

Worship and Grace

Preparation for the Session

This session has parts that will take place at different times. You will gather with your child for Part 1: Invite. Your child will then work independently on Part 2: Discover, and you will read that section of the chapter on your own as well. Finally, you will come together again later in the week for Part 3 to review and complete the In Summary & Live section.

In this chapter, your child will cover the following objectives:

- Define a Catholic ritual as a pattern of behavior that makes use of actions and symbols
- Identify the Real Presence of Christ in the Eucharist
- Describe the practice of adoration outside of Mass
- Explain how our spiritual life strengthens our moral life
- Identify Precepts that have personal significance
- Explain why Sunday is the day Catholics worship and rest
- Relate our observance of Sunday to the Third Commandment

Parents, Consider This: *The importance of developing an understanding of the signs and symbols of our Sacraments cannot be underestimated. As we celebrate the Sacraments, we may think of the experience in terms of the entire ritual—going to Mass, having a child baptized, or witnessing a marriage. But each Sacrament is rich in the various signs and symbols within the ritual. As your child grows in comprehension of the abstract and underlying meanings of the signs and symbols, the more deeply he/she will appreciate how God is present in each Sacrament. As we learn to savor the richness of each element of the sacramental rituals, the significance and relevance unfolds. Taking the time to discuss this with your child will help him/her to grasp the power of the ritual you are sharing. For example, think of how the bread and wine that become the Body and Blood of Christ nourish us to help us live in the ways Jesus taught us. Compare that to how eating good food nourishes us to live in healthy ways. In your conversations, help your child bridge the gap between visible signs and invisible realities.*

Children at This Age: *Eighth-graders are entering into the age when they will begin to make deeper connections between the past and the present. This developmental growth can create opportunities for teaching the value of a religious tradition. Also, at this age, a young person may occasionally become unsettled or even fearful when they see their lives changing and becoming more complex. A function of ritual and tradition is to provide a sense of stability. Sacraments are, in part, about connecting with our own past and the past of the Catholic Church. Though the memory of young people may be limited because of their age, they are still linked to a “corporate memory” that connects them to salvation history.*

PART 1: Invite

Turn to Page 251,
Worship and Grace

Make sure you have a Bible, writing tools for both of you, and some paper.

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 Together make the Sign of the Cross. Have your child take the role of leader and read aloud the prayer. Both of you respond with the part marked “All.”

Explain that the first Christians understood that God was first in their lives, and their everyday actions reflected that knowledge.

Say: Listen to the Scripture reading and see why we should make gathering together to pray and worship a priority.



Guide your child through the Preparing for God’s Word ritual you learned in the Introduction Session.

- Proclaim the Scripture 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.

Say: When we worship, we often use rituals—patterns of behavior that make use of actions and symbols. We’re going to learn more about this as we study this chapter.

Now, look at the *Have you ever thought...* box.

Invite your child to respond to the questions found in the box in the Student Book, also listed here:

- How does the Church worship? (*Review the rituals you experience together as part of the worship celebrations you have had in your parish and in other Catholic churches you have attended together.*)
- What is the relationship between worshipping God and living a holy life? (*Discuss the connections between the formation we experience in worship and how that informs and helps guide us in our moral choices and actions.*)

Ask what else your son/daughter might wonder about God’s Word and what it means to us today.

Turn to Page 252,
Getting Started

Read aloud the paragraph.

Tell your child to read the directions and complete the chart on page 252. When he/she is finished, discuss together some of the ways your family observes the Sabbath. How is this day different from the other six days of the week in your family's life?

Preview the Catholic Faith Words at the top of the page. Ask your child what she/he thinks the words mean. The definitions can be found in the glossary at the end of the Student Book.

Turn to Page 253

Have your child silently read the directions for this page, as you do. Then have him/her complete the activity in the book. You can complete it on a separate piece of paper. When you both are finished, share with each other some of the routines you and your family follow that keep you spiritually healthy.

PART 2: Discover

Direct your child to independently complete pages 253–259. Have him/her highlight the main sentence in each paragraph while reading through the text. This includes completing all on-page activities. Ask your child to write any questions he/she might have about a Catholic Faith Word in the margins of the text. You can review these when you gather again to complete the session.

Be sure to read these pages as well. Doing so will give you insight into chapter topics and will help you engage your child in later discussions.

PART 3: In Summary & Live

Turn to Page 259,
In Summary

When you return, review the “In Summary/Catholics Believe” section. Read each bullet and ask your child to rephrase it in his/her own words. Discuss how the way we worship and pray impacts our daily lives.

Turn to Page 260

Direct your daughter/son to silently read Our Catholic Life.

Parents, Consider This: *The Our Catholic Life section of this chapter focuses on the significance of honoring the Lord's Day every week by participating in Mass with your family, and safeguarding this day to allow for rest and reflection in the busy schedules most people juggle. The regular practice of being together as a family at Mass strengthens our relationship with God and the Church in ways that form us in a Christian life. Mass is not something we just attend. We are invited to fully participate by listening, singing, and praying. By giving our undivided attention and conscious and active participation in Mass, we become fully engaged and have the opportunity to purposely reflect on our Catholic symbols and seasons. Through the discipline of our faithfulness to participate wholeheartedly with the worshipping community, we can grow closer to God.*

Ask: What is one way you feel part of the Church as you celebrate Mass on Sundays?

Discuss your thoughts with one another.

Say: The culture we live in seems to move at a very fast pace. Taking time to worship, rest, and reflect on our faith is not necessarily encouraged by our unusually busy schedules and the expectation that we should always be available for work, sports or music practices, or various extra-curricular activities. In some ways, we have to be willing to be counter-cultural and take responsibility to order our week by observing a Sabbath day that is different from the other days of the week.

Read about Saint Thomas Becket, who exemplified strength of character to defend the faith and the Church even at the cost of his own life.

Say: We read about the importance of worship and the significance of observing the Sabbath by worshipping with our family and faith community. Saint Thomas Becket is an inspiring example of someone who loved God above all things, including power, prestige, and even his own life. Now, let's look at the Identify activity. We are both going to work on this activity and then talk about it.

Once you have both completed the activity, share your answers with each other.

Conclude the session by praying the Act of Contrition on Page 386.



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