

YEAR 5 - LESSON 8 - CATECHIST GUIDE WK. 1



FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

CALLED TO LOVE: THE ADVENTURE OF LIFE IN CHRIST

TOPIC: Living in the Holy Spirit

Jesus' Ascension; Called to Communion with God and with Each Other – Catholic Social Teaching

SACRED SCRIPTURE
EZ 11:17-20; GAL 5:13-26; ROM 8:1-30

REFERENCES:

CATECHISM OF THE CATHOLIC CHURCH

no. 737 & 1830

CREED	LITURGY	LIFE	PRAYER
nos.	nos.	nos.	nos.
659-67, 689-90, 731-47, 797-801	1091-1112, 1265-74, 1302-05	1695, 1699, 1822-32, 1877-1948, 2401-63	2623, 2652, 2681, 2670-72

GOAL(S):

- Families will read about the Great Commission, the Ascension of Jesus into Heaven and the call to live Catholic Social Teaching.
- Families will pray with the Sacred Scriptures, reflecting on and discussing the Great Commission and the Ascension of Jesus into Heaven.
- Families will identify ways that they can answer their call to live Catholic Social Teaching both in their families, and in their communities.

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

Indoor Scavenger Hunt

- Create a list of items for families to find around the church building.
- Hide the items.
- Families must search the designated area to find and collect as many items as they can within the time limit.
- This game is a great way to help families become more familiar with their church.

Adapted from www.churchtrac.com



MATERIALS

- Bibles
- The Ascension of Jesus Bible Coloring Page for ages 4-10 to be used anytime during lesson
- Crayons or colored pencils
- The Seven Themes of Catholic Social Teaching for Children handout in English & Spanish
- USCCB Catholic Social Teaching Resources for teachers:
 1. [Eucharist & Social Teaching](#)
 2. [Life & Dignity of the Human Person Prayer](#) (printouts in English & Spanish to be used as Week 1 Closing Prayer and Week 2 At-Home Mission Prayer)
 3. [Catholic Social Teaching Videos on 7 Themes](#)

CONTENT

Explain: Last month, we learned about Jesus' teachings at the Sermon on the Mount and how they fulfill the rules of love that God gave to Moses. Jesus' teachings build upon the Ten Commandments, expanding and deepening them to their full truth in God's plan. They are God our Father calling us to love like He loves with supernatural or divine love.

As we read in the Sermon on the Mount, the New Law of God's supernatural love—that teaches us to love as Christ loves us—is difficult and basically impossible for us to follow perfectly, relying on our own strength. However, the Father gave us Jesus, who did not only open the gates of Heaven to us, but also is the Way, the Truth and the Life for us. It is Jesus who gives us the grace to live His Father's laws of divine love!

TEACH

Ask: How does Jesus give us this grace to live God the Father's laws of divine love?

Answer: Through His Church and the Seven Sacraments (by the power of the Holy Spirit).

Explain: After Jesus rose from the dead, He appeared to His followers and spent time with them for 40 days. During this time, Jesus was strengthening their faith and teaching them about His Father's love for them and for all His children. Then at the end of the 40 days, just as He was ready to ascend into Heaven, Jesus gave his Apostles the Great Commission!

LECTIO DIVINA

Explain: Today we are going to imagine that Jesus is giving us His instructions to follow before He ascends into Heaven.

1. I am going to ask you to quietly relax as I say a prayer and then read the story of The Commissioning of the Disciples to you from Sacred Scripture. While I am reading, I would like you to use your imagination, like St. Ignatius of Loyola taught us, and to place yourself there in the story. Think about what you see, hear and even what you smell. This is a special way to pray, and for us to meet God. 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.
2. All the family members find a comfortable place to sit, close their eyes and relax. Breathe slowly in and out, while picturing themselves with Jesus on the Mount of Olives standing in their midst.

3. Lead Ascension Prayer for Families

Heavenly Father, Your Son, Jesus, is Your greatest gift to us, a great sign of Your love. Send Your Holy Spirit to open our hearts and minds, as we read the Great Commission to spread Your love throughout the world, that Jesus gave to His Apostles and, through them, to us.

Calmly Read [Matthew 28:16-20](#)

Wait at least 30 seconds in silence.

Invite: Think about what you saw. What was it like to be there at the Great Commissioning? What did Jesus say to you? (If needed reread the passage.)

Wait at least 30 seconds.

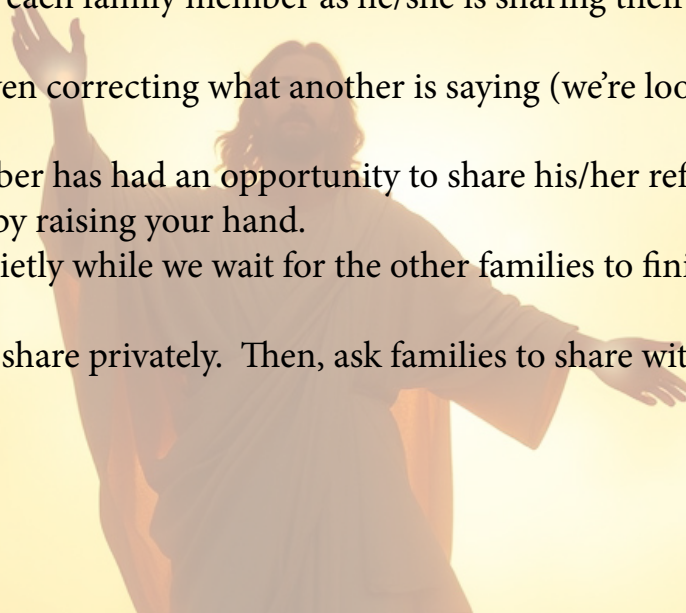
Explain: Now open your eyes. I invite each member of your family to share privately about what he/she saw or thought about in the Commissioning of the Disciples that we just read.

FAMILY/GROUP SHARING

Review Guidelines:

- a. Respectfully listening to each family member as he/she is sharing their reflection is very important.
- b. Avoid interrupting or even correcting what another is saying (we're looking to listen, not critique).
- c. When each family member has had an opportunity to share his/her reflections on the Great Commissioning, signal by raising your hand.
- d. Please continue to sit quietly while we wait for the other families to finish.

First, give families time to share privately. Then, ask families to share with large group.



Explain: In [Matthew 28:16](#), we read “[The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them.](#)” Jesus had called his disciples to come up the mountain because, from there, they could see very far and wide. It was a very expansive view!

Verse 17 says, “[When they saw him, they worshipped, but they doubted.](#)”

The disciples were still not strong in their faith. At this time, they had not yet received the Holy Spirit, and so they were acting on their own strength which wasn't enough to make them confident in God. They worshipped Jesus, but they still doubted Him. However, although their love wasn't perfect, the disciples were still following Jesus' commands; we know this because they went up the mountain and they worshipped Him. Sometimes we feel the same; we try to do God's will yet we're not confident that He is with us. But do not worry, because if we are still trying to follow Jesus, even if we don't do it perfectly, Jesus loves us and will give us His grace just as He gave it to the disciples. All we have to do is ask Him.

In verse 18, knowing their fear, Jesus approached the disciples and said, “[All power in heaven and on earth has been given to me.](#)”

In verse 19, Jesus is telling the Apostles that they will be given a share in His power and authority and then He commissions them to, “[Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you.](#)” The Apostles are sent by Jesus to teach what they lived during their three years of being Jesus' disciples, to baptize and give the sacraments, and to observe Jesus' commands, especially what they had learned at the Sermon on the Mount, the New Law of God's supernatural love. They are commissioned to become the Church (with the help of the Holy Spirit), where even today, more than 2,000 years later, new disciples are taught, baptized into the Body of Christ, and then sent!

This command to bring the supernatural love of God to all nations must have seemed very intimidating to the disciples who had been doubting just a few minutes prior, but Jesus assures them in verse 20, that they are not being sent out alone. He himself will never leave them. Jesus will go with them acting with, in and through them, “[And behold, I am with you always, until the end of the age.](#)” This will all be possible through the coming of the Holy Spirit.

FAMILY CONVERSATION

Explain: Jesus said these words to His Apostles right before He ascended into Heaven. He was teaching them what they should do after He had ascended. Jesus was preparing them to be His Church that would spread the love of God to the ends of the earth!

Invite families to open their bibles to [Acts 1:6-12](#) and read along with you.

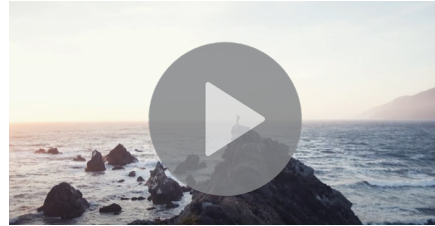
Read [Acts 1:6-12](#).

Families reflect and share-

- What does Jesus' Ascension show us about His power and authority?
- What were the Apostles called to do?

Explain: Jesus gave His power and authority to the Apostles and through them to the Church. Like the first Apostles, we are called to make disciples, to teach everyone about the love of God, to bring others to receive baptism and observe God the Father's laws of divine love!

Watch: [The Great Commission](#) | Made for Glory
(2 min)



Handout & Review: [The Seven Themes of Catholic Social Teaching for Children handout in English & Spanish](#)

Watch: [Catholics Promote the Common Good](#) (1:45)



FAMILY CONVERSATION

Your family is a Domestic Church that is called to be a witness to Christ's love in your family and in the world. God lives with you within your home! Jesus gives us His grace to live God the Father's laws of divine love.

Name some ways that you can do this within your home and in your community.

MISSION ACTIVITY

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

- i. Your Family At-Home Mission is to review the resources and watch together as a family the video(s) about Catholic Social Teaching. Pray together as a family and ask God how He is calling you to live the Easter Season and spread the love of Jesus. Be prepared to share your plan at the Week 3 gathering. Finally, gather around your home altar and pray the Life & Dignity of the Human Person Prayer.
- ii. Lastly, please complete the [Families Forming Disciples Family Survey](#).

3

Last, Model for Families:

Model for the families by sharing your own family's chosen ways to live the Easter Season and spread the love of Jesus.

REVIEW & PRAYER

Life & Dignity of the Human Person Prayer

God of all life,

Help us to appreciate the great gift that is human life formed in Your image, a reflection of your holiness. Help us to recognize You in all whom You have created: children not yet born, families affected by poverty and war, people of different abilities, people from other lands, and all who are victims of hatred and racism.

Help us to bear witness to the dignity of all whom You have created, regardless of stage of life, or wealth, or ability, or color, or creed, for every person is fully equal in Your loving eyes. Share with us Your holy knowledge that we are all Your children, each bestowed with inherent dignity. May Your justice reign forever!

Amen.

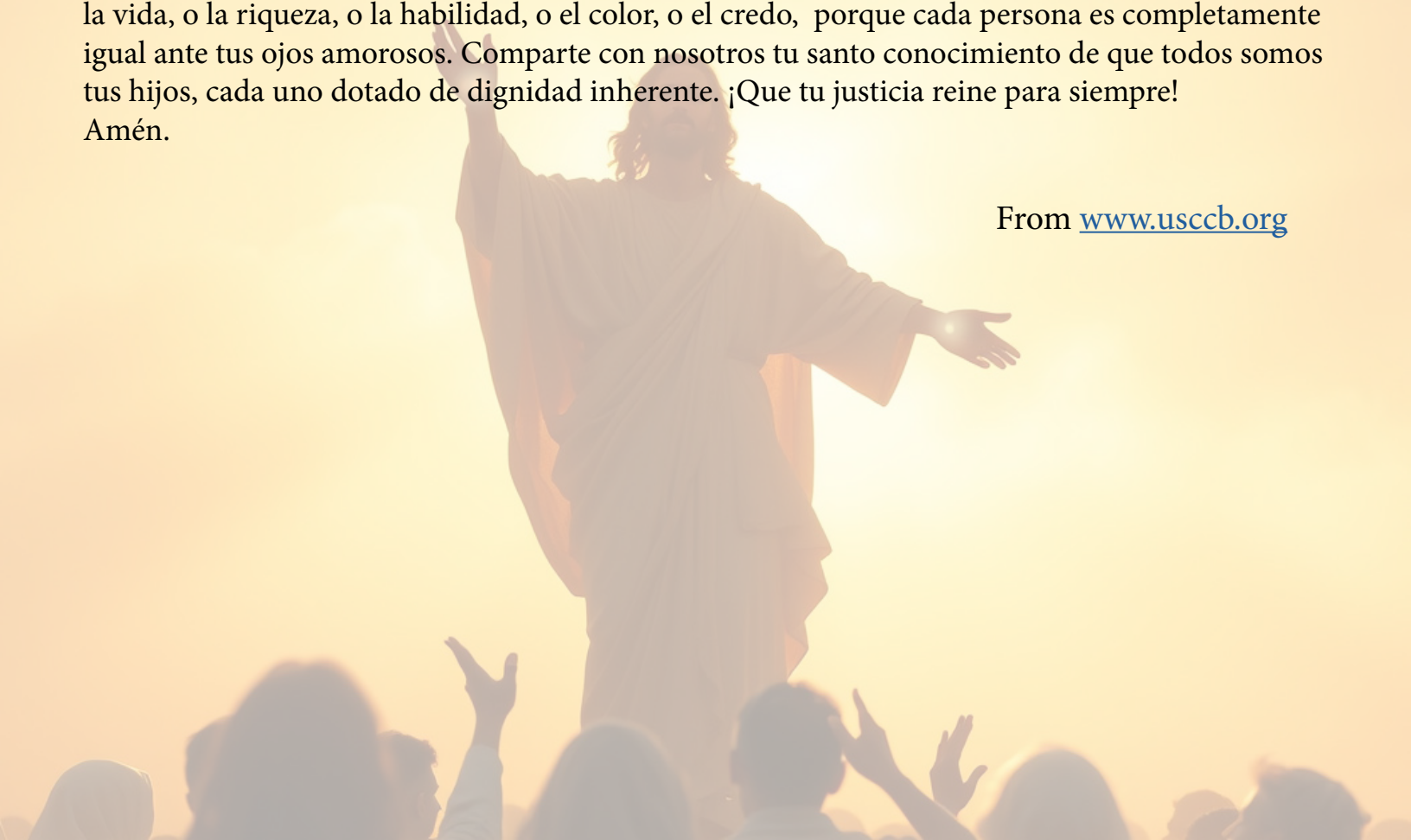
Dios de toda vida,

Ayúdanos a valorar el gran don que es la vida humana formada a tu imagen, reflejo de tu santidad. Ayúdanos a reconocerte en todos los que has creado: niños todavía no nacidos, familias afectadas por la pobreza y la guerra, personas de habilidades diferentes, personas de otras tierras, y todos los que son víctimas del odio y el racismo.

Ayúdanos a dar testimonio de la dignidad de todos los que has creado, sin importar la etapa de la vida, o la riqueza, o la habilidad, o el color, o el credo, porque cada persona es completamente igual ante tus ojos amorosos. Comparte con nosotros tu santo conocimiento de que todos somos tus hijos, cada uno dotado de dignidad inherente. ¡Que tu justicia reine para siempre!

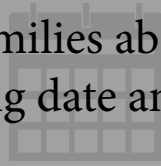
Amén.

From www.usccb.org



REMIND

Remind families about the next meeting date and time.



SUPPORTING QUOTES FROM CHURCH DOCUMENTS

Catechism of the Catholic Church, nos. 798 & 2419:

The Church is the Temple of the Holy Spirit: The Holy Spirit is “the principle of every vital and truly saving action in each part of the Body.” He works in many ways to build up the whole Body in charity: by God’s Word “which is able to build you up”; by Baptism, through which he forms Christ’s Body; by the sacraments, which give growth and healing to Christ’s members; by “the grace of the apostles, which holds first place among his gifts”; by the virtues, which make us act according to what is good; finally, by the many special graces (called “charisms”), by which he makes the faithful “fit and ready to undertake various tasks and offices for the renewal and building up of the Church.”

The Social Doctrine of the Church: “Christian revelation . . . promotes deeper understanding of the laws of social living.” The Church receives from the Gospel the full revelation of the truth about man. When she fulfills her mission of proclaiming the Gospel, she bears witness to man, in the name of Christ, to his dignity and his vocation to the communion of persons. She teaches him the demands of justice and peace in conformity with divine wisdom.

Pope St. John Paul II, Encyclical *Centesimus Annus* (1991), no. 55:

When the Church proclaims God’s salvation to man, when she offers and communicates the life of God through the sacraments, when she gives direction to human life through the commandments of love of God and neighbor, she contributes to the enrichment of human dignity. But just as the Church can never abandon her religious and transcendent mission on behalf of man, so too she is aware that today her activity meets with particular difficulties and obstacles. That is why she devotes herself with ever new energies and methods to an evangelization which promotes the whole human being.

