

# YEAR 3 - LESSON 1 - CATECHIST GUIDE WK. 1



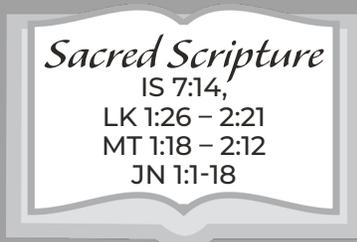
## FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

### LIFE OF CHRIST: THE JOYFUL MYSTERIES

#### REFERENCES:

CATECHISM OF THE CATHOLIC CHURCH  
NOS. 484, 463



CREED	LITURGY	LIFE	PRAYER
nos.	nos.	nos.	nos.
124-41, 461-63, 484-534	1115, 1171-72	1701, 2158-59, 2318-19, 2443-44, 2466	2567, 2617, 2666, 2673-79

#### MATERIALS

- [Teacherspayteachers.com](https://www.teacherspayteachers.com): Join to have access to many free resources that can be downloaded and printed for this year's lessons on the life of Christ.
- [Rosary Pamphlet for Children](#).
- Rosary Coloring Book Station: There are many inexpensive Rosary coloring books available for purchase. Another option is to choose one of the free Rosary coloring books from the links below to print. Families can begin exploring and coloring the first page at this gathering and the remainder can be used throughout the year!

<https://catholicprouts.com/>

<https://thekennedyadventures.com/>

#### Goal(s):

- Families will review the Old Testament Covenants
- Families will share about the Seven Sacraments and reflect on how they experience God's love through them.
- Families will learn about the story of Zechariah and the archangel Gabriel.
- Families will reflect on the First Joyful Mystery, the Annunciation.

#### 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

Each family member answers the question: If you were to plan a journey or family adventure, where would your family go and why?

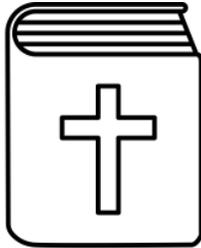


# TEACH

## 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

We are going to briefly review how last year we journeyed together through the first part of the Holy Bible that is called the Old Testament.



## 3. CONTENT

**Review:** Last year we journeyed together through the first part of the Holy Bible that is called the Old Testament. On that journey we read and talked about the leaders who were called by God to make a covenant with Him. Do you remember any of their names? (Allow time for various answers)

**Ask:** God called them to make a covenant with Him. Does anyone remember what a covenant is?

**Answer:** A covenant is a special agreement or promise.

**Ask:** Does anyone remember how a covenant was made?

**Explain:** Back in ancient times, most people couldn't read or write, so when they were making a special promise or agreement, they made a covenant by cutting an animal in two and declaring their promises aloud. It was understood that if either party broke their promise, what had happened to the animal would happen to them. So a covenant was a very serious agreement. Furthermore, every covenant that the Israelites made with God had a sign and a promise.

**Ask:** For example, what was the sign and the promise of the covenant God made with Noah?

**Answer:** A rainbow was the sign and the promise was that God loves us and would never again destroy the earth with a flood.

**Ask:** What promise did the Israelites make to God as their part of the covenant?

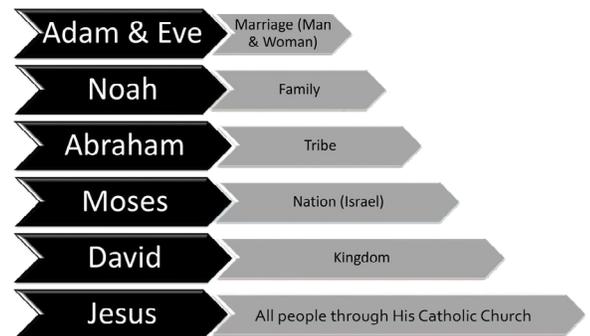
**Answer:** To love God, to remain close to God and to obey Him.

**Ask:** Did the Israelites keep their covenant promises?

**Answer:** No.

**Explain:** So this is what God did...

### God's Covenants



# CONTENT CONTINUED:

**Read aloud:** [Jeremiah 31:31-34](#)

**Explain:** God knew that the time was coming when He would make a New Covenant with His people. No longer would the children of Abraham have to make covenants by sacrificing an animal. Jesus, the Lamb of God, the divine Son of God, changed everything for us, the adopted sons and daughters of Abraham. Jesus suffered, died, rose from the dead, ascended into Heaven and took His place at the right hand of God the Father, which is how God made the New Covenant with all of his children. Today, we make and strengthen our family covenant relationship with God, the Most Holy Trinity, through His Church and especially through the Seven Sacraments. The Church is the family of God. The sacraments are signs and instruments given to the Church by Jesus that show we belong to Him and that God is our Father. Every time we receive a sacrament, God is giving us grace and we are able to deepen our covenant with God the Father, Son and Holy Spirit.



## 4. FAMILY CONVERSATION

**The Catholic Church has Seven Sacraments: Baptism, Confirmation, Holy Eucharist, Penance and Reconciliation, Anointing of the Sick, Holy Matrimony and Holy Orders. Share about a time when you received one of the sacraments and knew God's covenantal love for you.**

**Explain:** Each time we receive Holy Communion, we receive Jesus—Body, Blood, Soul, and Divinity. This is why the Eucharist is the greatest of the sacraments, because Jesus gives us Himself. Jesus' Sacred Heart is united with our hearts.

**Ask:** Mary was the first person to be united with Jesus, physically and spiritually. What story in the New Testament tells us about the moment that happened?

**Answer:** When the Angel Gabriel appeared to Mary, she agreed to become the Mother of Jesus and the Holy Spirit overshadowed her.

**Ask:** What do we call that moment?

**Answer:** The Annunciation (also accept Incarnation if offered, explaining that the mystery of the Incarnation begins at that moment).

**Luke 1: 5-25 Mini-Play:** Ask for 3 readers/actors. Consider providing props!

**Reader 1 (Narrator):** The Angel Gabriel did appear to Mary at the Annunciation; however, six months before that, he appeared to a priest named Zechariah who was married to Elizabeth, Mary's cousin. Zechariah and Elizabeth were older and they had never been able to have children, which had made them very sad. One day, Zechariah was chosen to go into the sanctuary of the Lord to burn incense. He went into the sanctuary alone, while the rest of the people prayed outside. Suddenly, an angel of the Lord appeared to Zechariah. The angel was standing at the right of the altar of incense. Seeing the angel, Zechariah was troubled and became very afraid.

**Reader 2 (Archangel Gabriel):** “Do not be afraid, Zechariah, because your prayer has been heard. Your wife Elizabeth will bear you a son, and you shall name him John. And you will have joy and gladness, and many will rejoice at his birth, for he will be great in the sight of the Lord. He will drink neither wine nor strong drink. He will be filled with the holy Spirit even from his mother’s womb, and he will turn many of the children of Israel to the Lord their God. He will go before him in the spirit and power of Elijah to turn the hearts of fathers toward children and the disobedient to the understanding of the righteous, to prepare a people fit for the Lord.” Luke 1: 13-17

**Reader 3 (Zechariah):** “How shall I know this? For I am an old man, and my wife is advanced in years.” Luke 1:18

**Reader 2 (Archangel Gabriel):** “I am Gabriel, who stand before God. I was sent to speak to you and to announce to you this good news. But now you will be speechless and unable to talk until the day these things take place, because you did not believe my words, which will be fulfilled at their proper time.” Luke 1:19-20

**Reader 1 (Narrator):** In the meantime, the people waiting outside the sanctuary were beginning to wonder what had happened to Zechariah because he had been inside for such a long time. Some started to worry about him. Finally, he came out and was unable to talk. They realized that he had seen a vision. After a while, Zechariah went home. Just as the Angel Gabriel had foretold, Elizabeth became pregnant.

**Continue the story** by leading families through *lectio divina* or use the puppet resources provided at the links for children to dramatize the story of the Annunciation.

- <https://sundayschoolzone.com>
- How to teach Scripture stories with 30-second finger puppets [video](#)

## LECTIO DIVINA

Ask all the family members to find a comfortable place to sit together as a small group.

**Explain:** I am going to ask you to quietly relax as I say a prayer and then continue to read the story of the Annunciation to you from the Sacred Scripture. When I have finished reading we will sit in silence for a minute and think about what God is saying to us through this story.

**Prayer:** Dear Lord Jesus, as we read and think about the story of your life, we ask the Holy Spirit to come and speak to the hearts of all here, from the oldest to the youngest.

**Calmly Read** Luke 1:26-38. (As time allows, consider reading a second time, slowly.)

**Wait** at least 30 seconds in silence.

**Explain:** Now I am inviting each member of your family to share privately (within your family) about what stood out to him/her and why in the Mystery of the Annunciation that we just read.

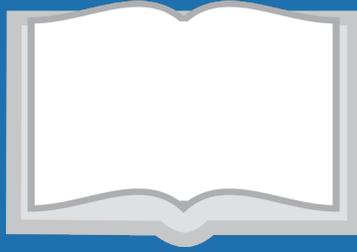
### **Share Guidelines:**

- Respectfully listening to each family member as he/she is sharing his/her reflection is very important.
- Avoid interrupting or even correcting what another is saying (we’re looking to listen, not critique).
- When each family member has had an opportunity to share, please wait quietly for the other families to finish to while we wait for the other families to finish. Give families time to share privately.

## 5. MISSION

### First, Introduce Mission Activity

Introduce Mission Activities: Mission Activities are 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 review the resources provided, to learn more about the Gospel, to enjoy making Full of Grace Ice Cream Floats, and to pray a decade of the Rosary meditating on the Second Joyful Mystery (the Visitation) together around your home altar/prayer space. Be prepared to share about what the Gospel is and what you learned about the four Gospel writers at the Week 3 gathering.

### Last, Share your experience

Share one or two points about what you learned from the videos and about your experience creating the Full of Grace Ice Cream Float and praying the Rosary with your family around your prayer altar. Share about what the Gospel is and what you learned about the four Gospel writers.

## 6. REVIEW & CLOSE IN PRAYER

Mother Mary,  
pray for us that our families may receive  
the grace to truly love your Son, our Lord  
Jesus Christ. Amen.

## SUPPORTING QUOTES FROM CHURCH DOCUMENTS

**Pope St. John Paul II, Encyclical *Redemptoris Mater* (1987)**

The Annunciation, therefore, is the revelation of the mystery of the Incarnation at the very beginning of its fulfillment on earth. God's salvific giving of himself and his life, in some way to all creation but directly to man, reaches one of its high points in the mystery of the Incarnation. This is indeed a high point among all the gifts of grace conferred in the history of man and of the universe: Mary is "full of grace," because it is precisely in her that the Incarnation of the Word, the hypostatic union of the Son of God with human nature, is accomplished and fulfilled. As the Council says, Mary is "the Mother of the Son of God. As a result she is also the favorite daughter of the Father and the temple of the Holy Spirit. Because of this gift of sublime grace, she far surpasses all other creatures, both in heaven and on earth."

## Pope Francis, Sunday Angelus (December 23, 2018)

This episode helps us to interpret the mystery of man's encounter with God in a very special light. An encounter that is not characterized by astonishing miracles, but rather, is characterized by faith and charity. Indeed, Mary is blessed because she believed: the encounter with God is the fruit of faith. Zechariah, however, who doubted and did not believe, was left deaf and dumb. To grow in faith during the long silence: without faith one remains inevitably deaf to the consoling voice of God; and incapable of speaking words of consolation and hope to our brothers and sisters. We see it every day: when people who have no faith, or who have very little faith, have to approach a person who is suffering, they speak words suited to the occasion, but they do not manage to touch the heart because they have no strength. They have no strength because they have no faith, and if they have no faith they do not find the words that can touch others' hearts. Faith, in its turn, is nourished by charity. The Evangelist recounts that "Mary arose and went with haste" (v. 39) to Elizabeth: with haste, not with distress, not anxiously, but with haste, in peace. "She arose": a gesture full of concern. She could have stayed at home to prepare for the birth of her son, but instead she takes care of others before herself, showing through her deeds that she is already a disciple of that Lord whom she carries in her womb. The event of Jesus' birth began in this way, with a simple gesture of charity; after all, authentic charity is always the fruit of God's love.

### *Catechism of the Catholic Church, nos. 484-486 and 497*

The Annunciation to Mary inaugurates "the fullness of time", the time of the fulfillment of God's promises and preparations. Mary was invited to conceive him in whom the "whole fullness of deity" would dwell "bodily". The divine response to her question, "How can this be, since I know not man?", was given by the power of the Spirit: "The Holy Spirit will come upon you."

The mission of the Holy Spirit is always conjoined and ordered to that of the Son. The Holy Spirit, "the Lord, the giver of Life", is sent to sanctify the womb of the Virgin Mary and divinely fecundate it, causing her to conceive the eternal Son of the Father in a humanity drawn from her own.

The Father's only Son, conceived as man in the womb of the Virgin Mary, is "Christ", that is to say, anointed by the Holy Spirit, from the beginning of his human existence, though the manifestation of this fact takes place only progressively: to the shepherds, to the magi, to John the Baptist, to the disciples. Thus the whole life of Jesus Christ will make manifest "how God anointed Jesus of Nazareth with the Holy Spirit and with power."

The Gospel accounts understand the virginal conception of Jesus as a divine work that surpasses all human understanding and possibility: "That which is conceived in her is of the Holy Spirit", said the angel to Joseph about Mary his fiancée. The Church sees here the fulfillment of the divine promise given through the prophet Isaiah: "Behold, a virgin shall conceive and bear a son."

