

EQ #2: *How do I follow Jesus Christ? (Part 1)*

To prepare for this week's lesson:

- As you are teaching your lesson this week, recall that the Beatitudes from Jesus' *Sermon on the Mount* ([MATTHEW 5: 1-12](#)) are like a blueprint which point us in the direction of how we are to live as his missionary disciples – i.e., how we can help to bring about the Kingdom of God right here on earth. Also, remember that the [VIRTUES](#) – both Theological (Faith, Hope and Charity) and Cardinal (Prudence, Justice, Temperance and Fortitude) - played large parts in the lives of the Saints, guiding them to lead lives which pointed ultimately to Christ. As Jesus disciples, we are called to die to ourselves and serve one another, as exemplified by the many Saints of the Catholic Church. Their lives bear witness to how we are called to follow Jesus and they provide us with tremendous encouragement in our journey towards holiness.

1

- ❖ As your child or children share their ideas, have them jot a few down on a sticky note (with their name) and then place them on the wall in your discovery space. (For younger children, you may act as the 'scribe'). Retain the sticky notes to have an understanding of what your child or children already know or don't know. This will be helpful as you move along through today's lesson.
- ❖ To facilitate thinking and discussion above, use some of the following prompts: What is the Gospel message, or the *Good News*? Why is it important? What is a *disciple*? Can you name any of Jesus' disciples (friends)? Who were they and how were they called to follow Jesus? How did they respond to Jesus? What did the disciples leave behind in order to follow Jesus and his way of life? What are disciples expected to do? Can we be disciples? How do we do that? Is it always easy to be a disciple? Why or why not? What are virtues? What is humility? How can studying the lives of the Saints help us be better disciples of Jesus? *Plus. any others you can think of...*

EQ "Essential Question"

(This question serves as a cognitive bookend for your child or children – i.e..it is the targeted "so what" or "take-away" of the lesson being presented that your child should be able to articulate at the end of your session today).

Share and post a physical representation of the lesson's EQ in your study space:

How do I follow Jesus Christ?

EXPLAIN

(Either guided with your assistance or working independently, have your child or children review their relevant grade-level material – listed below - and complete the workbook activities. *Empower older children by allowing them to mentor younger siblings*):

- PREK3:** *Allelu!* Lesson 16 (*Jesus Makes New Friends*) REVIEW Parent Activity Sheet (in the folder you picked up); *Allelu!* [Lesson 16 Home Session Activity Plan](#)
- PREK4:** *Allelu!* Lesson 7 (*Jesus Cares for Our Needs*) Parent Activity Sheet (in the folder you picked up); *Allelu!* [Lesson 7 Home Session Activity Plan](#)
- Kinder:** *Call to Faith*, Chapter 8: pgs. 76-77 (*Jesus Teaches*), Chapter 12: pgs. 104-106 (*Helping Others*) and Chapter 20: pgs. 164-167 (*Be Like God*)
- Grade 1:** *Alive in Christ*, Chapter 13 (*Disciples Serve*) and Chapter 12: Pgs. 169-171 and 174 (*Friends of God*)
- Grade 2:** *Alive in Christ*, Chapter 14 (*Share the Good News*)
- Grade 3:** *Alive in Christ*, Chapter 9 (*The Body of Christ*) and Chapter 14: Pgs. 199-203 (*Live In the Light*)
- Grade 4:** *Alive in Christ*, Chapter 20: Pgs. 267-271 (*The Church in the World*) and Chapter 19 (*A Generous Spirit*)
- Grade 5:** *Alive in Christ*, Chapter 21 (*Bring the Good News*)
-

EXTEND

(As a family, gather back together and have each child share, in turn, what they learned about what it means to be a disciple or follower of Jesus Christ. Together as a family, come up with a list of *at least three new things* that you learned, were surprised by or think others should know about how Jesus' followers should live their lives as Christians. Then, *extend the lesson together by completing at least one of the activities* provided below).

Early Childhood / Lower Elementary (K-2):

- Video: [FOLLOW ME SONG](#), [LUKE 5:1-6: FISHERS OF MEN](#) or [FOLLOW JESUS PRESCHOOL](#)
- Crafts/Activities:
 - Make the [GOSPEL MEGAPHONE](#), [KNOWING GROWING GOING WITH GOD](#) or [SHARE JESUS WITH OTHERS](#) craft.
 - Complete the [GOOD NEWS WORKSHEET](#), the [FOLLOW JESUS FOOT](#) or [SHARE THE GOSPEL WITH KIDS](#) activity
 - Share the [INFLATABLE GLOBE OR ECHO MICROPHONE](#) object lesson with your learners

Upper Elementary (3-5):

- Video: [HOW CAN WE BE MORE LIKE JESUS?](#), [WHY SHOULD I FOLLOW JESUS?](#) or [FOLLOW HIM](#)
- Crafts/Activities:
 - Make the [PREACH THE GOSPEL](#) or [WORDLESS BOOK](#) craft (please check with staff or in the workroom at least *one week before* for the supplies to make this craft, limited availability)
 - Color and make the [GOSPEL PLANE](#) together and discuss the questions provided with the activity
 - Complete one of the [SHARE THE GOOD NEWS](#) or the [I CHOOSE TO FOLLOW JESUS](#) activity as a class.
 - Share one of the [VIRTUE OBJECT LESSON DEMONSTRATIONS](#) in class for your learners

EVALUATE/REFLECT

Restate today's Essential Question (EQ) – *How do I follow Jesus Christ?*

Summarize what's been learned during this lesson, emphasizing those concepts which may have been missed or misunderstood in the EXPLORE step above.

- Say, "Jesus taught us how to be good followers, or *disciples*, who help bring his mission of love to the world by serving others in a compassionate way. In the Bible, we learn how Jesus washed his disciples' feet ([JOHN 13: 2-17](#)), taking care of their physical needs and performing the work normally reserved for a servant. He served his followers with *humility* as he placed the needs of others above his own, and taught the first disciples how to serve others in the same way by his example. We can also be good helpers (or disciples) when we serve God and others with love in our hearts just like Jesus did.

Through his actions and words, Jesus showed people how to trust God, his Father, and showed God's incredible love for them.

Jesus knew that the work of spreading the *Gospel message* (i.e., the *Good News* of God's Kingdom and His saving love) to others would be hard and that his followers would need his help. Jesus promised to help his followers if they stayed close to him. When Jesus returned (ascended) to Heaven, he sent the Holy Spirit who guided the first disciples in sharing everything that Jesus had taught them about God. The Holy Spirit gave the first disciples the strength and courage to proclaim the *Good News*, and continues to guide every Christian today. The Holy Spirit allows us to shine Jesus' light in the world even 2,000+ years after he returned to Heaven.

Because we are Christians (*aka* Jesus' disciples), we believe in him and follow his example of helping others in kindness and love. Disciples seek justice for the helpless and reach out in generosity to those who are most forgotten by others. We are called to help people with their physical and spiritual needs. These are called corporal and spiritual acts of mercy. Doing what we are called to do as Jesus' disciples is not always easy as sometimes it is different than what those around us think we ought to do. When we place the needs of others above ourselves, we also may have to make personal sacrifices. However, as we follow Jesus and become good examples ourselves, we share the *Gospel Message* and work together with God as he builds His Kingdom. No matter what our age or state of life, every Christian disciple has a special part to play in God's plan. God has given us each special gifts, or talents, which help us live out our mission, or *vocation*. As members of the *Body of Christ* (or the Church) we are called to continue doing Jesus' work even today – we serve as Jesus' hands and feet on earth.

The Saints are God's friends and heroes of the Church. They are filled with the Holy Spirit and serve God with love. They led holy lives here on earth and followed Jesus' example in very special ways. They showed their love for God more than anything else in their lives, even when it was unpopular or difficult. We can learn a lot about being good disciples ourselves by studying the lives of the Saints and following their habits or ways. Many of the Saints led lives of consistently making good and loving choices. This helped them develop habits of goodness, called *virtues*. The word virtue means strength. In Baptism, we are all given the gift of the *Theological Virtues* of faith, hope and charity (love) by God Himself. These virtues help to guide our relationship with the Holy Trinity, with *faith* leading us to obey God, *hope* allowing us to trust in the true happiness that God promises for us and *charity* directing us to love God above all things and others as ourselves. As we practice using these gifts from God like the Saints did, we will grow stronger in these special virtues and holiness.

Each of us is part of the Catholic Church and her family of Saints. We are connected to the Saints who lived before us, but also to the holy people who live now. Saints are not just people who lived a long time ago. God wants each of us to be a Saint, too! Jesus shows us how to be holy, and the Holy Spirit helps us live a holy life every day. The way we show we are God's friends and Jesus' disciples is by thinking about others rather than ourselves, treating everyone with kindness, helping those who need it, praying each day, learning more about God, always trying our best to do what is right and by loving others as Jesus did. Just like Jesus, Christian disciples share the Good News with the world in both word and action.

- **Parent Preparation Videos/Resources:** [CLONES OF JESUS](#), [HOW TO BE A GOOD DISCIPLE OF CHRIST](#) (8:02) [FOLLOWING JESUS CHRIST](#) (5:15), [GROWING IN HOLINESS \(HEAVEN IS FOR SAINTS ONLY\)](#) (6:31), [THE SACRIFICES OF MISSIONARY DISCIPLES](#) (9:22)
- **Lesson Plans:** [CATHOLIC TOOLBOX VIRTUES](#), [SERMON ON MOUNT](#), [BEATITUDES](#), [LIVING THE VIRTUES](#)
- **Videos:** [FOLLOW JESUS](#) (2:42), [FOLLOWING JESUS](#) (16:09), [OBJECT LESSON ON FOLLOWING JESUS](#) (5:06), [WHY SHOULD I FOLLOW JESUS?](#) (4:52), [WHY SHOULD I FOLLOW JESUS?](#) – older (18:48), [LET'S FOLLOW JESUS](#) – younger (10:37), [CAN WE FOLLOW JESUS?](#) (1:59), [FOLLOW JESUS SONG](#) (3:02), [IMITATING CHRIST](#) (5:20), [FOLLOW GOD](#) (4:11), [CLOSE ENCOUNTER WITH THE BEATITUDES](#) (3:56), [MATTHEW 5](#) (3:06), [MEMORIZE THE BEATITUDES](#) (4:39), [THE VIRTUES](#) (2:15), [FOLLOW ME PREK SONG](#) (1:24), [THE COST OF FOLLOWING JESUS](#) (2:55), [FOLLOW HIM](#) (2:00), [I CAN FOLLOW JESUS' EXAMPLE](#) (19:34) [HOW CAN I BE MORE LIKE JESUS? Part 1](#) (2:17), [HOW CAN I BE MORE LIKE JESUS? Part 2](#) (2:03), [HOW CAN WE BE IN SERVICE TO OTHERS?](#) (2:21), [SERVING OTHERS](#) (4:11), [HELPING THOSE IN NEED](#) (6:22), [I'LL FOLLOW JESUS DANCE](#) (3:35), [I HAVE DECIDED TO FOLLOW JESUS SONG](#) (3:03), [EVERY MOVE I MAKE SONG](#) (3:18), [FOLLOW JESUS PRESCHOOL](#) (2:03), [THEY'LL KNOW WE ARE CHRISTIANS BY OUR LOVE](#) (2:17), [CREATE IN ME SONG](#) (3:14), [GO AND MAKE DISCIPLES SONG](#) (2:37), [WHO OR WHAT IS A SAINT?](#) (2:20)
- **On FORMED** (Refer to [INSTRUCTIONS FOR ACCESSING FORMED](#) to gain free access to the St. Laurence parish membership subscription).
 - *The Saints and Heroes Collection* (There are also DVD versions of many of these titles available in the CCE supply room – check or ask a staff member)
- **Activities/Games:** [RELIGION TEACHER](#), [CATHOLIC EDUCATORS](#), [BEATITUDES GAMES & ACTIVITIES](#), [JESUS HELP ME TO BE VIRTUOUS](#), [DANIELLES PLACE](#), [SCROLL](#), [BEATITUDE FORTUNE TELLER](#), [VIRTUES GAME](#), [CROSSWORD PUZZLE](#), [FOLLOW IN HIS FOOTSTEPS GAMES](#), [I CHOOSE TO FOLLOW JESUS FEET](#), [FOLLOW JESUS WORKSHEET](#)
- **Crafts:** [LOVE IS CRAFT](#), [GOD IS LOVE RAINBOW](#), [SHARE AND CARE NOTES](#), [GOSPEL IS GOOD NEWS ACTIVITIES](#), [PREACH THE GOSPEL CRAFT](#), [KNOWING GROWING GOING WITH GOD SUITCASE](#), [GOSPEL PLANE](#), [FOLDING CRAFT STICK BEATITUDES](#), [WHEEL OF BEATITUDES](#), [BEATITUDES HAND WREATH](#), [WANTED POSTER](#)

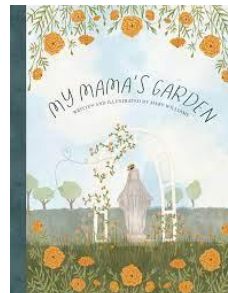
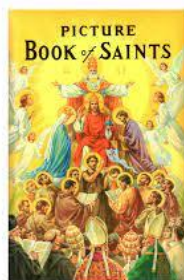
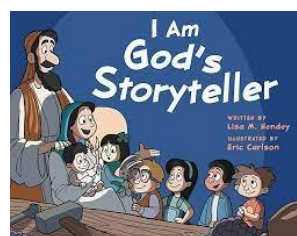
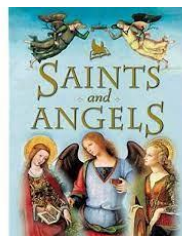
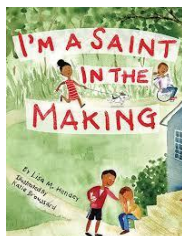
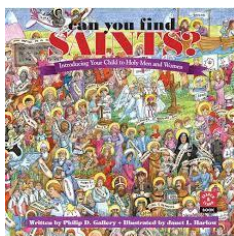




- **Games/Activities:** [DRESS UP FOR MASS RELAY](#), [DANCING WITH THE SAINTS GAME](#), [CATHOLIC VIRTUES AND VALUES BINGO](#), [VIRTUES CLOTHESPIN DROP GAME](#)

- **Picture Books:**

- *Can You Find Saints: Introducing Your Child to Holy Men and Women*, by Philip Gallery
- *I'm a Saint in the Making*, by Lisa Hendey
- *Saints and Angels: Popular Stories of Familiar Saints*, by Claire Llewellyn
- *I am God's Storyteller*, by Lisa Hendey
- *Picture Book of Saints*, by Rev. Lawrence Lovasik
- *Mary, Mother of All*, by Scott Hahn
- *My Mama's Garden*, by Mary Williams



Revised 6/27/25