

YEAR 5 - LESSON 3 - CATECHIST GUIDE WK. 3



FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

CALLED TO LOVE: THE ADVENTURE OF LIFE IN CHRIST

TOPIC: WHAT HAPPENS WHEN WE LIVE OUTSIDE OF GOD'S ORDER?

MATERIALS

- Bibles
- Ice Breaker: paper & pencil
- Family Thanksgiving Prayer Activity: paper & pencils, markers or crayons



GOALS

- Families will share their Family Advent Plans.
- Families will read **Genesis 4:1-16, The Story of Cain and Abel.**
- Families will reflect on what the story of Cain and Abel teach us about God and about our own relationship with Him.
- Families will reflect on the Eucharist and the gift of Thanksgiving!
- Families will write their own Family Thanksgiving Prayer

OPENING PRAYER

Lord Jesus Christ, we entrust our family to You and ask for Your blessing and protection. We love You Lord Jesus with all our hearts and we ask that You help our family become more like the Holy Family. Help us to be kind, loving, and patient with one another. Give us all the grace we need to become saints and Your faithful disciples. Amen.

ICE BREAKER

Three of a Kind

1. Everyone breaks into groups of three people.
2. The groups of three discuss and write down as many things that they have in common in one minute. For example, all three might learn they all like pineapple on their pizza or speak more than one language.
3. After a minute, ask each group to share their common traits. The group with the most traits written down wins!
4. Mix up the groups and repeat. (If your group divides evenly by three, try four instead.)

Adapted from www.weareteachers.com



FAMILY SHARING ACTIVITY

1. As a reminder, first model for families by briefly sharing your own Family Advent Plan.
2. Then ask each family to share about their Family Advent Plan.

REVIEW

Review Main Concept: God loved Adam and Eve even after they had chosen to sin. But it was now clear that they themselves did not know how to truly love. They needed to learn about true, sacrificial love. When Adam and Eve sinned, they received what looked like “punishments.” Yet these “punishments” are important ways that God will teach Adam and Eve how to give perfect love. This, of course, is not the end of the story. It is just the beginning! The Holy Trinity, our first Family, would send one of the three Persons, God the Son, to come to earth to rescue us! He, *the* Son of God, would become a man, a second Adam. This mission would entail that Jesus, the only Person who is fully human and fully divine—*true God and true man*—would rescue and save us from our sins.

Invite everyone to open their bibles to Genesis 4, Cain and Abel.

Read: Genesis 4:1-2

“The man had relations with his wife Eve, and she conceived and bore Cain, saying, ‘I have produced a man with the help of the Lord.’ Next, she bore his brother Abel. Abel became a keeper of flocks, and Cain a tiller of the soil.”

Explain: Here we see Adam and Eve our first parents growing their family. Cain is their first-born son, and he became a “tiller of the soil” or a farmer. Abel is their second son, and he became a shepherd.

Read: Genesis 4:3-4

“In the course of time Cain brought an offering to the Lord from the fruit of the soil, while Abel, for his part, brought one of the best firstlings of his flock.”

Explain: In the Old Testament, God said that the **first tenth** of one’s goods should be offered to Him out of love and thanksgiving for all He has given to His children. Abel made this offering with a pure heart. It says in verse 3, “Abel, for his part, brought one of the **best firstlings** of his flock.”

While of Cain it says, “**In the course of time** Cain brought an offering to the Lord from the fruit of the soil.” In other words, Cain’s offering did not come from the first tenth of his goods. Cain kept the first tenth and instead gave whatever he thought was good enough to give to God. In his heart, God did not come first. He did not love God as he should have.

Read: Genesis 4:5 “The Lord looked with favor on Abel and his offering, but on Cain and his offering he did not. Cain greatly resented this and was crestfallen. So the Lord said to Cain: ‘Why are you crestfallen? If you do well, you can hold up your head; but if not, sin is a demon lurking at the door: his urge is toward you, yet you can be his master.’”

Ask: How do you think Cain was feeling?

Possible answers: jealous, prideful, angry, hurt

Ask: God warned Cain not to sin, just as he had warned Cain's parents, Adam and Eve. What was God trying to encourage Cain to do?

Possible answers: Admit he is wrong; Ask for forgiveness; Start over with another offering to make up for the first; Turn his heart to God who loves him.

Read: Genesis 4:8-9 "Cain said to his brother Abel, 'Let us go out in the field.' When they were in the field, Cain attacked his brother Abel and killed him. Then the Lord asked Cain, 'Where is your brother Abel?'"

Ask: Does God know where Abel is?

Answer: Yes

Ask: Then why does God ask Cain where Abel is?

Answer: God wants Cain to think about what he has done and honestly confess his sin. This is the only way God can help Cain.

Read: Genesis 4:9 "He (Cain) answered, 'I do not know. Am I my brother's keeper?'"

Explain: Clearly, Cain is unrepentant, not sorry for what he has done to Abel. Cain also does not know God very well, because if he did, Cain would know that God is omniscient, meaning all knowing. Cain would have realized that he could not lie to God or to himself.

Read: Genesis 4:10-12 "Then the Lord said: 'What have you done! Listen: Your brother's blood cries out to me from the soil! Therefore you shall be banned from the soil that opened its mouth to receive your brother's blood from your hand. If you till the soil, it shall no longer give you its produce. You shall become a restless wanderer on the earth.'"

Explain: According to God's punishment, Cain could no longer support himself, or any family he may one day have, by being a farmer. He will be sent away to wander, which was a very dangerous way to live.

Read: Genesis 4:13-14 "Cain said to the Lord: 'My punishment is too great to bear. Since you have now banished me from the soil, and I must avoid your presence and become a restless wanderer on the earth, anyone may kill me at sight.'"

Explain: Just like Adam and Eve, the Lord used Cain's "punishments" to teach Cain how to know God and to love Him.

Read: Genesis 4:15 "'Not so!' the Lord said to him, 'If anyone kills Cain, Cain shall be avenged sevenfold.' So the Lord put a mark on Cain lest anyone should kill him at sight. Cain then left the Lord's presence and settled in the land of Nod, east of Eden."

Explain: Out of His mercy and love, God protected Cain by marking his forehead and allowed him to start a new life in the land of Nod. From then on Cain would have to turn to God again and again

for food, shelter, safety, for all his needs. He would have to depend completely on God to survive. The difficulties Cain would face, in the end, gave him a chance to choose to learn how much the Lord truly loved him, even though he had grievously sinned.

FAMILY CONVERSATION

What does the story of Cain and Abel teach us about God and about our own relationship with Him?

Possible Answers:

- God is merciful.
- We need to put God first in our lives and give Him our best.
- God is always loving toward us. Even when our lives seem difficult, He is always working for our good.
- God doesn't just love us when we are good; He always loves us.
- We must be honest with God, confess our sins and be reconciled with Him to be truly happy.

Watch: 3 Minute Theology - Eucharist = Thanksgiving



FAMILY ACTIVITY

(Each family will need paper and pencils)

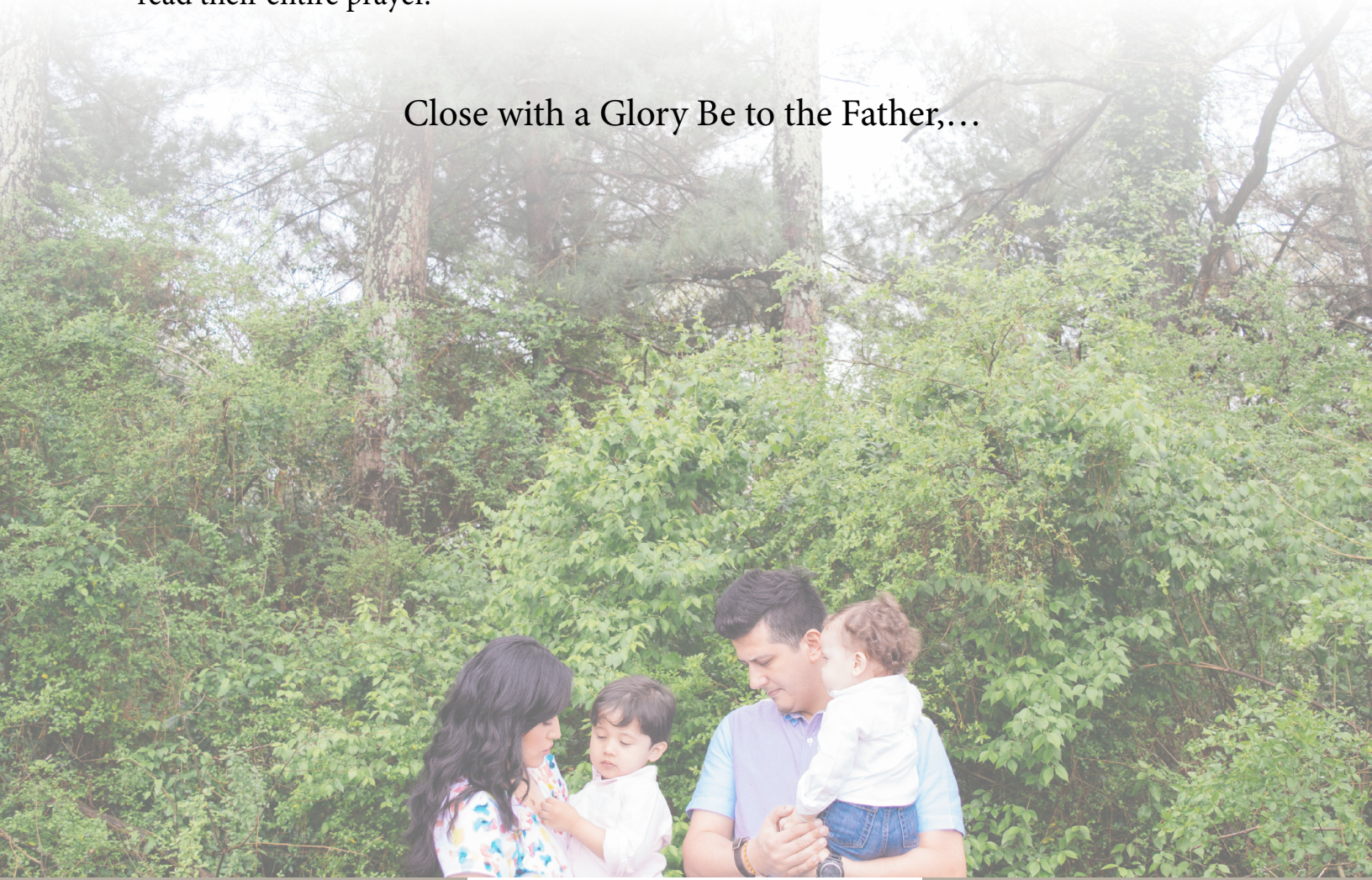
1. Explain: Eucharist means Thanksgiving! Let's take time today to thank God for all the awesome things with which He has blessed us, like the gift of His Son Jesus, the Eucharist, the sacraments, His forgiveness, mercy and love, life, our families and much more! Using the lists that your family created at home, write a Prayer of Thanksgiving to God for all the beautiful gifts He has given to you. You can add to the list to include special blessings for which you are grateful or anything else that the Holy Spirit brings to your hearts and minds.
2. Take a moment to be silent so everyone can reflect on God's great love for them.
3. Invite families to create their prayers.

PRAY

Family Thanksgiving Prayer

4. Each family reads a line from the prayer that they just wrote, or if time allows, families can read their entire prayer.

Close with a Glory Be to the Father,...



REMIND

Remind families about the next meeting date and time.

