

# Lesson 14 – Making Choices

Grade 1 – Chapter 14 and Lent

## KEY CONCEPT

*The Ten Commandments are God's laws to help people love him and others. God gives people the freedom to choose.*

## QUICK SESSION OVERVIEW

STEP 1 - WELCOME

STEP 2 - INVITE

STEP 3 - DISCOVER

STEP 4 - LIVE

STEP 5 - CLOSING

## Use Lent to Draw Deeper to the Lord

-Lent is a beautiful time to help us refocus on our relationship with Christ and what is truly important in our life

-Choose a fast to do during the time of Lent to help to sacrifice something for the Lord

-This should be something that you do regularly, brings you comfort, and is good!

-Offer this up to God to help you refocus on Him and not the things of this world that we get enjoyment from

-Also, during this time, prayer for the children of our church. Make a commitment to say an extra prayer for them during this time!

## ***STEP 1 - WELCOME***

### **TIP**

**Community Activity – coloring sheet or maze**

## ***STEP 2 – INVITE***

### **TIP**

#### **Let us Pray**

- **Say prayer on pg. 193**
- **Say Our Father**
- **Read God's Word**
- **Talk about What do you wonder questions.**

## **STEP 3 – DISCOVER**

### **TIP**

#### **Types of Choices**

- **Read paragraph**
  - **Ask: How does God help us make Choices?**
  - **Give children options on easy choices and see what they say.**
  - **Do optional activity on hard choices on pg. 194 and ask children what they could do in this situation.**

#### **A Gift from God**

- **Read paragraph**
- **Read God's Word about the commandments**
- **Take time to discuss who God gave the Ten Commandments to.**
- **Read Moses book**

**Activity - Have the children stand and do Ten Commandment rhyme sheet as a class**

- **Can do Moses coloring sheet**

#### **Good Choices**

- **Read paragraphs.**
- **Draw graphic organizer on the board or a sheet of paper to show them. Give the children an example of a situation and see what they choose. Demonstrate that one choice leads to a good result and the other to a bad choice.**

#### **Consequences**

- **Read paragraph**
- **Can do Connect your Faith section**

**Activity – Make good choices activity sheet**

## **Our Catholic Life**

- **Read paragraphs and talk about commandments**
- **Activity – Living the Ten Commandments section. Follow directions to circle or underline the answers. Can do this as a group.**

## **Review Lent. (pg. 28)**

- **What is important about Lent? (It is the 40 days leading up to Easter)**
- **What day does Lent start? (Ash Wednesday which is Feb 17<sup>th</sup> this year)**
- **Talk about Showing Love from pg. 29**
- **What happens on Holy Thursday, Good Friday, and Easter?**

## **Activity**

**Lent Activity – Make display of things you do in Lent with construction paper. Sample will be given. Teach the children that during Lent we pray, fast, and give.**

- **Hand out Lenten Resolution Egg.**
- **During Lent we try to do something to make ourselves better and our world a better place. We call a promise to try to do better a resolution.**
- **Decide on one thing you will do this this Lent to improve yourself or the world. This is your resolution.**
- **Write your resolution on the egg, then color and cut out the egg.**
- **Glue the egg to a sheet of construction paper. You can cut along the edges of the construction paper to make it into the shape of an egg.**
- **Put your Lenten Egg in a place you'll see it every day and keep track of how well you are doing with your resolution each week until Easter (April 12th).**

## **Talk about St. Frances Cabrini**

- **Do the Live your Faith section**

## **Take Homes**

- **Remind the children to review the Faith and Family section with their parents**
- **Chapter Review.**

## ***STEP 5 – CLOSING***

### **TIP**

#### **Closing Prayer**

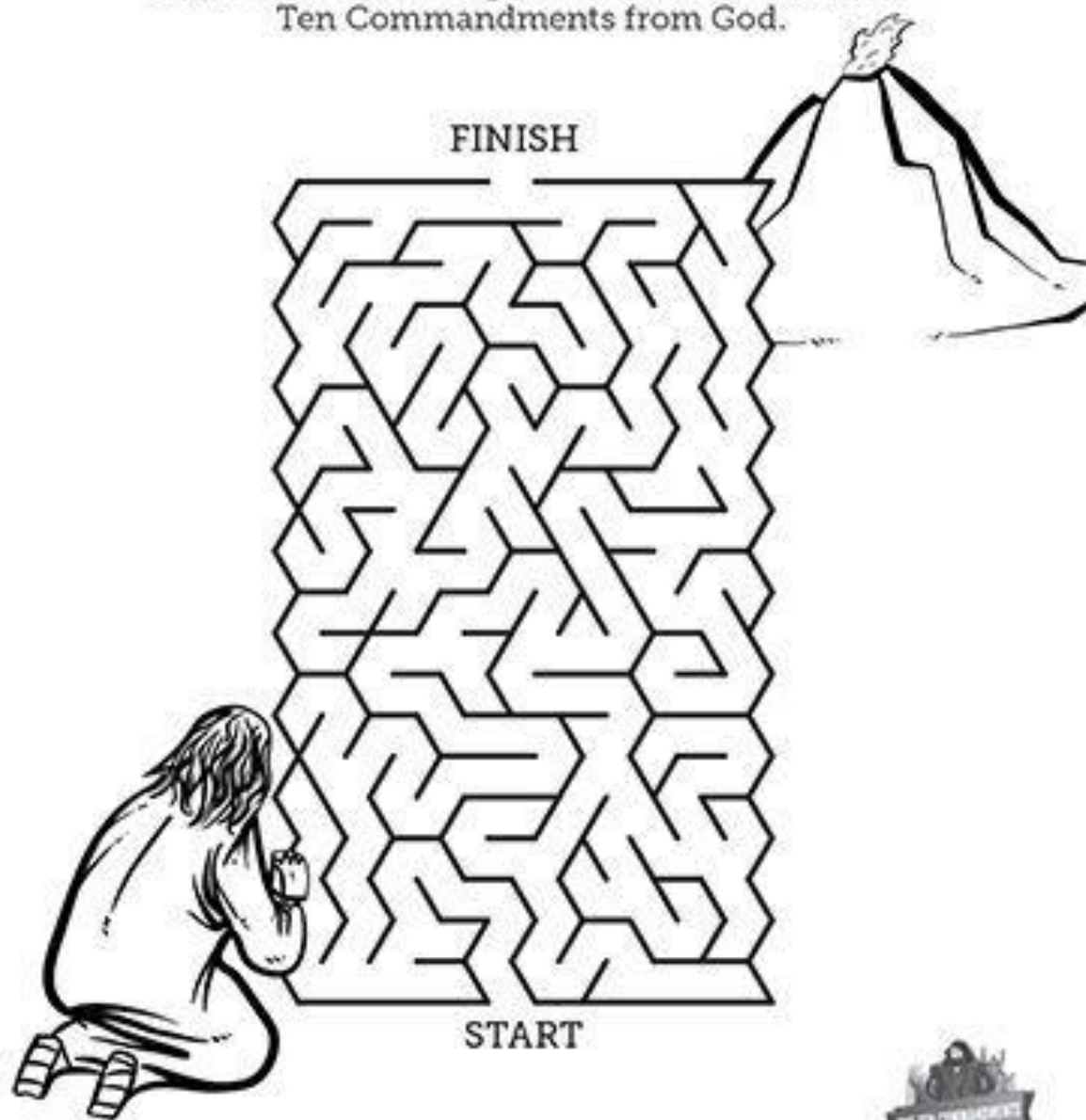
**Make sure all children are able to do the sign of the cross correctly**

- **Say the Our Father and Hail Mary**



# THE TEN COMMANDMENTS

Guide Moses to the top of Mt. Sinai to receive the  
Ten Commandments from God.





ice cream cone



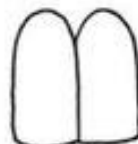
vase



toothbrush



apple



tablets



snowman



spoon



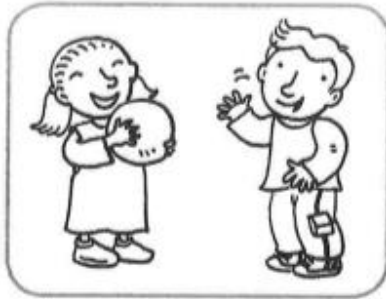
paintbrush



Name \_\_\_\_\_ Date \_\_\_\_\_

## Make Good Choices

Look carefully at the pictures below. They tell a story. Help the children in the story make a good choice. In the empty box, draw a picture of the good choice they make.

A large, empty rectangular box with rounded corners, intended for the student to draw a picture of a good choice.



# TEN COMMANDMENTS

## *Laws for living*

Exodus 20:1–21 ■ ACTION/RHYTHM STORY

Commandment number one  
is simple to recall:  
There is only one God  
Creator, Lord of all.  
*[raise one finger]*

Be faithful to the one you love  
is six's guide for life.  
This is a good commandment  
for a husband and a wife.  
*[raise six fingers]*

Commandment number two says  
always respect God's holy name.  
It is good advice for you  
to never ever bring it shame.  
*[raise two fingers]*

Commandment seven says do not take  
what doesn't belong to you.  
By keeping this commandment  
you praise God in all you do.  
*[raise seven fingers]*

Sunday is a special day.  
Do not work, but rest.  
The third commandment tells us  
that Sunday is the best.  
*[raise three fingers]*

Don't bear false witness, number eight,  
means in everything you do  
you must tell the truth about others.  
It is God's law for you.  
*[raise eight fingers]*

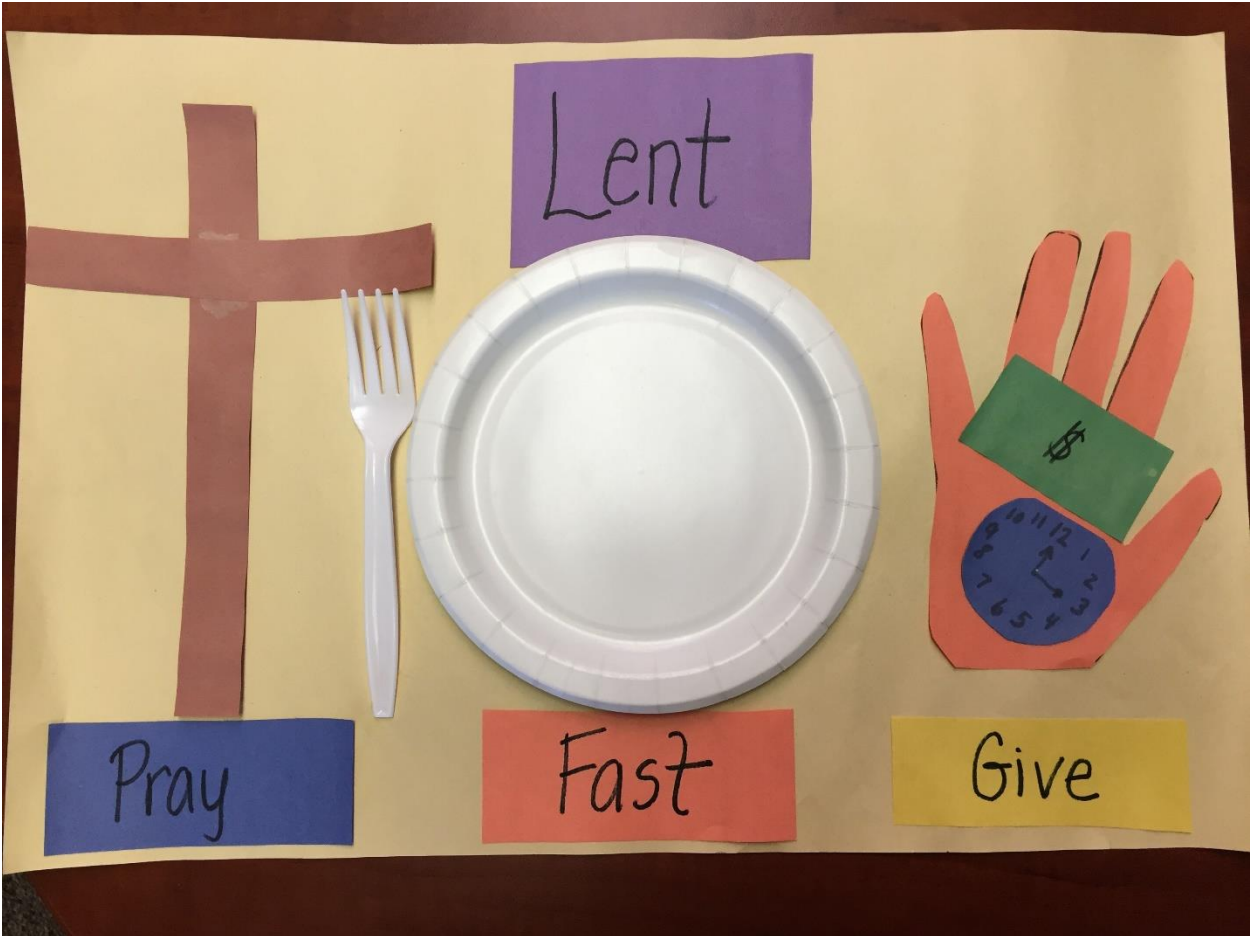
Your father and your mother  
are gifts from God to you.  
Commandment number four says  
honor them in all you do.  
*[raise four fingers]*

Stay faithful to your spouse,  
says commandment number nine.  
Do not seek spouses elsewhere  
and you should be just fine.  
*[raise nine fingers]*

Do not murder says  
commandment number five.  
The special creatures God has made  
must all be kept alive.  
*[raise five fingers]*

There may be things that others have  
that you would like as well.  
Number ten says do not seek these things  
and you'll do really swell.  
*[raise ten fingers]*

**Lent Activity**



# My Lenten Resolution Egg

Name \_\_\_\_\_

## My Resolution

---

---

**1st Sunday  
of Lent**

- I did great.
- I did okay.
- I'll do better next week.

**2nd Sunday  
of Lent**

- I did great.
- I did okay.
- I'll do better next week.

**3rd Sunday  
of Lent**

- I did great.
- I did okay.
- I'll do better next week.

**4th Sunday  
of Lent**

- I did great.
- I did okay.
- I'll do better next week.

**5th Sunday  
of Lent**

- I did great.
- I did okay.
- I'll do better next week.

**Palm/Passion  
Sunday**

- I did great.
- I did okay.
- I'll do better next week.