

# Live in the Light

## Preparation for the Session

**Turn to Page 207,**  
the Family + Faith page.  
*Vivos en Cristo*, Page 415

In this chapter you will cover the following objectives:

- Discover that Christians are called by Jesus to be the light of the world
- Be aware that our vocation is God's plan for our lives
- Describe virtues as good spiritual habits that make us stronger and help us do what is right and good
- Explore the Theological Virtues of faith, hope, and charity and how they help us live in relationship with the Holy Trinity
- Illustrate the need to practice the virtues so they will grow over time

**Turn to Page 199,**  
Live in the Light  
*Vivos en Cristo*, Page 399

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

**Parents, Consider This:** *Throughout life, people develop both good and bad habits. Indeed, many people have spent a good number of New Year's Eves dreaming up resolutions for the coming year. Good habits and bad habits do not just happen. Repeated practice reinforces them until, finally, they become automatic. Teaching your children the habit of brushing their teeth or hanging up their clothes helps them to become responsible adults. Teaching your children the habits of faith, hope, and love helps them to become more committed disciples. Acquiring these virtues will enable them to make God's Kingdom visible in this world.*

**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](http://aliveinchrist.osv.com).

- Share the Light
- Christ is Light

## 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 we all know how hard it is to see in the dark. Even the littlest bit of light can help us to see.

**Say:** Let's listen to the words of Jesus as he talks about light.



**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:** Jesus helps us to see what we must do so that we can be his light in the world. But just like when we are learning to ride a bike or dance, we must practice. We must practice how to be faith-filled, hope-filled, and loving people.

**Invite** your child to respond to the questions. Ask what else they might wonder about how to be Jesus' light in the world.

## DISCOVER: Learning God's Truth

**Turn to Page 200,**  
The Light of the World  
*Vivos en Cristo*, Page 401

**Ask** your child to read aloud the opening paragraph.



**Proclaim** the Scripture story. Emphasize that Jesus' words apply to modern times, too.

**Read** the questions that follow the Scripture and allow your child to respond.



**Complete** the gold-star activity.

**Read** the caption and then invite your child to interpret the photograph at the bottom of the page. (Easter Vigil is the greatest Mass of the Church year, celebrated on Holy Saturday evening. The new Easter candle, representing Jesus as the Light of the World, is welcomed and the light passed.)

**Turn to Page 201,**  
Be a Light  
*Vivos en Cristo*, Page 403

**Read** the three paragraphs. Ask your child to explain what Jesus meant when he said, "You are the light of the world."

**Give** your child one index card. Tell her/him to write the Catholic Faith Word, **vocation**, on one side and its definition on the other. Collect the card and hold it for review.

## Activity

**Read** aloud the directions for the Share Your Faith activity. Affirm your child's example and think of some other ways he/she has done loving things in your family or for others.

**Turn to Page 202,**  
The Virtues  
Vivos en Cristo, Page 405

**Read** the first paragraph.

**Ask:** When do we first receive these virtues? (at Baptism)

**Read** the next two paragraphs. Afterward, review the definitions for the Catholic Faith Words **virtues**, **Theological Virtues**, and **faith**. 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 later.

**Turn to Page 203,**  
The Theological Virtues  
Vivos en Cristo, Page 407

**Ask** your child to place her/his finger on the word **hope**. Read aloud the definition. Repeat this process for the word **charity**. Create two additional vocabulary cards. Collect the cards until time for review.

**Ask** your child how she/he can grow strong in virtues. (by practicing them)

## Activity

**Read** aloud the directions for the Connect Your Faith activity. Have your child complete the activity.

**Parents, Consider This:** *You are about to begin a conversation with your child about prayer. Your child may not be aware of all the ways that you pray. Share your prayer life with him/her and tell him/her how often you pray for his/her needs. This may also be an opportunity to reflect on the prayer that you do or do not do together as a family. Developing intimacy with God requires communication, just like every other relationship. Help your child develop a sense of security and peace by making prayer an intentional part of your family life. Our common Catholic prayers can be found in the Our Catholic Tradition reference section of your child's book, beginning on page 320.*

### LIVE: Living Our Faith

**Turn to Page 204,**  
Our Catholic Life  
Vivos en Cristo, Page 409

**Ask** your child to read the text on the page to you. When finished, ask them to tell you what they read in their own words. The last paragraph invites a conversation about prayer in your family life. Be honest. Recognize the prayers you do say. Together, think about ways you can add prayer to your family life.



**Complete** the gold-star activity.

**Turn to Page 205,**  
People of Faith  
*Vivos en Cristo*, Page 411

**Read** the paragraph about Saint Genevieve.

- Share your reactions to the information.
- How can your family help others in need?

## Activity

**Complete** the Live Your Faith activity with your child. Share with him/her a new time of day you have decided to pray and what will remind you to pray at that time.

**Turn to Page 207,**  
Family + Faith Page and  
conclude with the Let's Pray  
prayer on this page.  
*Vivos en Cristo*, Page 415

**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](http://aliveinchrist.osv.com).