul.

# Bringing the Lesson Home *(continued)*

## STEP 2 REFLECT & RESPOND

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

**SAY:** God calls us to serve his kingdom with joyful hearts. Sharing our gifts with others is what leads to true peace and fulfillment.



Ask your child to think of ways other people have served him or her and the positive effect they had. Share some of your own experiences of how self-discipline and serving others has brought you a feeling of contentment and closeness to God.

**SAY:** Let us pray together. Pray the

prayer from the Pray Together feature or a prayer of your own. Begin and end the prayer with the Sign of the Cross.

“Blessing of the Animals”



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



## Pray Together

Almighty Father, help us be disciplined about how we care for others as well as ourselves. Thank you for the many wonderful people in our lives. Please bless our efforts as we strive to serve them.

LOYOLAPRESS.

Growing with GOD™  
*Safe and Sacred*

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

