

## Sunday Gospel Background

Sunday's Gospel shows us Jesus' Transfiguration. Three of his followers catch a glimpse of Jesus' glory as God's beloved Son. Little children can grasp that Jesus is so close to God that he shows it. Jesus' radiant body shows us God's beauty, just as the beauty of nature shows us God's beauty and God's love for us. *Seeds* encourages your child to explore all that is growing around us as signs of God's life in us and around us. You might get out birthday pictures of your child over the years. Talk together about how your child has changed—height, weight, ability to use language, follow directions, etc. Mention how your child has grown in love of God and can now say prayers with you, go to Mass, and learn about Jesus.

## Share Experiences

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

- Pray together** "Dear God, thank you for making us and for making all of the beautiful things in the world. Everything you make grows and changes. Everything you make praises you. Amen."
- Activity • Growing and Changing** Insert your child's name into the following verses about growing and changing. Have your child guess the missing word at the end. You can adjust the verses or add more.

(Name) is getting very tall. And when we play, (s)he kicks the \_\_\_\_\_. (ball)

(Name) got a new tooth this year. When we play (s)he runs like a \_\_\_\_\_. (deer)

(Name) is learning all (s)he needs. Including all the things in \_\_\_\_\_. (Seeds)

(Name) is good at games and knows how to print (her)his \_\_\_\_\_. (name)

You are growing very strong. And our family is where you \_\_\_\_\_. (belong)

## Discover Gospel and Doctrine

- Sunday Gospel • Jesus listens to his Father. (page 1)** Show your child the picture of Jesus on the cover of *Seeds*. Explain that this is a time when Jesus was talking to and listening to God. **Ask:** How does Jesus look? Point out Jesus' three friends. Their names are Peter, James, and John.

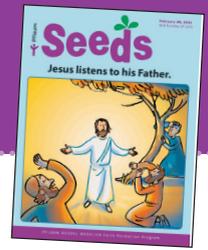
Note: *Seeds* does not include Moses and Elijah in this telling of the Gospel story. Preschool children are too young to appreciate Jesus' connection with these two Old Testament figures.

One day, Jesus took Peter, James, and John up a mountain. Jesus changed before their eyes. His clothes became dazzling white. Jesus' friends were amazed and afraid. A cloud came and made a shadow over them. A voice spoke from the cloud, saying "This is my beloved Son. Listen to him."

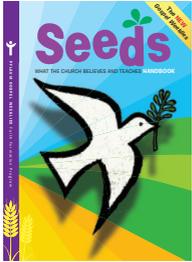
Jesus said to them, "Tell no one about this until I have risen from the dead."

Peter, James, and John kept this a secret. They weren't sure what Jesus meant about rising from the dead.

**Ask:** How did Jesus' friends feel when Jesus changed? *They were afraid.* **Ask:** Whose voice came from the cloud? *God, Jesus' Father.* What does God tell us to do? *Listen to Jesus.*



- **Word of the Week • Heaven (page 4)** Help your child find the Word of the Week on page 2. Share this definition: *Heaven is living in happiness with God forever.* Explain that God wants us to listen to Jesus because that will help us get to Heaven.



- **Open the *What the Church Believes and Teaches* handbook to page 5.** Explain that even though he was the Son of God, Jesus was once a child who liked to play with friends. He grew and changed just like we do, until he became an adult. Note that Jesus and Mary lived so many years ago that there was no TV or photographs. That means artists try to draw what they think Mary and Jesus might have looked like. Share any art you like of Jesus and Mary. Invite your child to finish coloring the picture.

Finish by praying the Hail Mary together. Say each line of the prayer and invite your child to repeat the line after you. Explain that *hail* is an old-fashioned word that means “greetings” or “hello.” When we say *Hail Mary*, we’re saying, “Greetings, Mary,” or more simply, “Hello, Mary.”

*Once you have completed this section of the lesson, close the handbook and return to Seeds, page 2.*

## Live the Gospel

- **Activity • The Growing Game (pages 2-3)** Look at the picture of the boy with the apple. **Ask:** What is inside the apple? *Seeds.* **Ask:** What will grow if the boy plants the seeds? *An apple tree.* Have your child find the apple tree on page 3. Do the same with tulip bulbs, bean seeds, and caterpillar. You will need a coin and a small game marker (squares of red, yellow, green and orange paper are fine) for each person who plays the game.

To play, your child drops the coin on the color wheel in the center of the board, then places the game marker on the corresponding circle closest to START. Take turns dropping the coin in the color wheel and advancing the game markers. The object is for each person to put their game marker on the object that matches its color at the end—red on the apple tree, yellow on the tulips, green on the bean plants, and orange on the butterflies. This is not a win-lose game. Feel free to let your child change the method of play if desired.

- **Activity • I grow and change. (page 4)** Talk about any babies you know. **Ask:** What can babies do? Invite your child to imitate a little baby. **Ask:** What can a one-year-old child do? *Crawl.* Invite your child to crawl. **Ask:** What can a two-year-old do? *Walk.* Invite your child to walk like a two-year-old. **Ask:** What about you? What are different ways you can move? *Walk, run, ride a bike.* Look at page 4 together. Have your child use colored pencils or crayons to follow your directions. Put one red dot in the box by the little baby who can only wave her arms and legs. What comes next? *Crawling.* Put two green dots in the box by the child who is crawling. Continue with the toddler pushing his toy (three blue dots), and the older child riding a tricycle (four orange dots). To conclude, **Ask:** What would we draw next to five dots?
- **Closing Prayer** “Thank you, God, for the all the food you made for us so we can grow. We want to grow to be more like Jesus. Amen.”



## Parent Resources

For weekly videos, assessments, and more, scan this code or go to [pflaumweeklies.com/family](https://pflaumweeklies.com/family)  
Visit [www.usccb.org/bible/readings](https://www.usccb.org/bible/readings) to read this Sunday’s Scripture