

Start-Up/Third Grade Lesson Plan

Session 9 – The Sacraments (Anointing of the Sick/Marriage)

Materials needed:

- **Scarf and mittens (catechist please bring from home)**
- **Note cards (in tub)**
- **Note card with words of anointing for your volunteer “priest” (catechist please write the words on card before class)**

Before class:

- ✓ **Write the words of anointing on a note card for your “priest”.**

Prayer:

Our Father/Hail Mary/Glory Be

Say:

The next few weeks we will be talking about the 7 Sacraments of the Catholic Church. Who knows what a sacrament is?

- **A sacrament is a gift from God. God understands that sometimes we have a little trouble understanding that He is real and that He loves us.**
- **So God has given us sacraments - things we can see that tells us about things we can't see.**

- **Try this: can you see cold? No, but is it there? Yes. It's warm in here but what if I wanted to you to remember that it's cold outside? What could I use? (a piece of ice, a scarf and mittens, etc.)**
- **So if I put this scarf and mittens here, when you look at them you will remember that it's cold outside even if you can't see or feel it. The scarf and mittens are things you can see that tell you about something you can't see.**
- ***They are a visible sign that connects you with the invisible reality outside.***
- **God has given us not just one sign but SEVEN! Seven sacraments that show us that God is real and that God loves us. So what are these seven signs from God?**
- **How many sacraments can you name?** (Baptism, Eucharist, Confirmation, Reconciliation, Anointing of the Sick, Holy Orders, Marriage)
- **We're going to talk a little bit about 5 of these sacraments this year** (Baptism, Confirmation, Anointing of the Sick, Holy Orders and Marriage) **and next year you'll learn a lot more about Reconciliation and Eucharist.**
- **Each time we learn about a sacrament, we'll find out how it is a sign from God and what He wants us to know as we receive it.**
- **Each sacrament has special things that a priest says and does so let's find out what some of those things are.**

Anointing of the Sick:

- **That's a funny word! What does it mean to be "anointed"? Anyone want to guess?**
- **Many people were anointed in the Bible, especially in the Old Testament. It was a sign of blessing, healing, strengthening and favor.**
- **An anointing was done with oil. Oil was precious and was used every day to sustain life, give light and provide comfort. It still does today when we use it in a sacrament.**
- **When you were anointed in Old Testament times, oil was usually poured over your head.**
- **Today we use smaller amounts when someone is anointed but the oil still signifies life, light and comfort. It is a sign from God that He loves us and will provide everything we need when we are sick.**

Let's see what happens when a priest anoints someone. Who would like to volunteer to be a sick person? Now, I need a priest.

(Push two chairs together as a "bed" for the sick person. Give your "priest" the paper with the words he will use to anoint the sick person.)

- **Oh my, you don't look well at all. I think you should be in bed and probably in the hospital. I'm going to call a priest to come and anoint you.**
- **Thanks for coming, Father ____! My friend is very ill and needs to be anointed. Did you bring the oil?**

- **Because, as you know, the oil has to be blessed by the bishop. Oh, I see you have it.**
- **Now, I know that you take some of the oil and make the Sign of the Cross on the forehead of the sick person. So go ahead and do that.**
- **And then, there are some special words that you say –**
(Have your “priest” anoint the sick person and say the words on his paper – “Through this holy anointing may the Lord in his love and mercy help you with the grace of the Holy Spirit. Amen.”)
- **After that, you anoint the sick person’s hands in the same way.**
(Your “priest” anoints the sick person’s hands with these words, “May the Lord who frees you from sin save you and raise you up. Amen.”
The “raising” refers to spiritual healing in case anyone asks ☺)
- **Thanks to my great volunteers!**
- **This ritual is a sacrament because it is a sign from God. It is something we can see (oil) and hear (the words of the ritual) and even feel (the oil on our skin) that helps us remember something that we can’t always feel or see or hear. What is that something?** (That God loves us and wants us to know He is near when we are sick or especially when we are dying.)
- **We are so important to God that He gives us all these signs to say, “No matter what is happening to you, I am with you. I love you and I will never leave you alone.”**

- **How would being anointed help you when you are sick? How about if you were dying?**
- **Does an anointing mean you are cured from your sickness or disease?** (No, although sometimes that happens. It is a sign, a sacrament that gives us strength and blessing because through the anointing we know that God is with us.)

Cookie or stretch break

Say:

- **Tonight we're going to look at one more sacrament – Marriage.**
- **I know that none of you are probably thinking much about marriage right now but I bet you know a lot of people who are married!**
- **Marriage is a sacrament – remember that a sacrament includes a "sign from God"? How in the world is marriage a sign from God?**
- **When two people meet and decide to spend their lives together, they go before a priest and seal their covenant with God and with each other in a church. This is a sign that they take each other as husband and wife for life.**
- **Right. We knew all that but how is it a sign from God?**
- **Marriage is something we can see that is symbolic of something we can't see - of something very important and meaningful.**

- **The sacrament of marriage tells us a lot about how God feels about us – the beloved members of His Church.**
- **Can you think of any ways that marriage can tell us something like THAT?**
 - † A man and a woman take vows (in other words, make a covenant) to love each other, take care of each other, sacrifice for each other for the rest of their lives – God makes a covenant with us at our baptism to love us, take care of us and sacrifice for us forever.
 - † Every time we see a married couple, we should see God working in their lives to help them keep the promises they made to each other. That should tell us how much God cares for us.
 - † The sacrament of marriage gives the couple special graces and power to do their best when hard times come, to love and forgive each other and to raise their family as Catholic Christians.
- **This is why the Catholic Church is very careful about granting couples a divorce. The sacrament of marriage is holy, blessed by God and a sign to the world of His love for all the members of His Church. It is a visible sign of an invisible reality.** (Make sure kids understand how marriage is a visible sign of an invisible reality.)