

Featured Story

Jesus Sends the Holy Spirit to
Help Us
(John 14:15-31)

Lesson Goals

- to recognize the Holy Spirit is our helper and guide
- to identify the Holy Spirit helps us in an examination of conscience as we prepare to receive the Sacrament of Reconciliation
- to review the key words and important concepts of these chapters in preparation for the Sacrament of Reconciliation

Materials Needed

- The Catholic Children's Bible
- Chapter 8 activity booklet
- Treasure map
- Stickers
- Journey Book
- Coloring and writing tools
- Glue, tape
- White construction paper
- Game pieces, dice, marker, and tokens
- Print outs at the end of the lesson

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The Holy Spirit Teaches Us


Background Focus (for parents)

You may have seen the cartoon featuring Lassie, the dog who so often comes to the aid of her human family members. In one frame, a man is pictured in the midst of high waves, clearly about to drown and calling, "Lassie, get help!" In the next frame, Lassie is seen stretched out on her back on a psychiatrist's couch, recounting her thoughts and feelings, while the psychiatrist diligently takes notes.

We all need help. Jesus knew this, and promised to send the Holy Spirit as our Advocate, our Helper. The Holy Spirit is especially important— and helpful—while preparing for the Sacrament of Reconciliation. The Holy Spirit helps us to discern our sin, ask forgiveness, and move forward with confidence in the love of God in order to share that love with others. This is the whole purpose of the Sacrament of Reconciliation.

In this chapter, the children are introduced to the examination of conscience to help them call on the Holy Spirit for guidance as they prepare to receive this sacrament for the first time.


Opening Prayer

 **Child:** Turn to page 1 in the Chapter 8 activity booklet and locate the prayer on the page.

Together: Begin prayer with the Sign of the Cross.

- (Allow about 10 seconds of silence.)
- Read the prayer aloud.
- End with an “Amen” and the Sign of the Cross.



Engage Activity

 **Child:** Name some of the helpers in your life.
(Community helpers like police officers and firefighters, helpers at school, helpers at home.)




Parent: Consider aloud some of these helpers. Choose some and ask:

- How does this helper help you?
- How does this helper make your life safer or better?
- Jesus sent us another helper, the **Holy Spirit**. We will learn more about all the ways the Holy Spirit helps us in our lives, and how the Holy Spirit helps us prepare to receive the Sacrament of Reconciliation.


Featured Story

-  **Child:** Find John 14:15-31 in The Catholic Children's Bible. (page 168g and 169z)
-  Turn the page to the Featured Story on page 169o and place an "I found it!" sticker on the page.

(The words between the leaves are a shortened version of the Scripture story on the previous page.)


-  Look at the pictures. Describe what you see in the artwork.
-  Read the title of the story.
-  Look at the vocabulary words at the bottom of the page. Read each word and the definition.

Parent: Introduce the Bible story by explaining that after Jesus died and rose from the dead, he went back to Heaven to be with his Father. Before he left, Jesus promised to send a helper for us, the Holy Spirit.

-  **Child:** Read the Bible story.

Parent: Ask several questions to check for comprehension, such as these:

- Who is the Helper that Jesus promised?
(the Holy Spirit)
- How will the Holy Spirit help you?
(The Holy Spirit will teach us and help us remember all that Jesus said.)
- What does the Holy Spirit bring us as a gift from Jesus?
(peace)
- Conclude by reminding the children that because the Holy Spirit brings us peace, we can share that peace with others.

-  **Child:** How can we share peace?
(by being kind, by forgiving others, by helping others)

 **Child:** Turn to page 2 in the activity booklet and complete the activity.

(Answers: Helper, forever, Spirit, truth, remains, in, Holy Spirit, teach, remember, told, peace, worried, afraid)

Understand It!


 **Child:** Read Understand It! on page 1691.

Parent: Ask your child to summarize what they just read and review these key points with them:

- The great gift of Jesus to us is the Holy Spirit.
- The Father, the Son, and the Holy Spirit are all one God. They are the three Persons of the Holy Trinity. We receive the Holy Spirit's power at Baptism.
- The Holy Spirit is our Helper. We cannot see him but he works within us.
- The Holy Spirit helps us to understand what Jesus taught and to act on it through the good ideas we have.
- The Holy Spirit is at work in us each day. We can ask him for help and guidance.

Live It!

 **Child:** Read Live It! on page 1691.


 On an index card copy the Holy Spirit prayer and place it in your Bible as a bookmark.


Tell It!

 **Child:** Look at the images in Tell It! on page 1691.

 Look at the second frame (#2).

Parent: Explain the Holy Spirit is often shown as a dove, because a dove is a sign of peace.

 **Child:** Use the pictures in Tell it! to retell the story in your own words.

 Use some of the smaller stickers to mark parts of the Featured Story pages that capture your interest.

(Any remaining stickers may be used at a later time as your child explores the Bible by themselves.)


Core Learning Activity

An Examination of Conscience

Parent: Explain:

- One of the special things the Holy Spirit helps us with is our preparation for the Sacrament of Reconciliation.
- The Holy Spirit helps us remember things we have done for which we are sorry and want to ask forgiveness. The Holy Spirit helps us to be honest and truthful with ourselves.
- Let us ask the Holy Spirit for help to think of sins we want to confess in the Sacrament of Reconciliation.
 - Thinking-over what we have done and any sins we have committed, as well as how we could have better kept the Ten Commandments and been better followers of Jesus, is called an **examination of conscience**.
- Each of us has a **conscience**, an inner knowledge of what is right and what is wrong.
 - When we examine our conscience, we look at things we have done and remember the things we have done that were right and good.
 - We also remember things we have done that were not right, that caused a problem for ourselves or for someone else.

Parent: I will now lead you in an examine our conscience.

 **Child:** Quiet yourself. Hands, be still. Feet, be still. Fold your arms or hands on top of the table. You may put your head down if it helps you to listen.

Parent: I will ask a question for you to think about. Do not answer out loud. Keep it in the quiet of your heart, just for yourself. When it is time for you to prepare for your confession, ask the Holy Spirit to help you remember this examination of conscience.


- Continue with the following questions. Pause between each one.
 - Have I used God's name and the name of Jesus with respect? (pause)
 - Have I honored God by saying my prayers? (pause)
 - Have I done my best to pay attention at Mass and to pray with my parish? (pause)
 - Have I shown love to my parents and others who care for me by listening to them and always doing as they ask? (pause)
 - Have I lied to my parents or my teachers? (pause)

- Have I been helpful to my brothers and sisters? Have I been mean to them? (pause)
 - Have I treated others in a kind and friendly way? Or have I been mean to others? (pause)
 - Have I played fairly? (pause)
 - Did I call someone names or tell lies about them? (pause)
 - Did I share my things with others? (pause)
 - Have I treated the belongings of others carefully? Have I taken what does not belong to me? (pause)
- End by praying:

***"Jesus said,
'Peace is what I leave with you;
it is my own peace that I give you.
I do not give it as the world does.
Do not be worried and upset;
do not be afraid.'* (John 14:27)**

***Thank you, Holy Spirit!
Be with us always.
Amen."***

Process the Activity

 **Child:** What did you feel during this activity?

Parent: Explain:

- Sometimes we feel sad when we remember things we have done wrong, but this sadness is true sorrow and it will turn to joy after we receive the Sacrament of Reconciliation.
- The Holy Spirit is our Helper and will help us live the way Jesus taught. The Holy Spirit will remind us of all the things we have done and will help us to prepare for the Sacrament of Reconciliation with honesty and courage.
- As followers of Jesus, we try to live by the Golden Rule that Jesus taught us:

- ✚ **Child:** Turn to page 1988 in The Catholic Children's Bible to find this Golden Rule printed above the Ten Commandments.

***"Do for others what you want them to do for you."
(Matthew 7:12).***

- ✚ In your Journey Book write the "Golden Rule" in big letters. Decorate the page making a beautiful picture.

Additional Activity Option

A Letter to Jesus (15 minutes)

Materials Needed

White construction paper
Colored pencils, crayons, or markers

- ✚ **Child:** You have learned a lot about Jesus in these past few weeks. The lessons on Reconciliation are almost complete. Make a card for Jesus, thanking him for your lessons together. You can tell Jesus things you are grateful for, or situations that may concern you.
- ✚ Fold a piece of construction paper in half, making a card.
- ✚ Write your letter to Jesus inside the card.
- ✚ Decorate the front of the card.

Parent: Remind your child letters usually begin, "Dear . . ." and include a closing before the signature, such as "Gratefully, Sherry" or "Love, Julio."






- **Child:** Put your letter in your Journey Book as a remembrance of your special relationship with Jesus on your journey to your First Eucharist.

The Holy Spirit Comes (Video) (15 minutes)

- ✚ **Child:** Show the video "The Holy Spirit Comes," available on YouTube (2:57). https://www.youtube.com/watch?v=lqG_lvZhU-A
This video is based on the coming of the Holy Spirit upon the Apostles, as given in the Book of Acts.

Parent: Remind your child the Holy Spirit gave the Apostles many powers.

- One power was the power of healing, as in the video.
- Another power was the power of forgiveness. This power was handed down from the Apostles to bishops and priests.
- When we receive forgiveness in the Sacrament of Reconciliation, we are being graced with the power of God's forgiveness, through the power of the Holy Spirit.
 - We call the powers of the Holy Spirit the "Gifts" of the Holy Spirit. They are:
 - **Wisdom** – Helps us to know how God wants us to live.
 - **Understanding** – Helps us to know what God teaches through Jesus, the Bible, and the Church.
 - **Counsel** (right judgement) – Helps us to make good decisions in our everyday lives.
 - **Knowledge** – Helps us to know and appreciate God is more important than anything else in life.
 - **Strength or courage** (fortitude) – Helps to be strong when we face problems.
 - **Reverence** (piety) – Helps us to love God more than anything else.
 - **Wonder and awe** (fear of the Lord) – Helps us to be thankful for all God creates.
- Explain, we received these Gifts of the Holy Spirit at Baptism. They will be strengthened in Confirmation. We have opportunities every day to use these gifts that the Holy Spirit brings us.

-  **Child:** Pick and color 7 pictures of presents found at the end of the lesson.
-  Cut each present across the page on the dotted line.
-  Fold each paper in half making a card of the present.
-  On the inside of the "present card" write one of the gifts of the Holy Spirit.
-  Glue or tape each one into your Journey Book.

Find (30 minutes)

God's Treasure of Forgiveness

Materials Needed:

Gameboard
Game question Cards
Dice
Game marker for each player
Token pieces

Reconciliation File Folder Game

Parent: Play this game with your child to review this and previous Reconciliation lessons.

- The gameboard is at the end of this lesson. It is on two pages. Tape the two pages together to complete the board.
- The game question cards are also at the end of the lesson. These 4 pages should be printed double-sided.
- Game markers can be borrowed from another game. Or use coins, chips, bottlecaps. They must be clearly different than the tokens.
- Tokens can be any type of markers: coins, chips, bottlecaps, even M&M's. They must be clearly different than the game markers.

The objective of the game is to get to the "Finish" first and have the most tokens. Players move on the board by rolling the die, following the board directions and answering questions.

Directions: Players place their marker on START.

- The players roll the dice and follow the directions on the space they land on.
- If they land on a "?", the player to their right draws a card and reads the question out loud.
- If they answer correctly, they receive 1 token. If they are not correct, they do not receive one.
- When a player gets to the end of one game board, they keep going on the second game board and continue to FINISH.
- All players must land on FINISH with the exact number. When the player reaches FINISH they will count their tokens.
- After all players have made it to FINISH, the player with the most tokens wins.

Parent: End the game by assuring your child they are ready to receive the Sacrament of Reconciliation.

 **Child:** Turn to page 3 in the activity booklet and complete the activity.

(Answers: 1. sin, 2. contrition, 3. venial sin, 4. mercy, 5. absolution)


Parent Note: This content is presented in a child-friendly way in the God's Treasure of Forgiveness Student Booklet. You may wish to have your child read all or parts of chapter 6 to supplement the lesson. Or use the concluding points under "Things to Remember" to wrap up the lesson before prayer.

Lesson Wrap-Up

Parent: Invite your child to think back over all of the different things discussed in this lesson and have your child share some of the key things they learned.

Ensure the following points are made:

- The Holy Spirit is our helper and guide.
- The Holy Spirit helps us examine our conscience.
- The Holy Spirit helps us remember important facts about the Sacrament of Reconciliation.

 **Child:** Place the chapter 8 sticker in the correct circle on your treasure map.

Closing Prayer

Together: Begin with the Sign of the Cross. (Allow about 10 seconds of silence.)

- Listen to "Come Holy Spirit" by Spring Harvest YouTube
<https://www.youtube.com/watch?v=JLy6hQYcXoc>
- Pray the "Come, Holy Spirit" prayer (found in Live It! on page 1691 in The Catholic Children's Bible)

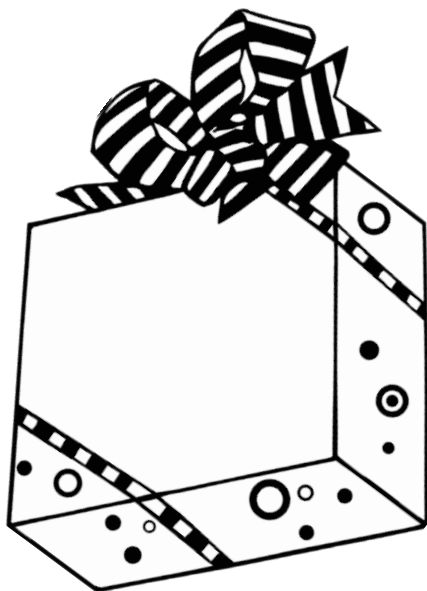
*Come, Holy Spirit,
fill the hearts of your faithful.
Kindle in them the fire of your love.
Amen*

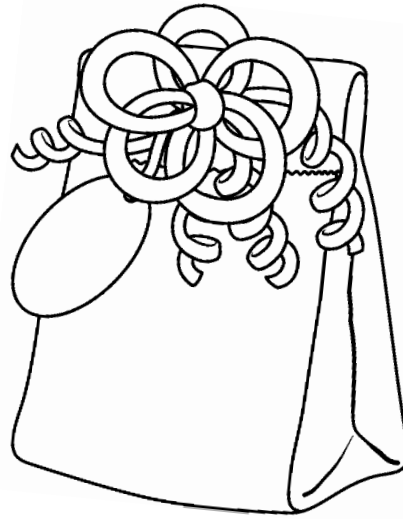
- Close with a final sign of the Cross.

Parent: Before gluing the activity booklet into the journey book, make sure to read over the Family Page.

Please make sure you keep all your Reconciliation Journey Memories in your “Journey Book”.

(The reconciliation activity book, the activities done for each lesson and any other memories you wish to include.)





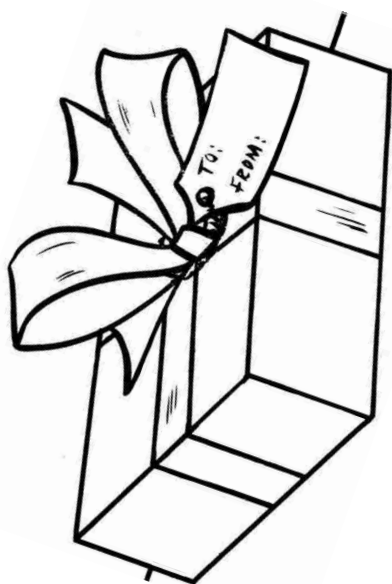
The Gifts of the Holy Spirit

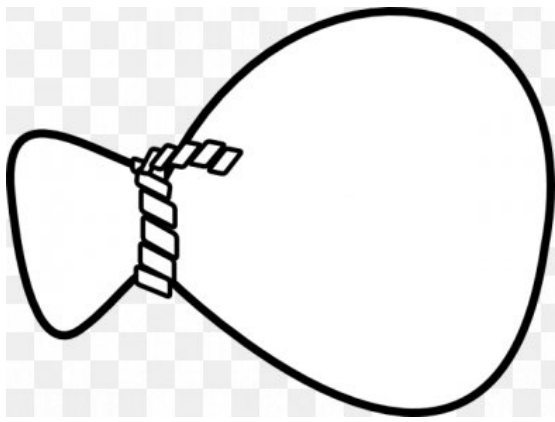
(1 Cor. 12:7-11)

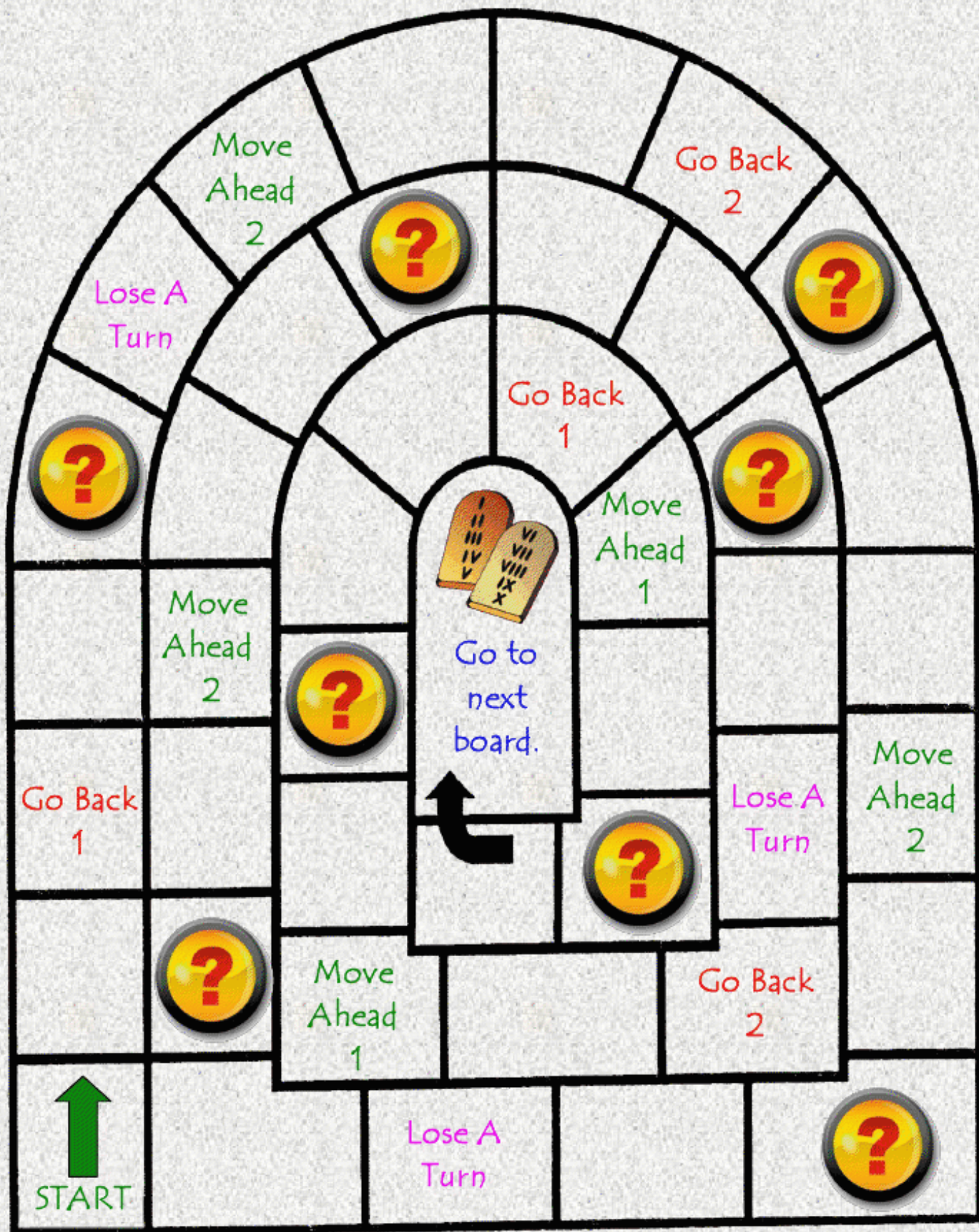


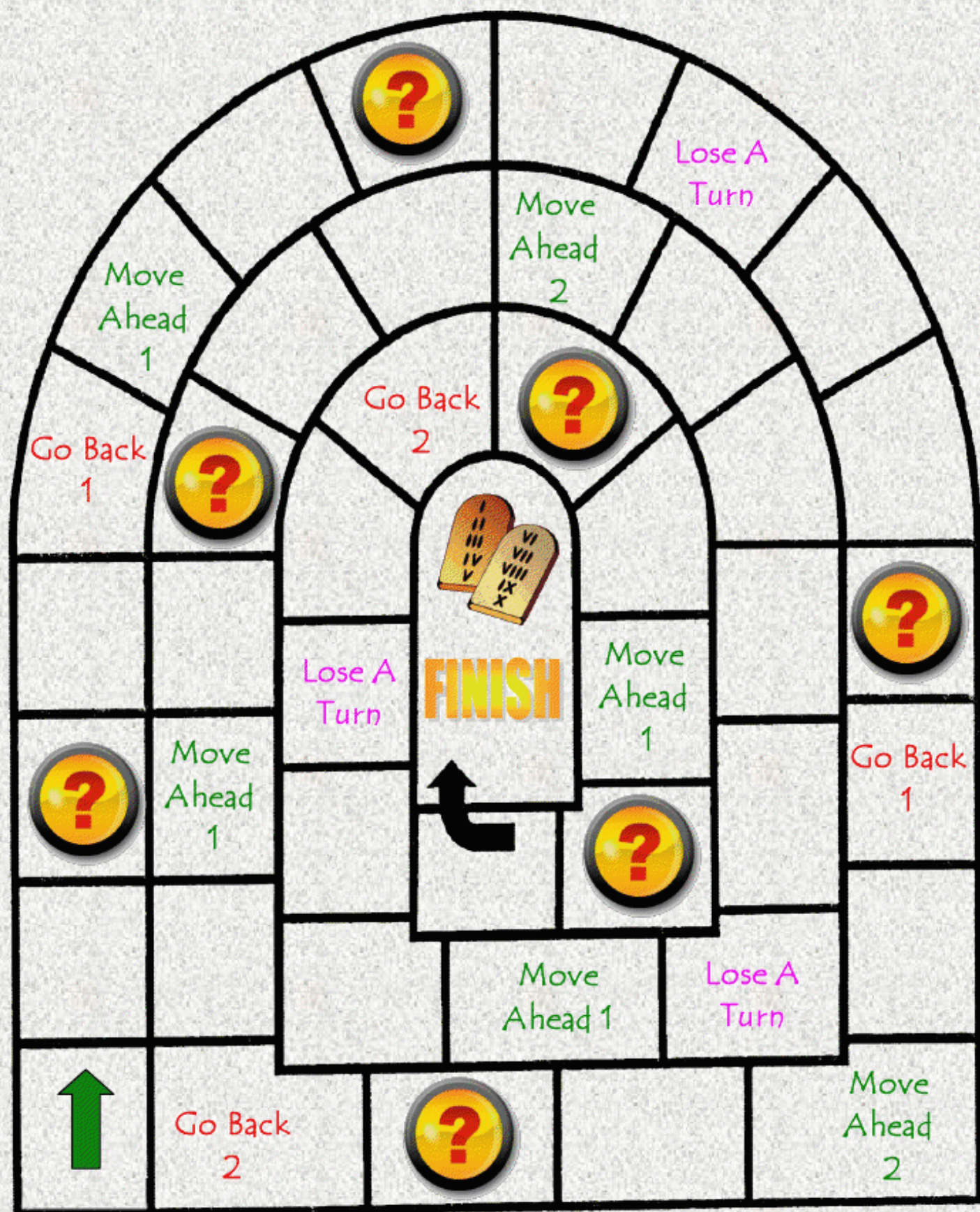


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What do we call God's
life in Us?

When we disobey
God's Law, we call it
what?

What is the Great
Commandment that
Jesus taught us?

When we fail to love
fully, where can we ask
for forgiveness?

Why did God give us
rules?

How is an mistake
different from sin?

What is a mortal sin?

What is a venial sin?

What prayer do we say
in the Sacrament of
Reconciliation to
express our sorrow for
our sins?

To love God and to
love others as
ourselves

Sin

Grace

An mistake is
something that you did
not choose to happen.
A sin is a deliberate
choice.

To keep us safe and
happy

In the Sacrament of
Reconciliation

An Act of Contrition

A venial sin harms our
relationship with God
and others

A mortal sin separates
us from God. We must
confess a mortal sin
and ask forgiveness as
soon as possible

When can we call on
Jesus for help?

What happens when
we receive absolution
in the Sacrament of
Reconciliation?

Jake was walking
through a huge crowd
to get to his friend. He
stepped on someone's
shoe on the way.

Sin or Mistake

You throw your
wrapper on the floor
instead of in the trash.

You take some
baseball cards that you
want from a friend.

Nina was emptying the

dishwasher. A Bowl
slipped from her hands
and broke on the floor.

Sin or Mistake?

"He'll never know. He
has a lot."

Sin or Mistake?

Anna was walking in
the hallway when Chris
stuck his foot and
tripped Anna.

Bill is digging with his
shovel. Mike walks by
and throws dirt on
Bill's shirt and gets dirt
in Bill's eyes.

Jackie was coloring.
She moved her elbow
and caused a drink that
was next to her to spill.

Sin or Mistake?

Sin or Mistake?

Sin or Mistake?

Mistake

Our sins are forgiven
and we are given the
gift of peace

Anytime,
but especially in the
Sacrament of
Reconciliation

Mistake

Sin

Sin

Mistake

Sin

Sin