



Jesus the Christ

Begin

Read aloud the unit title on page 133. If possible, play a brief clip from the movie *Superman*. Ask your child to summarize the relationship between Clark Kent and Superman. Point out that even though Clark Kent becomes a superhero, he remains true to himself, his mission, and his identity. Encourage your child to describe a time when it was difficult to remain true to himself or herself. **Ask:** *When is it easy to be yourself? What situations might tempt you to try to be someone else?* Explain that in this unit your child will learn who Jesus is and how he brings us life.

Introduce the Saint

Ask your child to read aloud the paragraph on page 133. **Ask:** *How did Saint Teresa Benedicta of the Cross remain true to her identity? (by accepting death in her service of Jesus) What kinds of struggles do you think she endured in a concentration camp?* (Possible answers: religious persecution, separation from family and friends, harsh living conditions)

Invite your child to read aloud How the Saint Relates. Point out that like Jesus, Sister Teresa Benedicta of the Cross did not take an easy path, which would have allowed her to avoid suffering. She remained true to herself and her faith. Invite your child to name someone he or she knows who took a more difficult path because it was the right thing to do.

Turn to page 134. Discuss discrimination and share stories you both know about people who have been affected by it. Together read aloud the opening paragraph of Strengthened by Faith and the section The Path to Baptism. **Ask:** *What prompted Edith to become interested in the Catholic faith?* (seeing a woman taking time out of her day to talk to God in an intimate way, witnessing the faith of a war widow) **Say:** *Sometimes seeing other people live in a way that reveals their true identities inspires and challenges us to do the same.*

Read aloud the section The Nazi Terror. Begin a discussion about the courage of Sister Teresa Benedicta of the Cross, emphasizing that she was born a Jew but converted to the Catholic faith. **Ask:** *What emotions might she have felt during the Nazi persecution?* (Possible answers: disbelief at the inhumanity of the persecution, fear for her Jewish family and friends, determination to live as a witness to her Catholic faith) **Say:** *Sister Teresa Benedicta of the Cross endured unimaginable suffering yet remained true to herself.*

Close by rereading aloud Pope John Paul II's quotation from Sister Teresa's beatification ceremony in 1987. Discuss the meaning of his words. Ask your child to reflect on the aspect of Saint Teresa's life that affects him or her most powerfully. With your child, add Saint Teresa Benedicta of the Cross's feast day, August 9, to your calendar. Celebrate her life by finding out more about her.



Jesus Gives Us Himself

Engage: Page 135

- ▶ Ask your child to imagine being in certain situations, such as not being included or a close friend moving away. **Ask:** *What might you need most?* (Possible answers: comforting words, love, someone to listen, time, help)
- ▶ Read aloud the title and discuss the text in the box on page 135. **Say:** *When we are in need, we often turn to friends and family for love and support. They give of themselves in many ways. Jesus sacrificed himself so that he may always be with us. He is present with us and nourishes us through the Eucharist.*
- ▶ Pray aloud the prayer together. Pray aloud the Sign of the Cross.

Explore: Pages 136–137

- ▶ Ask your child to describe experiences with celebrations. **Ask:** *What kinds of things might be part of a celebration?* (Possible answers: food, conversation, dancing, decorations, laughter, storytelling, singing, sharing, traditions)
- ▶ Invite your child to read aloud the article title A New Passover on page 136. Then read aloud the first two paragraphs. **Say:** *We celebrate for many reasons and in many ways, but ultimately, a celebration is a time to share and commemorate something important.*
- ▶ Read aloud the section Jesus' Last Meal. Reinforce that Jesus knew he was going to be put to death. At the Last Supper, he gave traditional Passover items a new and special meaning. Use the Glossary to discuss the meaning of *Last Supper*.
- ▶ Read aloud Do This in Memory of Me. Explain that Jesus' words revealed his sacrifice. He was giving himself to us. **Say:** *By remembering Jesus' words when he instituted the Eucharist, we acknowledge his presence in our lives today.*
- ▶ Ask your child to read aloud Past Meets Present. Discuss the Institution Narrative and its importance during the Mass. Invite your child to read aloud the definition of *Institution Narrative* in the Glossary.
- ▶ On page 137 have your child read aloud the section Food for the World and then look up the definition of *transubstantiation* in the Glossary. Reinforce that at the consecration, the bread and wine truly become the Body and Blood of Jesus Christ. **Ask:** *How is the Eucharist more than a simple recollection of the Last Supper?* (We receive Christ in the Eucharist. We give thanks and go out in the world as his humble servants.)
- ▶ Read aloud the section Sunday and Beyond. **Ask:** *Why do we celebrate the Eucharist at Mass on the Lord's Day?* (Possible answers: We gather our family in prayer and rest from work. We echo the actions of Jesus and the Apostles.)
- ▶ Read aloud the Sacred Art feature. Discuss the meaning of the idea that we bring all our hungers to the table of the Lord. Guide your child to understand that we look to our faith for love, support, and guidance and that we receive all that we need.
- ▶ Use the Study Corner as a quick review of the article.



Explore: Pages 138–139

- ▶ Discuss the convenience of getting food from a fast food restaurant. **Ask:** *What are some problems with fast food?* (low nutritional value, high fat and salt content) Explain that sometimes a fast food meal satisfies our appetites, but we are missing something.
- ▶ Take turns reading aloud the first two paragraphs of the article *Jesus and the Eucharist* on page 138. **Ask:** *What are some things that one might hunger for other than food?* (Possible answers: love, acceptance, companionship, forgiveness, happiness)
- ▶ Continue reading aloud the sections *Food to Celebrate* and *Food to Share*. Ask your child to read aloud the definition of *Real Presence* in the Glossary. Be sure that your child makes the connection between the reception of the Eucharist and service to others. **Say:** *We live the Eucharist each day by caring for and serving others.*
- ▶ Take turns reading aloud *Together at the Table* on page 139. **Ask:** *Why do we receive Holy Communion often?* (It is spiritual nourishment.) Explain that we should be in a state of grace and free of mortal sin before receiving the Eucharist.
- ▶ Have your child read aloud the section *Reverencing the Body of Christ*. Together read aloud Matthew 25:31–46 in the Bible. Ask your child to summarize what Saint John Chrysostom means in relation to the Gospel of Matthew. Explain how this teaching applies to your lives. Discuss the meanings of *liturgy* and the *Mystical Body of Christ*.
- ▶ Bring the article discussion to a close. **Ask:** *How do I best honor Jesus' command to "Do this in memory of me"?*
- ▶ Use the Study Corner as a quick review of the article.

Reflect: Pages 140–141

- ▶ Read aloud the title on page 140. Read together the paragraphs in the left column. Have your child read aloud the definition of *Pharisees* in the Glossary. **Say:** *Jesus taught his followers to share.* Explain that as Catholics, we pray at meals to thank God for the gift of food and to remind ourselves to share this abundance with others.
- ▶ Pray together *Petitions: Jesus Fills Us*. Pray aloud the Sign of the Cross. Have your child read aloud the Scripture verses. Pray aloud each Leader part slowly and reverently. Together pray the All parts. At the conclusion, pray together the Lord's Prayer.
- ▶ Look at page 141. Read aloud the introductory text of *Where Do I Fit In?* Then take turns reading aloud *Lifting Burdens*. **Ask:** *What important lesson in faith do we find in the woman's words?* (Possible answers: The woman found something to give even when she had nothing; we can give even when we feel poor and empty. We live a Spiritual Work of Mercy when we act as a consoling presence for someone.)
- ▶ Invite your child to complete the *Mystical Body of Christ* activity. Challenge him or her to think of two possible responses for each scenario.

Respond: Page 142

- ▶ Read aloud the directions in *What's What?* Have your child complete the crossword puzzle independently, using details from the text.
- ▶ Review the terms you learned in this session in *Say What?*
- ▶ Read aloud *Now What?* After your child completes the activity, encourage him or her to assess himself or herself on a daily basis to see if goals were met during the week. Together pray the Sign of the Cross.
- ▶ Invite your child to access a 3-Minute Retreat at www.loyolapress.com/retreat.