

Grade 6 - Lesson 4

St. Michael the Archangel Parish

Proclamation:

The Third Commandment requires an external communal form of worship. It sets aside the Lord's Day for worship and rest. Self-denial means sacrificing our own will, or something we desire, for the sake of the Kingdom of God.



Catechetical Points

- The Third Commandment requires us to attend Mass on Sundays and Holy Days of Obligation.
- Self-denial means sacrificing our will or something we desire for the sake of a greater good.
- The message of Fatima calls of us to live a life of conversion, prayer, and penance.

Materials

- YouTube (Please bring your own laptop or tablet)
 - Wi-Fi: StMichaelGuest
 - Password: 6084375348
 - The **Story of Fatima** by Corey Payton.
 - <https://youtu.be/RQyyMU8kNAI>
 - Watch **4 Reasons for Fasting** by Fr. Mike Schmitz
 - <https://youtu.be/TUwBQEdmew4>

Before class starts:

- Students who arrive early can play Train Wreck with students from the other grades.

[5 min] **Opening Prayer**

- The Prayer of Fatima (p. 152 in the student text / p. 262 in the teacher's manual).

[5 min] **Icebreaker Question**

- **What book, movie or video have you seen/read recently you would recommend? Why?**

[15 min] **The Lord's Day**

- The Third Commandment is, "Remember the sabbath day, to keep it holy."
- Read Making Sunday a Holy Day on pages 33-34 in the student book (page 56 in the teacher's manual).
- It is a mortal sin to skip Mass on Sundays or a Holy Day of Obligation. **Why is attend Mass so important?** (See the catechist notes on page 51 of the teacher's manual.)

[15 min] **The Story of Fatima**

- Our Lady appeared to 3 shepherd children in Portugal about 100 years ago. She brought a message of the "Peace plan from heaven", which calls of us to live a life of conversion, prayer, and penance.
- Watch **The Story of Fatima** by Corey Payton. <https://youtu.be/RQyyMU8kNAI>
- Stop the video after **5:32**.
- Some notes on Fatima:
 - Mary predicted the spread of atheism throughout the world, which would begin in communist Russia a few months later. She also warned about World War II years before it happened.
 - The children at Fatima saw a vision of hell, and Mary explained that many people lose their souls because not enough people pray for the conversion of sinners and make sacrifices for them.
 - Mary first appeared to the children on May 13th, 1917, and she told them that she would perform a miracle exactly 5 months later, so on October 13th, 1917, over 70,000 people gathered at Fatima and witnessed the miracle of the sun, in which the sun gave off many different colors and started moving around in the sky. Even atheist journalists wrote about the miracle in Portuguese newspapers.
- **What should we do in order to live out the message of Fatima in our own lives?**

[15 min] **The Cross and True Riches**

- Read the paragraph on page 39 on self-denial (teacher's manual page 58)
- **Have you ever been told to “offer it up” whenever you experienced pain or some difficulty? What does that mean?** (See the catechist notes on page 53 of the teacher's manual).
- Read the section on Fasting and Abstinence on page 40 of the student text.
- **When do we have to abstain from eating meat?** *If we are 14 years or older, we have to abstain from meat on Ash Wednesday, Good Friday, and every Friday during Lent. The Church no longer requires us to abstain from meat on Fridays outside of Lent, but it is recommended. Even if we don't abstain from meat on ordinary Fridays, we still have to give up something. Every Friday of the year should be like a “little Lent” for us.*

[10 min] **4 Reasons for Fasting**

- Watch **4 Reasons for Fasting** by Fr. Mike Schmitz and discuss.
<https://youtu.be/TUwBQEdmew4>

[10 min] **Closing Prayer**

- Pray a decade of the Rosary.