

FHC  
GUILDFORD

# Family Handouts

2024

NAME:

Communion

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# HANDOUT 1 – WHO IS GOD?

God is not a man in the sky with a beard, looking down at us and judging us. God became a man in Jesus. Jesus reveals that God is real, powerful, merciful, and loving. God is with us, lives in us and wants us to have a relationship with him. We can only understand this when we trust and accept that God has made, knows, and loves us. God loves you!

## LIFE

Children read out loud what's in these boxes.



Did you know that people on earth usually live until around 80 years of age? Some people even live past 100 years of age!



Parents read out these paragraphs.

But what are we supposed to do with 80 years on planet Earth? What is the point of all this time? And more importantly, is there a point at all?

Is there more to life than this? Are we called to something more?

We will be looking at life's biggest questions, at God and what it means to have a relationship with him.

**YOUCAT**  
for Kids

Question 2: Why do I exist? (p.12)

**TO DO** Fill in the box below with what you do every day.

**What I do every day...**  
Every morning, I

.....

Then, I go to school and

.....

Then, I go home and

.....

Then, I go to bed and

.....

Then we do it all again!

What do you think of when you hear the word God? Write or draw it.



Try to answer the questions together.

Blank box for writing or drawing an answer to the question about the word 'God'.

**YOUCAT**  
for Kids

Question 18: What is my purpose in life? (p.35)

Some people can think being Catholic is just about going to church or that it is about following rules from an old book that has nothing to do with our day-to-day life. But being Catholic and having a relationship with God has everything to do with our life!



# JOIN THE CLUB!



Have you ever been part of a club or a team?  
What were you expected to do?

Joining a club can involve going to regular meetings, obeying its rules, wearing matching t-shirts or even learning a secret handshake and then you are in!

Being a Catholic can seem like joining another club.

Our relationship with God is like a very special gift that only we can open.



Being a Catholic is not about joining a club. It is about discovering a relationship, which helps us make sense of life.

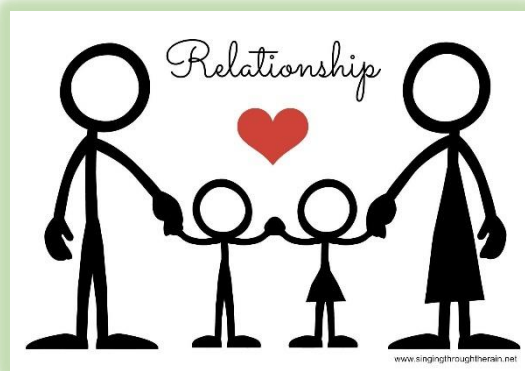


# WHAT DOES "RELATIONSHIP" MEAN?

A relationship is a connection between two people, for example, between a husband and a wife or between a brother and a sister. Relationships are exciting. They are so important in our lives.

**TO DO** Write down some of the people that you have a relationship with.

I have relationships with...



Our relationship with God is the most important relationship we will ever have!



# IS GOD A MYSTERY?



God can seem like a **mystery**; it can be hard to describe and understand someone we cannot see. It can be difficult to understand what it means to have a relationship with God.

But God reveals himself – he shows us who he is all the time. He shows us who he is through creation, through loving people, but most clearly through Jesus.



We can learn about Jesus in the Bible. Jesus said...

“I am the way and the truth and the life. No one comes to the Father except through me.” John 14:6

**YOUCAT**  
for Kids

Question 4:  
Can we know God? (p.14)

*“You have made us for yourself, O God, and our hearts are **restless** until they rest in you”*  
St Augustine of Hippo

*Restless* means being unable to relax or find peace. Jesus is the peace we are looking for.

...This is amazing! Jesus says that he is the **way** to the Father. If we want to know who God is, then Jesus is the way we can know him.

Jesus says that he is the **truth**, which means that through Jesus, we can know with our minds *and* hearts that God is real and loves us.

Jesus says that he is the **life**; through Jesus, we can have a full life, free from shame and guilt, because he died on the cross for us.



B  
I  
B  
L  
E

God reveals himself in the Bible. The Bible is the book where we can read how God first showed himself to the people of Israel, until in Jesus, he shows us how huge God's love is.

**TO DO** Dig out your family Bible. Have fun answering the questions below together.

How many books are there in the Bible?

What are the two main sections of the Bible called?

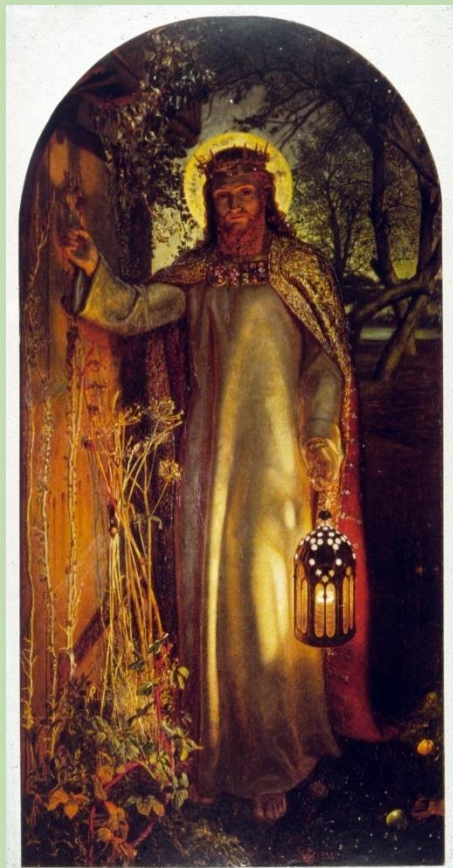
Gospels tell us about Jesus' life, death and resurrection. How many Gospels are there?

**YOUCAT**  
for Kids

Question 10: What is the bible? (p.21)



# A RELATIONSHIP WITH GOD



"Light of the World" by William Holman Hunt

God created you. Not only that, but he also loves you so much that he wants you to know him now and spend eternity with him - be with him forever.



Jesus came so that each of us can know and understand God in a personal way. In the Bible, Jesus says this promise to us...

“

Listen! I stand at the door and knock; if any hear my voice and opens the door, I will come into their house and eat with them, and they will eat with me. Revelation 3:20

”



Look at the picture "Light of the World" together.



I wonder who the man in the painting is and what he is doing.

I wonder why all the light in the painting comes from the lantern.

I wonder why the door is overgrown with weeds.  
I wonder why the door is missing a handle on the outside.

“

I will never leave you; I will never abandon you.  
Hebrews 13:5

”



Ask your child to close their eyes and read this to them: "Imagine your life is like a house, and Jesus is knocking at the door of your life. Jesus says, "Here I am, I stand at the door and knock, and I would like to come into your life, into the house of your life and be part of your life. I want to come in and eat with you."

Eating together is a sign of friendship. Jesus is saying that he wants to be your friend. That is what it means to be Catholic: to be a friend of Jesus. Jesus will not force his way into our lives; He stands at the door and knocks. He leaves it up to us to invite him to be part of our lives. He promises that when you choose to invite him in, he will always be with you and never leave you.



# GOD IS LOVE.

“Where there is love, there is God.”

St Teresa of Calcutta



God sent his only Son, Jesus, to live with us, to make God's **love** known to everyone. What Jesus did and said shows us how God, the Father, loves everyone. God wants us to be with him forever.



“

We must love each other. Love comes from God... God is love... God showed his love for us when he sent his only Son into the world to give us life. Real love isn't our love for God, but his love for us. God sent his Son to be the sacrifice by which our sins are forgiven... since God loved us this much, we must love each other. 1 John 4:7-11

”

**YOU**CAT  
for  
Kids

Question 19: Why do we call God “Father”? (p.36)

God loves us **unconditionally**, meaning we do not have to do anything to earn his love.

God's love is **eternal** – it lasts forever.



Some people feel like they do not deserve God's love because they think the Church is not for people like them. Jesus spent time with outcasts, cheaters, and sinners, yet they felt loved and accepted by him.

We can have **faith** in God's love because of what Jesus did and spoke. Do you have faith in Jesus?

**GOD** knows each one of us by our name.

Our parents, family and friends love us and yet God loves us even more.

**GOD** loves us all the same.

**GOD** is our Father, and we are all his children.



Have you ever heard someone say, “I have *faith* you can do this or that?”

What do you think the word *faith* means?

**YOU**CAT  
for  
Kids

Question 6: Believing in God – how do you do that? (p.16)



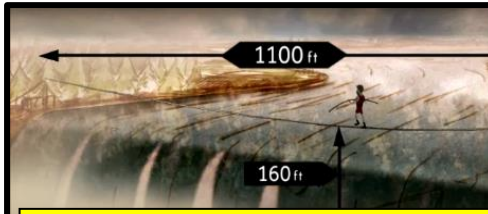


# WHAT DOES IT MEAN TO HAVE FAITH?

Have fun reading this together.



JEAN FRANCOIS GRAVELET, KNOWN AS THE GREAT BLONDIN, WAS A FAMOUS TIGHTROPE WALKER AND ACROBAT.



HE'S KNOWN FOR HIS MANY CROSSINGS OF THE TIGHTROPE, 1100FT IN LENGTH, SUSPENDED 160FT ABOVE NIAGARA.



HIS ACT WOULD BE WATCHED BY LARGE CROWDS...



...AND BEGIN WITH A RELATIVELY SIMPLE CROSSING USING A BALANCING POLE.



THEN HE WOULD THROW AWAY THE POLE AND AMAZE THE ONLOOKERS.



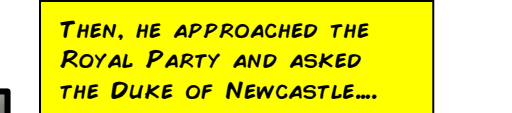
IN 1860 A ROYAL PARTY FROM ENGLAND CAME TO WATCH BLONDIN PERFORM.



AFTER HIS NORMAL SPECTACULAR CROSSINGS, HE THEN WHEELED A WHEELBARROW FROM ONE SIDE TO ANOTHER, AS THE CROWD CHEERED.



NEXT, HE PUT A SACK OF POTATOES INTO THE WHEELBARROW. THE CROWD CHEERED LOUDER.



THEN, HE APPROACHED THE ROYAL PARTY AND ASKED THE DUKE OF NEWCASTLE...



DO YOU BELIEVE THAT I COULD TAKE A MAN ACROSS THE TIGHTROPE?



YES, I DO.



HOP IN!



THE CROWD FELL SILENT...



BUT THE DUKE OF NEWCASTLE WOULD NOT ACCEPT BLONDIN'S CHALLENGE.



IS THERE ANYONE ELSE HERE WHO BELIEVES I CAN DO IT?



NO ONE WAS WILLING TO VOLUNTEER. EVENTUALLY, AN OLD WOMAN STEPPED OUT OF THE CROWD AND CLIMBED INTO THE WHEELBARROW.



BLONDIN WHEELED HER ALL THE WAY ACROSS AND ALL THE WAY BACK. THE OLD WOMAN WAS BLONDIN'S MOTHER. THE ONLY PERSON WILLING TO PUT HER LIFE IN HIS HANDS!

© Alpha International

Faith is putting our belief into action; it's putting our lives in Jesus' hands.





# FAITH IS A GIFT.



Have you ever been given a gift even when you felt you did not deserve it?



We can have faith that God loves us by putting our lives in Jesus' hands. Entering a relationship with God is a gift. This gift is called **grace**. And like any gift, we receive it with gratitude – we say thank you!

God promises, through the Bible, that **EVERYONE** is invited to a relationship with him, through Jesus.



For it is by **grace** you have been saved through faith, and this isn't from yourselves, it is a gift of God.  
Ephesians 2:8

When we receive his grace as a gift, we should give it to others, allowing even more of God's grace to enter our hearts.

God is in the relationships we have with each other. When we show love to someone, God is there in the act of love because God is love.



Look at the captions below and read them aloud. Colour in the ones that might help you love like God loves.



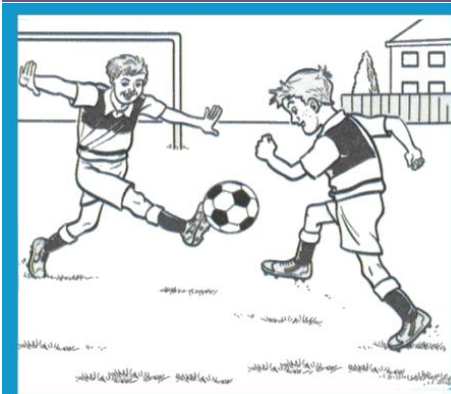
Be helpful at home



Keep all my sweets to myself



Pray before I go to bed



Be a good friend



Tell the truth



Take what doesn't belong to me

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# IT CAN BE DIFFICULT TO LOVE

"Love begins at home, and it is not how much we do but how much love we put into what we do."

St Teresa of Calcutta

We try to love people close to us: our parents, our brothers and sisters, our friends, but there are times when it's difficult. Sometimes, we **disobey** our parents, fight, or argue with our friends, tell lies, or say unkind things.



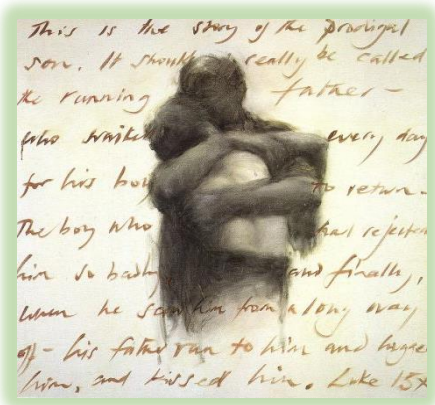
Sometimes, we do not love God or live as though God does not exist. Some days, we hurt those around us or even ourselves on purpose. When we do this, we turn away from God's love. This is called **sin**.

But God, our Father, does not leave us alone with our sins. He carries on loving us no matter what, and he wants us to turn back to him.

? Have you ever found it hard to love someone? How did it make you feel?

“Whenever you did it for any of my people, no matter how unimportant they seemed, you did it for me. Matthew 25:40”

# JESUS TEACHES US ABOUT...THE FATHER'S LOVE



"Prodigal Son" by Charlie Mackesy

Many people came to hear Jesus when he spoke about God. He told **parables** – stories about familiar things so that everybody would be able to understand him.



**Find** the parable about a man and his two sons in the Gospel of Luke, chapter 15, verses 11 to 32 (**Luke 15:11-32**).



PARENTS, WHAT TO LOOK OUT FOR...



- The **behaviour of the father**: his words, gestures and his feelings and desires.
- The **stages in the decision-making** of the son.
- The **joy of reconciliation** and the way in which joy is expressed.

This parable is so special. It shows us how God waits for **US** to return to him after we sin, how he forgives and forgets **OUR** sins and how he welcomes **US** back as his children.



**What was your favourite bit of this parable? Draw a picture of it on a separate piece of paper.**





# THE PRODIGAL SON

What was your favourite bit of the Prodigal Son story?  
Draw a picture of it below.

FULL NAME \_\_\_\_\_



Why not cut this out and put it up somewhere so that you can remember that Jesus, the Light of the World, is always waiting for you.



"Light of the World" by William Holman Hunt





# HANDOUT 2- WHO IS JESUS?

If any famous people below were at Mass, you would probably tell your friends about it at school the next day. Do you tell your friends we see Jesus at Mass too? But who is Jesus? Was he more than just a good man? Why should we follow him?

## I WANT TO BE FAMOUS...



Parents read these bits.

Many things make someone famous: how many people know their name, what they've done, or how many people watch them on TV. If we consider everyone who has ever lived in history, who do you think is the most famous? Without a doubt, it has to be Jesus!

Jesus' life literally divides history. Until recently, our calendars were based on his life. History is divided into two main areas.

BC

Before Christ



AD

Anno Domini  
(The year of our Lord)



Children read out these boxes.



Why do you think Jesus is so famous?

Try to answer the questions together.

If you were born in the year 2,000, it means you were born around 2,000 years after Jesus was walking on the planet!

Jesus was a Jewish man who lived in Israel over 2,000 years ago. He lived, worked, ate, slept, laughed, and cried just like you and me.



Look at the profile on p.41. Have fun creating your own profile on a separate page.

So, who is Jesus and why do two billion people around the world pray to him, worship him and read a book that's all about him?



# THE INCREDIBLE STORY OF JESUS



Read the story of Jesus together. The symbols represent the four key moments in his life. Fill in the coloured boxes with a word that fits the symbol. You can find clues in the story.

Jesus  
came



Jesus is God incarnate – God in bodily form. God **came** into the world, born of the virgin, Mary, in the person of Jesus. Jesus became famous because of the things he said and did. He forgave sins, spent time with those that some might think God couldn't possibly love, and he performed powerful miracles. People came from far and wide to meet him, see him and even touch him.



Jesus

But the religious and political leaders of the day started to feel threatened by him. Those who were around Jesus and opposed him said, "You're claiming to be God". So, they plotted to have Jesus killed! They handed him over to the Roman officials and he was executed by crucifixion. Jesus **died**. They put nails in his hands and his feet and to make sure he was dead they stabbed him in the side with a spear. After he was executed, he was placed in a tomb.



Try to answer these questions together. How would you feel if the story ended there? Who do people think Jesus is?



Jesus

Jesus

The story of Jesus' life doesn't end here. Not even close! Three days later, the stone that had been blocking the tomb was no longer blocking it; the tomb was empty. Jesus **rose** from the dead!



Question 38: What does "resurrection" mean? (p.69)

On the same day he rose from the dead, Jesus began to appear to his followers. Over the next 40 days after his resurrection, Jesus made multiple appearances until he **ascended** into heaven in full view of 500 people.

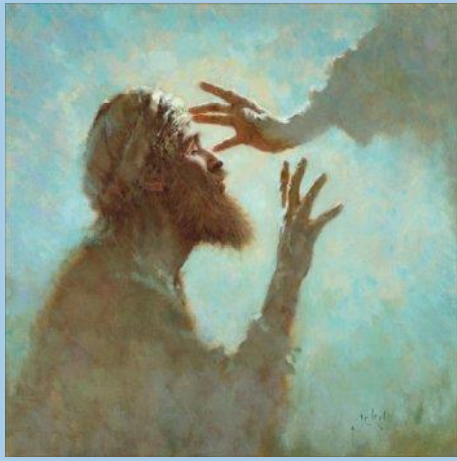
The physical resurrection of Jesus is the cornerstone of Christianity.

The disciples spoke of a risen Jesus and many of them were killed because of this. There are billions of Christians around the world who also believe that Jesus rose from the dead. The resurrection proves that Jesus was who he claimed to be. Jesus claimed to be a man whose identity was God. God has revealed himself to us in Jesus. Isn't that amazing!





# JESUS DID SOME AMAZING THINGS



The best source for information about Jesus is the Bible, especially the Gospels, written 30 years after Jesus' life. One of the first things we learn from reading the Gospels is that Jesus lived a **miraculous** life – he multiplied food to feed thousands of people and healed the sick.

? What other things do you remember Jesus doing?

Just list one or two things



*"He is the true Saviour: Jesus saves, Jesus cures, Jesus heals."*  
Pope Francis

The amazing things Jesus did show us that Jesus must have been a good man.



And they were astonished beyond measure, saying, "He has done all things well; he even makes the deaf hear and the mute speak. Mark 7:37



## JESUS HEALED THE LEPER



**Find** together the passage in the Bible about Jesus healing a leper in the Gospel of Matthew, chapter 8, verses 1 to 4 (**Matthew 8:1-4**). Have a **chat** about what the passage shows us about Jesus.

Parents, please take a minute to read and reflect on the Bible passage before looking at it with your child.



PARENTS, WHAT TO LOOK OUT FOR...

- Biblical leprosy was an assortment of serious skin conditions that **isolated the leper from the rest of society**.
- The leper kneeling before Jesus and saying he had the choice to heal him **shows a great amount of trust in Jesus' compassion and power**.
- Jesus not only heals but **touches the leper** who is **untouchable** because of his condition. Jesus often spent time with people that no one else wanted to spend time with.
- Jesus **restores** the man's position in society by encouraging him to go to the temple.



# JESUS TAUGHT AMAZING THINGS.



"Sermon on the Mount"  
by Carl Bloch

One way we know that Jesus was more than just a good man was by his teachings.



Early in his ministry, Jesus started to teach about God and the Kingdom. Thousands of people began to follow him. So, he went up a mountain and gave the most famous teaching in history, the **Sermon on the Mount**. Jesus' teachings founded many of the laws we have today.

No one has ever improved on the amazing teachings of Jesus. They are the kind of words you would expect God to speak.



The "Be-Attitudes" are about making good choices and living how Jesus lived. Use the words to fill in the spaces to complete the Beatitudes.

rely on God peacemaker generous right thing mourn please God gentle merciful

Mrs Smith tries to break up a fight at school.

**Blessed** are those who are...



**p** \_ \_ \_ \_ \_ .

God will call them his children.

Molly plays with her baby sister after school.

**Blessed** are those who are...



**g** \_ \_ \_ \_ \_ .

They will be given what God promised.

Kelly gives up her seat on the bus to an older person.

**Blessed** are those who are...



**m** \_ \_ \_ \_ \_ .

They will be given the Earth.

Shane has to trust that he will catch the swing.

**Blessed** are those who fully...



**r** \_ \_ \_ \_ \_ .

Heaven is theirs.

Ben's friends are mean to him because he says no.

**Blessed** are those who get into trouble for doing the...



**r** \_ \_ \_ \_ \_ .

God's kingdom belongs to them.

Jack makes his dad happy.

**Blessed** are those who try to...



**p** \_ \_ \_ \_ \_ .

They will be with God.

Beatrice shares her favourite sweets.

**Blessed** are those who are...



**g** \_ \_ \_ \_ \_ .

God will satisfy them.

Sarah has heard some upsetting news.

**Blessed** are those who...



**m** \_ \_ \_ \_ \_ .

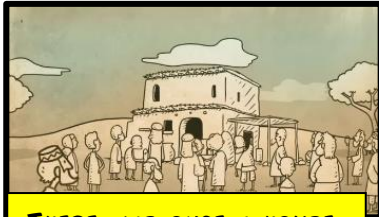
God will comfort them.



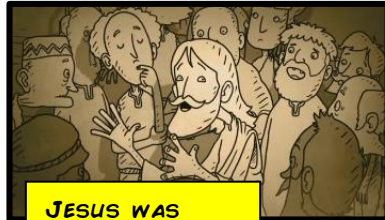
# JESUS SAID SOME AMAZING THINGS



Have fun reading this story of Jesus healing a paralysed man together. You can find this fantastic story in Luke 5:17-26.



THERE WAS ONCE A HOUSE OVERFLOWING WITH PEOPLE.



JESUS WAS TEACHING THERE.

THE PEOPLE LISTENING BECAME DISTRACTED BY WHAT THEY THOUGHT WAS SNOW FALLING ON THEIR HEADS.



QUICKLY, THEY REALISED THAT A HOLE WAS APPEARING IN THE ROOF.



THEY REALISED THE SNOW WAS ACTUALLY DUST FROM THE CEILING!



THEN 4 SMILING FACES APPEARED PEERING DOWN!



THE OWNER OF THE HOUSE GOT ANGRY BECAUSE THEY DESTROYED HIS ROOF!



BUT HE CALMED DOWN WHEN HE SAW JESUS SMILING, AS IF HE KNEW WHAT WAS HAPPENING.

A MAN ON A BED WAS LOWERED THROUGH THE HOLE DOWN TO FLOOR TO THE FEET OF JESUS.



THE CROWD FELL SILENT LISTENING TO WHAT JESUS WOULD SAY.



"SON, YOUR SINS ARE FORGIVEN!"

THE RELIGIOUS LEADERS WERE OUTRAGED THAT JESUS SAID HE COULD FORGIVE SINS.



SURELY ONLY GOD CAN DO THAT!

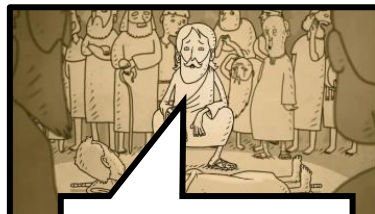


JESUS SAW THE FAITH OF THE 4 FRIENDS AND SAID, TO THE PARALYSED MAN...

CAN YOU GUESS WHAT HAPPENED NEXT...



WHICH IS EASIER TO SAY: YOUR SINS ARE FORGIVEN OR TO SAY GET UP, TAKE YOUR MAT AND WALK? I WANT YOU TO KNOW THAT I CAN FORGIVE SINS...



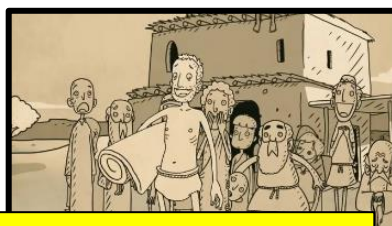
SO I SAY TO YOU, SON, GET UP, TAKE YOUR MAT AND GO!



THE MAN DID EXACTLY WHAT JESUS SAID. HE GOT UP...



...HE ROLLED UP HIS MAT...



...AND WALKED OUT THROUGH THE CROWD...



...WHILE EVERYONE STOOD THERE AMAZED!



# JESUS SAID AMAZING THINGS ABOUT HIMSELF.

Some of the most radical things Jesus said were about himself.



Look up the Bible passages below and write down what Jesus claimed he was.

John 6:35

I am...

John 8:12

I am...

John 10:11, 27

I am...

John 11:25

I am...

John 14:6

I am...

Jesus often used the words “I am”. But he wasn’t just using those words to say that he was “something”. When Moses asked what God’s name was, thousands of years before Jesus came to the Earth, God said:



“I AM who I AM.” He said further, ‘Thus you shall say to the Israelites, “I AM has sent me to you.”’ Exodus 3:14



As we just discovered, Jesus was using the same words “I AM”! Jesus also said things like “The Father and I are one” and “if you have seen me, you have seen God”.



**Try** to answer these questions together. **Why do you think Jesus said all these things about himself? What do you think Jesus was trying to tell us?** Have a chat.



We cannot see God but by looking at Jesus we find God.



Try to spend 10 minutes on this page. 18

# IS JESUS MORE THAN JUST A MAN?



Ask your child to close their eyes and read the following meditation.  
(Based on John 20:24-28)

Thomas was one of Jesus' closest followers, but he didn't believe that Jesus had come back to life. Thomas wasn't with the other disciples when Jesus appeared and breathed on them the Holy Spirit. Imagine how Thomas must have felt.

Imagine what you would feel like if the man you had been following for years had just been killed. You would feel so upset and scared. But then, a few days later, your friends tell you that Jesus has returned. He showed them his hands and his side. They are so convinced he was there.

But you are just not convinced. You are not trying to be difficult, but you can't believe someone could make themselves come back to life. You say to your friends, "Unless I see the mark of the nails in his hands and put my hand in his side, I will not believe." A whole week goes by, and nothing happens. You become even more convinced that your friends had hallucinated that Jesus appeared to them. It's just too wild an idea, anyway.

You're sitting with your friends in the house; all the doors are shut. Then, suddenly, Jesus appears. He says, "Peace be with you." He then comes up to you. He says, "Put your finger here and see my hands. Reach out your hand and put it in my side. Do not doubt but believe."

You touch him. You look into his eyes, and all these thoughts go through your head. How could he be alive again? Only God could bring himself to life. Could Jesus be more than a man? Could he be God? You know Jesus is real, and you can't help but call him "My Lord and my God!"



"The Incredulity of Saint Thomas" by Caravaggio

Parents ask your child these wondering questions.



I wonder who Jesus is in the painting.

I wonder who Thomas is.

Look at their facial expressions.



I wonder how they are all feeling.

I wonder why Jesus was guiding Thomas' hand into his side.

I wonder whether Jesus really is God.

**YOU**CAT  
for  
Kids

Question 25: Is Jesus Christ really God? (p.44)

Question 40: Is there life after death for us too? (p.72)



# THE HOLY SPIRIT HELPS US TO BELIEVE

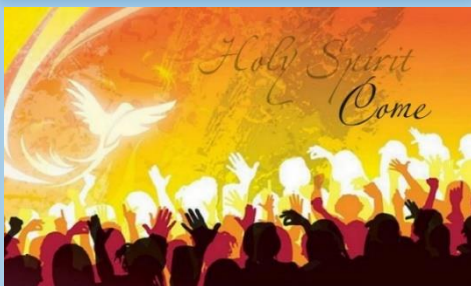


The Holy Spirit is a special helper sent by Jesus after he rose from the dead. Jesus was filled with the Holy Spirit, and now, Jesus' same Holy Spirit helps us to stay close to Jesus.



No one can say, "Jesus is Lord," except through the Holy Spirit.  
I Corinthians 12:3b

We cannot understand Jesus without the Holy Spirit and know he is our Lord. The Holy Spirit also teaches us to pray and helps us to be there for others. Because of the Holy Spirit, we can call ourselves children of God!



For all who are led by the Spirit of God are children of God.  
Romans 8:14

By the Spirit, you and I are adopted into God's family on earth and in heaven; this is amazing!



**YOU**CAT  
for  
Kids

Question 47: Who is the Holy Spirit? (p.82)



Draw a picture of your amazing family on a separate paper. We want to put it up in the church so your church family can pray for you. Please write your name on it and try to use felt-tip pens.

## FAMILY PRAYER – PRAYING AT HOME



God, thank you for loving us. Thank you for sending your son Jesus to Earth.

We believe that Jesus is God, and we want to have a relationship with you. We want to follow your plans for our lives.

We ask your Holy Spirit to lead, guide, and help us do the things Jesus teaches us to do. In Jesus name, Amen.





# MY FAMILY

Draw a picture of your family in the box below. We want to put it up in the church so your church family can pray for you. Please write your **name** in big writing and try to **use felt-tip pens**.

NAME OF CHILD \_\_\_\_\_







"The Incredulity of Saint Thomas" by Caravaggio





# HANDOUT 3 – THE CROSS

No matter what you have done or where you have come from, God wants you to know his love. God welcomes you with open arms. He is inviting you to turn to him. It is through Jesus' life, death, and resurrection that you can know God and his love for you.

## LOGOS



What do you think the Catholic logo should be? Have fun drawing it here:



Children read what's in the coloured boxes.

The cross can be considered the logo or symbol of Christianity – a symbol for the death of Jesus.



Parents read these paragraphs.

If you think about it, it is a bit weird how people wear crosses around our necks to represent our religion.

Most often, we remember famous people for great events in their lives. But Jesus, the most famous person in history, seems to be remembered, most of all, for his death on a cross.



Question 36: Did Jesus really die on the cross? (p.65)

So, why does Jesus' death matter to us today?



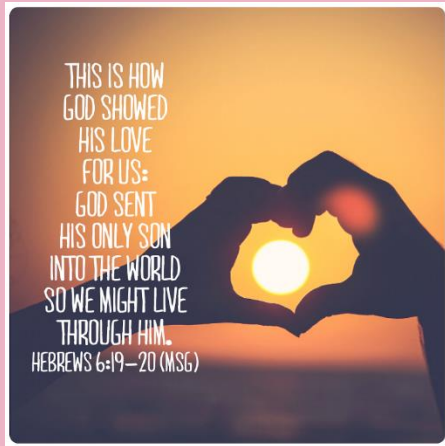
# JESUS IS GOD



All the amazing things that Jesus said, did, taught and claimed about himself show us that he was more than just a good man; that he was God.

By becoming human, Jesus shows us **even just through his birth how much God loves us**, how much he cares about us, and how much he wants us to know that.

Remember, God is not a man sitting on a cloud with a long beard looking down at us, slightly disappointed, so he sent his son. **God became Man in Jesus so that we can know how much he loves us.**



Jesus did not come to change God's mind about us. He came so that we could change our minds about God.



He came so that we could change our minds about ourselves (that we are loved) and each other (that they are loved).

# WHY DID JESUS DIE?

“ He humbled himself and became obedient to the point of death — even death on a cross. ”  
Philippians 2:8

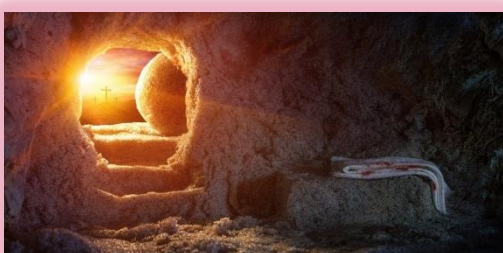
*Scapegoat is one made to bear the blame for the wrongs of others.*



Jesus died on the cross because the authorities did not like what he was saying or doing at the time. So, they made him the **scapegoat** and had him killed.

On the cross, all human sin met Jesus like greed, envy, hate, anger, and violence. Jesus was sinless and did not deserve to die, yet he took all sin on himself and was overwhelmed by it and died.

But then the most surprising thing happened. Three days later, Jesus was alive again! They killed him, but he came back to life even better than he was before. So, the rulers failed; they killed Jesus to get rid of him, but **he came back again to live forever.**



Jesus defeated death, showing us that sin and darkness, although they still exist, do not have the last word. Because Jesus overcame death, we know we will also overcome death someday and live forever as Jesus does. **The cross is a victory.**



# WHAT DOES THE CROSS MEAN TO US?

GOD IS WITH US.

*He comes alongside us when we go through hard times, and before you know it, he brings us alongside someone else who is going through hard times so that we can be there for that person just as God was there for us.* 2 Corinthians 1:4 (The Message)

Through Jesus' passion and death, he shows us that **he is with us in our suffering** because he also suffered.

Every time we are in pain or not happy, we can look at the cross and remember that Jesus has been through it too.



We can also remember that Jesus Christ defeated death through his resurrection – **we can get through it.**



Are you or is there someone you know who is going through a hard time at the moment? Why not pray together to God, remembering that he is with us all in our suffering?

GOD FORGAVE.

“ Then Jesus said, 'Father, forgive them; for they do not know what they are doing.' Luke 23:34 ”

On the cross, Jesus didn't get angry or want revenge; instead, he forgave. **Jesus stopped the cycle of hate.** Jesus asks us to “take up our cross and follow him”, which means to forgive as he forgives.



Is there someone in your life that you need to forgive? It might be a brother or sister or a friend who has done something to upset you. Together, why not pray to God to give you the strength to forgive them like Jesus forgave on the cross?

GOD MADE A WAY.

FOR I AM CONVINCED THAT NEITHER DEATH NOR LIFE ANGELS NOR DEMONS THE PRESENT NOR THE FUTURE NOR ANY OTHER POWER NEITHER HEIGHT NOR DEPTH NOR ANYTHING IN CREATION CAN SEPARATE US FROM THE LOVE OF GOD IN CHRIST JESUS OUR LORD ROMANS 8:38 NIV

Through Jesus' life, death, and resurrection, he made a way for us to have a relationship with God. Isn't that amazing?



**YOU**CAT  
for  
Kids

Question 140:  
How can I hear  
God? (p.198)



If you struggle to believe that God loves you, then why not pray together to the Holy Spirit, who helps us believe?



# GOOD NEWS



Have fun doing the following activity together. You will need a page from a newspaper or a piece of paper.

“In newspapers we find both good news and some bad news.”

**Take** a sheet of paper or newspaper.

“I’d like to share with you one news story which is good news for everybody.”



**Fold** the top left corner of the sheet over, as shown in the photo.

“God sent his son Jesus from heaven to earth to show us just how much he loves us. This is good news.”



**Fold** the paper again to form a “house shape”.

“Jesus grew up in a family and when he became older, he healed people, and taught people how to know and love God.”



**Tear** the paper downwards in a straight line.

“Some people believed that Jesus was God’s Son, but others wanted to kill him. Jesus was captured and put under trial.”

Now **tear** the other side.

“Jesus was nailed to a cross. Jesus’ friends were very sad. This seemed like bad news to them and good news to those who wanted Jesus dead.”



**Crumple** up the torn bits of paper in your hand and throw them in the bin. The remaining paper should look like an arrow.

“They wanted to get rid of Jesus, so his body was placed and sealed it in a tomb.”



Now **open** the arrow to reveal the paper cross.

“Though Jesus suffered and died on the cross he was prepared to do that so we could be forgiven for the wrongs we do (sins).”

**Place** your palm over the cross. Jesus wants us to be friends with God and to follow him today.

“The Good News is that Jesus came back to life again and he promises those who believe in him eternal life – life forever with God. That’s good news that’s certainly worth sharing with everyone!”



# WHAT IS SIN?



During Jesus' passion and death, the worst of humanity came to the surface: violence, anger, and hate. When you hear about it, you might think, how could people have treated Jesus that way? This happens around us all the time, in our schools and the local area.

People are made fun of, mocked, left out, taken advantage of, and hurt every day.



The Bible says that deep down, we are all broken, and brokenness leads us to act in ways that hurt us and hurt others. The Bible calls this brokenness **sin**. The Bible also tells us that Jesus died on the cross to **take away our sin**.

? What do you think "sin" is?

Try to answer the questions together.



Question 55: How do we recognise sin? (p.95)  
Question 81: What is a sin? (p.132)

# A STORY ABOUT MAKING GOOD CHOICES



Jesus tells us a story about how to make good choices. **Find & chat about** the parable of the man with two sons in the Gospel of Matthew, chapter 21 verses 28 to 30 (**Matthew 21:28-30**).



PARENTS, WHAT TO LOOK OUT FOR...

- The two sons were asked the same question. **How did they both respond?** Even though the first son said no, eventually he did go to help.
- Jesus wants us to realise that **what we do is more important than what we say we will do**.
- People who commit sins will go to heaven if they are sorry for them.



Question 57: How does God deal with sin? (p.96)  
Question 21: Does God guide my life? (p.38)



# MAKING GOOD CHOICES

God has given everyone a way of telling whether what we do or say is right or wrong. He gives us a **conscience** – it's the little voice within us, helping us to know right from wrong. Sometimes we must listen very closely to hear that voice. Our parents, teachers and the Church help us to **form** our conscience.



We all make mistakes. Sins are more than mistakes. Write an "A" in the box if the action was an accident. Write an "S" in the box if it was a sin.

**An accident:** An action not done on purpose. Accidents are not sins.

**A choice to sin:** Sin is a bad action done on purpose. You know it is wrong, and you do it anyway. Or it is choosing not to do something good on purpose.

You drop your sister's favourite toy, and it breaks.

OR

You are angry with your sister, so you break her favourite toy.

Your dad asks where your homework is, but you didn't do it, so you lie and say you don't know.

OR

Your dad asks where your homework is, but you forget where you put it and tell him that.

Your mum asks you to clean your room, but you watch TV instead.

OR

Your mum asks you to clean your room, but your school bus comes, and you can't do it now.



A parent warns a child not to play football near houses. The child chooses to play anyway and kicks the ball. **What might happen (consequences)?**



Ask each other.

- How easy do you find it to say sorry?
- How do you feel when someone says sorry to you?
- Have you ever chosen to do something that you knew was wrong? What happened afterwards?
- How important are love and forgiveness in your family?



Question 113: How do I know whether I am doing something good or bad?





# THE EFFECTS OF SIN

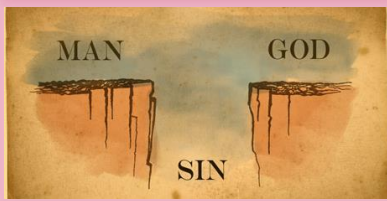


Some might say, “Well, if we all sin, then we are all in the same boat, so it doesn’t matter if we sin”. It *does* matter that we sin. Sin can hurt us and others.

Sin can **pollute** our lives.



Imagine walking along the beach on a lovely sunny day, eating a yummy cup of ice cream with your friend. Then a bird poos onto your ice cream. Yuk! Your friend tries to scoop out the poo and says, “I’ve got nearly all of it out!” You think, “There is still no way I will eat it!” It is like that with sin. Even a little bit is not good for us.



Sometimes, we might find we keep repeating sins – this is the **power of sin**. It can get a grip on us and can make us feel like we are chained up.

Sin can also build up a wall between us and others. If we don’t stop it, sin eventually builds up a wall between God and us –this is the **partition of sin**. Our turning away from God’s love builds the wall; it is not God who does.



*“The Lord never tires of forgiving. It is we who tire of asking for forgiveness.”*  
Pope Francis



Question 56: What does sin do to us? (p.95)

# THE “GOOD PERSON” TEST



Here is a common thought: I know I’m not perfect but deep down, I’m a good person, especially when you compare me to...

Write the name someone who you think is not as good as you.

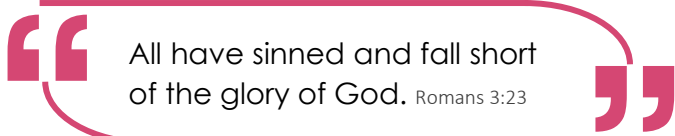
But then you might think that you’re not as good as someone else.

Write the name someone who you think is better than you.

**Now draw a massive cross over this whole box or scribble over the names you’ve just written.**



This is *not* how God sees us. He doesn’t compare us to each other. St Paul said:



All of us have fallen short of God's standards. We are all sinful people and in need of forgiveness.





What a God we have! And how fortunate we are to have him, this Father of our Master Jesus! Because Jesus was raised from the dead, we've been given a brand-new life and have everything to live for, including a future in heaven—and the future starts now! God is keeping careful watch over us and the future. The Day is coming when you'll have it all—life healed and whole. 1 Peter 1:3-9 (Message Bible)



## FAMILY PRAYER – PRAYING AT HOME



Take it in turns to say the prayer to each other. Say the name of the person you are praying for first.

“ \_\_\_\_\_ ”

no matter what you have done  
or what you have failed to do,  
God wants you to know his love.

God welcomes you with open arms.

He is inviting you to turn to him.

Jesus' life, death, and resurrection  
made a way for you to know  
God's special love for you.

Thank you, God! Amen.”



Time to learn a traditional  
prayer – the Apostle's Creed

**YOU**CAT  
for  
Kids

Question 13: How do you  
say the creed? (p.28)



What is so wonderful about the Catholic faith is how the ordinary can be transformed into the extra-ordinary. Anyone can hear about Jesus and history from 2,000 years ago and about God loving us. But what is so amazing about the mystery of the sacraments is that God's love is given to us concretely - in a very real way, today. The seven sacraments are seven meeting points with God.

## SACRAMENTS

Parents read these bits

Every day, we use signs and symbols. Signs point the way and give us direction. Symbols can hold special meaning for us, too.

Ordinary, familiar things can stand for something deeper, far beyond themselves.

Using signs and symbols helps us to convey a meaning that can be much deeper than words.

A gold ring on a finger is more than just an item of jewellery. It is a sign of commitment, love, and self-giving.



Children read what is in the coloured boxes.



? Can you think of any other signs and symbols that hold a deeper meaning?

Try to answer this together. Just think of one or two things.

*"Sacraments are an outward and visible sign of an inward and invisible grace."*

*St Augustine of Hippo*



# JESUS USED SYMBOLS TO SHOW HIS LOVE.



A sacrament is something we can see, hear, taste, feel and smell.



God loved the world and all in it that he became a man. Jesus became part of the material world that he had made. He could see, hear, taste, feel and smell like us.

Jesus wanted to show us the Father's love in a real way. In his life, he often used ordinary things to show his love.



"Healing of the Blind Man"  
by Brian Jekel

Jesus' first sign was *turning water into wine* (read *John 2:1-11*) at a wedding feast in Cana. It shows God's abundant love and generosity. When *healing the man born blind* (read *John 9:6-7*), he made a paste out of his spit and dust from the ground and spread the mud on his eyes. It shows us the power of God.



Have a chat about any other examples you can think of when Jesus used ordinary things to show us God's love and glory. Why do you think he did that?

## THE CHURCH CONTINUES JESUS' MINISTRY

The Church, through the **sacraments**, also uses material things, words, and actions as physical symbols of God's love for us: words, **water**, **oil**, **lit candles**, **white garment**, **bread**, **wine**, **laying on of hands**, sign of the cross on **forehead**, **lips** and **heart**, **rings**, joining of **hands**.



These symbols are powerful and effective because the **sacraments** use things from God the Father's created world; Christ is at work in them, and his Holy Spirit is poured into our lives through them.

**YOUCAT**  
for  
Kids

Question 64: What are the sacraments?  
(p.108)



# THE SEVEN SACRAMENTS



Read the descriptions. Can you work out which of the following words fit with each sacrament?

- Reconciliation
- Anointing of the Sick
- Baptism
- Eucharist
- Holy Orders
- Confirmation
- Matrimony

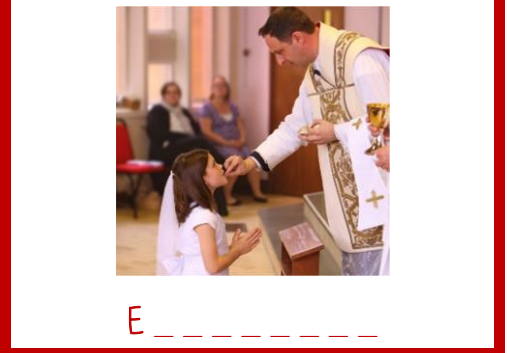
## SACRAMENTS OF INITIATION

This sacrament is one every Catholic receives. It makes us members of the Body of Christ. It is only received once in our life.



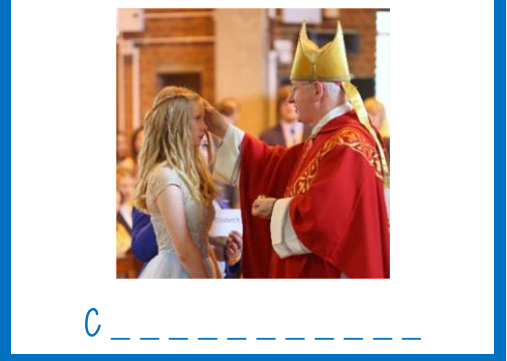
B \_ \_ \_ \_ \_

In this sacrament, we receive Christ himself and we unite ourselves to him as we share in his Body and Blood.



E \_ \_ \_ \_ \_

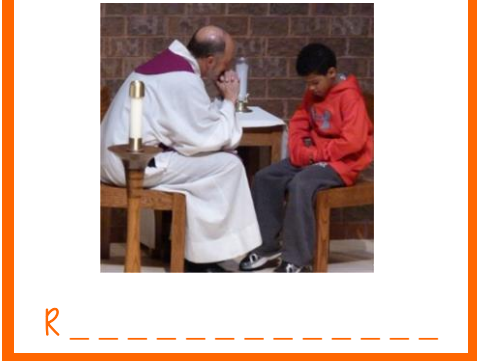
The person receiving this sacrament is blessed with the Gifts of the Holy Spirit, as were the apostles on the day of Pentecost. It is only received once in our life.



C \_ \_ \_ \_ \_

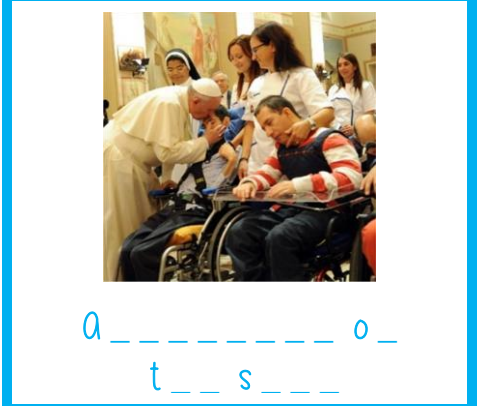
## SACRAMENTS OF HEALING

This sacrament celebrates God's forgiving love for us. We say we are sorry for times we have done wrong. We ask for God's forgiveness.



R \_ \_ \_ \_ \_

This sacrament celebrates God's gifts of hope and healing. The priest lays his hands on the head of the sick person and anoints their forehead and hands, saying a prayer.



a \_ \_ \_ \_ o \_  
t \_ \_ s \_ \_

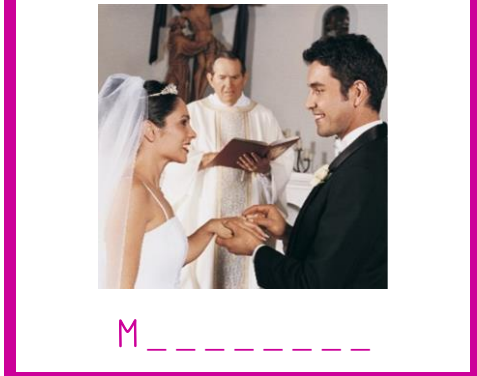
## SACRAMENTS OF MISSION

This sacrament celebrates the gift of priesthood. A priest chooses to give his life for the service of others in the Church. There are three Holy Orders: deacons, priests, bishops.



H \_ \_ \_ O \_ \_ \_ \_

This sacrament celebrates the gift of love and life and friendship between a man and a woman.



M \_ \_ \_ \_ \_

The sacraments are seven special ways to experience Jesus' presence, and through Jesus, God.



# BAPTISM: A SACRAMENT WE'VE RECEIVED ALREADY



The sacrament of baptism is a once-in-a-lifetime moment. People can never receive baptism for a second time. People can be baptised at any age: as a baby or as they grow up. Whenever it happens, it is an extraordinary time!

Did you know that a third of human beings on this planet have been baptised!



Parents share what you can remember about your child's baptism. Dig out any photos, baptism certificate, baptism garment or baptism candles. Have fun looking at them together. Parents explain why you decided to have your child baptised.



Question 68: Why are babies baptised when they cannot even decide for themselves if they want to be baptised? (p.112)

## MY BAPTISM DAY

DATE OF MY BAPTISM .....

MY GODPARENT(S) .....



# BAPTISM IS LIKE OPENING A DOOR.



*“Baptism is a response to the love of God in the presence of God among the people of God.”*

Baptism is called the gateway to a life with God. Jesus came to give us life to the full – a real life full of joy, peace, and hope!



Walking through the “door” of baptism, you can experience life in a whole new way. Baptism opens you up to God’s presence and his help through the many challenges life throws at you.

It is only after our baptism that we can receive the other sacraments – which are meeting points with God. At the end of your life, as you approach the “door” called death, it won’t be the end. You’ll be able to walk through it to **eternal life** in heaven.

## IN BAPTISM, WE USED OUR SENSES



In baptism, we **felt** the water when it was poured over us. We **heard** the words of the priest or deacon: “I baptise you in the Name of the Father and of the Son and of the Holy Spirit. Amen.” We **saw** the flickering candle – a sign of Jesus’ presence.



**YOUCAT**  
for  
Kids

Question 65: How is baptism administered? (p.110)

## WATER AT BAPTISM

In the early years of the Church, only adults received baptism. They were taken down to a river and baptised in deep running water. They went right down under the water. Then they came up again and took a great gulp of fresh air.

We need water in everyday life. Without water we cannot live! Water speaks to us of LIFE itself. Water can also be dangerous to us. Water can also speak to us of DEATH.



Have a chat about how water can be life-giving and how water can be dangerous.





Join the bubbles in the right order to complete the verse (Colossians 2:12)

... **having been** through your faith ...

**with him**

**with him**

**in baptism and**

Question 66:  
What does baptism do to me? (p.111)

“When we were baptised, we joined Jesus in death so that we might walk in the newness of his life”.

Just as Jesus died and rose again, so the followers of Jesus copy him using water to act out DYING and RISING to new LIFE. By doing this, we act out the belief that:

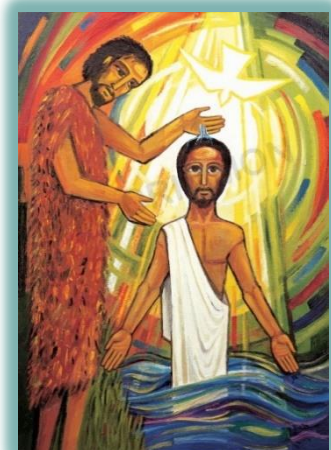
LIFE is stronger than DEATH; LOVE is stronger than HATE.  
GOODNESS is stronger than EVIL; LIGHT is stronger than DARKNESS.



## WATER IN THE BIBLE – JESUS IS BAPTISED



Find together the passage in the Bible about Jesus’ baptism in the Gospel of Matthew, chapter 3, verses 13 to 17 (**Matthew 3:13-17**). Have a **chat** about what the passage shows us about Jesus’ baptism.



Parents, please take a minute to read and reflect on the bible passage before looking at it with your child.



PARENTS, WHAT TO LOOK OUT FOR...

- John the Baptist is Jesus’ cousin.
- John had been baptising people of their sins in the river Jordan for a while.
- John believed that Jesus should baptise him, not vice versa.
- When Jesus was baptised, something new began. He was not only baptised with water, but he was also baptised by the Holy Spirit. He instituted the sacrament of baptism.





## WORDS AT BAPTISM

During your baptism, the Priest or Deacon said your name first and then again as he poured water over your head. You were baptised by name because God knows **YOU** by name. God loves you for who you are!



Fill in your name below. Then read out the sentence with pride!

My name is \_\_\_\_\_ and  
God knows me and loves me for who I am!

When you are baptised, you become a child of God the **FATHER**; who can grow more like Jesus the **SON**; through the power of the **HOLY SPIRIT** who lives in you.



Parents tell your child why you chose their name.

As the Priest or Deacon poured water over your head, he said God's name - "I baptise you in the name of the **Father**, and the **Son**, and the **Holy Spirit**." You became a child of God!

## OIL AT BAPTISM

At your baptism, the Priest or Deacon **anointed** or rubbed the crown or top of your head with the **oil of Chrim**. Chrim is olive oil scented with a sweet perfume.



Did you know that when our Queen, Elizabeth II, was crowned she was also anointed with the oil of chrim!



Being anointed with the oil of Chrim, it is like you have been anointed a King or Queen and have a place in God's royal family!

## WHITE GARMENT AT BAPTISM

At your baptism, you were clothed with Christ. That is why you were wrapped in a white garment. It is white like the glowing light of Jesus Christ.



The white garment symbolises how you have received a new identity. You are not just your parents' child but also God's child now! You can walk with your head held high, knowing that you are special and loved by God.



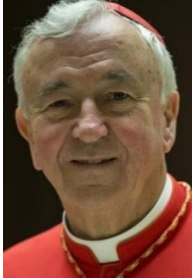
# CANDLE AT BAPTISM



A lit candle was given to your parents or godparents. The candle is a symbol of faith in Christ, who is the light of the world.



You, your parents, godparents, and church family have an awesome responsibility to keep the **flame of faith** alive and shine the light of Christ into the world around you.



*"[The baptism] candle is a sign of the faith and light that comes to us from Christ. It is easily blown out, but not if we stand together. That is why the church, parents and godparents are here standing alongside you, and handing on this gift of faith. It is impossible to live a life of faith on your own. We need to be together, to join forces so the light of Christ will be strong."*

Cardinal Vincent Nichols



Time to learn a traditional prayer – the Our Father



Question 149: Why do we pray the Our Father? (p.212)



Question 69: What is a godparent? (p.113)

# CARRYING ON THE BLESSING OF BAPTISM

This is my beloved Son, with whom I am well pleased.  
- matthew 3:17

Because of your baptism, you are called a son or daughter of God, and you have something very special to do. You are called to share God's love with other people and help them to know about Jesus.

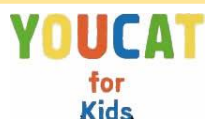


Write down (or draw) ways you can find out more about Jesus so that you can help to spread the GOOD NEWS and share God's love.

Just think of one or two things



One way to share God's love is to receive a blessing and to bless others, "May God bless you". Parents why not bless your child when saying good night this evening?



Question 157: How do you bless someone? (p.221)





# HANDOUT 5 - RECONCILIATION

When you upset a friend, you must say sorry so that you can continue being friends. When we sin it not only may hurt others, but ourselves and so our friendship with God. The Church helps us celebrate God's forgiveness through the sacrament of Reconciliation – a sacrament of **healing**. In this handout, we will be discovering the steps of reconciliation: how we can go back to God after we have turned away from him by not loving ourselves or others the way Jesus taught.

## THE PRODIGAL RETURNS



Do you remember what happened to the younger son in the parable of the Prodigal Son? Match each description with a picture.

- 1. he asked for his inheritance
- 2. he left his father
- 3. he spent his money
- 4. he lived with the pigs
- 5. he came to his senses
- 6. he turned back
- 7. the father ran
- 8. he said sorry
- 9. he was forgiven
- 10. they celebrated



Children read what's in the coloured boxes.

Jesus himself forgave the sins of many people; it was more important to him than his miracles. He was bringing about the kingdom of God, where all wounds are healed, and all tears are wiped away. When we go to a priest and confess, it is Jesus himself who heals our wounds through his forgiveness.

Jesus expresses beautifully what happens in the sacrament of Reconciliation in the parable of the Prodigal Son: We go astray; we are lost and can no longer cope.

But our Father waits for us; he forgives us when we come back; he takes us in again forgiving our sins.



The Parable of the Prodigal Son represents our relationship with God, the Father.



# HE CAME TO HIS SENSES



The lost son in the Parable of the Prodigal Son, ended up alone with the pigs. While he was alone, **he came to his senses** and realised how he had turned away from his father – how he had sinned.

We also must spend time in quiet to think about the ways we have sinned. We can ask God, through the help of his Holy Spirit, to be honest with ourselves. The time we spend preparing to confess our sins is called the **Examination of Conscience**.



This is a special examination of conscience based on the Lord's Prayer.

Spend time looking through the questions together. The questions can help you pause and think about good and bad choices you may have made.

You can write or draw your answers on a separate page. Take your time.

You can do this at the end of the day as part of your night prayer.



**YOUCAT** Question 148: How can I pray in the evening? (p.210)  
for Kids



**OUR FATHER**  
IN HEAVEN, HALLOWED  
BE YOUR NAME.

Do I think about God every day?

Do I speak to God every day through prayer?

Do I worship God at Mass every week?



**YOUR KINGDOM COME,  
YOUR WILL BE DONE,  
ON EARTH AS IN HEAVEN.**

Do I live how Jesus shows us how to live?

Am I kind to others?

Do I share with others?

Do I show respect to my parents, teachers, and friends?



**GIVE US TODAY OUR  
DAILY BREAD.**

Am I sometimes greedy?

Do I appreciate what God has given me?

Do I think of ways to help those who have no food?

Do I take things that do not belong to me?



**FORGIVE US** OUR SINS,  
AS WE FORGIVE THOSE  
WHO SIN AGAINST US.

Do I say I am sorry when I have been wrong?

Do I forgive when someone does something bad to me?

Do I help solve problems between my friends or do I cause more trouble?

Do I say bad things about people who have hurt me?

**LEAD US  
NOT INTO  
TEMPTATION,  
BUT DELIVER US  
FROM EVIL.**

*Questioning.com*

Do I play fairly in sports and games?

Do I cheat in school?

Do I tell the truth?

Do I let others tempt me to do things I know I should not do?



# HE TURNED BACK



After the Prodigal Son came to his senses, he started travelling back home. Sometimes, we can make ourselves feel better after sinning by thinking about it. However, that feeling does not last, and we can find ourselves repeating the sin again and again. The Prodigal Son did not just think about it. He got up and travelled the long journey back home to say sorry to his father.

We too need to respond physically once we have come to our senses about our sin. The Church gives us that opportunity through the sacrament of Reconciliation.



In Lent, you and your family are invited to a Reconciliation Festival. You will be able to reflect on God's love and forgiveness together and, when ready, receive the sacrament of Reconciliation for the first time.

We call it a festival because it is a very special celebration, full of colour and happiness!

“ Love covers a multitude of sins. 1 Peter 4:8 ”



“After a fall, stand up again right away! Do not leave sin in your hearts for even a moment.”  
St John Vianney



What do you think receiving the sacrament of Reconciliation for the first time will be like? Parents share what receiving the sacrament was like for you.

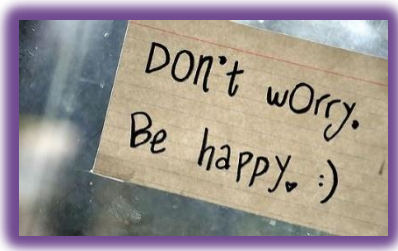
Try to answer the questions together



# HE CONFESSED



Chat about what has happened this week that you might want to apologise for. How might you say it to Jesus?



The son returned home to his father. After his father ran to him and embraced him, the son looked his father in the eye and said he was sorry.

When we sin, it is like when you fall out with someone, and you cannot look the other person in the eye. We need to say sorry to that person. We need to look them in the eye, as we say sorry. The Holy Spirit helps us to do this.



The sacrament of Reconciliation allows us to look Jesus in the eye. **The priest represents Jesus.**

The priest also **represents the whole community of the Church, the Body of Christ**, which we are members of through baptism. Sin can hurt other people in some way, even if you cannot see how it does. So, **the priest speaks the words of forgiveness on behalf of everyone.**

The priest will not tell anyone what you tell him; he promises to keep it secret. Be honest and open with the priest. His job is to remind you how much Jesus loves you and that Jesus forgives you.



Question 86: Why should I confess to a priest? (p.138)

Question 84: May the priest reveal what he has heard in confession? (p.136)

# PENANCE

“ Later Jesus found him in the temple and said to him, 'See, you have been made well! Do not sin anymore, so that nothing worse happens to YOU. John 5:14 ”

A **penance** is a task given to us by the priest after we confess our sins. It helps us turn our hearts back to God. It helps us turn away from sin. God created and loves us and wants us to be more like him. So, he sent his Son to show us the way and his Holy Spirit to guide us. The penance you are given will help you stay on the path of love.

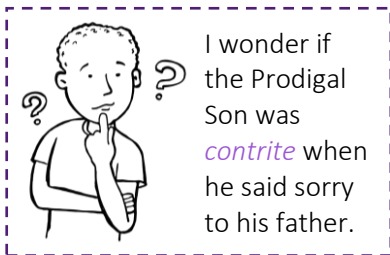
Your penance might be an action, a prayer, or some other way to help you change your life and avoid sin in the future.



# ACT OF CONTRITION



"Return of the Prodigal Son"  
by Bartolomé Esteban Murillo



You will be asked to say this prayer aloud after the priest give a penance. **Don't worry** if you don't remember the order of everything, the priest will help you.



Try to learn this act of contrition

Dear God, I am sorry for my sins with all my heart. I know you love me very much. Please help me to do my penance, to do better, and to avoid anything that might lead me to sin. Amen.

Take your time learning this prayer

*Contrition* or to be *contrite* means being truly sorry and being willing to change and do better.

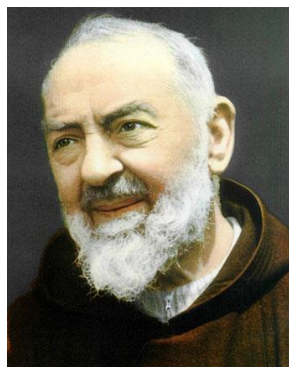


Have you ever said sorry to your mum and dad, or your teacher or your brother or sister, and not really meant it? While it is very important to say the word sorry aloud, it is even more important to mean it.

# ABSOLUTION

*"Love Jesus! Have no fear! Even if you had committed all the sins in this world, Jesus repeats these words to you: "Your many sins are forgiven, because you are loved much."*

St Padre Pio of Pietrelcina



Absolution is a very special prayer that the priest speaks aloud. This prayer promises that you are forgiven!

"God the Father of mercies, through the death and resurrection of your son, you have reconciled the world to yourself and sent the Holy Spirit among us for the forgiveness of sins.

Through the ministry of the church may God give you pardon and peace, and I absolve you from your sins in the name of the Father and the Son, and the Holy Spirit."



# FORGIVENESS



God calls us to ask for forgiveness and to forgive each other. Did you know that we practice forgiveness all the time at home and at school?

Here is something Jesus told his disciples – his followers, about forgiveness, from the Gospel of Matthew:

“ Peter came to Jesus and asked, ‘Lord, if another [person] sins against me, how often should I forgive? As many as seven times?’ Jesus said to him, ‘Not seven times, but I tell you, seventy-seven times. Matthew 18:21-22”



At the time of Jesus, the number seventy-seven was used to show a massive number.

What is the biggest number you can think of? Can you imagine forgiving someone that many times?



**TO DO** In our families we are called to love each other and forgive each other every day.

Circle the 6 opportunities for forgiveness you can find in the picture.



*It is not possible to live without forgiveness, or at least you cannot live well, especially in the family.*

Pope Francis

**YOUCAT** for Kids Question 85: What does confession do to me? (p.137)



# SACRAMENT OF RECONCILIATION: STEP BY STEP



Spend some time reading this together...

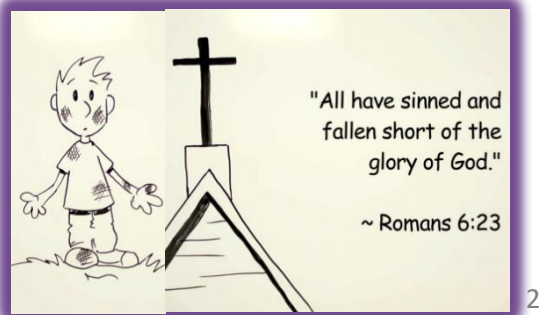
## We were baptised!

When we are baptised, we are washed free of all sin.



## But...

We still keep sinning. Sins separate us from God.



## Receiving mercy

A great way to receive God's mercy is through the sacrament of Reconciliation. Reconciliation starts in our hearts.



## So what do we do?

We turn to the mercy of God. Only God forgives sin.



## Examination of Conscience



## We examine our conscience

Take some time in quiet prayer to think about the things you have done to separate you from God, and things that you have failed to do.

## Now we are ready

Now you are ready to see a priest. First, the priest welcomes you and you make the sign of the cross together. You then say something like "Bless me, Father, for I have sinned."





**Be honest with Jesus**

Then tell the priest, who represents Jesus, the ways you have sinned.

- The priest will not tell anyone what you tell him. It's a safe space.
- Be honest and open with the priest.
- He represents Jesus. His job is to remind you how much Jesus loves you and that Jesus forgives you.



**We are given a penance**

The priest gives you a penance. Your penance might be an action, a prayer, or some other way to help you change your life and avoid sin in the future.



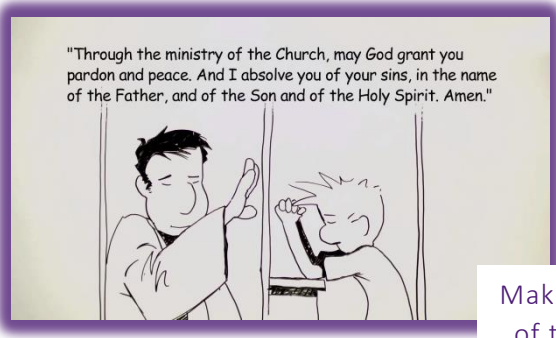
**We apologise**

Then the priest will ask you to apologise and ask for forgiveness by saying an act of contrition.



**Receive forgiveness or absolution**

Absolution is when the priest offers you God's forgiveness after you have confessed your sins.



Make the sign of the cross



**That was great!**

Don't forget to do your penance to turn your heart back to God. Don't forget to SMILE... God loves you and he has forgiven you!



Role play the steps of reconciliation. Take it in turns to be the priest.





# HANDOUT 6 – THE MASS

As Christians we can have a relationship with Jesus. We can relate to Jesus in all sorts of ways. But there is no more amazing or privileged way to get close to him than at Mass. At Mass all God’s children come together to hear Jesus speak to us and we can speak back to him in the Liturgy of the Word (through scripture). Then we share a meal together receive Jesus himself through the Liturgy of the Eucharist (his body and blood). This is the best hour of our week!

## THE MASS



Parents read these

There are 1.2 BILLION Catholics in the world! Although we speak different languages and have different customs, we are one Church. ‘Catholic’ means ‘universal’. We can go to Mass all over the world.



Question 50: What does the word “Church” mean? (p.87)

? Have you ever attended Mass in another country? Draw the flag of the country.



Sometimes we must decide not to do other things so that we can go to Mass. **Have a chat** about what you need to do as a family to go to Mass every week.

The church has been meeting on Sundays for Mass since the time of Jesus. Jesus promised that when two or more come together to pray, he will be there with them. Jesus is with us when we celebrate God’s love for us at Mass.

Let’s discover what happens at Mass.

“ For where two or three are gathered in my name, I am there among them. Matthew 18:20 ”



Question 80: Why do Christians go to Mass on Sundays? (p.130)



# WHAT HAPPENS AT MASS – A SUMMARY



Spend time together reading through the stages of the Mass.

Introductory Rites

1 On Saturday night or Sunday, we all get ready and go to **Mass**.

2 We arrive and we genuflect or bow towards the **tabernacle**, behind the altar, before we sit together in a pew.

3 When everyone is ready, the Mass usually starts with a song. Then the priest greets everyone. Find out what he says on the next page.

4 We recognise that this past week we may not have loved others the way that Jesus taught and so we say we are sorry by saying the words, "**I confess to almighty God and you my brothers and sisters that I have greatly sinned.**" Then, we **glorify** God with a song.

5 We sit and hear someone read some passages from the **Bible**.

Liturgy of the Word

6 Then the priest or deacon gives a **homily** - talks to us about the meaning of the readings. While the priest or deacon is talking, everyone listens.

Liturgy of the Eucharist

7 We offer the gifts of bread and wine.

8 The priest prays over the gifts and we begin the most important action during Mass.

10 We say the prayer that Jesus taught us, the **Our Father** or **Lord's Prayer**.

9 We all kneel in **reverence** and pray with the priest. We respond to all the prayers.

12 Then everyone who is prepared receives **Holy Communion**.

11 Communion unites us in Christ. We try to mend things that divide us in any way. So, we give each other a **sign of peace**.

13 Communion changes us. After Communion, the priest or deacon says a prayer and sends us back home. Because we received Jesus and we all shared in the Mass, we try to live like him.

Concluding Rites



# BEGINNING OF MASS: THE SIGN OF THE CROSS



Names are so important. Your name is very special to you. It marks you out as a person in your own right - as being different and special.



When the priest reaches the altar, he invites the presence of God to be with the community by saying:

Question 63: What is the shortest summary of the faith? (p.104)

**“In the name of the Father and of the Son and of the Holy Spirit”**

At the same time, we make the sign of the cross. This is a sign that we belong to God – we are God’s children. We belong to each other in God. As God’s people, we call each other brother and sister even though we come from different families. We identify with God and surrender our presence to him because we are there in his name.



Practice making the sign of the cross together.

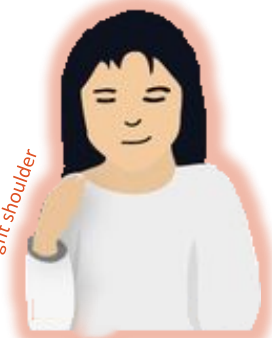
In the name of...



the **FATHER** and of... the **SON** and of...the **HOLY**

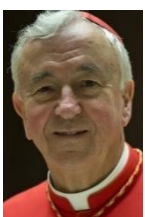


Left shoulder



Right shoulder

**SPIRIT**



*“When we make the sign of the Cross, it is a sign of love, we are saying ‘we’re happy to belong to Jesus and that Jesus died on the cross for us.’ Everyone who belongs to this family of the Church, uses that sign all the time: when we begin to pray, at the beginning of Mass and hopefully before we go to sleep at night.”*

*Cardinal Vincent Nichols*



# PENITENTIAL RITE



God loves us very much and wants us to be good and kind to others. This is the part of the Mass when we recognise that, during the past week, we may not have loved others and ourselves the way Jesus taught. We ask for forgiveness for things we have done wrong and things we have failed to do.



Fill in the words that fit in each empty box:

### What the priest says

### What the people say

Lord, have mercy.	L....
	Christ, have mercy.
Lord, have mercy.	
May almighty God have mercy on us, forgive us sins, and bring us to life everlasting.	

**Mercy** is when someone shows love towards us even though we have hurt them.



# WE LISTEN TO THE WORD OF GOD.



The Liturgy of the word is the time for us to listen to readings from the bible and to learn about Jesus. God speaks to us through his Word.



Listening can be difficult. There are many distractions, and some words may be difficult to understand. To understand what God is saying to us, we need to listen not only with our ears but also with our hearts. God speaks to our hearts of his love.



When the priest or deacon introduces the gospel reading by saying, "The gospel according to..." we trace the cross on our forehead, lips, and heart because God's word is so important. Practice doing it while praying: "May the Word of the Lord be in my mind, on my lips and in my heart."





# WHAT IS THE LITURGY OF THE WORD?

Match the word on the left with the correct meaning on the right.

## Word

## What it means

Gospels

Prayers for what we need at the very end of the Liturgy of the Word

The first reading

Usually from one of the Letters in the New Testament written by early church leaders, especially from St. Paul

Prayers of the faithful ("bidding prayers")

The book that contains all the stories of the Old and New Testament

The second reading

The four stories about Jesus in the New Testament

Creed

We "profess our faith" by saying what we believe.

Psalm

The first part of the Mass, when we hear readings from the Bible

Homily

The Gospels and all the letters about Jesus and his followers

The Bible

This prayer is usually sung after the first reading at Mass.

Liturgy of the Word


Old Testament: The stories about the Jewish people who were ancestors of Jesus

New Testament


When the priest or deacon explains the readings at Mass, we can take God's teachings home and live them out daily.

Gospel Acclamation

We sing this happy song to prepare our hearts to hear the Gospel reading.



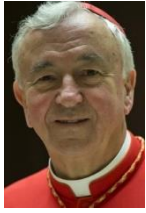
At the end of the First and Second Readings, the reader says, "The Word of the Lord".  
 What are the words we say in answer?  
 At the end of the Gospel, the priest or deacon says, "The gospel of the Lord".  
 What are the words we say in answer?



**Candles** are used at Mass to remind us that Jesus' words guide us like a candle in the dark.



# THE CREED (PROFESSION OF FAITH)



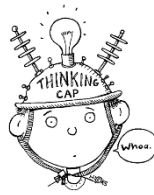
*"What we believe in most of all is the person of Jesus as the one who gives us the shape and the lead in life and then gives us himself so we can put it into action."*

Cardinal Vincent Nichols

## I BELIEVE IN ONE GOD, THE FATHER ALMIGHTY.

When we call God "Father", we say we believe in God's love for us. God's love is strong, tender, and caring, like the best love of our mothers and fathers, only better. We also believe that God created everything on earth and in heaven, everything we can see and cannot.

There are no right or wrong answers to the questions below. Spend time thinking about your answers in your heart.



*What do you think about the idea of being a child of God?*

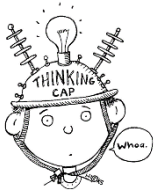
*What do you think about the idea of God being the creator of everything?*

I believe in God, the Father Almighty, Creator of Heaven and Earth. I believe in Jesus Christ His only Son, Our Lord Who was conceived of the Holy Spirit born of the Virgin Mary, Suffered under Pontius Pilate Was crucified, died and was buried. On the third day, He rose again He ascended into Heaven and is seated at the right hand of God, the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

*"When we say we believe these things, it's more than a proclamation, it's a prayer."*

## I BELIEVE IN ONE LORD, JESUS CHRIST.

Jesus is the only son of God, the Father. He invites us all to become sons and daughters of God, too. We do this by taking God's name in baptism and becoming more and more like Jesus throughout our lives.



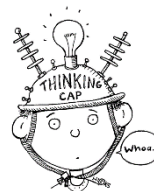
*What do you think about what we believe about Jesus?*

- He was born of the Virgin Mary.
- He suffered death and was buried.
- He rose again three days later.
- He is now seated at the right hand of the Father in heaven.

*Do you not know that your body is a temple of the Holy Spirit within you, which you have from God, and that you are not your own? 1 Corinthians 6:19*

## I BELIEVE IN THE HOLY SPIRIT.

The Holy Spirit is the power and love of God at work in our lives. The Holy Spirit helps us to become more like Jesus. The Holy Spirit helps the Church to carry on the work of Jesus.



*Do you think that the Holy Spirit is somewhere out there or in our hearts? What difference do you think the Holy Spirit will make in your life?*







Did you know the Profession of Faith is based on the Apostles Creed? Fill in the gaps with one of the words in the box.

I believe in God, the **F**\_\_\_\_\_ Almighty,  
 Creator of heaven and earth;  
 and in **J**\_\_\_\_\_ Christ, His only Son, our Lord,  
 who was conceived by the **H**\_\_\_\_\_ **S**\_\_\_\_\_,  
 born of the Virgin **M**\_\_\_\_\_,  
 suffered under Pontius Pilate, was crucified, **d**\_\_\_\_ and was  
 buried; he descended into hell;  
 on the third day He **r**\_\_\_\_ again from the dead;  
 He ascended into **h**\_\_\_\_\_,  
 is seated at the **r**\_\_\_\_\_ hand of God the Father Almighty;  
 He shall come to **j**\_\_\_\_\_ the living and the dead.  
 I believe in the **H**\_\_\_\_\_ **S**\_\_\_\_\_,  
 the Holy **c**\_\_\_\_\_ Church,  
 the communion of **s**\_\_\_\_\_,  
 the forgiveness of **s**\_\_\_\_\_,  
 the **r**\_\_\_\_\_ of the body, and life everlasting. Amen.

- right
- rose
- sins
- Father
- Mary
- Holy Spirit
- saints
- died
- resurrection
- judge
- Jesus
- heaven
- catholic
- Holy Spirit

## PRAYERS OF THE FAITHFUL (BIDDING PRAYERS)

? Tick off the words that describe prayer for you.

- Speaking with God
- Prayers you learn by heart
- Singing to God
- Prayers you make up
- Thinking of God
- Being silent with God
- Asking God's help
- Conversation with Jesus
- Listening to God



After the readings and the homily, we all pray to God.

- for the needs of the Church.
- for the world.
- for those in need.
- for the local community.



Question 145: How can I pray?  
 (p.204-205)



# WE OFFER OUR GIFTS

The next part of the Mass is the offertory. During this part of the celebration, we offer bread, wine, and our gifts.



## FEEDING OF THE FIVE THOUSAND



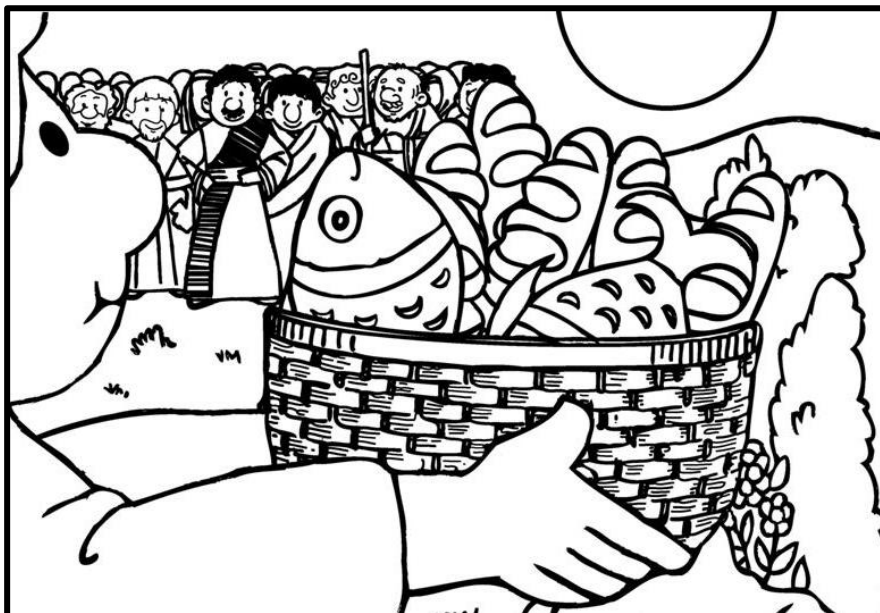
**Find** together the passage in the Bible about the feeding of the five thousand in the Gospel of John, chapter 6, verses 1 to 14 (**John 6:1-14**). Have a **chat** about what the passage shows us about Jesus.

The crowd were getting hungry, and rather than send them away, Jesus asked his disciples to give them all something to eat. A boy gave all he had – only five loaves and two fish. Jesus said the blessing, broke the bread and fish and gave them to his disciples to hand out to the crowd. Everyone ate as much as they wanted, and there was even enough to spare. What a miracle!



I **wonder** what the crowd would have felt like after seeing the miracle of Jesus feeding everyone.

When the people saw what Jesus had done, they said, "This is indeed the prophet who is to come into the world." I **wonder** what they meant by that.



Have fun colouring in the picture. As you do think about how the boy would have felt meeting Jesus.

The gifts we give to God, God transforms into something beautiful.



In the next Family Handout, we will discover what happens with our offerings to God at Mass.





# HANDOUT 7 – THE EUCHARIST

Did you know that the important day for going to Mass is Sunday? It is the first day of the week, the day on which Jesus rose from the dead. Jesus gives his Body and Blood - himself - for us, so that we too might give ourselves to him in love. Every time we receive Holy Communion, we become closer to Jesus and one another.

## THE OFFERTORY

Children read what is in the coloured boxes.



During this part of the Mass, we sit and watch as the altar table is prepared for the special communion meal.



Parents read these bits.

The Offertory starts with a **procession** when people bring up our gifts of bread and wine. Jesus used bread and wine at the Last Supper. That is why we also use bread and wine at Mass.

These gifts show our thankfulness for all the gifts of the earth that God gives us. People made the bread from the wheat that God gave us and the wine from the grapes God gave us.

We offer bread and wine, which are symbols of creation. We are God's creation, so we also offer ourselves.

In the two symbols of bread and wine, it is as if we are bringing all that God has created and placing them on the altar.



During the offertory, we usually sing a song while we set the table for Communion.

- The table is the altar.
- The bread is small pieces called **hosts**.
- The wine is poured into a special cup called a **chalice**.



Have a chat about what gifts God has given you in your life and what you could offer to God.

We offer our gifts to God because God has given so much first. God accepts all that we offer no matter how small.



The priest receives the gifts from the people who bring them to the front of the church. He asks the Holy Spirit to bless them.



Question 76: How do we celebrate Holy Mass? (p.124-125)



Try to spend a few minutes on this page.

# THE PRIESTS

As we discovered in the sacrament of Reconciliation, also at Mass, the priest acts in the person of Christ.



Question 95: What are priests? (p.147)

Through the priest's special anointing, Christ is present in him. He is not just a man standing there at Mass. That is why he wears special clothing. He wears a **stole**, the priest's silk vestments (scarf) worn over the shoulders and hanging down. He may also wear a **chasuble**, which is the outer vestment.



Below there are pictures of a priest dressed in six different colours representing the seasons of the Church. **Circle** a picture of the colour the priest was wearing the last time you went to Mass.



Ordinary Time



Advent



Christmas



Lent



Easter



Pentecost

# THE LAST SUPPER



At Mass, we remember and participate in Jesus' Last Supper. **Find** together the passage in the Bible about the Last Supper in the Gospel of Luke, chapter 22, verses 14 to 20 (**Luke 22:14-20**). Have a **chat** about what the passage shows us about Jesus.

Parents, please take a minute to read and reflect on the Bible passage before looking at it with your child.



PARENTS, WHAT TO LOOK OUT FOR AND SHARE WITH YOUR CHILDREN...

- The words Jesus said when he gave his apostles bread and a cup of wine to drink are the **words** we hear in the Eucharistic prayer at Mass.
- We believe the words of Jesus because he is God. **He can bring about what he says.**
- When Jesus lifts the bread and wine, he would have said an ancient Jewish prayer that is the same as the prayer the priest says when he returns the bread and wine to the altar. "Blessed are you, Lord God of all creation..."



Question 75: What happens at Holy Mass? (p.120-121)



# THE LITURGY OF THE EUCHARIST



We feast together at the altar by sharing together bread and wine. This feast is much more than a dinner party. It is also a **memorial** dinner – where we break the bread and pass the cup in memory of Jesus, as he asked us to do.



It is a bit like obeying the last wishes of a dying friend, only this friend went past death and is with us still. Because of this, the Eucharist is more than just remembering a story. The Eucharist is a **sacrament**. By breaking the bread and passing the cup, we do much more than participate in a symbol or a memory; it becomes real and powerful because Jesus is **really present**.



Then he took a loaf of bread, and when he had given thanks, he broke it and gave it to them, saying, 'This is my body, which is given for you. Do this in remembrance of me.' Luke 22:19



## THE EUCHARISTIC PRAYER

Priest: The Lord be with you.

**All: And with your spirit.**

Priest: Lift up your hearts.

**All: We lift them up to the Lord.**

Priest: Let us give thanks to the Lord our God.

**All: It is right and just.**

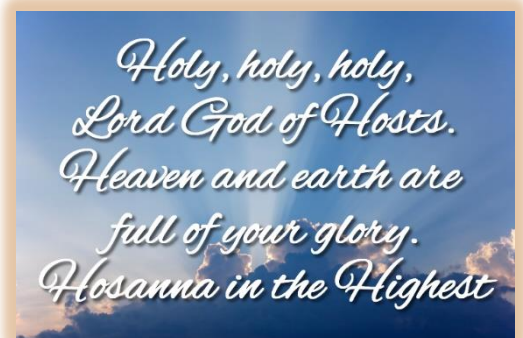
The Eucharistic prayer is a very special **thankyou prayer** to God.



The first part of the prayer is called the **Preface**. We listen as the priest leads us in this prayer, thanking God for the many wonderful things in this world.

Read together the prayer of thanks the priests lead us in.

The next part of the Eucharistic prayer is the **Sanctus**, which means "Holy". We sing the "Holy, Holy, Holy"; in doing so, we join the angels to praise God. After this, to show real praise to God, we kneel.



Now we come to a very special part of the Mass. We listen closely as the priest continues the prayer thanking God for the gifts of creation and for the gift of his son, Jesus. This prayer reminds us that Jesus died and rose from the dead to be with us always.



# A CLOSER LOOK AT EUCHARISTIC PRAYER II



Have fun reading this together.

After the Holy Holy, the priest says:

*You are, indeed, holy, O Lord, the fount of all holiness.*

The priest says a blessing over the bread and wine, calling down the Holy Spirit:

*Make holy, therefore, these gifts, we pray,  
by sending down your Spirit upon them like the dewfall,  
so that they may become for us the Body  
+ and Blood of our Lord, Jesus Christ.*

We pray that the Holy Spirit will descend upon everything we offer - the bread, the wine, and our lives - and make it holy.



The priest puts his hands over the bread and wine.



for the bells

One of the ways Jesus continues to be with us today is in Holy Communion. We remember the meal Jesus had with his disciples. The priest speaks the very words of Jesus (in bold).

*At the time he was betrayed and entered willingly into his Passion, he took bread and, giving thanks, broke it, and gave it to his disciples, saying:*

**TAKE THIS, ALL OF YOU, AND EAT OF IT: FOR THIS IS MY BODY WHICH WILL BE GIVEN UP FOR YOU.**

*In a similar way, when supper was ended, he took the chalice and, once more giving thanks, he gave it to his disciples, saying:*

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT: FOR THIS IS THE CHALICE OF MY BLOOD, THE BLOOD OF THE NEW AND ETERNAL COVENANT, WHICH WILL BE Poured OUT FOR YOU AND FOR MANY FOR THE FORGIVENESS OF SINS.  
DO THIS IN MEMORY OF ME.**

The actions of the Priest, the sights, and sounds, help us to understand that the bread and wine have changed, or been **consecrated**, to become the Body and Blood of Jesus.



The Priest raises the Host.



for the bells

The Priest raises the Chalice.



for the bells

The Priest genuflects or bows as a sign of adoration.

We proclaim the **mystery of our faith** that Jesus died and rose again for us, and we will keep saying this until he comes again.



We now pray to God in thanksgiving:

Therefore, as we celebrate the memorial of his Death and Resurrection, we offer you, Lord, the Bread of life and the Chalice of salvation, giving thanks that you have held us worthy to be in your presence and minister to you.

Humbly, we pray that by partaking of the Body and Blood of Christ, we may be gathered into one by the Holy Spirit.

This is an offering made by the whole Church, but especially by the people here at Mass who, by the power of the Holy Spirit, offer themselves with Christ.



The priest prays for the whole church:

Remember, Lord, your Church, spread throughout the world, and bring her to the fullness of charity, together with Francis our Pope and Richard our Bishop and all the clergy.



Pope Francis

Bishop Richard

We remember those who have died:

Remember also our brothers and sisters who have fallen asleep in the hope of the resurrection and all who have died in your mercy: welcome them into the light of your face. Have mercy on us all, we pray, that with the blessed Virgin Mary, Mother of God, with blessed Joseph, her Spouse, with the blessed Apostles, and all the Saints who have pleased you throughout the ages, we may merit to be co-heirs to eternal life, and may praise and glorify you through your Son, Jesus Christ.

We now ask Mary and the other saints to pray with us for the living and the dead.



The Doxology - giving praise and glory to God:

Through Him (Christ), with Him and in Him, in the unity of the Holy Spirit, all glory and honour is yours, Almighty Father, forever and ever.



The Priest lifts the consecrated body and blood **high**, glorifying God.

Only "through Christ, with Him and in Him" can we arrive to the Father.



The people respond:

**Amen!** Which means, "It shall be so" or "Yes I agree!"  
So we say it loudly!



# THE LORD'S PRAYER

Jesus prayed often, sometimes alone and sometimes with friends. Jesus taught us to call God **Our Father** and pray to him in a special way. Christians say this prayer all over the world.



## JESUS TEACHES US TO PRAY.

Please match up the phrases from the Our Father with their meanings. The colours are a clue!

Our Father, who art in heaven

Hallowed be thy name;

Thy kingdom come,

Thy will be done on earth as it is  
in heaven.

Give us this day our daily bread,

And forgive us our trespasses,

As we forgive those who  
trespass against us;

And lead us not into temptation,

But deliver us from evil

Amen

Do not let anyone tempt us.

Protect us from all evil

Forgive our sins in the same way we  
forgive people who hurt us.

May your love inspire everyone on earth  
just as it fills all of heaven.

Forgive the sins we have committed  
against you.

God, you are our perfect Dad who cares  
for us with great love.

Let it be so!

Let everyone honour your holy name.

May your plan for our lives and the  
world come into reality!

Continue to give us what we need

**YOU**CAT  
for  
Kids

Question 149: Why do we pray the Our Father? (p.212-213)



*"We have a Father. Very close to us, eh! Who embraces us... All these worries, concerns that we have, let's leave them to the Father. He knows what we need. But, Father, what? My Father? No: Our Father! Because I am not an only child, none of us are, and if I cannot be a brother, I can hardly become a child of the Father, because he is Father to all. Mine, sure, but also of others, of my brothers and sisters.*

Pope Francis





# PEACE BE WITH YOU

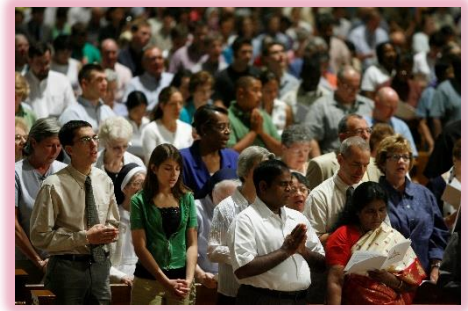
“ Peace, I leave with you; my peace I give to you. I do not give to you as the world gives.  
John 14:27 ”

Members of families care about each other. All of us in the Church are also members of God’s family. We care about each other, too, even if we do not all know each other. The priest or deacon invites us to show a sign of peace, friendship, and caring to the people around us. We then smile and give a handshake, a wave, or a hug to the people around us while saying, “Peace be with you”.



The Bread and Wine are the Body of Christ

## DID YOU KNOW?



The people of the Church are also the Body of Christ.

Have fun reading this together.

## MAKING PEACE AT HOME

Many times, family life can be tough! Even in the most loving homes, there are arguments and fights, and people act selfishly or say mean things to each other. The preparation that we do for Mass leads us to seek peace in our homes. The road to peace is paved with:

**Saying we’re sorry** when we hurt each other. We all need to apologise when we have done or said something we regret. Children need to apologise to parents and parents also need to apologise to their children. We are all human, make mistakes, and need to ask for forgiveness, even parents!

**Giving each other signs of love** such as notes in a lunch box, little gifts, or hugs.

**Praying for each other** each day.

**Reminding others we love them**, especially after a day when there have been arguments or challenges. It is very comforting for all of us to hear that we are still loved and especially if someone has been upset with us that day.



# THE LAMB OF GOD

In ancient Jewish culture, the people had an interesting way of dealing with the cost of sin. They would **sacrifice** a lamb!



"Agnus Dei (Lamb of God)" by Francisco de Zurbaran

In ancient Jewish culture, they understood that sin had a **consequence** for each person. Each family would take a lamb to the temple. They would give the lamb to a priest, who would put his hands on the head of the animal. He did this to transfer or pass on the guilt of the members of the family to the animal. Then they would kill it. It was a way to show the connection between a person's sin and the price needed to pay for it.



**Find** together the passage in the Bible about the Lamb of God in the Gospel of John, chapter 1, verse 29 (**John 1:29**).

What did John the Baptist call Jesus? **Write** it down.

Jesus offered and sacrificed himself on the cross in love for us. **Jesus is the Lamb of God**. He paid for our sins - **he is the perfect sacrifice** for our sins. The Mass is a sacrifice because Jesus keeps offering himself to God throughout time and to us through the bread and the wine.

In the next part of Mass, the priest breaks the sacred bread, and we join with him in singing or saying a short prayer honouring Jesus as the Lamb of God.



**Lamb of God, you take away the sins of the world: have mercy on us.**

**Lamb of God, you take away the sins of the world: have mercy on us.**

**Lamb of God, you take away the sins of the world: grant us peace.**



The priest invites us to Communion by saying:

**"Behold the Lamb of God, behold him who takes away the sins of the world. Blessed are those called to the supper of the Lamb."**



# RECEIVING HOLY COMMUNION



Have fun reading this together.

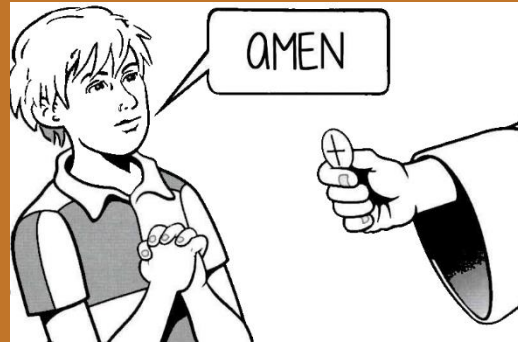
We are now ready to go forward to receive the body and blood of Christ in Holy Communion.



2

Raise your hand like a throne for Jesus with one hand under the other. Then pick up the Eucharist and put it on your tongue. Make the sign of the cross.

OR



1

The priest or person giving Holy Communion says, "The Body of Christ". Our response is, "Amen" (which means "I agree")



2

Join your hands in prayer and put your tongue out. The priest or person giving the host will place it in your mouth. Make the sign of the cross.



3

The priest or person giving the chalice says, "The Blood of Christ". Our response is "Amen". Drink from the chalice. Make the sign of the cross.



In your family, practice receiving Communion. Take turns to try the different roles.

**YOU**CAT  
for  
Kids

Question 78: What is Communion? (p.78)



4

When you return to your seat, thank God in quiet prayer for everything he gives you.



# HOLY COMMUNION

“ The cup of blessing that we bless, is it not a sharing in the blood of Christ? The bread that we break, is it not a sharing in the body of Christ? | Corinthians 10:16 ”

The host we eat is **the body of Christ** present in the form of bread.  
The chalice from which we drink is **the blood of Christ** present in the form of wine.



**YOUCAT**  
for Kids

Question 77: How does Jesus come into bread and wine? (p.126)

## APPEARANCE AND REALITY



The sun appears to move across the sky or around the earth. In reality, it is the Earth that moves around the sun.  
When we look up at the sky on a clear night, it looks like we are looking at stars. In fact, we are looking at the past. The light has taken millions of years to get to the earth. What we are looking at is not what is there but what was there. **Reality and appearance do not always coincide.**



After the priest says a prayer over the bread and wine, what appears to be bread and wine is now something different. **The bread and wine change into the Body and Blood of Christ.**

## WE NEED TO HAVE FAITH.



**TO DO**

How do you think you will feel when you receive Communion for the first time?

How can we be sure? **By faith, we know it is Christ whom we receive in Holy Communion.** Even the Apostles did not understand this. It was not until the Last Supper that they saw what Jesus meant and not until the Resurrection that they really understood.

When we receive Holy Communion, we are full of **reverence** because we welcome Jesus into our hearts. The time after Holy Communion is a time of the most special prayer because we can speak personally to Jesus, who is present within us.

This sacrament of the Eucharist is the greatest gift God has given to us, the Church. The Eucharist is a gift we need to treasure!



**YOUCAT**  
for Kids

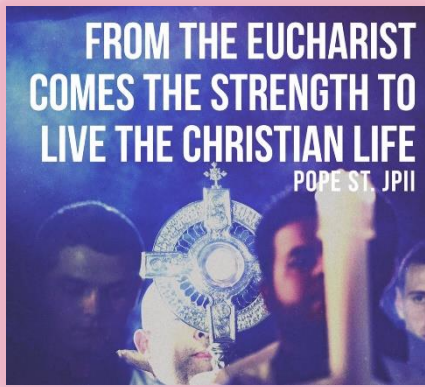
Question 79: What do I do when the Lord of the Universe comes to me in Holy Mass? (p.128)



# THE MASS HAS ENDED. "GO IN PEACE..."

Priest: The Lord be with you.  
**All: And with your spirit.**  
*The Priest blesses the people, saying: May almighty God bless you, the Father, and the Son, ✠ and the Holy Spirit.*

The celebration is almost over. Before we go, the priest gives us a **blessing** asking that God's love and peace be with us, so that we can care about others the way Jesus does.



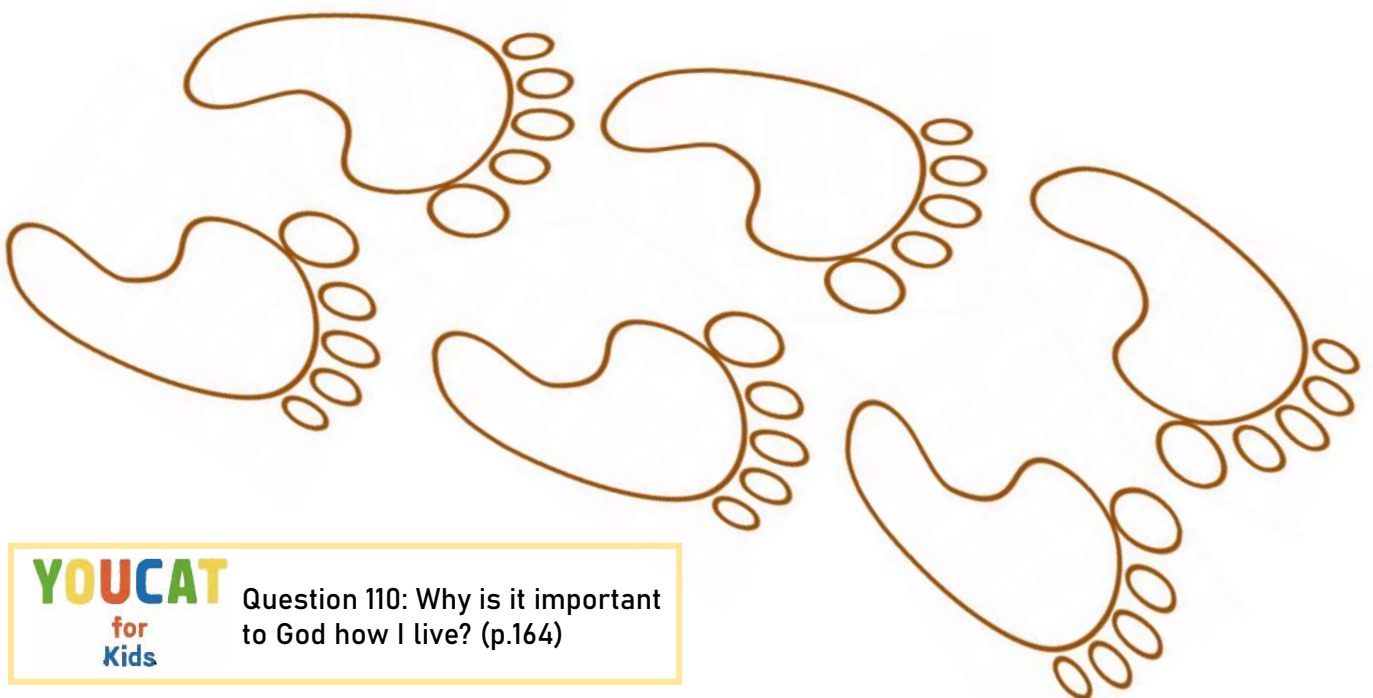
It is an essential duty to go to Mass. We become a closer Church Family when we receive Jesus. We should leave Mass with a **smile** because we know Jesus will continue to be with us throughout the week.

The priest or deacon says that the Mass has ended and that we should go in peace to love and serve God. We do this by loving and being kind to others. The priest or deacon sends us out to be **witnesses of Jesus** in our world.

God's Word and Christ's body and blood nourish us, giving us life and strength. Now, we are ready for our mission to live as Jesus taught us.



Have a **chat** together about ways you can follow Jesus each day. Then, **write** your ideas in the footprints.



**YOUCAT**  
for  
Kids

Question 110: Why is it important to God how I live? (p.164)





Have fun completing this word search together.

BIBLE	R	X	C	W	E	C	U	D	I	E	H	S	C	E	M
BLESSED	Q	E	H	I	H	C	E	Z	T	C	S	U	O	L	A
BLOOD	H	S	C	R	L	S	A	S	W	I	I	N	N	B	S
BODY	N	O	I	O	S	O	E	R	E	L	R	D	G	I	S
CATHOLIC	T	S	S	E	N	I	H	U	G	A	A	A	R	B	Z
CHALICE	T	K	L	T	R	C	C	T	E	H	P	Y	E	H	I
CHRIST	V	B	O	P	P	H	I	H	A	C	C	Y	G	S	P
CONGREGATION	K	L	T	L	A	R	P	L	W	C	D	O	A	I	Z
EUCCHARIST	S	P	I	R	I	T	A	I	I	O	W	D	T	N	Q
FAITH	J	L	I	T	U	R	G	Y	B	A	Z	M	I	G	V
FATHER	P	S	T	N	E	M	T	S	E	V	T	B	O	I	G
GRACE	T	C	R	E	H	T	A	F	F	R	L	I	N	N	A
HOLY	P	N	S	M	P	W	B	F	T	O	S	P	O	G	P
HOST	Y	O	H	T	I	A	F	H	O	L	Y	X	I	N	X
LITURGY	N	Q	H	G	D	F	A	D	V	J	Q	K	X	U	X
MASS															
PARISH															
PRAYERS															
PRIEST															
RECONCILIATION															
SINGING															
SON															
SPIRIT															
SUNDAY															
VESTMENTS															

## FAMILY PRAYER – PRAYING AT HOME



Read this prayer

Christ has no body but yours,  
 no hands, no feet on earth but yours.  
 Yours are the hands,  
 yours are the feet,  
 yours are the eyes,  
 you are his body.  
 Christ has no body now on earth  
 but yours.  
 You can be Christ on Earth!

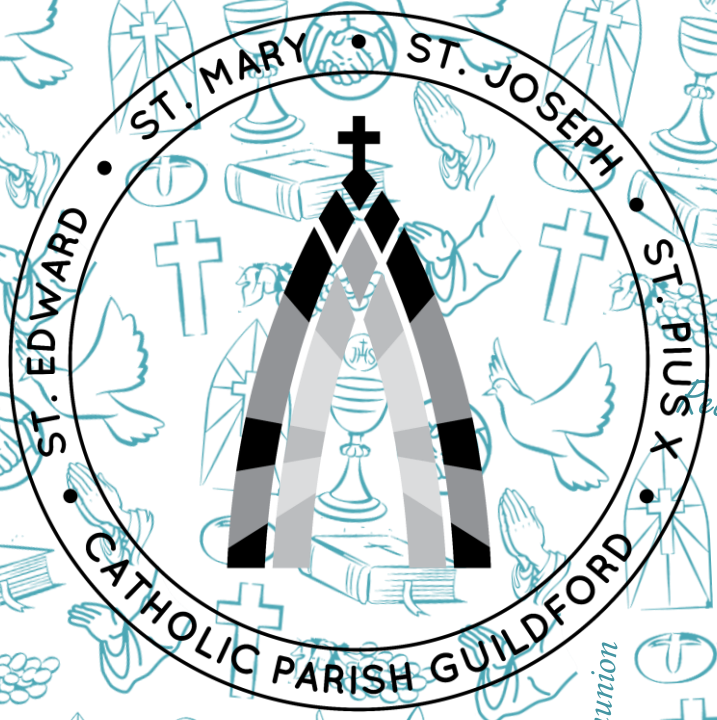
*St. Teresa of Avila*



Question 146: How do I pray when I get up? (p.206)







# CHILDREN YOUTH & FAMILIES

[WWW.CPG.CHURCH/FAMILY](http://WWW.CPG.CHURCH/FAMILY)