

## LESSON 6 My Sacred Self

# Growing with GOD™ *Safe and Sacred*

### In This Lesson

#### For You Pages 1–2

- God Made Us Unique
- 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

#### *Providing Information to Children*

Since parents know, understand and love each of their children in their uniqueness, they are in the best position to decide what the appropriate time is for providing a variety of information, according to their children's physical and spiritual growth.

The Pontifical Council for the Family, *The Truth and Meaning of Human Sexuality*, 66 (1996)

## God Made Us Unique

Fourth grade is an exciting time for children. They are becoming more independent, learning to think in more complex ways, and making closer bonds outside of the family. As our children grow and change, perhaps becoming more influenced by their peers, you can support and guide them in maintaining a healthy sense of self.

One way to do this is by teaching children good self-care habits that reflect respect for themselves and others as they enter puberty. You can model these behaviors and teach your child that respecting our bodies, emotions, and spiritual lives is a way that we show our love for God our Creator and serve his people.

You can also help your child accept himself or herself through the reassurance that our loving God made each of us exactly as we are for a reason. While that reason may not be readily understood, we can help make God's kingdom more visual here and now by caring for ourselves—body, mind, and spirit—and treating others with respect as fellow children of God.

**God creates us and loves us; he knows what we need.**





3minute  
RETREAT

*Draw near to God, and he will draw near to you. Cleanse your hands, you sinners, and purify your hearts, you of two minds.*

James 4:8

### Reflection

We get through difficult times by having a steady heart focused on God. He is ever present, but he is only as close to us as we allow him to be. In this passage, James implores us to be receptive to God's gifts, and God will pour out his grace.

### Questions

What can I do today to show my child that I try to focus my heart on God? How can I help my child draw near to God through my example?



### Prayer

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

*Draw near to me, O God, so I might receive your abundant grace to live as an example for others.*

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

**Spiritual** Teach your child that self-control is the key to joy because when it is achieved, one is no longer ruled by selfish wishes or impulses. Encourage your child to keep a diary to track his or her progress with self-control.

**Social** Remind your child to try not to compare himself or herself with classmates. Have a discussion with your child about insecurities. Your child might feel unhappy with a physical or emotional trait. Children need to know that their classmates are experiencing the same kind of doubts, so they don't feel isolated, lonely, or misunderstood.



**Physical** Answer questions truthfully about human development as they arise, but be thoughtful about how much information you give your child. Give your child information based on his or her readiness to receive and process it.

### Safe and Sacred at Home



*Positively Catholic* (Loyola Press)  
by Michael Leach

The Catholic idea that God is everywhere is a source of infinite joy. God is love, and that's where we live. Love does not look down and judge. Love teaches us how to live among flowers and to swim in an ocean of love.

## Big Ideas

### In Lesson 6, your child will:

- discuss how bodies grow and change at different rates.
- identify responsibilities in caring for one's body physically, emotionally, and spiritually.
- demonstrate comprehension that he or she is a good creation of God.
- thank God for people who keep us safe and teach us to care for ourselves.
- define *hygiene* and *self-control*.

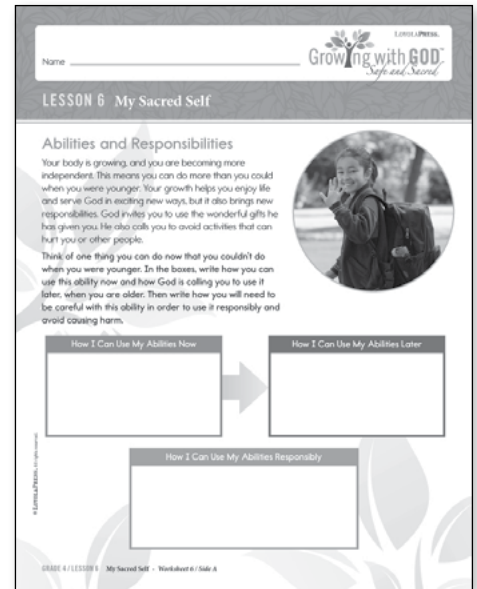
### Words to Know

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

**self-control** • The regulation of one's emotions, thoughts, and actions

## 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

Your child is probably eager to grow up, and for him or her, time might feel like it is dragging along slowly.

**SAY:** It's exciting to make plans and look forward to the future. I know it can be hard, but try to enjoy right now and who you are at just this moment. Remember that you are exactly who God created you to be right now. God's purposes are always more wonderful than we can imagine. You may wish to share a time in your life when God's will for you was surprising and wonderful. Then make observations about how you see God working in your child's life. Discuss with your child the ability that he or she identified on Side A of the worksheet and how it can be used responsibly.

**SAY:** God loves you just as you are, and so do I!



# Bringing the Lesson Home *(continued)*

## STEP 2 REFLECT & RESPOND

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

**SAY:** Our world holds so many distractions and temptations for us. Some of them seem harmless enough, but the point is that they carry us farther

away from God. Allow time for your child to respond. Work with your child to make a list of actions that bring us closer to God and post it where you can both see it daily. You may wish to include a column for your child, one for yourself, and one for both of you.

**SAY:** It is not easy to fight temptation,

especially if peer pressure is involved. Just remember to follow your conscience and your love for God, remembering all that he has given you. Let's pray together now. Pray aloud the prayer from the Pray Together feature or one of your own. Begin and end the prayer with the Sign of the Cross.

Growing with GOD

**Scripture**  
There is an appointed time for everything, and a time for every other under the heavens. Ecclesiastes 3:1

**The Path of Self-Control**  
Self-control is being in command of your wants, emotions, and impulses. You can grow in self-control by thinking about what God's will for you is, then doing your best to make choices that align with his will.

For each temptation below, write a way that self-control can help overcome it and set you on the right path. On the blank lines at the bottom, write a temptation that you often face and a way that you can use self-control to deal with it.

Temptation	Self-Control
Rush through my chores so I can meet up with friends	
Play with my phone instead of paying attention in church	
Spend all day indoors watching TV	
Sneak more time online after time is up	
Search online for homework answers instead of studying	
Yell at someone who bumps into me	

**Prayer**  
Heavenly Father, we pray for the strength to do your will. We pray for protection from temptation, so that we follow your plan for us at each stage of life. Help us to master ourselves so that we can fully experience your faithful love for us. Amen.

LOVOLA PRESS, A JESUIT MINISTRY  
www.lovolapress.com

GRADE 4 / LESSON 6 My Sacred Self - Worksheet 6 / Side B

### "God's Work on Display"



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



### Pray Together

Heavenly Father, thank you for making us who we are. Please help us to be patient as we wait to experience the plans that you have for us and to strive for mastery over thoughts and actions that can carry us farther away from you.

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

