

Sunday Gospel Background

In Sunday's Gospel, Jesus is driven into the desert by the Spirit to pray and reflect before beginning his public life. We follow Jesus' example during the season of Lent, by reflecting on our spiritual lives and performing acts of prayer, fasting, and almsgiving that promote closeness with God. Preschool children aren't ready to reflect on their lives, but they do like to be bearers of good news. *Seeds* celebrates their talents and their growth, both in size and ability—and in being loving members of God's family.

Share Experiences

Check off the boxes as you complete each part of the lesson.

- Pray together** Make the Sign of the Cross with your child. Then pray the Lord's Prayer, having your child repeat each line after you. Explain that this Sunday is the First Sunday of Lent. Lent is an important time for Jesus' followers to pray and do loving actions to get ready for Easter.
- Story • Alaina Learns to Pray** Share this story about a girl named Alaina who learned prayers from a special person:

Alaina was happy that her grandma came to live with them. Grandma had a special room in their house. Sometimes, Grandma invited Alaina to her room. Grandma had a rocking chair and she let Alaina rock in it. She let Alaina play with the squishy pillows on her bed. She had a round paperweight that had a little house and tree inside it. When Alaina turned the paperweight upside down, snow fell on the house and the tree.

Grandma had a prayer corner in her room. She had a picture of Jesus' mother Mary and a crucifix and a candle. She kept her prayer book there too. Whenever Alaina visited Grandma's

room, they spent time in the prayer corner first. They prayed for Alaina's mom and dad and for Grandma's other children and grandchildren. They prayed for people who were sick and about worries they had. They always prayed for birthday people. Grandma knew a lot of birthday people because she was so old.

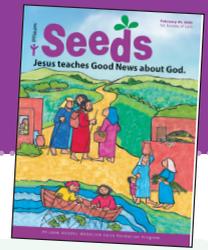
Alaina asked Grandma to teach her some prayers. Grandma showed Alaina how to make the Sign of the Cross. She taught her the words to the Lord's Prayer and the Hail Mary. Learning these prayers made Alaina feel very grown up.

As you did with the Lords' Prayer earlier, direct your child to repeat each line of the Hail Mary after you.

- Activity • Who teaches you to pray? (page 2)** Look at the illustrations together and have your child describe them to you. *Top: Mary and Jesus; middle: people praying the Lord's Prayer at Mass; bottom: girl reaching for the holy water in the font at church.* Invite your child to trace over the dotted lines to complete the words. Make the Sign of the Cross together and have your child trace the cross next to the font.
- Word of the Week • Sunday (page 3)** Help your child find the Word of the Week on page 3. Share this definition: *On Sunday, we come together at Mass to remember and thank Jesus.* Explain that during Mass, we say many prayers, like the Sign of the Cross and the Lord's Prayer.

Discover Gospel and Doctrine

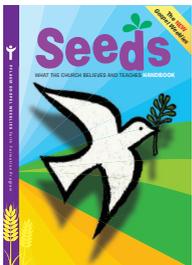
- Sunday Gospel • Jesus teaches Good News about God. (page 1)** Invite your child to listen to this Gospel story:



Once, Jesus decided to take time out to pray to God. He went to a desert, a really quiet place. He stayed there for 40 days. While Jesus was in the desert, the Devil tempted him, but Jesus trusted God and not the Devil. Wild animals kept Jesus company.

When he was finished talking to God in prayer, he left the desert and went back to Lake Galilee. "I have Good News for you," Jesus said to everyone he met. "God loves you very much." He went from village to village telling this Good News.

- **Activity • Gospel Creative Drama (page 1)** Invite your child to look at the cover picture. **Say:** I'm going to ask you some questions about it. Can you answer without using words? Instead, use your face and your body. Ready? What did Jesus do during the 40 days in the desert? How did Jesus feel after he had talked to God? How did Jesus go from village to village telling the Good News about how much God loves us?



- **Open** the *What the Church Believes and Teaches* handbook to page 30. Ask your child to find the word *Lent* on the page. Use the picture of the boy as a hint. Read the sentence aloud and invite your child to repeat it after you. **Ask:** What does the boy have on his forehead? *Ashes*. **Explain** that on Ash Wednesday, ashes are placed on our foreheads in the shape of a cross. The priest prays a prayer: either "Repent and believe in the Gospel" or "Remember that you are dust, and to dust you shall return."

Help your child find the word *Easter*. Use the picture with the empty tomb as a clue. Read the statement aloud. Invite your child to repeat the words after you. Explain that after the forty days of Lent, we will celebrate Easter.

Once you have completed this section of the lesson, close the handbook and return to Seeds, pages 3–4.

Live the Gospel

- **Activity • Watch me grow during Lent. (pages 3–4)** Have your child put the page with the flower faceup on your workspace. Help your child cut on the heavy lines. Set the yellow crosses aside. Your child can draw his or her face in the middle of the flower and color the petals, leaves, and stem. When finished, turn the page over and help your child complete the lines. Have your child fold on the dotted line with the flower on the inside. Read the title aloud. Then have your child lift the flap to see the flowers grow.
- **Activity • I am a child of God. (pages 3–4)** Put the flower aside and call your child's attention to the side of the cross that reads "I am _____, a child of God." Read it aloud and help your child print his or her name on the line provided. Fold on the dotted line so the cross is on top. Point out that the prayers you prayed today are on the other yellow crosses. Say these prayers with your child often.
- **Closing Prayer** Take turns sharing things you are thankful for. Then respond together, "Thank you, God," after each of you speak. Close the prayer by saying together, "Amen."



Parent Resources

For weekly videos, assessments, and more, scan this code or go to pflaumweeklies.com/family
Visit www.usccb.org/bible/readings to read this Sunday's Scripture