

# Lesson 12 – Lives of Holiness

Grade 5 - Chapter 12 and Unit 2 of the Mass

## KEY CONCEPT

*Mary and the Saints provide the Church with models of heroic virtue and holiness. Canonization declares that a model Christian is enjoying eternity with God.*

## QUICK SESSION OVERVIEW

*STEP 1 - WELCOME*

*STEP 2 - INVITE*

*STEP 3 - DISCOVER*

*STEP 4 - LIVE*

*STEP 5 - CLOSING*

## HELPFUL HINT OF THE DAY

### Emphasize Community

- Without having a school as a part of our church, Religious Ed becomes the main source of church community for our youth
- While in the classroom, emphasize the importance of being there for one another and that our Faith community builds up one another
- Continue to get the kids to know each other better so that even when they are outside of Religious Ed, they will desire friendships with others that share their Faith
- Allow for time for the relationships to form between them as they will continue to journey together with each other for the next few years to come

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

### **TIP**

**Community Activity – Praying with the Bible sheet**

### **TIP**

## ***STEP 2 – INVITE***

**Let Us Pray**

**Our Father, Hail Mary, Memorare**

**Read the Scripture passage and ask the “What do you wonder” questions**

**Chapter Story: “Champions”**

- **Use this story after the opening prayer, before talking about being called to personal holiness.**

**Champions**

**A champion is a hero.**

**A winner through and through.**

**A champion is a warrior.**

**Who knows just what to do.**

**A champion is an advocate.**

**Who speaks for those who can't.**

**A champion is a source of strength.**

**For those who need a hand.**

**A champion is a guardian.**

**A source of love and care.**

**A champion gives help and hope**

**To people everywhere.**

**Encourage the children to talk about someone who has been a good role model, or champion, for them and why**

## **STEP 3 – DISCOVER**

### **TIP**

#### **Models of Virtue**

- **Read paragraphs on why it is important to know about the saints.**
  - **Make sure to identify Saints as models of heroic virtue who listened and responded to the Holy Spirit's call.**

#### **On Being a Saint**

- **Ask the children to read the short bios about the Saints. (include the ones on pg. 177 too) Choose which saint they are most interested in and why. Share it with the class.**
- **Can do Optional Activity on pg. 176 and have the children write a poem or words to a song about the saint they like and share it at the next class.**

#### **Respond to the Holy Spirit**

- **Read the paragraphs.**
  - **Ask: How can we thank God for the gift of salvation?**
- **Do the work with words section to review what each word in the Catholic faith box on pg. 176 means.**

#### **Mary, Queen of Saints**

- **Read paragraphs and talk about what the annunciation means.**
- **Scripture passage**
- **Have a volunteer read the scripture passage and then have the children silently read the paragraph that follows.**
- **Explain the definition of the Immaculate Conception and the Assumption.**
- **Ask: How do you say “yes” to God in your daily life?**

#### **Honor and Intercession**

- **Read the paragraph and talk about canonization and beatification.**

## **STEP 3 – The Mass**

### **TIP**

#### **Review video briefly from last week**

- **Anything stick out to you?**
- **Anyone view the Mass differently?**

#### **Parts of the Mass Matching Activity**

- **Follow directions and have the children cut out the parts of the mass and put them in the correct box. Talk about the Mass as they are working on this.**

**Watch YouTube video – Kid Catholic Running out of Time (can start at 1:06 min at end at 8:16 min) [https://www.youtube.com/watch?v=6-jXcJp7p\\_k](https://www.youtube.com/watch?v=6-jXcJp7p_k)**

#### **Lent**

- **Talk about the upcoming season of Lent.**
- **Do reflection sheet with the children.**

## **STEP 4 – LIVE**

### **TIP**

#### **Our Catholic Life**

- **Review the Rosary. Read paragraph. Get out the rosaries from the Prayer bin and have the children hold the rosary as you review how to pray the rosary.**
- **Can say a decade of the Rosary together.**

#### **People of Faith**

- **Read about Queenship of Mary**

**Do Chapter Review (pg. 184)**

## ***STEP 5 – CLOSING***

### **TIP**

**Pray the Prayer to St. Michael**

**Take Homes:**

- **Family and Faith**

# Praying with the Bible

Name \_\_\_\_\_

Jesus knew every story ever written about God and God's people. Often, when he prayed, he prayed with these Bible stories. You can do this too. Use

the code to solve the cryptogram and discover a Scripture prayer of thanksgiving and praise.

"  
 A B A C C D A E H I J K L M N I P  
 I J H C P O Q B A I J R S B J P C H  
 J H K O I ; A B A C C I H C C P T  
 K C C S P V O B P L Q H O T V C  
 Q H H Q N  
 A B A C C W H D C K Q K L Q  
 H Y V C I A L S P V ; A B A C C  
 N A L D X O K A N H I P S P V O  
 L K R H ." (Psalm 9:1-2)

Code		
A = I	J = H	R = M
B = W	K = A	S = Y
C = L	L = N	T = F
D = G	M = K	V = U
E = V	N = S	W = B
H = E	O = R	Y = X
I = T	P = O	X = P
	Q = D	



**Prayer to Saint Michael**



St. Michael the Archangel,  
defend us in battle.  
Be our defense against the  
Wickedness and snares of the Devil.  
May God rebuke him,  
we humbly pray,  
And do thou,  
O Prince of the heavenly hosts,  
by the power of God,  
thrust into hell Satan,  
and all the evil spirits,  
who prowl about the world  
seeking the ruin of souls.  
Amen.

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## Parts of the Mass Matching Activity

Objective: Students will be able to categorize each part of the Roman Catholic Mass.

1. Cut out the words from the small boxes with the parts of mass listed on them.
2. Glue the small boxes into the correct larger boxes to identify the part of mass to which it belongs.

# Parts of the Mass

Name:

Date:

Introduction	Liturgy of the Word
Liturgy of the Eucharist	Concluding Rite

<u>Entrance Song</u>	Preface	Profession of Faith
Preparation of Altar & Gifts	Prayer After Communion	Opening Prayer
Responsorial Psalm	Memorial Acclamation	Communion Rite
Dismissal	Gloria	Homily
General Intercessions	Eucharistic Prayer	1 <sup>st</sup> Reading
Blessing	Greeting	2 <sup>nd</sup> Reading
Gospel Acclimation	Prayer Over Gifts	Prayer
Gospel	Penitential Rite	

# Parts of the Mass – ANSWER KEY

Name:

Date:

<p style="text-align: center;"><i>Introduction</i></p> <p>Entrance Song Greeting Penitential Rite Gloria Opening Prayer</p>	<p style="text-align: center;"><i>Liturgy of the Word</i></p> <p>1<sup>st</sup> Reading Responsorial Psalm 2<sup>nd</sup> Reading Gospel Acclamation Gospel Homily Profession of Faith General Intercessions</p>
<p style="text-align: center;"><i>Liturgy of the Eucharist</i></p> <p>Preparation of the Altar &amp; Gifts Prayer Over the Gifts Preface Eucharistic Prayer Memorial Acclamation Communion Rite Prayer After Communion</p>	<p style="text-align: center;"><i>Concluding Rite</i></p> <p>Prayer Blessing Dismissal</p>

# LENT IS COMING

Lent is a season of prayer and penance set apart by the Church to prepare us for Easter and to recall Our Lord's fast in the desert (cf. Matt 4:1-11, Luke 4:1-13). This season of preparation and sanctification can be fittingly accomplished through voluntary amendment of life, acts of penance, and works of charity. Lent is a time to learn to love our souls more than our bodies. Thus, every Christian should make a special effort to practice mortification and strive for holiness during the forty days of Lent.



## DO NOT LET THIS TIME TO GROW IN HOLINESS PASS YOU BY!!

Consider the following categories on what you should do for Lent.

1. **VOLUNTARY AMENDMENT OF LIFE:** Give up those things that you need to give up sooner or later, namely bad habits. Your goal here is to break a bad habit for ever and Lent is a good time to do it. Love your soul more than your body!

Examples: Gossiping, surfing the web without real need, watching T.V., overeating, eating between meals, eating and drinking junk foods (e.g., soda), bad drinking habits, complaining, saying vulgar words, not getting up on time, using a snooze alarm, wasting time playing video games, going to movies, listening to base music, useless chattering on facebook, blogs, and the like, etc...

*In this category I am going to do* \_\_\_\_\_

2. **ACTS OF PENANCE:** Perform some kind of penance. Your goal here is to train yourself to say "no" in little things so that you can say "NO" to big temptations later. You may resume doing the things you have given up here once Lent is over. Love your soul more than your body!

Examples: Avoid eating or drinking something that you enjoy, such as desserts. Give up eating out, taking hot showers, drinking alcoholic beverages, etc...

*In this category I am going to do* \_\_\_\_\_

3. **WORKS OF CHARITY:** Perform some good and holy action(s). Your goal here is to strengthen your relationship with Christ and His Beloved Church. Ideally what you start here would continue in some way even after Lent is over. Love God more than yourself!

Examples: Pray the Rosary every day, attend daily Mass as much as possible, read the Sacred Scriptures \_\_\_\_\_ minutes a day, spend \_\_\_\_\_ additional time every day with my family, read a life of a saint or saints, increase spiritual reading, make a daily visit to the Most Blessed Sacrament or some shrine of Our Lady.

*In this category I am going to do* \_\_\_\_\_

I plan on making a good confession by this day during Lent \_\_\_\_\_