

Help With Choices

Preparation for the Session

Turn to Page 217,
the Family + Faith page.
Vivos en Cristo, Page 435

Read the **Consider This** feature. What thoughts or reactions do you have to the opening question?

Parents, Consider This: *One of the great insults to level at someone, whether you say it or think it, is, "Know it all!" It is so frustrating to interact with someone who believes that he/she is the expert in all things. Humility helps us to understand that we are limited in our own knowledge and perspectives. It is the human condition. To help us overcome our limitedness, God has given us the gift of the Church. United with Christ, and guided by the Holy Spirit, the Church helps us to know God's truth through her teaching. As Catholics, we form our conscience with the help of the Church as we seek to know, understand, and do God's will.*

Read these other sections on the Family + Faith Page.

- *Your Child Learned.* This highlights some of the content of Sacred Scripture and Tradition in the lesson.
- *Children At This Age.* This will help you to understand how your child processes and learns at this developmental level.



Let's Sing: These songs connect the session topics and can be downloaded from aliveinchrist.osv.com.

- God of Mercy
- Kyrie

INVITE: Encountering God in His Word

After gathering the supplies that you will need, find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



Let Us Pray Invite your child to make the Sign of the Cross. Read aloud the Psalm verse from the book. Help your child to respond.

Explain that Jesus taught his disciples how to live by loving God and loving others. He asks us to listen for the voice of the Holy Spirit so that we can know what is right.

In this chapter you will cover the following objectives:

- Recognize conscience as an ability given to us by God that helps us make choices about right and wrong
- Define the Precepts of the Church as some of the minimum requirements given by Church leaders for deepening our relationship with God and the Church
- Recall that the Holy Spirit and the teachings of the Church help us to make good choices
- Appreciate receiving God's forgiveness and the grace to help us change in the Sacrament of Penance and Reconciliation

Turn to Page 209,
Help with Choices
Vivos en Cristo, Page 419

Say: Let's listen for what the Holy Spirit is saying to you in God's Word today.



Guide your child through the Preparing for God's Word Ritual you learned in the Introduction Session or play Track 1 of the *Songs of Scripture* CD.

- Proclaim God's Word in the Parchment Paper box on the page.
- Maintain several moments of silence.
- Ask: What did you hear God say to you today?

Invite your child to respond and also share what you heard.

Now, look at the *What Do You Wonder?* box.

Say: It is sometimes difficult to know what is right. It is also difficult to do what is right. God helps us to know his will through the Church's teaching. Even when we fail, God is waiting to forgive us, to lead us back to him and help us to change.

Invite your child to respond to the questions. Ask what else she/he might wonder about knowing what is right.

DISCOVER: Learning God's Truth

Turn to Page 210,
Many Choices
Vivos en Cristo, Page 421

Read aloud the paragraphs.

Read aloud the questions and listen to your child tell you how he/she makes choices. This is a wonderful opportunity to hear how he/she discerns what is right and what is wrong.

Go back in the text and ask your child to find highlighted words. Ask her/him to read the definitions of the Catholic Faith Words, **grace**, **conscience**, and **Precepts of the Church**. Give your child three index cards. Have them write the words on one side and the definitions on the other. Collect the cards for review.

Turn to Page 211,
The Church Guides Choices
Vivos en Cristo, Page 423

Read aloud the paragraph.

Look at the "Precepts of the Church" chart. Alternate with your child reading the Precept and how each Precept guides you.

Ask your child to tell you what you have just gone over in his/her own words.

Create a vocabulary card for the Catholic Faith Word, **Precepts of the Church**.

Turn to Page 212,
Changing Directions
Vivos en Cristo, Page 425

Summarize the opening paragraph.



Proclaim the Scripture story.

Ask your child how Saul changed. (from hurting Jesus' followers to becoming one of them)



Complete the gold-star activity.

Remind your child that people who make selfish choices can change and make better choices. Ask him/her to think about how he/she might be less selfish at home. Discuss some ideas that might help your child handle those situations differently.

Turn to Page 213,
The Sacrament of Penance
and Reconciliation
Vivos en Cristo, Page 427

Read aloud the first paragraph. Distinguish between a sin and an accident or a mistake. Remind your child that the choice to sin is intentional, but that an accident or a mistake is not intentional.

Read aloud the second paragraph. Point out that Jesus and the Church have provided the Sacrament of Penance and Reconciliation as a way of repairing the harm that sin does.

Talk with your child about their experience of the Sacrament. If it has been a long time since he/she has celebrated the Sacrament, make a plan to go as soon as possible. Remember, your child will understand the value of this Sacrament when he/she sees you receive it as well.

Make a vocabulary card for the Catholic Faith Word, **sin**. Add it to the others for review.

Activity

Complete the Connect Your Faith activity. Spend time discussing the long-term consequences for cheating, particularly allowing the teacher to think that you know the material.

LIVE: Living Our Faith

Turn to Page 214,
Our Catholic Life
Vivos en Cristo, Page 429

Read aloud the first paragraph. Slowly review the steps for forming your conscience in the "Form Your Conscience" chart.



Complete the gold-star activity. Work with your child to think of a memory trick to help them remember the five words. (Please let Lucy answer respectfully.—Pray, Learn, Listen, Ask, Receive)

Ask: Why is forming your conscience important? Make sure your child knows how important it is to you for him/her to make good choices and why.

Activity

Give your child a blank sheet of paper. Ask him/her to fold it in half. On one side of the fold, have them draw a picture of a child making a good choice and on the other side of the fold, a child making a bad choice.

Parents, Consider This: *While God plants in us the desire to know his will, Saint Thomas Aquinas tells us that conscience is our ability to reason so that we can know God's will. No one has more influence in shaping your child's conscience than you. What he/she will believe about good and evil as an adult is deeply rooted in what he/she hears and sees in your home. How your child connects their choices to their relationship with God is deeply influenced by your teaching. You are not just raising a good person; you are raising a disciple of Jesus Christ.*

Turn to Page 215,
People of Faith
Vivos en Cristo, Page 431

Read the paragraph about Saint Pio.

- Share your reactions to the information.
- Ask your child to tell you when he/she has experienced mercy.

Turn to Page 217,
Family + Faith Page and
conclude with the Let's Pray
prayer on this page.
Vivos en Cristo, Page 435

Parents, Consider This: *It's important to form our children in the common language of prayer. We encourage you to pray the Act of Faith, Hope, and Love (see Page 325), during your night prayer this week.*



To access and send an eAssessment to your child, go to the Student and Family section of aliveinchrist.osv.com.