

St. Laurence Catholic Parish
Elementary Children's Faith Formation (CCE)
Week 10 Lesson Plan



Unit 2 – How do we get to know and love Jesus Christ?

EQ #3: How do the Sacraments help me know and love Jesus Christ?

CATECHIST PREPARATION

To prepare for this week's lesson:

- Prepare your adult heart and mind by watching one of the following videos ahead of the lesson:
[WHAT IS A SACRAMENT?](#) , [LIVING THE CATHOLIC WAY: THE SACRAMENTS](#) or [WHY WAS JESUS BAPTIZED?](#) and by reading the articles on both [SACRAMENTS](#) and, specifically, [BAPTISM](#) or, [THE ULTIMATE GUIDE TO CATHOLIC BAPTISM](#)
- Review the appropriate grade-level learning targets from the *Catechetical Framework for Lifelong Faith Formation* (CFLFF) posted on the Catechist website at <https://stlaurence.org/the-catechist> for your age group. Keep these targets in mind as you prepare for and progress through the weekly lesson, making discussion points based upon these specific age-appropriate targets.
- Reflect upon a favorite Scriptural passage referring to the special gifts of grace, or sacraments, that God blesses us with that you would like to share with your children, and explain why the passage is important to you. Or, you might like to consider any one of the following:
[MATTHEW 3: 13-17](#), [MARK 1: 1-8](#), [LUKE 3: 21-22](#), [JOHN 20: 19-24](#), [ACTS 2: 38-41](#)
[ACTS 8: 14-25](#), [GENESIS 6:11-9:19](#), [EXODUS 14: 21-31](#), [EXODUS 16: 1-36](#),
[EXODUS 17: 1-7](#)

Note that the Old Testament scripture passages referred to above reflect God's revelation to His People of certain

story of Noah and the use of water/flooding for the cleansing of sin in the Old Testament foretells *Baptism* introduced in the New Testament).

- Create a [Prayer Table](#) (or check out [How to Make a Prayer Table for Kids](#)) in a special corner of the classroom. Keep a Bible reverently displayed there to be used for readings in your lessons. When proclaiming *The Word* to children, it is more impactful to read directly from the Bible and not just from their workbooks. This gives them the sense that this is not just any book.
- Establish a comfortable learning space in your classroom for your session.

Supplies you may want to have on hand before beginning the Lesson:

- A *Catholic* family or children's Bible (go to [USCCB](#) for approved Bible translations); on campus, we use the [ST. MARY'S PRESS CHILDREN'S BIBLE](#), a classroom set of which is located in the "CCE" storage cabinet.
- An electronic device with reliable internet access (i.e., an in-class mounted TV or TV cart if a video will be watched as part of the lesson)
- Sticky notes
- Art or any unlined paper
- Crayons, markers and pencils as needed (located in the "CCE" storage and your class bin)
- (*Optional*): Materials necessary for any of the craft ideas selected during the EXTEND segment of the lesson



OPENING PRAYER

Begin your discovery session today with the children in prayer. Gather together in your dedicated prayer space and ask the children to quiet their minds and hearts as you pray together. Begin with the [SIGN OF THE CROSS](#) and then recite a favorite prayer, choose one of the [COMMON PRAYERS BY GRADE](#) or share the [GLORY BE MEDITATION](#) together. Conclude by praying the [SIGN OF THE CROSS](#).

ENGAGE

(Mental warm-up)

Say, "For the past several weeks, we have been exploring how prayer and attending Mass bring us closer to our friend, Jesus, and deepen our love for him. This week, I want to share with you one of my favorite passages from the Bible about certain special gifts that God gives us through His Son, Jesus Christ ... (*Read your favorite passage from the Bible about Baptism or one of the other Sacraments and explain WHY it is important to you or your favorite passage*) ... You know, Jesus left the authority to share these special gifts with the Church, which he established before returning to God the Father in Heaven. We celebrate these special gifts of grace, called sacraments, which allow us to continue experiencing Jesus Christ's saving work here on earth."

EXPLORE

(Pre-assessment of faith concepts)

Ask/Discuss, “What can you tell me about the Sacraments of the Catholic Church and why we celebrate them?”

Something a bit
different this week!



- ❖ Before you begin this lesson, bring out and display photographs of any of the Sacraments previously celebrated by you or your immediate family members – i.e. Baptism, Holy Eucharist, Confirmation, Matrimony – *if available* that you’d like to share, or have the children bring photos of their own from home. Be sure to take good care of any photos the children may contribute and be sure they are returned to the parent at pickup.

Begin your EXPLORE discussion by inviting the children to share any memories they may have of these special family events if they attended (and remember ☺) in their own families. Then, share your memories of your own family celebrations and explain to the children why these events were so important to you and your family. Move from this sharing of memories into prompting the children to share what they already know about the Sacraments of the Catholic Church.

- ❖ As the 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 the 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 a sacrament? What is *grace* and how do we obtain it? Why do we need *grace*? How many Sacraments do we celebrate in the Catholic Church? Can you name *all* of the Sacraments – i.e., what are they? Which is the *first* Sacrament that we receive and when is it typically celebrated? What happens during Baptism and why is it so important? What are the Sacraments of *Initiation*, *Healing* and *Service* – can you name them? Can you describe any of the *signs/symbols*, *actions*, *words* or anything else used by a priest (or bishop) during the celebration of any of the Sacraments? What is so special about the Sacraments, and why? Can we read about the sacraments celebrated by the Catholic Church in the Bible? *Plus, any others you can think of...*

EQ “Essential Question”

(This question serves as a cognitive bookend for the children – i.e., it is the targeted “so what” or “take-away” of the lesson being presented. If your learners can articulate a relevant answer to this question by the end of the session, you have done your job. ☺)

Share and post the physical representation of the lesson’s EQ in your classroom

(Note: Each classroom is equipped with a set of *EQ posters* corresponding to those posted on the weekly *Lesson Schedule*):

How do the Sacraments help me know and love Jesus Christ?

EXPLAIN (Either as a class guided with your assistance, or working independently -or in groups- have the children review their relevant grade-level material – listed below - and complete the workbook activities, where applicable).

Grade 1: * *Alive in Christ*, Chapter 17 (Holy Signs) **plus Chapter 18: Pg. 238-242** (*We Are Welcomed*)

Grade 2: *Alive in Christ*, Chapter 10 (*The Sacraments*)

Grade 3: *Alive in Christ*, Chapter 16 (*Sacraments of Initiation*)

Grade 4: *Alive in Christ*, Chapter 17 (*The Seven Sacraments*)

Grade 5: *Alive in Christ*, Chapter 3 (*Signs of God's Presence*)

***NOTE:** We are aware that some of our lower Elementary learners have been delayed and are not all reading ready. As the Catechist or class facilitator, your role is to help your learners understand or connect with the *content* of the weekly lesson. You can convey the assigned weekly content from the *Alive in Christ* textbook in a variety of creative ways that are appropriate and effective for your learners and does not involve the class taking turns reading from the student text. Review the content *beforehand*, and feel free to introduce other methods of conveying it or more specifically adapting it to your learners. Some suggested ideas can include the use of any of the following, many of which are available on campus. Just ask a staff member. These are:

- *Story Books*
- *Felt Board Creation Figures* to tell the stories
- *Role-playing/Skits*
- *Manipulatives*
- *Costumes/Dress-up*
- *Puppets*

If you have any questions or need suggestions, be sure to reach out to a staff member. Be sure to also check out the supplemental resources at the end of this Lesson Plan outline for additional ideas.

EXTEND

(Gather back together and invite children to share, in turn, what they learned the Seven Sacraments of the Catholic Church, and particularly, *Baptism*. Affirm positive answers and interject grade-level learning targets into the discussion, where applicable. As a class (or in groups), come up with a list of *at least three new things* that the children learned, were surprised by or think others should know about how the seven Sacraments are special encounters with Jesus Christ and are special gifts of God's grace. Then, *extend the lesson together by completing at least one of the activities* provided below).

Lower Elementary:

- Video
 - [THE BAPTISM OF JESUS](#), or
 - **Brother Francis:** *Born into the Kingdom, The Miracle of Baptism* (approx. 26 min.). Available on [FORMED.org](#). To Access this video for *free*, please follow the [INSTRUCTIONS FOR ACCESSING FORMED](#)
- Crafts/Activities
 - Create a [BAPTISM PAPER PLATE DOVE](#) or [JESUS' BAPTISM](#) craft, or
 - Play with the [BAPTISM PLAYDOUGH MAT](#), or
 - Have the children 'practice' the Rite of Baptism with a baby doll and water using the [BAPTISM ROLE PLAY](#) or [GODLY PLAY BAPTISM](#) scripts. (Materials can be found in the RE Workroom. **Remember: No live flame candles may be used in class!**)

Upper Elementary:

- Video [CATHOLIC SACRAMENTS EXPLAINED](#), [CATHOLIC SEVEN SACRAMENTS LESSON](#), [WHAT ARE THE SEVEN SACRAMENTS?](#) or [SKETCHY CATHOLICISM: SACRAMENTS](#)
- Crafts/Activities:
 - Create a [CELEBRATE BAPTISM](#) or [JESUS BAPTISM POP UP DOVE](#) craft, or
 - Lead your learners in a [GUIDED MEDITATION: MY BAPTISM](#),
 - Create a reminder of and renew your baptismal vows together using the [BAPTISMAL PROMISES ACTIVITY](#)
 - Follow the instructions to create some thoughtful [BAPTISM WELCOME CARDS](#) for the Catechumens who will be welcomed into the Catholic Church at the Easter Vigil next spring (completed cards can be left on the counter in the RE Workroom – Questions? Ask Ms. Joan ☺)

EVALUATE/REFLECT

Restate today's Essential Question (EQ) – *How do the Sacraments help me know and love 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 and keeping a mind's eye on the grade-level learning targets for this Unit.

Say, "As we learned in our previous lessons, many centuries ago our friend Jesus Christ walked this earth just like we do today. During his lifetime, he healed the sick, he forgave people of their sins, he fed the starving multitudes, he taught and encouraged the faithful and he opened up the gates of Heaven for all of us through his Sacrifice on the Cross. Guess what? This is still true even today. Jesus Christ *still does all of these things*. His hand is still stretched out to feed, forgive and heal us, and he still opens the gates of Heaven for us. Since the time he returned to the Father in Heaven, Jesus Christ still performs all of these works through his *mystical body*, the Church. The Church is the instrument of Jesus' continuing work here on earth. Through the Sacraments, we enjoy special encounters with Jesus Christ and continue to celebrate and experience his work of salvation.

Just like a hug from a parent or a kiss from a grandparent is a visible sign of their love for you, sacraments are visible “signs” that show us God’s love for us. They are signs of God’s gift of *grace* to us. We can’t see *grace* but it is a *free gift* which gives us inner strength to live a life like Jesus wants us to, to be his disciples. *Grace* is something which we all receive throughout our lives, but in a special way through the Sacraments. God’s gift of grace allows us to share in His own life of holiness and to become new creations in Christ. Participating in the Sacraments is another way in which we can grow in our faith and deepen our relationship with God, through Jesus Christ.

There are seven (7) Sacraments of the Catholic Church – *Baptism*, *Holy Eucharist* and *Confirmation* (i.e., the *Sacraments of Initiation*), *Reconciliation* and *Anointing of the Sick* (i.e., the *Sacraments of Healing*), and *Matrimony* and *Holy Orders* (i.e., the *Sacraments of Service*). Each of these Sacraments were given to the Church by Jesus Christ himself. He gave them to the Church either by teaching about them or by the actions that he himself performed during his ministry on earth, as recorded in the Gospels of the Bible.

Each Sacrament has three necessary elements to be effective. They are: 1). an *outward sign* (actions, symbols and special words used that give a clear meaning about what’s happening), 2). *established by Jesus Christ*, 3). that *gives God’s free gift of Grace*. Because a sacrament is a *visible sign of something that is real but invisible* to us humans (i.e., God’s loving gift of Grace), special signs/symbols, actions and words are used in the celebration of the Sacraments by the Church so that our five senses understand that something special is happening. The Sacraments are *efficacious*, which is just a big word which means that each Sacrament actually *does what it says that it does*.

Let’s look at *Baptism*, for example. The Church invites everyone, infants through adults, to be baptized. Baptism, a *Sacrament of Initiation*, is the first sacrament which we receive. It is through Baptism that we become adopted children of God and are welcomed into the Church. In this Sacrament, *water* is the primary sign/symbol. Whenever we think of water, our human experience tells us that not only is it necessary to sustain life – i.e., no living creature can survive without it – but it’s also used to wash things clean. In Baptism, the pouring of water over the person not only purifies (makes clean) their body, but also floods their soul as well. The cleansing waters of Baptism give the recipient new life in Christ by washing away both original sin and personal sin. When we are baptized, we are given God’s gift of grace to grow in faith and holiness. The Sacrament of Baptism can be received only once, for it leaves a spiritual mark on the soul which cannot be removed. It is an occasion of great joy and celebration for both families and the Church.

Through the *Holy Eucharist*, another one of the *Sacraments of Initiation*, Jesus meets us in a very earthy and real way. By sharing common foods – i.e., bread and wine - which are transformed at Mass by the power of the Holy Spirit into Jesus’ very own Body and Blood, he not only nourishes our bodies and souls, but also makes us holy *in the flesh*. This is a priceless gift, which we have the privilege of celebrating at each and every Mass – we can receive Jesus this way EVERY day of our lives! In the Holy Eucharist, we receive the graces of Jesus HIMSELF, strength, forgiveness and unity with each other, to name just a few. As you can see, Jesus’ hands are still blessing, healing, forgiving and saving us today. Through his mystical body, the Church, Jesus encounters us in a very real and physical way, as he literally touches us in every sacrament celebrated. By celebrating the Sacraments, we can’t help but grow deeper in love and appreciation for our friend, Jesus Christ.

- **Say**, “Think back to the passage that I read from the Bible at the beginning of our lesson today. Which of the special gifts of God’s grace, or sacraments, did it refer to, and how do you know?” (*Discuss together, affirming appropriate answers and reinforcing lesson teaching points*).
- **Separately reflect on these questions:** *How do you think that the Sacraments help you grow closer to God and also to other people? Is there a Sacrament that intrigues (interests) you the most? Which one and why? Have you ever felt God’s grace (inner strength) in your own life? What did that feel like?* (*After some reflection time, have the children turn and share their answers with a partner or the class*).

CLOSING PRAYER

Gather together in your dedicated prayer space and ask the children to quiet their minds and hearts as you pray together. Begin with the [SIGN OF THE CROSS](#) and recite a favorite prayer, choose one from the [COMMON PRAYERS BY GRADE](#), sing the [SEVEN SACRAMENTS SONG](#), or ask the children to offer up their [INTERCESSORY INTENTIONS](#). Conclude by praying the [SIGN OF THE CROSS](#).



BONUS (optional)

- **What We Pray:** During the *healing* Sacrament of Reconciliation (aka, *Penance*), we recite a prayer called the *Act of Contrition* after we have shared our sins with the priest. In this prayer, we ask for forgiveness from what separates us from God by *acknowledging* our wrong doings, *expressing sorrow* for them, and *resolving not to repeat* them with God's help (or Grace).

Practice this prayer by reciting the [ACT OF CONTRITION](#) or singing the [ACT OF CONTRITION PRAYER SONG](#), or by having the children write their own Act of Contrition that contains those three important parts.

- **Saint of the Week:** John the Baptist, is a 1st century Saint who is known as the Patron of the Sacrament of Baptism as well as people who convert to the Christian faith.

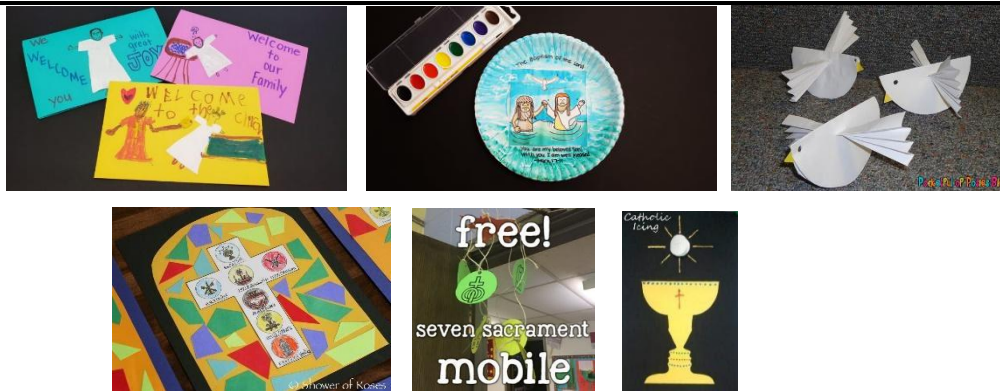
Research the life of Saint John the Baptist by reading [WHO WAS JOHN THE BAPTIST?](#) , or watching [WHO'S JOHN THE BAPTIST?](#). Then, consider the following:

- Who was John the Baptist and what did he do during his lifetime to further the Kingdom of Heaven right here on earth?
- God chooses each of us for an important mission (or purpose) in our lives. What was John's special purpose?
- God created you to have a special purpose here on earth, just like Saint John. Any ideas about what your special purpose might be? (Hint: Think about your unique gifts & talents and how they might be used for God's Glory)
- What can you do to be more like John the Baptist and lead other people to Jesus?

Want to extend your lesson in class or at home about this topic? Check out these additional resources which can be used at the Catechist's discretion, if desired:

- **Catechist Preparation Videos/Resources:** [LIVING THE CATHOLIC WAY: THE SACRAMENTS](#), [THE SCRIPTURAL FOUNDATIONS FOR THE SACRAMENTS](#), [WHAT IS A SACRAMENT?](#), [THE ROLE OF SACRAMENTS IN SALVATION](#), [WHAT'S THE DEAL WITH THE 7 SACRAMENTS?](#), [AREN'T ALL CHURCHES THE SAME?](#), [HOW DO WE GET TO HEAVEN? WRONG ANSWERS FOR CATHOLICS](#), [MYSTERIES OF SACRAMENTS](#), [THE SYMBOLS OF BAPTISM](#), [WHY WE BAPTIZE](#), [THE POWER OF CONFESSION](#), [THE EUCHARIST: WHAT WE BELIEVE](#), [WHY NON-CATHOLICS CAN'T RECEIVE COMMUNION](#), [WHAT HAPPENS AT CONFIRMATION?](#), [WHAT IS MARRIAGE?](#), [THE SACRAMENT OF ORDERS](#), [WHAT ARE HOLY ORDERS?](#), [HOLY ORDERS](#), [HOW TO TEACH THE SACRAMENTS WITHOUT BORING YOUR CHILDREN](#)
- **Lesson Plans/Activities:** [CATHOLIC BAPTISM RESOURCES](#), [LOOK TO HIM & BE RADIANT: BAPTISM](#), [CATHOLIC TOOLBOX](#), [TEACHING BAPTISM](#), [SACRAMENT MEMORY](#), [LOOK TO HIM AND BE RADIANT](#), [BELOVED: A LESSON PLAN ON BAPTISM](#), [SACRAMENTS MATCHING GAME](#), [MATCHING ACTIVITY](#), [COLORING PAGES](#), [LESSON PLAN: JESUS IS BAPTIZED](#)
- **Videos:** [CATHOLIC SEVEN SACRAMENTS LESSON](#), [SKETCHY CATHOLICISM: SACRAMENTS](#), [THE SEVEN SACRAMENTS SONG](#), [SEVEN SACRAMENTS CATECHISM SONG](#), [THE SEVEN SACRAMENTS OF THE CATHOLIC CHURCH](#), [CATHOLIC SACRAMENTS EXPLAINED](#), [SACRAMENTAL SIGNS](#), [THE SEVEN SACRAMENTS](#), [7 SACRAMENTS](#), [SACRAMENTS RAP](#), [SEVEN SACRAMENTS LESSON](#), [THE BAPTISM OF JESUS](#), [JOHN THE BAPTIST BAPTIZES JESUS](#), [BAPTISM 101](#), [CATHOLIC BABY BAPTISM](#), [SACRAMENT OF RECONCILIATION EXPLAINED](#), [THE E-U-C-H-A-R-I-S-T SONG](#), [WHAT ARE THE SEVEN SACRAMENTS?](#), [SACRAMENT OF RECONCILIATION-EXPLAINED](#) (Older), [SACRAMENT OF RECONCILIATION](#) (younger), [HOW DO I GO TO CONFESSION?](#)
- **On FORMED.org:** To Access these videos for free, please check out the [INSTRUCTIONS FOR ACCESSING FORMED](#).
 - *The Eucharist for Little Children* (approx. 21 min.)
 - Brother Francis: *Born into the Kingdom, The Miracle of Baptism* (approx. 26 min.)
 - Brother Francis: *The Bread of Life, Celebrating the Eucharist!* (approx. 28 min.)
 - Brother Francis: *Forgiven, The Blessings of Confession* (approx. 26 min.)
- **Activities/Crafts:** [CELEBRATE BAPTISM CRAFT](#), [BAPTISM OF JESUS CRAFTS](#), [JESUS' BAPTISM](#), [BAPTISM PLAYDOUGH MAT](#), [BAPTISM WELCOME CARDS](#), [BAPTISM OF THE LORD CRAFT](#), [BAPTISM PAPER PLATE DOVE](#), [SACRAMENTS CRAFTS & ACTIVITIES](#), [7 SACRAMENTS STAINED GLASS WINDOW](#), [SACRAMENT CRAFTS](#), [SACRAMENTS MOBILE](#), [HOST & CHALICE CRAFT](#), [JESUS IN THE HOLY EUCHARIST](#), [BAPTISM ROLE PLAY SCRIPT](#), [A GUIDED MEDITATION: MY BAPTISM](#), [BAPTISMAL PROMISES ACTIVITY](#)





- **Games/Puzzles:** [JEOPARDY TEMPLATE](#), [FOLDER GAME](#), [SACRAMENT SORT TOSS](#), [HOLY EUCHARIST BINGO](#), [SACRAMENTS MATCHING GAME](#), [SACRAMENT GAMES](#), Brother Francis Sacraments Puzzles (x4)



- **Picture Books: (check with staff on copies available)**
 - *What is a Sacrament?* by Annemarie Thimons (x2)
 - *Lego Catechism of the Seven Sacraments*, by Kevin and Mary O'Neill (x1)
 - *Jesus Speaks to Me About My Baptism*, by Angela Burrin (x1)
 - *At Your Baptism*, by Carrie Steenwyk
 - *When You Were Baptized*, by Catherine Maresca
 - *Washed Clean: A Child's First Baptism Book* by Joyful Little Catholics



- **Object Lessons:** [JESUS TAKES ALL OUR SIN](#), [DISAPPEARING SIN OBJECT LESSON](#), [AN OBJECT LESSON FOR TEACHING SACRAMENTS](#), [TRANSUBSTANTIATION OBJECT LESSON](#)