



## PROFESSION OF THE FAITH

### A: SACRED SCRIPTURE

- The Bible is the Word of God that has been revealed to us and written down.
- The stories in the Bible tell us about creation, God and the birth of Jesus.

### SUGGESTED FAMILY INVOLVEMENT

- Keep a Bible in your house and help your child become familiar with it. Read it a bedtime.
- Include Bible readings in regular family prayers.
- Read the Gospel together before you attend Mass.
- After Mass, talk about the main ideas from the homily and readings.
- Invite your child to act out Scripture stories.
- Watch age appropriate Biblical movies.
- The Bible is the Word of God that has been revealed to us and written down.
- The stories in the Bible tell us about creation, God and the birth of Jesus.

### B: CREED

- God created the universe and everything in it, including human beings.
- God shows his love for us by giving us a family and friends to love us.
- All things in our lives are gifts that God gives us.
- God loves us as a father and wants us to show our love for Him by choosing to do good things.
- Jesus is the Son of God who chose to come to earth for us.
- Mary and Joseph were Jesus' parents on earth. Mary, Joseph and Jesus make up the Holy Family.
- Mary is Jesus' mother.
- Christmas celebrates Jesus' birth and Easter celebrates Jesus' resurrection to live with God forever in Heaven.
- The church is a sacred place because Jesus is present in the tabernacle.
- The Catholic Church is a special family to which we belong. It includes people all over the world.

## **SUGGESTED FAMILY INVOLVEMENT**

- Review with your child what he/she learned in his/her religion class.
- Have a Catechism of the Catholic Church in the house. Parents are the first educators about the Faith, so begin to educate yourself and answer questions for your child. Let your child see you reading the Bible, the Catechism or some other spiritual work.
- Encourage your child to begin memorizing prayers such as the Our Father and Hail Mary that you say together.
- Display an image of Mary in your home. Use some religious symbols to decorate for holidays such as Christmas and Easter.
- Find examples of the beauty of creation to show to show your child and thank God for those things together.
- Talk with your child about the love of God that gives us as a family. Have your child use his/her own words.
- Before bed show your child how to give thanks to God for all of His gifts: family, friends, health, life, food.
- Talk about times and ways when a child can choose to do something good to show he/she loves God. Acknowledge how hard this choice can be.
- Explain who Jesus is and that He is the Son of God. Show images of Jesus.
- Compare your family to the Biblical stories of Jesus and his family.
- Have an image of Mary in your house; bring flowers with your child to Mary in your house or in Church. Teach your child that Mary is our mother in Heaven.
- Read the stories of Jesus birth and his death and resurrection from a Children's Bible with your child.
- Bring your child to Church to see the tabernacle. Show your child by example that we genuflect to Jesus in the tabernacle and speak and act reverently in church.
- Teach your child that God is father of us all and that makes all people brothers and sisters regardless of race, age, ability or disability. Help your child practice this principle in daily situations.



## THE CELEBRATION OF THE CHRISTIAN MYSTERY

### A: WORSHIP AND SACRAMENTS

- The celebration of the Eucharist with our parish family is the most important way we worship God.
- Demonstrate appropriate and respectful behavior during liturgy.
- Baptism is the sacrament through which we are received into the Church and made ready to begin the journey of faith.
- God made us with the ability to make choices and wants us to choose to do what is good. If we choose to do something bad, God wants us to be sorry for it.
- God created a beautiful world for us to live in and asked us to care for it.
- God's love is shown to us every day through the love of our families and friends.
- Respect the fact that God gave each person different talents.

### SUGGESTED FAMILY INVOLVEMENT

- Go to Sunday Mass with your child.
- Be an example of silence during Mass, and teach your child to be reverent behavior because God is present. Show him/her how to genuflect. Sit up front so your child can see what is happening.
- Do things as a family on Sunday "The Lord's Day".
- Celebrate the Holy Days by attending Mass as a family.
- Visit the Blessed Sacrament with your child frequently.
- Celebrate the day of your and your child's Baptism.
- Have your children help you with the preparations for Advent; make a nativity, Advent wreath, etc. with your child and add this to the Christmas decorations.
- Pray a novena in Advent to prepare for the Birth of Jesus. Teach your child religious Christmas songs.
- Before the Christmas and Easter meals, have your child tell the story of the day being celebrated.
- Be an example of silence during the Mass, and teach your child to be on his/her best behavior because God is there. Sit up front so your child can see what is happening; be on time; wear dress clothes; talk about what happens at Mass.
- Recall your child's Baptism, show pictures (video), candle and white garment. Involve your child in preparations for and celebration of younger children's Baptisms.
- Tell your child about how Jesus prayed for those who hurt him and always forgave. Reinforce how important is to say you are sorry.
- Discuss a couple of situations that you and your child have had involving forgiveness. Share some stories of your own from childhood.
- Re-read the creation story as a family. Go on a nature walk and point out the beauty of creation.
- Discuss ways we can show that we care for the people and the world that God created for us.
- Create a family journal that records acts of kindness done for each other.
- Ask your child to draw pictures of some ways that family members show they care for one another.
- Make a card for another family member, thanking him/her for what they bring to the family. Affirm goodness when it is displayed.
- Ask the child what he/she can do for God.



## LIFE IN CHRIST

### A: COMMUNITY AND SERVICE

- Catholics are called to serve one another as Jesus did.
- Talk about how we belong to a family just as Jesus did.
- Recognize the responsibility we all share to care for God’s creation.
- All people regardless of race, gender, or age were created by God and are respected.
- The New Testament contains stories that show how Jesus loved others.
- Catholics are called to follow the example of Jesus.
- Act out stories about Mary’s willingness to say “yes” to what God asked her to do.
- The Bible is a holy book because it tells the story of God’s love for us.

### SUGGESTED FAMILY INVOLVEMENT

- Invite your child to sort toys, clothing, etc. and help to decide what could be donated to help another person.
- Participate in family service projects in the parish or community.
- Teach your child to recycle as a way of caring for the world God created for us.
- Give example to your child by sharing your time, treasure and talents with the Church.
- Allow your child to place the family envelope in the collection basket at the Offertory of Mass.
- Have each family member show one thing they will do this week to show love to another. At the end of the week, put a star next to each success.
- Talk about what it means to use something that belongs to someone else. How should you treat it? What should you do if you break it?
- Discuss as a family some ways you could show God that you appreciate all of creation. What are some ways you could take better care of creation?
- Talk about ways in which we can show respect and love for others in our family, school, church community and neighborhood.
- Read your child stories from the Gospels that show how Jesus cared for others.
- Read your child stories from the Gospels that show how Jesus helped others.
- Have your child share something with others in his or her class or with brothers and sisters.
- Tell a story about a time when you helped someone who was not related to you, but needed help. How did it feel?
- Read to your child the Scriptural references to Mary saying, “yes” (Luke 1: 38).
- Keep the Bible in a special place in your house.

## **B: CHRISTIAN MORALITY**

- God wants each of us to follow the example Jesus gave us in his life on earth so that we will be able to be with God in Heaven after we die.
- Understand that we are good because we are created in God's image and likeness.
- Learn through stories of Jesus to love others.
- Learn to Talk about God.
- God wants us to ask for forgiveness when we have done something wrong and try not to do it again.

## **SUGGESTED FAMILY INVOLVEMENT**

- Make a commitment with your child about one virtue you are going to work on during the week or about a bad habit you are struggling to overcome.
- Watch a family movie together, then talk about the movie; show the values and the anti-values which are present.
- Tell your child about the life of Jesus and how He taught us how to live.
- Talk about the qualities of Mary.
- Make a list of everyone and everything you love and put a circle around that list.
- Tell the story of Zacchaeus (Luke 19:1-10) and discuss how it is an example of Jesus loving others.
- Have your child be "a friend with Jesus." Ask your child to make sure he/she does at least one nice thing, like Jesus did, for someone every day.
- Talk about God in the family and with your friends so that your child can learn to talk about God naturally.
- Encourage your child to say "I am sorry" when he/she has not been kind. Let your child see you practicing this virtue.



## CHRISTIAN PRAYER

### A: PRAYER AND SPIRITUALITY

- Prayer is talking with and listening to God.
- Recite and demonstrate the Sign of the Cross.
- Recite a mealtime prayer and explain its purpose.
- We can pray to God for different reasons: to thank, to ask for something etc.
- Participate in formal prayers: The Lord's Prayer, Hail Mary and Glory be.
- Participate in simple examples of spontaneous prayer.
- God is always with us so we can pray to God at any time.
- God always hears our prayer and will care for us in the way he knows best.
- God created each person as unique and loves us all because we are so special.

### SUGGESTED FAMILY INVOLVEMENT

- Make the Sign of Cross every day: in the morning, before meals, and at night.
- Create a family tradition of saying grace before dinner.
- Pray the Our Father, Hail Mary, and Glory Be with your child.
- Teach child to always pray to his or her Guardian Angel.
- Say prayers together before bed: give thanks to God for His love & gifts, ask for forgiveness for the wrong things we have done, and ask Him to bless friends & family, and pray for needs in the world.
- Tell your child some stories about saints particularly the story of a saint who may share the same name.
- Include religious gifts as gifts for your child on special occasions.
- Sing religious songs with your child as a form of prayer.
- Ask each family member to make up a prayer to bless your meal at night.
- Gather as a family once a day to say one of these prayers together.
- Pray with them spontaneously and ask them to do the same on different occasions.
- Set aside family time and have each family member go around in a circle to say things he/she is happy to thank God for.
- Talk always with your child about the love of God.
- Make a list of all of their gifts from God.
- Talk about and draw things that make your child a special, unique individual.
- Reinforce that each person is special and unique and deserves respect because he/she is created by God.