



Praying as a Family

September 28, 2025

Bible Lesson: Learn 2 prayers as a family from pages 1990-1995. Read the Bible Passages on page 1999 “When I pray for my Family.”

Learn Together: Inviting Jesus into Family Life

Does your family pray together each day? The Institute for Family Studies estimates that approximately 11% of families pray together. When we study the life of Jesus, we quickly discover that He prioritized prayer. Prayer is the fuel which ignites the flame of the Holy Spirit! When we pray as a family, we learn that God is more present in our lives than we could have ever imagined! Inviting Jesus into your family life means making Him the center of your home. This practice blesses the family by fostering unity, helping each member grow in faith, and creating a home filled with love and trust in God. Just as the Holy Family—Jesus, Mary, and Joseph—lived in harmony through their faith, your family can experience these blessings by praying together, sharing gratitude, and supporting one another in living out God’s love.

Age-Appropriate Questions:

For K-2nd Graders:

What is one thing you can thank Jesus for in our family today?

How does it feel when we pray together as a family?

Who do you think Jesus wants us to pray for in our family or friends?

For 3rd-5th Graders:

Why do you think praying together as a family helps us feel closer to Jesus?

How can we make time to pray together every day?

What is one way we can show Jesus’ love to each other in our family this week?

Family Activity: Prayer Chain Craft

Create a paper prayer chain to reinforce the lesson and encourage daily prayer. Materials Needed: Colored paper, scissors, tape or stapler, markers or crayons.

Instructions:

Cut colored paper into strips (about 1 inch wide and 6 inches long). On each strip, write a short prayer intention for the family (e.g., “Thank you, Jesus, for our home,” “Please bless Grandma,” or “Help us love each other”). Have each family member decorate their strips with drawings or colors. Link the strips together with tape or a stapler to form a chain. Hang the chain in a visible place (e.g., near the family altar or dining table). Each day, remove one strip and pray the intention.

Online Resources:

Catholic Central: "Prayer" (5 minutes)

Available on YouTube via Catechist Magazine, this entertaining and informative video introduces the concept of prayer for families and children. It explains what prayer is, why it matters, and how families can incorporate it into daily life, making it a great fit for discussing the Our Father and Hail Mary.

Link: [Catholic Central: Prayer](#)

Catholic Kids Media: Children's Guided Prayer (2 minutes)

This short video, available through Strong Catholic Family Faith, offers a guided prayer and reflection for young children. It's perfect for K-5th graders, providing a simple way to practice prayer together as a family, aligning with the lesson's focus on family prayer.

Link: Children's Guided Prayer <https://www.youtube.com/watch?v=FVgCSt7ReAo>

Spirit Juice <https://www.spiritjuicekids.com/episodes/> : Our Father Explained (8 minutes)

This children's video has a Catholic priest teach the meaning of the words in the Lord's Prayer. <https://youtu.be/z3Nr3KkHPmo>

Spirit Juice: How to Pray (15 minutes) <https://youtu.be/TJzslGzF87Y>



In the coming months, we will learn how
the Holy Mass is the greatest prayer!

We Are All an Important Part of the Church



October 5, 2025



Bible Lesson: Pages 1808-1809, read and do exercises together. Read the full story, 1 Corinthians 12:12-27, on page 1807. Place the Reading Plan Sticker (found in the back of the bible) in the designated spot!

Learn together:

The Catechism of the Catholic Church teaches, "By Baptism, [all the faithful] share in the priesthood of Christ", participating in the Church's mission to bring the Gospel to the world (CCC 1268). This call is beautifully reflected in the Introductory Rites of the Mass, where all are welcomed to gather as one family in Christ, regardless of their struggles or imperfections. As St. Augustine reminds us, the Church is "a hospital for sinners, not a hotel for saints." Through Baptism, every person becomes a vital member of the Body of Christ, invited to participate fully in the Mass and contribute to the Church's mission. The Penitential Act during the Introductory Rites encourages us to acknowledge our sins and seek God's mercy together, reinforcing that every baptized person, as a sinner in need of grace, is essential to the Church's life and purpose.

Age-Appropriate Questions:

For K-2nd Graders:

What special gift do we receive when we are baptized?
How can you show love to others in your church, like Jesus does?
Why do you think everyone in the Church is important to God?

For 3rd-5th Graders:

What does it mean to be part of the Body of Christ through Baptism?
How can you use your talents to help your church community?
Why do you think God calls every baptized person to share His love with others?



Family Activity: "Body of Christ" Craft

Objective: Help family members understand that everyone baptized is a unique and important part of the Church.

Materials: Construction paper, markers, scissors, glue, and a large poster board.

Instructions: Draw a large outline of a body on the poster board to represent the "Body of Christ" (the Church). Each family member creates a paper cutout of themselves (or a handprint, footprint, etc.) and decorates it with their name and something they can do to help the Church (e.g., pray, sing, help others). Glue the cutouts onto the poster board, discussing how each person's contribution makes the Church stronger. Display the poster at home and pray together, thanking God for making everyone part of His Church.

Discussion: Talk about how Baptism makes us part of God's family and how each person's unique gifts help the Church grow.

Online Resources:

For Parents: Explore this list of great Catholic websites: <https://www.cathedral-church.org/PDF/Great-Catholic-Websites.pdf>

For now, let's start with choosing one video from Real Life Catholic featuring Chris Stefanick. Choose a 3-5 minute from his "Real Life Questions" series:
<https://www.youtube.com/@RealLifeCatholic/featured>

For 3rd–5th Graders: What is the Church? Theo the theologian explains (9 minutes).
<https://watch.shalomworld.org/viewVideo/63c3bd68f1d4ac4204684425/vod/63d9b07881464a001a6531a8?eId=6411cfd71e2079001a476191&eTy=Category>

For K–2nd Graders: Play The Golden Rule File Folder Game:
<https://www.catholicmom.com/resources> Scroll down to "file folder games" and it is the first game listed.



Coming up: The Holy Mass is
the greatest form of praise!
We worship together!



We Praise God!

October 12, 2025

Bible Lesson: Pages 958-959. Place the Reading Plan Sticker (found in the back of the bible) in the designated spot! Extra - Try praying a psalm every day this week at bedtime.

Learn Together:

The Catechism of the Catholic Church teaches, "The duty of Christians to take part in the life of the Church impels them to act as *witnesses of the Gospel* and of the obligations that flow from it. This witness is a transmission of the faith in words and deeds" (CCC 2472). One of the most profound ways we fulfill this duty is by praising God during the Mass, especially through the Gloria, a hymn of joy and adoration. The Gloria, prayed or sung after the Penitential Act in the Introductory Rites, is a beautiful outpouring of praise, proclaiming God's glory and goodness: "Glory to God in the highest, and on earth peace to people of good will." Its beauty lies in uniting the voices of the baptized—young and old, saint and sinner—as one family offering thanks and worship to God for His love and salvation. Through this hymn, we join the angels' song from Bethlehem, lifting our hearts to God in gratitude and awe.

Age-Appropriate Questions:

For K-2nd Graders:

- What does it mean to praise God with our words and songs?
- How do you feel when you sing or say the Gloria at Mass?
- Why do you think we tell God "Glory to You" during Mass?
- How can you use your voice to show God you love Him at Mass?
- What is one thing you love about God that you can praise Him for?

For 3rd-5th Graders:

- Why is the Gloria a special way to praise God during Mass?
- How does singing or saying the Gloria help you feel closer to God?
- What are some other ways you can praise God in your daily life, like we do in the Gloria?
- How does the Gloria show that we are all part of God's family in the Church?
- Why do you think praising God together at Mass is important?
- What does the line "We give You thanks for Your great glory" mean to you?

Family Activity: "Praising God Walk"

Objective: Encourage family members to praise God together by connecting with His creation and reflecting on the Gloria.

Instructions: As a family, go for a short walk outside (in a park, backyard, or neighborhood). Before starting, read or sing the Gloria together (find the text in a missal or online, such as at USCCB). During the walk, take turns pointing out things in nature (e.g., trees, birds, sky) that remind you of God's greatness and inspire praise. For example, "The bright sun makes me want to say, 'Glory to God!'" Pause halfway to pray a short prayer of praise, using a line from the Gloria, like "We praise You, we bless You, we adore You." After the walk, share how seeing God's creation helps you feel ready to praise Him at Mass.

Discussion: Talk about how praising God in nature and at Mass connects us to Him and each other as a family.

Online Resources:

For Parents: Fr. Mike responds to "I don't get anything out of Mass." (7 minutes)

<https://www.youtube.com/watch?v=SQ74CUkjawU>

For 3rd–5th Graders: Shalom World; Douglas Talks (6 minutes)

<https://watch.shalomworld.org/viewVideo/66127cbff1d87c33e0fd6429/vod/63eca6c56ec8e5001a374e53?eld=65a1fc5741345dbd3ad9a915&eTy=Category>

For K–2nd Graders: Learn about the Mass (5 minutes) <https://www.youtube.com/watch?v=OLIDKRSHAlo>



The Prodigal Son
MURILLO, Bartolomé Esteban

"Forward, no matter what happens! Cling tightly to our Lord's hand and remember that God does not lose battles. If you should stray from him for any reason, react with humility that will lead you to begin again and again: to play the role of the prodigal son every day..."

~St. Josemaria Escriva

Next lesson we contemplate:

The Church is a hospital for
sinners, not a hotel for saints.

All Are Present at the Mass



November 2, 2025

Mass at the Vatican

Bible Lesson: Read Revelation 4:8b, 11. (There is no sticker for this.) Read “Catholic Practices” on pages 1988-1999.

Learn Together: All Are Present at the Mass

The Catechism of the Catholic Church teaches that Christ is present in the Mass in four distinct ways: in the Scriptures, the assembly of the people, the priest, and most especially in the Eucharist (CCC 1088). In the Introductory Rites of the Mass, we are welcomed into Christ’s presence as the gathered community, united by Baptism, responds to Jesus’ promise in the Gospel: “Everything that the Father gives me will come to me, and I will not reject anyone who comes to me” (John 6:37). This assures us that all who gather—sinners and saints alike—are embraced by Christ. The Penitential Act and the Gloria draw us into communion with Him, as we acknowledge our need for mercy and praise His glory, preparing our hearts to hear His Word in the Scriptures and encounter Him through the priest’s leadership and the assembly’s shared faith.

In the Liturgy of the Eucharist, Christ’s presence becomes most profound in the consecrated bread and wine, which are His Body and Blood. The saints in heaven and the angels join us in this sacred moment, as the Mass unites heaven and earth in worship. The Book of Revelation describes angels and saints gathered around God’s throne, singing “Holy, Holy, Holy” (Rev 4:8), a hymn echoed in the Sanctus of the Mass. The Catechism affirms that “in the earthly liturgy we share in a foretaste of that heavenly liturgy” (CCC 1090), where the saints, including all the faithful departed, participate with us. Jesus’ promise in John 6:39-40—that He will raise up all who believe in Him—assures us that our loved ones who have passed are present, interceding and worshipping alongside us, as we offer the Eucharist in union with Christ’s sacrifice.

Age-Appropriate Questions:

For K-2nd Graders:

Why do you think the saints in heaven pray with us during Mass?

What does it feel like to know Jesus welcomes everyone at Mass?

How do you think your loved ones in heaven are part of Mass with you?

For 3rd-5th Graders:

How does Jesus show He is present in the Eucharist and the people at Mass?

Why do you think the angels and saints join us when we sing “Holy, Holy, Holy”?

How does Jesus’ promise in John 6:37-40 help you feel connected to loved ones who have died?

Family Activity: Memorial Prayer Service

Objective: Honor loved ones who have passed while recognizing their presence with the saints and angels at Mass, connecting to Jesus' fourfold presence.

Instructions: Gather as a family in a quiet space at home or at church before/after Mass. Bring a candle (battery-operated for safety) and photos or mementos of loved ones who have passed. Read John 6:37-40 together, emphasizing Jesus' promise to raise up all who believe in Him. Light the candle and take turns sharing a memory of a loved one who has died, explaining how they showed faith (e.g., praying, attending Mass, helping others). Pray a short prayer together, such as: "Jesus, thank You for welcoming [name] into heaven. Help us feel their prayers with the saints and angels at Mass. Amen." Conclude by singing or saying the Sanctus ("Holy, Holy, Holy") from Mass, reflecting on how your loved ones join the heavenly liturgy.

Discussion: Share how remembering loved ones at Mass helps you feel connected to Jesus' presence and the communion of saints.

Online Resources:

For Parents: Fr. Columba Jordan shares (15 min.):

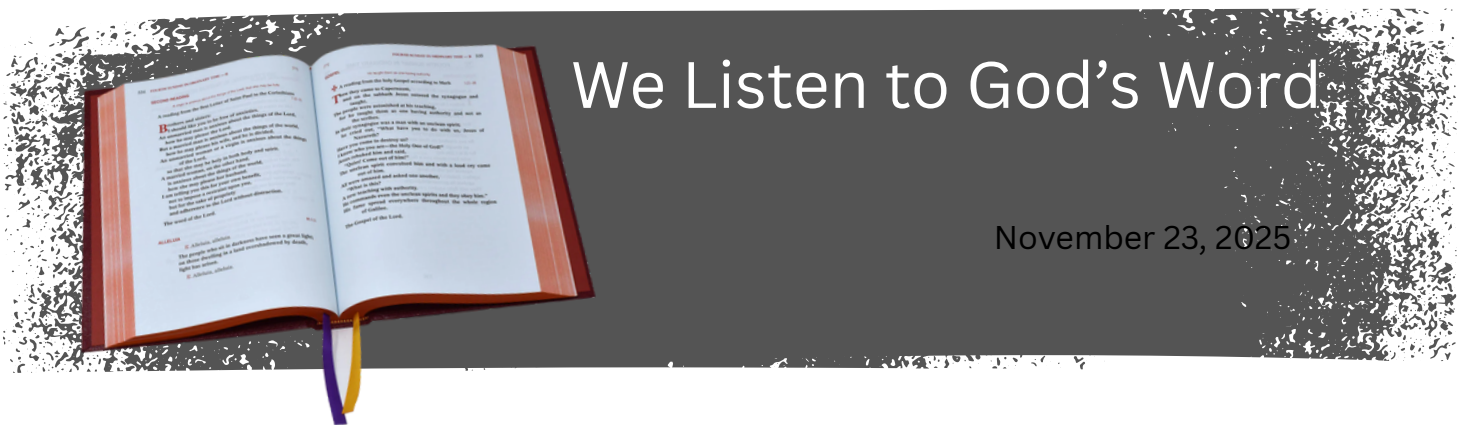
<https://app.formed.org/app/videos/3383192?cid=1071399> St. Catherine Labouré has a subscription for all. Just go to Formed.org and click on "find your parish subscription."

For 3rd–5th Graders: Ryan Defrates: Secret Agent, Ryan gets caught in a web of lies (28 minutes) <https://app.formed.org/app/videos/581966?cid=116268>

For K–2nd Graders: Littlest Saints - St. Augustine (23 minutes) <https://app.formed.org/app/videos/3279961?cid=801623>



In the next lesson we learn about the
Liturgy of the Word!



We Listen to God's Word

November 23, 2025

Bible Lesson: Pages 1534-1535. Read Mark 4:1-20. Place the Reading Plan Sticker (found in the back of the bible) in the designated spot! As a family, read a chapter from Proverbs for every day/night this week. Begin with Proverbs 10 and end with Proverbs 16.

Learn Together: God's Presence in the Scriptures

The Catechism of the Catholic Church teaches that "in the sacred books, the Father who is in heaven comes lovingly to meet his children, and talks with them" (CCC 104), revealing God's presence in the Scriptures during the Liturgy of the Word. The Bible is God's love letter to His beloved Church, speaking to us through stories, teachings, and promises that guide us to know and love Him. In the Mass, the Catholic Church follows a three-year cycle of readings (Years A, B, and C) for Sundays, with a two-year cycle for daily Mass, carefully selected to present the breadth of Scripture. By attending Mass regularly, especially daily, we hear nearly the entire Bible, encountering Christ's life, teachings, and salvation plan. Scripture is vital to a solid Catholic life because it nourishes our faith, as the Catechism states: "The Church has always venerated the Scriptures as she venerates the Lord's Body" (CCC 103). Through the readings, proclaimed by lectors and priests, we hear God's voice, inspiring us to live as His disciples and grow closer to Him in the context of the Mass.

Age-Appropriate Questions:

For K-2nd Graders:

- How do you think God talks to us when we listen to the Bible at Mass?
- Why is the Bible like a special letter from God to you?
- What's your favorite Bible story you hear at Mass, and why?

For 3rd-5th Graders:

- How does listening to the readings at Mass help you feel closer to God?
- Why do you think the Church picks different Bible readings for each Mass?
- How can the Bible help you make good choices in your life?

Family Activity: Connect the family to the Liturgy of the Word by reflecting on Mark 4:16-20 (the Parable of the Sower), emphasizing how God’s Word in Scripture takes root in our hearts during Mass.

Instructions: Gather as a family in a quiet space at home or at church before/after Mass. Bring a candle (battery-operated is safe). Light the candle and read the Scripture passage aloud, taking turns if possible.

Discussion: Discuss the parable, focusing on how the “seed” is God’s Word heard in the Liturgy of the Word. Explain that the “rich soil” is a heart open to God’s love letter in Scripture. Each family member shares one way they can be “rich soil” by listening to the Bible at Mass (e.g., paying attention to the Gospel, praying about the readings). For younger children, help them think of simple actions like sitting quietly or saying “Amen.”

Pray together: “Dear God, thank You for Your Word in the Mass. Help us be rich soil to hear Your love letter and live it. Amen.”

Online Resources:

For Parents: The Bible in Ten Minutes (10 minutes) <https://www.youtube.com/watch?v=Jm3b4Q98Vx8> AND Dynamic Catholic - “The Rhythm of Life” - A video series (1 ½ minutes) <https://www.dynamiccatholic.com/plus/the-rhythm-of-life-1.html>

For 3rd–5th Graders: The Prodigal Son (9 minutes) <https://www.youtube.com/watch?v=unpTUV3HD1I>

For K–2nd Graders: Laugh and Grow Bible for Kids (5 minutes) <https://app.formed.org/app/videos/3167571?cid=1006442>



Next month, we remember how Jesus came into the world and how He taught us to pray.



The Our Father and the Gift of Christmas

December 21, 2025

Bible Lesson: Page 1460-1461. Read Matthew 6:5-13. Place the Reading Plan Sticker (found in the back of the bible) in the designated spot! Read Psalms 96 and 132 that tell of the coming of the Christ!

Learn Together: Christmas celebrates the birth of Jesus, God's greatest gift to us, sent to show His love and bring us closer to Him. The Our Father Prayer, taught by Jesus Himself, connects us to God as our loving Father, especially during Christmas when we reflect on Jesus' coming. In this prayer, we ask for God's will, our daily needs, forgiveness, and protection—values that shine through the Christmas story of humility, love, and trust in God. By praying the Our Father during Christmas, we honor Jesus' birth and grow closer to God's heart as a family.

Age-Appropriate Questions:

For K-2nd Graders:

Why do we celebrate Christmas, and who is the special baby we remember?
What does it mean to call God "Our Father" in the Our Father Prayer?
How can we show love to our family, like Jesus' family did at Christmas?

For 3rd-5th Graders:

How does the Our Father Prayer help us understand God's love, like the love shown at Christmas?
What part of the Our Father Prayer asks for things we need every day, and how does that connect to the Christmas story?
Why do you think Jesus taught us to pray the Our Father, and how can we use it to prepare our hearts for Christmas?



Family Activity: Christmas Prayer Wreath

Create a simple Christmas prayer wreath as a family to reflect on the Our Father Prayer. Gather green construction paper, scissors, glue, and a paper plate. Cut the plate's center to form a wreath base, then cut out green paper strips. On each strip, write a line from the Our Father Prayer (e.g., "Our Father who art in heaven"). As a family, decorate the strips with drawings or stickers that connect to Christmas (e.g., a star, a manger). Glue the strips around the wreath base. Each evening during the 12 days of Christmas, pick a strip, read the prayer line, and discuss how it relates to Jesus' birth. End by praying the Our Father together, hanging the wreath as a reminder of God's love.

Online Resources:

For Parents: Pray with an Advent Wreath <https://www.catholicicing.com/advent-wreaths-a-catholic-tradition/> , and "Is Christmas Pagan?" (14 minutes) <https://www.youtube.com/watch?v=EXcW-9byVGE>

For 3rd–5th Graders: Mary, The Days of Advent With Brother Francis (4 minutes) <https://app.formed.org/app/videos/643583?cid=130163>

For K-2nd Graders: Cozy Christmas Story Time with Marcam (9 minutes) <https://app.formed.org/app/videos/2995119?cid=955571>



Coming up: We learn about
the Liturgy of the Eucharist.



We Share the Body and Blood of Jesus

January 18, 2026

Bible Lesson: Pages 1560-1561. Read Mark 14:12-26. Place the Reading Plan Sticker (found in the back of the bible) in the designated spot!

Learn Together:

The Liturgy of the Eucharist is the joyful heart and radiant summit of the Catholic Mass, where we celebrate the incredible gift of Jesus' presence in the Holy Eucharist. In this sacred moment, the priest, acting in the person of Christ, offers simple bread and wine, which, through the power of the Holy Spirit and the words of consecration, become the true Body and Blood of Jesus—a glorious miracle called transubstantiation. This gift fills our hearts with hope, as we receive Jesus Himself, who strengthens our faith and wraps us in His boundless love. As a family, we join in this celebration by offering our joys, struggles, and dreams alongside Jesus' perfect gift to the Father, uniting us in a love that transforms our lives and brings us closer together.

This moment in the Mass is a source of unending joy, as it reminds us that Jesus is always with us, fulfilling His promise to remain close through the Eucharist. When we participate in the Liturgy of the Eucharist, we are invited to share in Jesus' sacrifice on the cross, which He offers out of love for us, giving us the courage to face life's challenges with hope. As a family, we can prepare our hearts to receive Him by reflecting on His love and mercy, making this part of the Mass a special time to grow closer to God and to one another. The Eucharist is a beautiful celebration of God's love, filling us with the joy of knowing we are never alone and are always held in Jesus' warm embrace.

Age-Appropriate Questions:

For K-2nd Graders:

Why do we say "Amen" when we receive Holy Communion?

What do you see the priest doing with the bread and wine at the altar?

Why is the Eucharist like a big hug from Jesus?

For 3rd-5th Graders:

What is transubstantiation, and why is it important in the Mass?

How does receiving the Eucharist help us grow closer to Jesus?

How is the Eucharist a sacrifice and a meal at the same time?

Family Activity: Eucharistic Gratitude Circle

Gather as a family in a cozy indoor space, such as the living room, and sit in a circle. Create a small prayer space in the center with a candle (battery-operated for safety) or a picture of Jesus. Each family member takes a turn sharing one thing they are thankful for, connecting it to how the Eucharist shows Jesus' love (e.g., "I'm thankful for my friends, and the Eucharist reminds me Jesus is my best friend"). After each person shares, everyone says together, "Thank you, Jesus, for the Eucharist!" End with a simple family prayer: "Jesus, thank you for giving us yourself in the Eucharist. Help us love you more." Spend 10-15 minutes on this activity, ensuring everyone feels included and the focus remains on gratitude for Jesus' presence.

Online Resources:

For Parents: **THIS VIDEO IS A MUST** 🙌 The Veil Removed (7 minutes)
<https://www.youtube.com/watch?v=OOLZDaTglaM>

For K-2nd Graders: The First Holy Communion (4 minutes) <https://www.youtube.com/watch?v=CzUPOFOP9jg>

For 3rd-5th Graders: Matthew Kelly, The One Thing (5 minutes)
<https://www.youtube.com/watch?v=Z9rH7t84dz8>



In our next lesson we look forward to learning about unity and peace in our Church.

We Share Unity and Peace

February 1, 2026



Bible Lesson: Pages 1696-1697. Read John 17:9-23. Place the Reading Plan Sticker (found in the back of the bible) in the designated spot!

Learn Together:

As Catholics, we are called to live in peace and unity, reflecting the love and harmony of the Holy Trinity—Father, Son, and Holy Spirit—who are perfectly united in love. This unity is a gift from God, inviting us to build strong, loving relationships within our families, communities, and the Church. Through the Eucharist and the teachings of Jesus, especially His command to “love one another as I have loved you” (John 13:34), we find the strength to forgive, show kindness, and work together in peace. As a family, living in unity means listening to one another, sharing joys and challenges, and praying together, trusting that God’s peace fills our hearts and homes with hope and joy.

This call to peace and unity shines brightly in our Catholic faith, as we are all part of the Body of Christ, connected through Baptism and the sacraments. When we gather at Mass, we join with others to worship and receive Jesus, who unites us as one family in God’s love. By practicing peace—through patience, understanding, and forgiveness—we show the world the joy of being Catholic and spread God’s love to everyone. As a family, we can grow in unity by supporting each other and celebrating our shared faith, knowing that Jesus’ peace is always with us, guiding us to live as one in His love.

Age-Appropriate Questions:

For K–2nd Graders:

How does Jesus show us how to love each other?

What can you do to make your home more peaceful?

How does going to Mass help us feel closer to others?

For 3rd–5th Graders:

What does it mean to be part of the Body of Christ in the Church?

How does the Eucharist help us grow in peace and unity?

What is one way Jesus teaches us to bring peace to others?

Why does living in peace make our faith stronger?

Family Activity: Peaceful Prayer Intention Commitment

Gather as a family in a quiet indoor space, such as the living room, and create a small prayer area with a candle (battery-operated for safety) or a cross. Each family member names a prayer intention for the week, focusing on someone or a group they find challenging to get along with (e.g., a sibling they argue with, a difficult classmate, or a neighbor). Encourage everyone to pray daily for that person or group, asking Jesus to bring peace and unity to their relationship. Write each intention on a small piece of paper and place it in a designated “prayer jar” or box. At the end of the week, as a family, share how praying for these intentions affected their feelings or actions toward the person or group, reflecting on how prayer helped foster peace and unity. Spend 10-15 minutes setting the intentions and 10 minutes at the week’s end discussing the results, emphasizing God’s love working through prayer.

Online Resources:

For Parents: The Peace That the World Can’t Give, Bishop Barron (14 minutes)

<https://www.youtube.com/watch?v=VyrBgRrY1Tg>

For K–2nd Graders: What is the Holy Family? (3 minutes) <https://www.youtube.com/watch?v=IOLsJ8amlzl&t=63s>

For 3rd–5th Graders: Theo the Theologian, Love Thy Neighbor (10 minutes)

<https://watch.shalomworld.org/viewVideo/63c3bd68f1d4ac420468441c/vod/63d9b07881464a001a6531a8?elId=6411cfd71e2079001a476191&eTy=Category>



When we receive the Eucharist, we carry
the source of hope and love to others.

We Take the Love of Jesus to Others

February 15, 2026



Bible Lesson: Pages 1812-1813. Read 1 Corinthians 13:1-13. Place the Reading Plan Sticker (found in the back of the bible) in the designated spot!

Learn Together:

When we receive the Eucharist during Mass, we are renewed in God's grace, filled with the love of Jesus in a deeply intimate moment that transforms our hearts. This sacred encounter with Jesus, truly present in the Body and Blood, is our source of hope and love, empowering us to share His compassion and kindness with everyone we meet. As we receive Him, we are drawn closer to His heart, filled with the grace to love others as He loves us—selflessly, joyfully, and without judgment. As a family, we can carry this love into our daily lives by showing patience, offering help, and spreading joy, knowing that Jesus' love within us is a light that shines for all.

This intimacy with Jesus in the Eucharist gives us the strength to take His love to others, reflecting His hope and mercy in our words and actions. Every time we receive Communion, we are reminded of Jesus' sacrifice on the cross and His unending love, which inspires us to be His hands and feet in the world. By sharing acts of kindness, listening with care, or forgiving others, we become channels of His grace, bringing His love to our family, friends, and even strangers. As a family, we grow in faith and unity by living out this mission, trusting that the hope and love we receive from Jesus in the Eucharist will overflow into the world around us.

Age-Appropriate Questions:

For K-2nd Graders:

How does receiving Jesus in the Eucharist make you feel loved?

Who is someone you think shares Jesus's love? Why

Why does Jesus want us to share His love with others?

For 3rd-5th Graders:

How does the grace from the Eucharist help us love others better?

How does being close to Jesus in the Eucharist give us hope?

Why is it important to show Jesus' love even to people who are hard to love?

Family Activity: Car Ride Kindness Chain

During a 15-minute car ride, engage in a family activity called the “Kindness Chain” to share Jesus’ love. One family member starts by naming a kind action they can do to show Jesus’ love to someone (e.g., “I’ll smile at my teacher” or “I’ll help my brother with his homework”). The next person adds another kind action, linking it to the first by saying, “And I’ll...” (e.g., “And I’ll share my snack with a friend”). Continue around the car, building a chain of kind actions inspired by the Eucharist’s love. If time allows, go around again with new ideas. End with a brief prayer: “Jesus, thank you for your love in the Eucharist. Help us share it with others.” Keep the mood light and encouraging, ensuring everyone participates and feels inspired to spread Jesus’ love.

Online Resources:

For Parents: Pray, Serve, Evangelize - Bishop Barron (12 minutes)

<https://www.youtube.com/watch?v=s4uuPF-NpAo> Wanna go deep this Lent? Try this perspective, Casey Beathard - The Surrender Point, I Am Second (9 minutes)

<https://www.youtube.com/watch?v=Tb-dwerWA-E>

For K-2nd Graders: Sharing Joyfully (12 minutes)

<https://app.formed.org/app/videos/3619388?cid=962417>

For 3rd-5th Graders: BLESSED Jesus’ Ministry (9 minutes) <https://www.youtube.com/watch?v=9CFl-SZZJAU&list=PLgCGT7nNXGY4TZjRHU6zlrMp8WFHBOESa&index=17>



“Receive Communion often, very often. There you have the sole remedy, if you want to be cured. Jesus has not put this attraction in your heart for nothing.”

~ St. Therese of Lisieux



Faith, Hope and Love Encountered in the Mass

March 1, 2026

"If angels could be jealous of men, they would be so for one reason: Holy Communion."

~ St. Maximilian Kolbe

Bible Lesson: Read Luke's account of the Last Supper in Luke 22:7-23. Identify faith, hope and love in the gospel reading. (There is no sticker for this.)

Teaching Paragraphs:

The Mass is a beautiful celebration where we are renewed in the virtues of faith, hope, and love, drawing us closer to Jesus in the Eucharist. Through faith, we believe in Jesus' real presence in the Bread and Wine, trusting in His promise to be with us always—did you know that Catholics have believed in the Real Presence for over 2,000 years, since Jesus said, "This is my body" at the Last Supper? Hope fills our hearts as we receive His grace, looking forward to the joy of eternal life with God, just as saints like St. Thérèse of Lisieux found hope in the Eucharist, calling it her "highway to heaven." Love, the greatest of these virtues, shines most brightly in the Mass, as Jesus' sacrifice on the cross, made present in the Eucharist, pours out His selfless love for us. As a family, we are called to carry this faith, hope, and love into our lives, sharing them with others through our actions and prayers, knowing that love is the greatest because, in heaven, faith will be proven true and hope will be fulfilled, but love will endure forever.

In the Mass, we experience these virtues as a gift from Jesus, who invites us into an intimate relationship with Him. Faith strengthens us to trust in God's plan, even when life is challenging—fun fact: the word "Eucharist" comes from the Greek word for "thanksgiving," reminding us to trust God with grateful hearts! Hope lifts our spirits, reminding us that Jesus' love in the Eucharist is a promise of God's eternal kingdom, and Catholics around the world celebrate Mass in over 100 languages, uniting us in hope. Love, above all, is what we receive and give back, as we unite with Jesus' sacrifice and share His compassion with the world. As a family, we grow in these virtues by participating in the Mass together, letting the Eucharist inspire us to live with faith, hope, and love, and to spread the joy of Christ's everlasting love to everyone we meet.

Age-Appropriate Questions:

For K-2nd Graders:

What does it mean to believe Jesus is really in the Eucharist?
How can you pray to Jesus during Mass to help you trust Him?
Why is love the greatest gift we can share with others?

For 3rd-5th Graders:

Why does the Eucharist give us hope for heaven?
Why is love the greatest virtue, even more than faith and hope?
How do faith, hope, and love work together to make us closer to Jesus?

Family Activity: Virtues on the Go Sharing Game

During a 15-minute car ride, play a “Virtues on the Go” sharing game to connect faith, hope, and love to the Mass. One family member starts by naming a way to show one of the virtues inspired by the Mass (e.g., “I’ll show faith by praying before Mass,” “I’ll show hope by thinking of heaven during Communion,” or “I’ll show love by helping my friend”). The next person adds a new idea for a different virtue, saying, “And I’ll...” (e.g., “And I’ll show love by sharing with my sister”). Continue around the car, aiming to name actions for all three virtues—faith, hope, and love. If time allows, start another round. End with a brief prayer: “Jesus, thank you for giving us faith, hope, and love in the Mass. Help us share your love with others.” Keep the game lively and encouraging, ensuring everyone participates and feels excited to live these virtues.

Online Resources:

For Parents: Let’s Talk About the Luminous Mysteries (5 minutes)

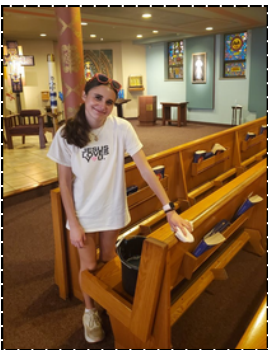
<https://ascensionpress.com/blogs/videos/let-s-talk-about-the-luminous-mysteries-st-john-paul-ii-s-legacy> And if you become curious about St. Bartolo Longo: Satanic Priest to Saint (5 minutes) <https://ascensionpress.com/blogs/videos/satanic-priest-to-saint-blessed-bartolo-longo>

For K–2nd Graders: 7 Deadly Sins and 7 Heavenly Virtues (6 minutes)

https://www.youtube.com/watch?v=zFhRUbZu_PM

For 3rd–5th Graders: Fruit of the Spirit - Theo the Theologian (12 minutes)

<https://watch.shalomworld.org/viewVideo/63c3bd68f1d4ac4204684422/vod/63d9b07881464a001a6531a8?eld=6411cfd71e2079001a476191&eTy=Category>



Coming up:

Faith without works is dead.

~ James 2:17

We Care For Those in Need

March 22, 2026



Bible Pages: Pages 1914-1915. Read James 2:14-24. Place the Reading Plan Sticker (found in the back of the bible) in the designated spot!

Learn Together:

The Mass fills us with the grace of Jesus in the Eucharist, empowering us to leave the church and bring His love to others through our actions, for as St. James reminds us, “faith without works is dead” (James 2:17). This call to live our faith actively aligns beautifully with Lenten practices of prayer, fasting, and almsgiving, which deepen our connection to Jesus and prepare us to share His love. When we receive Jesus in Holy Communion, we are united with His heart, receiving the strength to show kindness, generosity, and compassion—did you know that the word “Mass” comes from the Latin “missa,” meaning “sent,” reminding us we are sent forth to share Jesus’ love, especially during Lent? By living out our faith through good deeds, we become Christ’s hands and feet, spreading His light to our family, friends, and community, and making Lent a time of active, loving faith.

Bringing Christ to others through the Eucharist is a perfect Lenten practice, as it reflects the season’s focus on turning our hearts toward God and serving others. The Mass ends with, “Go in peace, glorifying the Lord by your life,” sending us out to make a difference through acts of love, which echo Lent’s call to almsgiving and sacrifice. Whether it’s helping a neighbor, comforting a friend, or praying for someone in need, our actions show that our faith is vibrant and alive. Fun fact: St. Mother Teresa, who served the poorest of the poor, said she saw Jesus in everyone she helped, inspired by her daily time at Mass—a practice she intensified during Lent! As a family, we grow closer to Jesus by living our faith actively, trusting that the Eucharist gives us the courage to bring Christ’s love to others, especially during this holy season.

Age-Appropriate Questions:

For K-2nd Graders:

What does it mean to show Jesus’ love to someone after Mass?

What was one thing you most enjoyed learning about the Mass this year?

What are you do for Lent and how is it going?

For 3rd-5th Graders:

What does “faith without works is dead” mean for us as Catholics in Lent?

Why does the priest say, “Go in peace, glorifying the Lord by your life”?

What are you doing for Lent and how is it going?

How is it drawing you closer to Christ?

What is one thing you most enjoyed learning about the Mass this year?

Family Activity: Lenten Kindness Cards Service

Gather as a family in a comfortable indoor space with craft supplies (paper, markers, envelopes, and optional stickers). Create “Lenten Kindness Cards” to serve others by spreading Jesus’ love as a Lenten practice. Each family member makes 2-3 cards with encouraging messages inspired by the Mass and Lent (e.g., “Jesus loves you this Lent!” or “God’s peace be with you!”). Decorate with symbols like hearts, crosses, or Lenten colors (purple). As a family, decide who to give the cards to (e.g., a neighbor, a teacher, or someone lonely) and deliver them within the next few days (e.g., drop them off at a neighbor’s door or share at church). This act of almsgiving reflects Lent’s call to serve. End with a prayer: “Jesus, thank you for your love in the Eucharist. Help us share it with others this Lent.” Spend 15 minutes crafting and planning the delivery, discussing how these acts of service show faith in action during Lent.

Online Resources:

For Parents: Faith Without Works Is Dead, Bishop Barron (14 minutes)

https://www.youtube.com/watch?v=OeY171QHg_Q

For K–2nd Graders: Works of Mercy - Lukas Club (11 minutes)

<https://app.formed.org/app/videos/2207246>

For 3rd–5th Graders: Catholic Central - Corporal Works of Mercy (5 minutes)

<https://www.youtube.com/watch?v=FfWEUw0iwAQ>



For next week:

“Unless there is a Good Friday in your life, there can be no Easter Sunday.”

~ Ven. Fulton Sheen



Holy Week and Easter

March 29, 2026



Bible Lesson: Pages 1780-1781. Read Romans 8:31-39. (There is no sticker for this.)

Learn Together:

Holy Week and Easter are the heart of our Catholic faith, guiding us through Jesus' passion, death, and resurrection, and filling us with the radiant hope of His victory over sin and death. During Holy Week, we journey with Jesus from His triumphal entry on Palm Sunday to the Last Supper on Holy Thursday, His sacrifice on Good Friday, and the silence of Holy Saturday, all leading to the joy of Easter Sunday, when He rises from the dead. This resurrection is our source of hope, promising us eternal life with God—did you know that Easter is celebrated for 50 days, called the Easter Season, because its hope is so powerful? Through the Eucharist, celebrated especially during the Easter Vigil and Easter Sunday Mass, we receive Jesus' life and love, empowering us to share the hope of His resurrection with others through acts of kindness and faith. As a family, we can embrace this hope by living with joy, trusting that Jesus' victory brings new life to us all.

The hope of Easter transforms our hearts, reminding us that Jesus' resurrection overcomes all darkness, offering us forgiveness and the promise of heaven. In the Mass, we unite with Jesus' sacrifice and resurrection, receiving His grace to live as people of hope. This hope inspires us to bring Christ's light to others, especially during the Easter Season, by showing love and compassion. Fun fact: the Easter candle, lit at the Easter Vigil, symbolizes Christ's risen light and stays in the church all year to remind us of His hope! As a family, we grow closer to Jesus by participating in Holy Week and Easter liturgies, letting the hope of the resurrection fill us with courage to share His love, knowing that His victory is ours too.

Age-Appropriate Questions:

For K-2nd Graders:

- What does Easter tell us about Jesus' love for us?
- Why do we celebrate Jesus rising from the dead?
- What is one thing you see at Easter Mass that makes you feel hopeful?
- How does Jesus' resurrection make you feel safe?
- Why is Holy Week a special time to pray with our family?

For 3rd-5th Graders:

- How does Jesus' resurrection give us hope for eternal life?
- What can we learn from Holy Week to be more loving to others?
- How does the Easter candle remind us of Jesus' resurrection?
- Why is Easter a time to share hope with people around us?

Family Activity: Easter Egg Hunt

This Easter include resurrection eggs (<https://biblegamescentral.com/resurrection-eggs/>), scripture quotes of rejoices, or catholic items in your Egg Hunt. Talk about what they found and how it relates to the Easter Story.

Online Resources:

For Parents: Holy Week | Restore: Lent with Sr. Miriam James Heidland, SOLT (9 minutes)
<https://app.formed.org/app/videos/2532715>

For K-2nd Graders: Holy Week & Easter Special | Laugh and Grow Bible for Kids (30 minutes)
<https://app.formed.org/app/videos/2658965>

For 3rd-5th Graders: On the Road to Emmaus (7 minutes)
<https://www.youtube.com/watch?v=OfLFH7JuQYo>



"For God loved the world so much that he gave his only Son, that everyone who believes in him may not die but have eternal life."

John 3:16

The Catholic Children's Bible