

Christ Our Life[®]

FAMILY CATECHESIS

PARENT GUIDE

This **Parent Quick Guide** is intended for at-home use by parents and can be used across chapters and grade levels of *Christ Our Life*.



PRELIMINARIES

- Designate a space and, as a family, make the space sacred by placing a Bible, a crucifix, and a candle (or other sacred objects) in your midst.
- Gather materials such as pens, pencils, scissors, and crayons.
- Briefly review each child's chapter in their *Christ Our Life* Student Book and/or consult the At-Home Edition or Study Guide for each child's chapter.

GATHERING (2-3 mins)

- Ask each child to recall something they learned in your last session together (their last chapter).
- Review the most important ideas and key words from their last chapter.

ENTERING (1st page of each chapter – 5 mins)

- Pause for prayer: ask the children to bow their heads and to be silent for 10-15 seconds.
- Invite them to mention anyone or anything they would like to pray for. Include your own intentions.
- Together, pray the Sign of the Cross. Have one child read aloud the prayer on the back cover of his or her student book. All respond "Amen!"
- Have the children open their Student books to the assigned chapter and invite each child to read aloud the title and sub-title of the chapter. *NOTE: If the chapter is a Unit Opener, ask each child to read aloud the Unit title and the Scripture passage at the bottom of the page. Share a thought about how the Scripture connects with the Unit theme. Read the *A Letter Home* (gr. 1-4), *Getting Started* (gr. 5-6), or *Family Feature* (gr. 7-8) on your own ahead of time.
- Ask each child to describe any image(s) on the 1st page of the chapter and how it might relate to the chapter title.
- Have each child quietly read the page and complete any activities on the page. Ask each child to summarize what they read/completed.

SHARING (the pages leading up to the *Review* (gr. 1-4) or *Summary* (gr. 5-8) of each chapter – 10-15 mins)

- Ask each child to read aloud the title on the page and then have them quietly read the pages and to complete any activities on the pages as you assist as needed.
- When they are done, ask:
 - What were the main points?
 - What is Jesus teaching you?
 - What did you find new or most interesting?
- Have each child point out the vocabulary words (bold) on the pages and ask them to explain the meaning of each. Have them look up the Glossary for assistance.
- Draw attention to images and artwork on the pages and ask each child to describe what they see and what each image shows/teaches.
- Perform some simple action to indicate that it's time for prayer: light a candle, ring a bell, strike a chime, etc.
- Ask the children to bow their heads and to be silent for 10-15 seconds.
- Pray the Sign of the Cross.
- Have each child quietly read the **Moment with Jesus** feature of the chapter.
- Choose one of the **Moment with Jesus** features and read it out loud for the group. (If there is a specific prayer to be learned such as the Act of Contrition or the Prayer to the Holy Spirit, be sure to pray that prayer loud.)
- Together, say, "Amen" and pray the Sign of the Cross.

ACTING (the pages titled *Review* (gr. 1-4) or *Summary* (gr. 5-8) of each chapter – 10 mins)

- Have each child individually read and/or complete any *Review/Summary* text and activities as you assist them as needed.
- Invite each child to read aloud their *We Remember* (gr. 1-6) or *Remember* (gr. 7-8) section that summarizes the main point(s) of their chapter.
- Review the *Word(s) to Know* and see if children can recall the meaning(s) of the word(s). If needed, consult the Glossary.
- Have each child read aloud the *We Respond* ((gr. 1-6) or *Respond* (gr. 7-8) feature. *OPTIONAL: Direct each child to individually read and complete the *Gather and Go Forth* pages as you assist them. Ask each child to read aloud the Scripture from the first *Gather and Go Forth* page and then to share what they learned about *A Catholic to Know* on the last *Gather and Go Forth* page.
- Pause for prayer: ask the children to bow their heads and be silent for 10-15 seconds.
- Invite them to mention one thing they are thankful for.
- Pray the Sign of the Cross and then have each child read aloud one of the *Prayers to Know* on the inside front or back cover of their student book.
- Together, say, "Amen" and pray the Sign of the Cross.
- Choose one of the ideas from *Building Family Faith* (gr. 1-4), *Things to Do at Home* (gr. 5-6) or *Reach Out* (gr. 7-8) to focus on during the week.

To prepare for Mass this Sunday, go to *The Sunday Connection*, to reflect on the Scripture Readings.