

FAITH IN 5

Lent: Week 4

Ages 3-8

1. God loves when we go to Mass! What are some ways that we can participate in the Mass even if we cannot receive Jesus in the Eucharist? We can sit, stand and kneel when our parents do. We can follow along to the readings, learn the responses, and pay close attention during the liturgy of the eucharist. We can be reverent by remaining quiet, and face forward toward the altar. There are so many special things that happen during the Mass- **can you try to find something new this Sunday that you've never noticed before?**

2. Do you know what the most important commandment is?

Jesus says " 'Love the Lord your God with all your heart, with all your soul, and with all your mind.' This is the greatest and most important commandment. The second most important commandment is like it: 'Love your neighbor as you love yourself.'" (Mt 22: 36-40). **What do you think this means?** It means that God must always come first in our lives. That means saying our prayers, going to Mass, etc. **What are some ways we can love our neighbor as yourself?** This love for God and for our neighbor is known as the virtue, charity.

3. Last week we talked about the Sacraments. Have you received the Sacrament of Baptism? Do you know what Baptism is and why it is important? Baptism is the Sacrament that washes us clean from the stain of original sin (remember Adam and Eve's sin in the garden?) If you are raised in a Catholic home, then you are normally baptized as a baby, but some people don't get baptized until they are older! The priest pours water on our heads and says the words, "I baptize you__ in the name of the Father, and of the Son and of the Holy Spirit." The water symbolizes the washing away of sin and then we are given a new life in Jesus! When we are baptized, we become children of God. **Do you know your baptism date? Do you know who your godparents are?**

4. What are angels? Angels are special beings created by God that do not have bodies. Do you remember any stories in the Bible where angels have appeared? The Bible is filled with stories of angels! **Who is your guardian angel?** Your guardian angel is an angel that God created at the beginning of time just for you! Your angel serves God, but is also there to help protect you and to lead you closer to Him. We can't see our angel but we know the

angel is there looking out for us all the time! **How do you think angels help us?** They pray for us and help take care of us. We can pray to them and ask for their prayers as well! The guardian angel prayer goes like this:

*Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side,
to light and guard, to rule and guide.
Amen.*

5. **Have you ever heard the name "Mother Theresa?"** Mother Teresa was one of the most famous people of our time. She is now known as St Teresa of Calcutta and she is a great example of someone who lived the virtue of charity. St Teresa of Calcutta dedicated her entire life to loving God and serving the poor. She started a group known as the Missionaries of Charity who fed the hungry and took care of people who were especially sick. She loved so much! Like Saint Francis, she is also a terrific example during this time of Lent. **Can you think of some small ways that we can love others more?** (ideas: giving the last cookie to our sibling, doing our chores without grumbling, helping a friend at school)

Review Question:

What is the rosary? It is a special devotion (or set of prayers) to the Blessed Mother that we we pray using beads

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