

# YEAR 4 - LESSON 1 - CATECHIST GUIDE WK. 1



## FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

### GOD'S SAVING LOVE FOR US: LITURGY AND THE SEVEN SACRAMENTS

#### WELCOME BACK TO FAMILIES - LIVING AS THE DOMESTIC CHURCH

**REFERENCES:** CATECHISM OF THE CATHOLIC CHURCH  
NOS. 1076/85; 1666

#### Sacred Scripture

JN 3:16;  
LK 22:20;  
2 COR 3:4-6

#### CREED

nos.

571,  
610-23  
758-  
80,  
811-  
870

#### LITURGY

nos.

1076-  
1134,  
1655-  
58

#### LIFE

nos.

1965-  
74,  
1987-  
2029

#### PRAYER

nos.

2562-  
65;  
2623-  
49;  
2655;  
2746-  
2751

### MATERIALS

- “Welcome Back! We’ve Missed You!” sign with balloons and decorations (and/or general welcome signage for new, first-time families)
- Snacks/treats/ice cream/potluck/drinks
- Birthday Cake for Mary! (plates, napkins, forks, spoons, etc.)
- 1 Votive Candle per Family (Ask your pastor to bless the votive candles!)

### GOALS

- Welcome families back to Families Forming Disciples as well as any families new to FFD. Create a joyful, fun, festive environment
- Families will discuss the ways that their home is a Domestic Church
- Families will say their prayer intentions, light a votive candle and pray together
- Families will enjoy fellowship and food (e.g., snacks/treats/ice cream/potluck)
- Families will celebrate the birthday of our Blessed Mother Mary

### 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

Ask everyone to introduce themselves (including children and what grades they are in) and their favorite color, candy, or dessert!

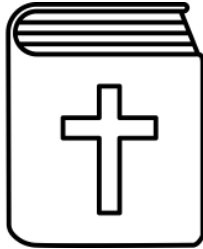


# TEACH

## 1. Hook/Question

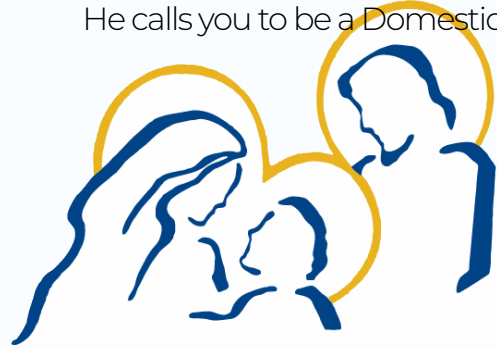
What is the first part of the Bible?

(Answer: The Old Testament) The “Hook” will be a brief review of FFD Yr. 2



## 2. Introduce Topic

It is truly a blessing to welcome you to another year of Families Forming Disciples. Our hope is that you are journeying together as a family, growing closer to God and to each other. God loves you and longs to live as part of your family. He calls you to be a Domestic Church!



## 3. CONTENT

**Ask:** We are here to learn and share, so we can know more about God and grow closer to Him. This year, we are also going to learn more about the Catholic Church that Jesus gave to us. Does anyone know what the word “catholic” means?

**Answer:** Universal

**Explain:** Yes, the word “catholic” means “universal,” so the Catholic Church is the Universal Church, because it is the Church for all God’s children, which is everybody in the whole world.

The Universal Church on earth is led by the pope and the bishops from around the world.

**Ask:** At our gathering for parents last month, we talked about the importance of the part of the Church that is called the Domestic Church. Does anyone know what the word “domestic” means?

**Answer:** Home or family

**Explain:** Yes, The Domestic Church, which is the Christian family or home, is the smallest body or gathering of believers in Christ. Way back at the very beginning of the Church, the early Church Fathers called the family or home the “little church,” because it was then, and is still today, the first place where we learn how to be disciples of Jesus.

So, what does this really look like in your home?

**Watch:** Inside the Domestic Church



**Explain:** It is in our homes that we first learn to love, forgive, cherish and sacrifice for one another. Whenever those things happen, we know that God is there, because God is love. God is with our families and that means families are called to be holy. If God is in your home, you are the Domestic Church and your family is holy! Remember, holy doesn’t mean you’re perfect; it means you are trying to love God and others (i.e., striving for the perfection of love to which Jesus calls all His disciples—see Mt 5:48).

# CONTENT CONTINUED:

Both the Domestic Church and the Universal Church need one another, because there is no Domestic Church without the Universal Church, and the Universal Church cannot grow without the Domestic Church.



## 4. FAMILY CONVERSATION

Being a Domestic Church is, more often than not, about showing love in ordinary ways. Though these simple ways may not always seem significant to us, they are highly valued and beautiful to God.

Name ordinary ways that you love, cherish and sacrifice for one another, as well as how you show forgiveness to one another in your family.

## FAMILY PRAYER: INTENTIONS LIGHT CANDLE

1. Parent lights candle.
2. Family members share their special intentions for which they want to pray.
3. Together, family prays

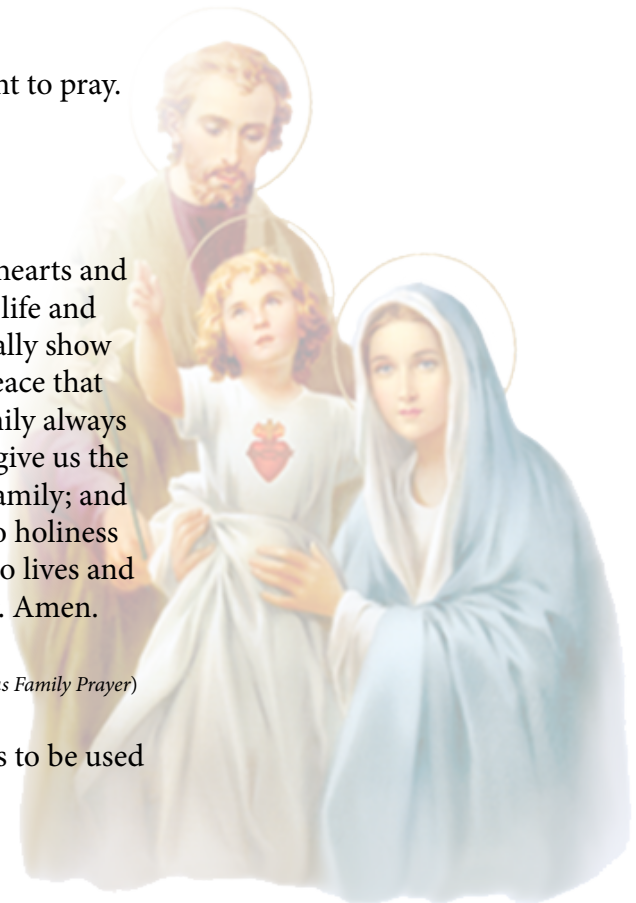
### The Holy Family: Building the Domestic Church

Heavenly Father, thank you for the gift of our family. Enlighten our hearts and minds that we may live more fully this vocation to love. In our daily life and work, may we reflect the self-giving love which You, O Father, eternally show with Your Son and the Holy Spirit. Let your love be evident in the peace that reigns in our home and in the faith we profess and live. May our family always be a place of generosity, understanding, forgiveness and joy. Kindly give us the wisdom and courage to be witnesses to Your eternal design for the family; and grant that the Holy Family of Nazareth may always guide our path to holiness as a family. We ask this through our Lord Jesus Christ, your Son, who lives and reigns with You in the unity of the Holy Spirit, God forever and ever. Amen.

**Hail Mary, ...**

(adapted from *Knights of Columbus Family Prayer*)

4. Families take their candles home and place it on their home altars to be used when they gather for prayer.



# 5. MISSION

## 1 First, Introduce Mission Activity

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

## 2 Second, Explain Activity

Your Family At-Home Mission is to:

- I. Watch the videos about the sacraments.
- II. Reach out to a grandparent(s) or senior adult(s) in your family/ community and ask them: Which sacrament do you remember the best and why? Which sacrament were you the most excited about receiving and why? Which sacrament has helped you the most and why?
- III. Your family is called to be the Domestic Church and to be holy! Enjoy making Holy Halo Treats together.
- IV. Place your blessed votive candle on your home altar/prayer space, and as a family, pray a decade of the Rosary in honor of Mary's birthday during the month of September.

## 3 Last, Share your Experience

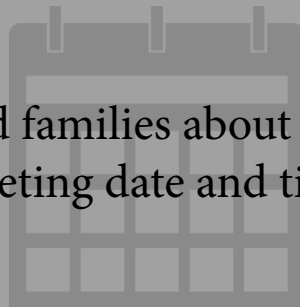
Be prepared to share your experience at the Week 3 gathering. Share what you learned from your grandparent or senior. Share about your experience creating the Holy Halo Treats, and lighting your votive candle and praying a decade of the Rosary with your family around your prayer altar.

## CLOSING CELEBRATION!

**Explain:** The feast of the Nativity of the Blessed Virgin Mary is celebrated each year on the eighth of September. Today we are going to celebrate our Mother Mary's birthday and the beginning of our Families Forming Disciples with some special treats! (Consider singing Happy Birthday to Mary and enjoying birthday cake with candles and ice cream!)

## REMIND

Remind families about the next meeting date and time.



# SUPPORTING QUOTES FROM CHURCH DOCUMENTS

## *Catechism of the Catholic Church*, nos. 571 & 1076

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.

The Church was made manifest to the world on the day of Pentecost by the outpouring of the Holy Spirit. The gift of the Spirit ushers in a new era in the “dispensation of the mystery” the age of the Church, during which Christ manifests, makes present, and communicates his work of salvation through the liturgy of his Church, “until he comes.” In this age of the Church Christ now lives and acts in and with his Church, in a new way appropriate to this new age. He acts through the sacraments in what the common Tradition of the East and the West calls “the sacramental economy”; this is the communication (or “dispensation”) of the fruits of Christ's Paschal mystery in the celebration of the Church's “sacramental” liturgy.

## **Second Vatican Council, Constitution on the Sacred Liturgy *Sacrosanctum Concilium* (1963), no. 2:**

For the liturgy, “through which the work of our redemption is accomplished,” most of all in the divine sacrifice of the Eucharist, is the outstanding means whereby the faithful may express in their lives, and manifest to others, the mystery of Christ and the real nature of the true Church.

