



## FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

### LIFE OF CHRIST: THE SORROWFUL MYSTERIES

**TOPICS: THE SCOURGING AT THE PILLAR, THE CROWNING WITH THORNS, THE CARRYING OF THE CROSS, THE CRUCIFIXION,**

#### *Sacred Scripture*

MT 26-27, MK 14-15,  
LK 22-23, JN 18-19

**CATECHISM OF THE CATHOLIC CHURCH  
NOS. 571**

<b>CREED</b>	<b>LITURGY</b>	<b>LIFE</b>	<b>PRAYER</b>
nos.	nos.	nos.	nos.
571-637	1067-68, 1113-34, 1225, 1356-81,	1708, -41, -69, 1816, -25, -46, -51	2605-06, 2666-69, 2741, 2746

#### MATERIALS

- Bibles
- Coloring pages (Can be used anytime during the lesson) [The Sorrowful Mysteries](#)
- Last Supper [Crossword Puzzle](#)
- Crayons, colored pencils
- Rosaries
- [Paper Crown of Thorns](#)
- Brown paper (12X18)
- Scissors
- Stapler
- For Week 3 - [Resurrection Eggs](#) or [Stations of the Cross Eggs](#)

#### GOALS

- Families will reflect on how God is calling them to love and serve this Lent.
- Families will learn and meditate on the Sorrowful Mysteries of the Rosary.
- Families will share about times they have united their sufferings to Jesus' sufferings.



#### 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

- What makes you happy when you are sad?
- Where would you fly if you had wings?



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# TEACH

## 1. Hook/Question

How is God calling you to grow closer to Him this Lent? What sacrifices are you going to make to show God's love to others?



## 2. Introduce Topic

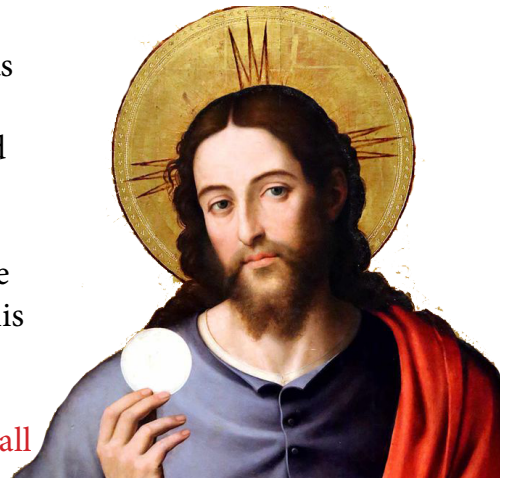
In the Five Sorrowful Mysteries of the Rosary, we meditate on the Passion and Death of Jesus, which are the powerful events through which Jesus redeemed each one of us and opened the gates of Heaven so we can live with Him forever.



## 3. CONTENT

Last month we read about the Passover meal and Last Supper that Jesus had with His apostles. It is the beginning of Jesus' final sacrifice as the Lamb of God who lays down His life for us. It will end on Good Friday when He dies on the Cross.

We also discussed how we would feel about this Passover meal if we were Jesus. We might think Jesus would not have wanted to have this meal, but the Scriptures tell us, "When the hour came, he took his place at table with the apostles. He said to them, 'I have greatly desired to eat this Passover with you before I suffer, for, I tell you, I shall not eat again until there is fulfillment in the kingdom of God.'"



**Ask:** Why did Jesus "greatly desire to eat this Passover" with the apostles?

**Explain:** Jesus greatly desired and looked forward to this celebration because:

1. It was the very first Mass!
2. It was the first time that He would give His Body and Blood under the forms or appearances of bread and wine to those He loved! He was instituting the Sacrament of the Holy Eucharist.
3. He was making the New Covenant that God the Father had promised, and through this covenant God would be with us forever.
4. In the Eucharist, we are forgiven, loved and made new!

After the supper, Jesus went out into the Garden to pray. It is there that Judas betrayed Jesus with a kiss and Jesus was arrested. This is the First Sorrowful Mystery of the Rosary, *The Agony of Jesus in the Garden* (Matthew 26:36-56).

## 4. FAMILY ACTIVITY

- A. Have families count off by numbers 1-4.
- B. Then give all the families a [coloring page](#) that corresponds to their assigned Sorrowful Mystery.
- C. Ask each family to read the Scripture passage for their assigned Sorrowful Mystery together and color the page.
- D. Then ask one person from each grouping to read their Scripture passage (in order of 1 to 4) so that everyone can hear all the mysteries. (If there is time, the catechist can begin by reading the First Sorrowful Mystery of the Rosary, The Agony of Jesus in the Garden from Matthew 26:36-56.)

1. The Second Sorrowful Mystery, *The Scourging at the Pillar* (John 18: 33-19:1)
2. The Third Sorrowful Mystery, *The Crowning with Thorns* (John 19:2-5)
3. The Fourth Sorrowful Mystery, *The Carrying of the Cross* (John 19:16-18)
4. The Fifth Sorrowful Mystery, *The Crucifixion* (John 19:25-30)

**Ask:** When Jesus said, “It is finished,” what did He mean? What was finished?

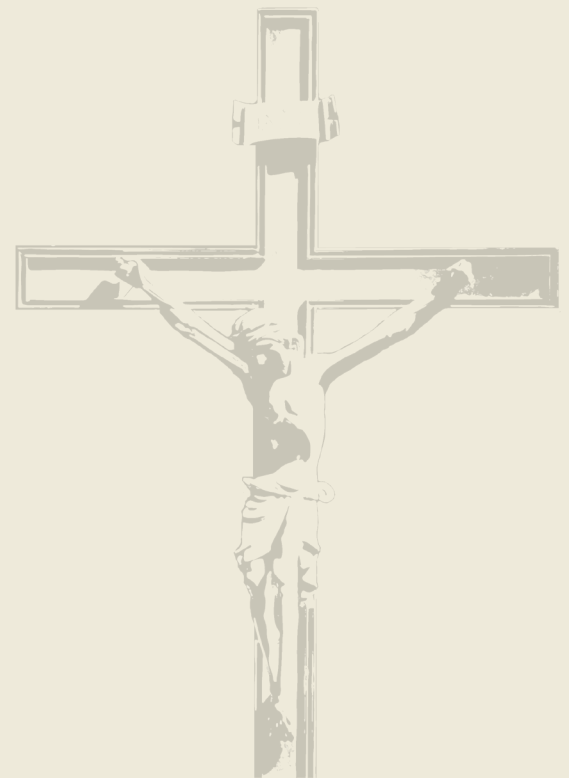
**Answer:** The sacrifice of Jesus the Lamb of God and the divine Son of God—through whom God makes a New Covenant with us and takes away the sins of the world—was finished, accomplished or completed.

Reverently pray a decade of the Rosary while meditating on God’s great love for you!

## FAMILY CONVERSATION

**We have reflected on how Jesus suffered and died out of love for us.**

- What does it mean to unite our suffering with Jesus’ suffering?
- Has there been a moment or difficult time in your life when you thought about Jesus and realized that He went through the same type of suffering that you were experiencing? (Parents, grandparents, and/or guardians can help lead and model the sharing.)
- When Jesus was on the Cross, there was a time when He felt the depths of human anguish as if God His Father had left Him, but that was not true (and Jesus quoted from a Psalm to communicate both His anguish as well as His trust in the Father). Sometimes, like Jesus, we can feel as if God is not with us too. Now as you look back on your own struggles, how do you think God was there giving you the grace to get through it?



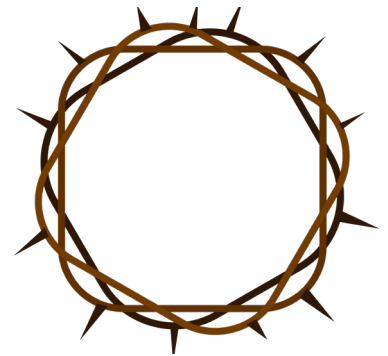
## **\*\*A note about redemptive suffering for catechists and parents:**

Catholics understand that Jesus' work of redeeming us—rescuing us from the powers of sin, death, hell, and the devil—did not remove suffering from our lives. This is part of the mystery and problem of suffering that God answers in the mystery of the Cross. Rather than remove all suffering, Jesus' work on the Cross transforms our suffering into something redemptive. Jesus invites each of us to deny ourselves, take up our cross, and follow Him. In taking up our cross, which includes the various hardships and sufferings we face in our lives, Jesus is inviting us to unite our cross to His Cross, to His suffering, and ultimately to His redemptive mercy and love. He is inviting us to participate in His perfect work of redemption.

Our sufferings, in a mysterious way, have a redemptive value when they are united to Christ and His saving love for us. This is why the practice of “offering it up,” when we experience difficulties or hardships, can be very powerful. This is also why the Eucharist is so important—by participating in the Holy Sacrifice of the Mass and by receiving the Body and Blood of our Lord, Jesus unites us to His saving Sacrifice, transforming our own prayers, works, joys, and sufferings into a perfect offering to the Father, a perfect sacrifice of praise. While we are always called to alleviate suffering where we can and to accompany all who suffer, suffering is an inevitable consequence of our fallen world, but it has been transformed from the inside out by Christ's Cross and Resurrection, now becoming a way of redemption for us when joined to Christ.

### **FAMILY ACTIVITY**

Each family will make a “[Crown of Thorns](#)” from paper to place on their home altars as a reminder of Jesus' love for them.



## **5. MISSION**

### **First, Introduce Mission Activity**

Introduce Mission Activity to be done at home during Week 2 and to be shared at the gathering of families on Week 3.

### **Second, Explain Activity**

Your Family At-Home Mission is to watch together as a family the video(s) below that is appropriate for your children's age level and to read the Holy Week for Kids Activities and USCCB resources to create your Family's Lenten Plans. Then place a crucifix and your paper *Crown of Thorns* on your family's home altar (or in your prayer space) and pray together.

1

2

# 3

## Last, Model for Families

Model for the families by sharing your own Family Lenten Plan that corresponds to the three Lenten Pillars of Prayer, Fasting, and Almsgiving. Show what your family will do to practice each of these. Finally, show the families the crucifix and paper Crown of Thorns that you have placed on your own home altar. Tell them a little about where your cross or sacramental came from, and why it is special to you and your family. Encourage the families to begin practicing the Lenten pillars by praying together for others and for one another.

### 6. REVIEW & CLOSE IN PRAYER

Come, Holy Spirit, and be with our families as we seek to know You, learn from You and love You more. Fill us with Your presence. Be our guide just as You led Jesus, for we too seek to follow in His footsteps and do the Father's will. Be with us, O Holy Spirit of Peace. Glory be...



#### REMIND

Remind families about the next meeting date and time.



# SUPPORTING QUOTES FROM CHURCH DOCUMENTS

## ***Catechism of the Catholic Church*, no. 571:**

The Paschal mystery of Christ's cross and Resurrection stands at the center of the Good News that the apostles, and the Church following them, are to proclaim to the world. God's saving plan was accomplished "once for all" by the redemptive death of his Son Jesus Christ.

## **Pope St. John Paul II, Apostolic Letter *Salvifici Doloris* (On the Christian Meaning of Human Suffering, 1984), no. 19:**

In instituting the Eucharist, Jesus had spoken of the "new and eternal covenant" in the shedding of his blood (cf. *Mt* 26:28; *Mk* 14:24; *Lk* 22:20). This, the ultimate purpose of his mission, was clear from the very beginning of his public life. Indeed, when, on the banks of the Jordan, John the Baptist saw Jesus coming towards him, he cried out: "Behold, the Lamb of God, who takes away the sin of the world" (*Jn* 1:29). ... Jesus is the *true* paschal lamb who freely gave himself in sacrifice for us, and thus brought about the new and eternal covenant. The Eucharist contains this radical newness, which is offered to us again at every celebration. ...

... In instituting the sacrament of the Eucharist, Jesus anticipates and makes present the sacrifice of the Cross and the victory of the resurrection. At the same time, he reveals that he himself is the true sacrificial lamb, destined in the Father's plan from the foundation of the world, as we read in *The First Letter of Peter* (cf. 1:18-20). By placing his gift in this context, Jesus shows the salvific meaning of his death and resurrection, a mystery which renews history and the whole cosmos. The institution of the Eucharist demonstrates how Jesus' death, for all its violence and absurdity, became in him a supreme act of love and mankind's definitive deliverance from evil.

## **Pope Francis, Encyclical Letter *Lumen Fidei* (On the Light of Faith, 2013), no. 16:**

The clearest proof of the reliability of Christ's love is to be found in his dying for our sake. If laying down one's life for one's friends is the greatest proof of love (cf. *Jn* 15:13), Jesus offered his own life for all, even for his enemies, to transform their hearts.