



Faith and Life Series

Family Guide
Volume 1
Grades 1–4

Lesson 1

God Is Our Father

Lesson Focus | God is our Creator and Father, who loves us and cares for us. He made the world and everything in it. He blesses us with all good things, providing for all our needs. We should recognize those gifts and thank Him for them. We also should talk to God just as we talk to our earthly fathers. Prayer is talking to God. Because God is our Father and because He created and loves everyone, we should love everyone too.

1 | begin

- Pray the Glory Be with your child.
- Share a story about your father or a father figure in your life and one of the ways he showed his love for you when you were little. Or share a story about your child's own father (or a father figure) and how he showed his love for him.
- Read Luke 11:5–13 aloud.

2 | summarize

Summarize this week's lesson for your child:

Example: *As much as your father loves you, God, your heavenly Father, Who created you, loves you even more. And because God is the Father of everyone, we love everyone in His family.*

3 | review

Review this week's lesson by asking your child the following questions:

1. Who made you? (*God.*)
2. Why did God make you? (*Because He loves me.*)
3. How does God show you that he loves you? (*He takes care of me and gives me good things.*)
4. What do we say to God for all the good things He gives us? (*"Thank you."*)
5. What do we call it when we talk to God? (*Prayer.*)
6. How should we treat everyone in God's family? (*We should love them.*)

References

- Student Textbook: Chapter 1, pp. 6-9
- Sacred Scripture: Gen 1:1–31; Is 49:16; Mt 6:9–13; Lk 11:2–13
- Catechism of the Catholic Church: 218–21, 238–42, 279–89, 1604, 2214–20, 2559–65

4 | apply

Help your child apply this week's lesson by asking the following questions:

1. What are some of the good gifts God has given you?
2. When you talk to your father, what are some of the things you talk about?
3. Can you talk to God about those same things? What else can you talk to God about?
4. What can you do for God to show Him how much you love Him?

5 | conclude

- With your child, pray the Our Father (see Appendix).

6 | follow up

During the week, do at least one of the following activities with your child:

1. At bedtime, pray with your child and ask him to tell God what he's thankful for.
2. Help your child write a thank-you note to or draw a picture for someone for whom he's thankful.
3. Pray before meals as a family, thanking God for what He has provided.
4. Help your child draw a picture of himself talking to God the Father, and display it in his bedroom or somewhere else in the house where he'll see it daily.



notes



Lesson 2

Heaven Is Our Home

Lesson Focus | Heaven is God's home. It is a place of perfect happiness. If we spend our lives loving God and others, we will go to Heaven when we die and be happy there forever with God. Jesus made that possible. When He died on the Cross, He opened Heaven's gates to man. When we make the Sign of the Cross, we remember what Jesus did. We also remember that there are three Divine Persons in God. At Mass, Jesus is truly present, as are the angels and saints, who come to pray and worship Jesus with us. During Mass, Heaven comes to earth.

1 | begin

- Pray the Glory Be with your child.
- Describe to your child a favorite place (e.g., a home, a park, a city, etc.). Tell him why you love it and what fun things you did there. If possible, show him a picture.
- Read John 14:2–3 aloud.

2 | summarize

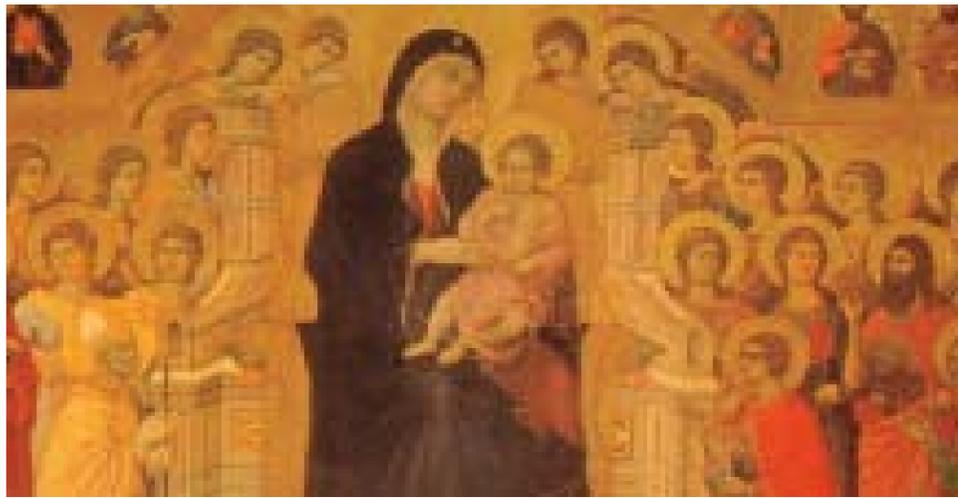
Summarize this week's lesson for your child:

Example: *As wonderful as my favorite place is, Heaven is even more wonderful. Heaven is God's home. All the angels and saints live with Him there and are happy forever. If we love God, someday we too will live in Heaven with Him.*

3 | review

Review this week's lesson by asking your child the following questions:

1. Where does God our Father live? (*In Heaven.*)
2. Who lives in Heaven with God? (*The angels and the saints.*)
3. Is there any sadness in Heaven? (*No.*)
4. After we die, if we love God, what will happen to us? (*We will go to live in Heaven with God forever.*)
5. How do Catholics begin and end prayer? (*With the Sign of the Cross.*)
6. Of what two things does the Sign of the Cross remind us? (*Jesus opened the gates of Heaven when He died on the Cross, and God is three Divine Persons.*)
7. When does Heaven come to earth? (*During Mass.*)



4 | apply

Help your child apply this week's lesson by asking the following questions:

1. What is your favorite place? How will Heaven be like that? How will it be better?
2. What are some sad things that happen to you now that won't happen in Heaven?
3. What good things can you do now that will help you get to Heaven someday?

5 | conclude

- With your child, pray the Our Father.

6 | follow up

During the week, do at least one of the following activities with your child:

1. Before meals, let your child begin family prayers with the Sign of the Cross.
2. Help your child draw a picture of himself with God in Heaven. Encourage him to include images of the other people and things he hopes will be there.
3. On Sunday, go to Mass fifteen minutes early. Walk around the church with your child and help him find images of saints and angels. Tell him that those images are there to remind him of the real angels and saints who are present at Mass.



References

- Student Textbook: Chapter 2, pp. 10–13
- Sacred Scriptures: Mt 13:24–30, 33, 44–50; Mk 4:10–20, 30–32; Lk 6:23; Jn 14:23
- Catechism of the Catholic Church: 163–65, 232–35, 325–27, 1020, 1023–24, 2157

notes

Lesson 1

Our Heavenly Father

Lesson Focus | God is our Father in Heaven. He is all good, all holy, and all knowing. He loves each and every one of us and is with us always and everywhere. When He created us, He made each of us unique, different from everyone else. He also gave each of us a soul. Our souls are the part of us that lives forever and makes it possible for us to love and to make good choices. The Bible tells us about God and what we need to do to live forever with Him in Heaven. It's called the Word of God because God inspired the people who wrote it. There are two parts—the Old and New Testaments—and we hear readings from both parts at every Mass.

1 | begin

- Pray the Glory Be with your child.
- Show your child a picture of you and your father, grandfather, or another father figure in your life. Share a story about how he showed his love for you.
- Read Psalm 36:7 aloud.

2 | summarize

Summarize this week's lesson for your child:

Example: *As much as fathers love their children, our heavenly Father loves you even more. He made you to live forever with Him in Heaven and gave you a soul so you can love as He loves.*

3 | review

Review this week's lesson by asking your child the following questions:

1. Who made you? (*God.*)
2. Who is God? (*Our Father in Heaven.*)
3. Where is God? (*In Heaven and everywhere.*)
4. Who else is in Heaven? (*People who were good, loved God, and asked Him to forgive their sins during their lives here on earth. Also, God's angels are in Heaven.*)
5. Does God know everything? (*Yes.*)
6. What do we call the part of us that loves, chooses right from wrong, and will live forever? (*The soul.*)
7. What do we call the book that tells us about God? (*The Bible.*)



4 | apply

Help your child apply this week's lesson by asking the following questions:

1. What are some ways God cares for you and shows you He loves you?
2. Where have you been today? Has God been there too? What has He seen you do?
3. What are some good things you were able to do today because you have a soul?
4. What do you do to take care of your body? What can you do to take care of your soul?

5 | conclude

- With your child, pray the Our Father.

6 | follow up

During the week, do at least one of the following activities with your child:

1. Help your child draw a picture of himself with his heavenly Father.
2. Make a chart that lists ways your child can care for his soul (e.g., praying, going to Mass, saying he's sorry, making good choices). Reward him with a sticker for each day or occasion he does those things.
3. At night, as a family, pray the Our Father and thank God for His good gifts that day.



References

- Student Textbook: Chapter 1, pp. 6–10
- Sacred Scripture: Gen 2:7–25; Ps 36:7; Mt 6:9–13
- Catechism of the Catholic Church: 105–6, 121–27, 268–78, 1023–29, 1934–38

notes

Lesson 2

The Blessed Trinity

Lesson Focus | There is only one God, but there are three Persons in one God: God the Father, God the Son, and God the Holy Spirit. The three Persons are equal and eternal. They are all wise, all powerful, and all holy. With the Son and the Spirit, the Father created Heaven and earth. The Son came down from Heaven to be our Savior. He taught us about God, died for our sins, and rose from the dead. The Holy Spirit helps us to pray, be good, and love God. We call the mystery of three Persons in one God the Blessed Trinity.

1 | begin

- Pray the Glory Be with your child.
- Show your child a picture of your family. Name each person in the picture. Talk about how each person became a member of the family (e.g., marriage, birth, adoption, fostered, etc). Point out how each has a special name. These things show that you are different persons, but one family.
- Read Genesis 1:26–27 aloud.

2 | summarize

Summarize this week's lesson for your child:

Example: *In our one family, there are (tell the number of people in your family) persons. In a similar way, in the one God, there are three Persons: the Father, the Son, and the Holy Spirit. They have the same nature and have existed together for all eternity, but each is a distinct Person. This is the mystery of the Blessed Trinity.*

3 | review

Review this week's lesson by asking your child the following questions:

1. Is there only one God? (*Yes.*)
2. How many Persons are there in God? (*Three.*)
3. What do we call the mystery of three Persons in one God? (*The Blessed Trinity.*)
4. Who created the world out of nothing? (*God the Father.*)
5. Who came down from Heaven and became man? (*God the Son, Jesus Christ.*)
6. Who helps us to pray and be good? (*God the Holy Spirit.*)

4 | apply

Help your child apply this week's lesson by asking the following questions:

1. God the Father created the whole world. What are you especially happy that He created?
2. God the Son died for our sins and, in rising from the dead, opened the gates of Heaven for all men. How can you thank Him for that gift?
3. God the Holy Spirit helps us to pray, be good, and believe in God. What is something you need to be better at for which you could ask for His help?

5 | conclude

- With your child, pray the Our Father.

6 | follow up

During the week, do at least one of the following activities with your child:

1. Ask your child to lead family prayers by making the Sign of the Cross.
2. Find icons online of the Trinity. These holy images are typical in Eastern Rite Catholicism, as well as in Orthodox Churches. Find a favorite and, with your child, learn more about the meaning of that particular icon.
3. As a family, pray the Prayer to the Holy Trinity (see Appendix)



References

- Student Textbook: Chapter 2, pp. 11–15
- Sacred Scripture: Gen 1–3; Mt 28:19
- Catechism of the Catholic Church: 199–202, 290–92, 238–66

notes



Lesson 1

God Loves Us

Lesson Focus | God made us and loves us. Before He put the stars in the sky, He knew what we would look like, act like, and do. God’s love is greater than any person’s love because God is perfect. He is all holy, all wise, all merciful, all powerful, and all knowing. He also is eternal and infinite. He has always existed, and there is no limit to His goodness and greatness. There is one God, but in God there are three Persons: the Father, the Son, and the Holy Spirit. To show us how much He loves us and to help us be with Him forever, God the Son became a man, Jesus. He taught us that God is our Father and how to pray.

1 | begin

- Pray the Glory Be with your child.
- Show your child a picture of him with you (or with you and your spouse). Point out the ways in which he resembles you, either physically or in his personality.
- Read Psalm 136:1–3.

2 | summarize

Summarize this week’s lesson for your child:

Example: *Just as you resemble us, your parents, you also resemble your heavenly Father. He made you in His image to know and love Him. His love is perfect because He is perfect*

3 | review

Review this week’s lesson by asking your child the following questions:

1. Why did God make you? (*To know Him, to love Him, and to serve Him in this life, and to be happy with Him forever in Heaven.*)
2. What do we mean when we call God all perfect? (*There is nothing bad in God and all good is in Him.*)
3. What do we mean when we say God is eternal? (*He has always existed and always will.*)
4. What does it mean to call God infinite? (*There’s no limit to His goodness, greatness, and love.*)
5. Does God know everything, even our thoughts? (*Yes.*)
6. There is one God, but there are three Persons in God. Who are they? (*The Father, the Son, and the Holy Spirit.*)
7. Does God have a body as we have? (*No, He is pure spirit.*)

4 | apply

Help your child apply this week’s lesson by asking the following questions:

1. How are you an image of your heavenly Father? Are you wise? Good? Loving? Beautiful?
2. What are some of the ways God has shown you how much He loves you?
3. Why should we talk to God? What are some of the things we can talk to Him about?

5 | conclude

- With your child, pray the Our Father.

6 | follow up

During the week, do at least one of the following activities with your child:

1. Together, make a list of prayer requests. Each night, as a family, say an Our Father together, then let your child say his prayer requests aloud to God.
2. Research Saint Patrick of Ireland online or at the library. Learn how he taught the Irish people about the Trinity.
3. Help your child draw a picture that represents the Trinity. Ask your child how we could draw one thing that is also three things? If your child struggles, perhaps suggest the form of a triangle. Display it somewhere in your home.



References

- Student Textbook: Chapter 1, pp. 8–12
- Sacred Scripture: Gen 1:24–31; Ps 136:1–3; Jer 1:5; Mt 6:9–13
- Catechism of the Catholic Church: 41, 202, 212–13, 216, 307, 358, 370, 2559–61

notes

Lesson 2

God Created the World

Lesson Focus | God is the Creator of Heaven and earth. He created the world from nothing, out of love. Everything in creation has a purpose and in some way reflects its Creator. This is especially true of the human person. Each of us is made in the image of God and was created to know, love, and serve God in this life and to be happy with Him forever in Heaven. To fulfill that purpose, we must use our free will to avoid sin and to love God.

1 | begin

- Pray the Glory Be with your child.
- Ask your child what he wants to be when he grows up. Then ask him what he thinks is the most important thing anyone can do.
- Read Genesis 1:26–28 aloud.

2 | summarize

Summarize this week's lesson for your child:

Example: The most important thing we can do in this life is to become the person God created us to be. That means always loving Him, being good to others, and avoiding sin so that someday we can be happy with Him forever in Heaven. That's what God asks of all of us.

3 | review

Review this week's lesson by asking your child the following questions:

1. Why did God create the world? (*He wanted to share His life with us.*)
2. In whose image did God make man and woman? (*In His own image.*)
3. Is everything that God created good? (*Yes.*)
4. What is free will? (*The power to choose good and avoid evil.*)
5. What is sin? (*Doing something wrong on purpose; turning away from God.*)
6. Where is the only place we can be happy forever? (*In Heaven with God.*)

References

- Student Textbook: Chapter 2, pp. 13–16
- Sacred Scripture: Gen 1–2; Jer 31:3
- Catechism of the Catholic Church: 31–38, 282–314, 374–79, 1023–29, 1849–51

4 | apply

Help your child apply this week's lesson by asking the following questions:

1. What are some of the ways you know God loves you and has a plan for you?
2. Tell me about a time you used your free will to do what was right. What did you do? What happened afterward? How did you feel?
3. Tell me about a time you used your free will to do something that was wrong. What did you do? What happened afterward? How did you feel?

5 | conclude

- With your child, pray the Our Father.

6 | follow up

During the week, do at least one of the following activities with your child:

1. Memorize Jeremiah 31:3.
2. Cut pictures out of old newspapers or magazines and make a collage of God's beautiful and good gifts in creation.
3. Before bed, help your child do a brief examination of conscience (see Appendix) and tell God he's sorry for any bad choices he made that day.

*I have loved you
with an everlasting
love; therefore I
have continued my
faithfulness to you.
—Jeremiah 31:3*

notes



Lesson 1

The Fall of Man

Lesson Focus | God created us in his image to love him. But our first parents, Adam and Eve, chose to disobey God. They gave in to the temptation to do wrong, and when they did they separated themselves from God's love. They lost sanctifying grace, the life of God in their souls. Their sin is called Original Sin. As Adam and Eve's descendants, we have been born without sanctifying grace. We all suffer the effects of Original Sin. This is why there is sadness and suffering in the world. But God did not abandon Adam and Eve. He promised them a Redeemer who would restore them and us to friendship with God.

1 | begin

- Pray the Glory Be with your child.
- Share with your child a story about a time you made a bad choice and what the consequences of that choice were. Tell him also how you made amends.
- Read Genesis 2:3–25 aloud.

2 | summarize

Summarize this week's lesson for your child:

Example: *God created man in his image and likeness to love him, but man sinned and separated himself from God. Because God loves his children, however, he didn't turn his back on us. Instead he promised a Redeemer who would open the gates of heaven*

3 | review

Review this week's lesson by asking your child the following questions:

1. What is heaven? (*Eternal life and happiness with God.*)
2. What is hell? (*Eternal separation from God.*)
3. How is man different from the animals? (*Man has an immortal soul.*)
4. What were Adam and Eve like before the Fall? (*Happy, holy, healthy, wise.*)
5. Why did God allow the devil to tempt them? (*Because he wanted them to have the chance to love him freely.*)
6. What do we call Adam and Eve's sin? (*Original Sin.*)
7. After Adam and Eve sinned, what did God promise them? (*A Redeemer.*)
8. Who is our Redeemer, who saves us from sin? (*Jesus.*)
9. Who is his mother, who, unlike Eve, was obedient to God? (*Mary.*)

References

- Student Textbook: Chapter 1, pp. 12–16
- Sacred Scripture: Gen 1–3
- *Catechism of the Catholic Church*: 55, 328–29, 356–58, 374–76, 387, 1023–24, 1033–35

4 | apply

Help your child apply this week's lesson by asking the following questions:

1. What are some sad things we have in the world today because of Original Sin?
2. What are some ways that you, like Adam and Eve, use your free will badly?
3. How can God help you make better choices?

5 | conclude

- With your child, pray the Our Father.

6 | follow up

During the week, do at least one of the following activities with your child:

1. Memorize Genesis 3:15.
2. Help your child draw a picture or make a collage of what life was like before and after the Fall.
3. Make a salvation history family tree. (Salvation history is the story of God's loving plan, from the beginning of the world, to make all men and women his children, to form the family of man into a family of God.) This week, put only Adam's and Eve's names on the tree. Hang it where your child will see it, and add to it over the next few weeks.

I will put enmity between you and the woman, and between your seed and her seed; he shall bruise your head, and you shall bruise his heel.
—Genesis 3:15

notes



Lesson 2

The World's First Murder

Lesson Focus | After Adam and Eve were exiled from the garden they had two sons, Cain and Abel. Many years passed. One day, Cain and Abel offered sacrifices to God. God was pleased with Abel's sacrifice because he gave God the best he had to give. Cain, however, did not give God his best and grew envious of his brother. Then he killed Abel. As a punishment God sent Cain away from his family. He had taken a life, and that was a grave offense.

1 | begin

- Pray the Glory Be with your child.
- Show your child a picture of you and your parents (or of him with you and your spouse). Ask him to identify resemblances between the parents and the child.
- Read Genesis 4:1–8 aloud.

2 | summarize

Summarize this week's lesson for your child:

Example: *Just as we inherit our parents' eyes or hair, Cain and Abel inherited Original Sin from their parents. That inheritance led Cain to give in to the temptation to sin, first holding back his best from God, then killing his brother. For that, he had to be punished.*

3 | review

Review this week's lesson by asking your child the following questions:

1. What is a sacrifice? (*The offering up to God of something that is valuable to us.*)
2. What sacrifices did Abel and Cain make to God? (*Abel: the best lamb from his flock; Cain: crops from his field.*)
3. What was good about Abel's sacrifice? (*Abel showed God his faith by giving God his best lamb.*)
4. What was wrong with Cain's sacrifice? (*He didn't give God the best he had to offer.*)
5. How did Cain feel toward Abel? (*Cain felt anger and jealousy.*)
6. Which of the Ten Commandments says that life is precious and we must never hurt or kill people? (*The fifth.*)

References

- Student Textbook: Chapter 2, pp. 17–19
- Sacred Scripture: Gen 4:1–16, 25–26
- Catechism of the Catholic Church: 1846–51, 2099–2100, 2269–83, 2538–40

4 | apply

Help your child apply this week's lesson by asking the following questions:

1. What are some sacrifices that you have made for God?
2. Have you ever made a sacrifice that was less than your best? If so, how was it less?
3. What can help us always to give God our best and strengthen us against temptations to sin?

5 | conclude

- With your child, pray the Our Father.

6 | follow up

During the week, do at least one of the following activities with your child:

1. Memorize 1 Corinthians 13:4.
2. Offer up a sacrifice to God by eating simple, meatless meals on Friday.
3. Add Cain, Abel, and Seth to the salvation history family tree. Review it with your child.

Love is patient and kind; love is not jealous or boastful.
—1 Corinthians 13:4

notes

