

# Live of Holiness

## Preparation for the Session

**Turn to Page 183,**  
the Family + Faith page.  
*Vivos en Cristo*, Page 367

In this chapter you will cover the following objectives:

- Describe personal holiness as being unique and pure, set apart for God and his purposes
- Identify Saints as models of heroic virtue who listened and responded to the Holy Spirit's call
- Recognize that the Church honors Mary, the Mother of God, as the Queen of Saints, and an example of obedience of faith
- Understand canonization declaration by the Pope naming a person as a Saint who can serve as a model for all Christians

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

**Parents, Consider This:** *What parent would not want their children to live the fullness of their potential? You give countless hours of your time and energy in helping your children become all they are capable of being. God creates each of us with incredible potential. He creates us to be holy. If holiness were a quality that people had to acquire on their own, no one would become holy; however, holiness means saying "yes" to God, and then allowing his grace to work in us so that we can know and do his 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 chapter.
- *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).

- Mary, a Woman of Faith
- For All the Saints

## 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 verse from the book. Help your child to respond.

**Say:** Our Scripture reading reminds us that, because Jesus is our brother, we are the adopted children of God. When we became one with Christ in Baptism, we were set on a journey to holiness, as were the Saints.

**Turn to Page 175,**  
Lives of Holiness  
*Vivos en Cristo*, Page 351



**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:** All Catholics are called by the Holy Spirit to grow in holiness. Saints are models for us because they have listened and responded to the Holy Spirit’s call.

**Invite** your child to respond to the questions. Ask what else she/he might wonder about growing in holiness.

## DISCOVER: Learning God’s Truth

**Turn to Page 176,**  
Models of Virtue  
*Vivos en Cristo*, Page 353

**Ask:** Why is it important to know about the Saints?

**Have** your child read the first paragraph aloud.

**Alternate** reading the short biographies of each Saint to discover what each is known for. If possible, research the Saint’s name online and find a historical photo of the Saint. This will help your child situate that person in recent history.

**Turn to Page 177,**  
Respond to the Holy Spirit  
*Vivos en Cristo*, Page 355

**Read** aloud the text. When you get to the words **salvation, holy,** and **Fruits of the Holy Spirit,** ask your child to go to the Catholic Faith Words box and read their definitions.

## Activity

**On** a separate sheet of lined paper, ask your child to write three sentences using one of the vocabulary words in each sentence.

**Turn to Page 178,**  
Mary, Queen of Saints  
*Vivos en Cristo*, Page 357

**Tell** your child you are going to learn about Mary, the Mother of Jesus. This part of the lesson will talk about Mary’s special place in the Communion of Saints.

**Share** a story with your child about your mother, a story that illustrates what kind of person she is (was).

**Ask** your child to give you an example of how they know that they are loved by their mother/father.

**Read** the first paragraph.



**Invite** your child to proclaim the Scripture passage from Luke.

**Ask:** Which Catholic Faith Word applies to this Scripture?

**Explain** the dogmas of the Immaculate Conception and the Assumption.

**In** many depictions of the Annunciation, there is a lily visible. Why do you think the artist placed that flower in the scene? (White is a sign of purity. The flower's bloom is open, like Mary's heart.)

**Read** the last paragraph.

**Direct** your child to silently read the text to find out how people are recognized by the Church as Saints. Not all Saints are canonized by the Church. Tell your child about someone you have met in your life that you consider a Saint. Talk with them about why you consider this person a Saint.

**Direct** your child to write a three sentence prayer asking God to help them grow in the areas of her/his life that will help them be more like the Saints. (God, please help me grow in patience. I get so frustrated when...)

**Parents, Consider This:** How many times have you heard someone getting an award say, "This is great, but our project was a group effort"? It is a comforting thought that, while God calls each of us to be holy, we do not have to do it alone. Our holiness is a group effort. Those around us, both living and dead, in the Communion of Saints, continue to help us understand more deeply, and live more fully, lives of holiness and virtue. Remind your child often that she/he has a team helping them grow in holiness. It is truly a group effort that begins in your home and continues until they reach their home in eternity.

### LIVE: Living Our Faith

**Turn to Page 180,**  
Our Catholic Life  
Vivos en Cristo, Page 361

**Explain** to your child that you are going to review how to say the Rosary. If your child has her/his own, you should have it ready. If not, you should be able to get one from your Church.

**Explain** how to say the rosary using the beads. Ask your child to repeat back what you have said.

**Ask:** Why do you think praying the Rosary is such a popular devotion?

**If** time allows, you might also want to review the Mysteries of the Rosary.

**Say** a decade of the Rosary for your night prayers this week.

**Turn to Page 181,**  
People of Faith  
*Vivos en Cristo*, Page 363

**Turn to Page 183,**  
Family + Faith Page and  
conclude with the Let's Pray  
prayer on this page.  
*Vivos en Cristo*, Page 367

**Read** the paragraph about the Queenship of Mary.

- Share your reactions to the information.
- Talk about some ways your family can honor Mary.

**Parents, Consider This:** *It's important to form our children in the common language of prayer. We encourage you to pray the Prayer to the Holy Spirit (see Page 321), 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).