

Contents

Welcome to Be My Disciples 6

UNIT 1

We Believe, Part One 9

CHAPTER 1 The Bible 11

FAITH CONCEPTS: the Bible, the Word of God, God's love, *faithful*

SCRIPTURE: Luke 11:28; John 13:34–35; Acts 8:26–40; Ephesians 5:1, 6:1; 1 John 4:8–9, 21

FAITH-FILLED PEOPLE: Saint Philip the Apostle

PRAYER: A Listening Prayer

CHAPTER 2 God Loves Us 23

FAITH CONCEPTS: faith, Abraham and Sarah, the gift of family, the Catholic Church, *generosity*

SCRIPTURE: Genesis 17:4, 15–16; Psalm 139:1–6; John 14:23

FAITH-FILLED PEOPLE: Isaac

PRAYER: The Sign of the Cross

CHAPTER 3 God, Our Father and Creator 35

FAITH CONCEPTS: God the Creator, created in God's image, caring for God's world, *wonder*

SCRIPTURE: Genesis 1:1–31; Psalm 136:4, 148; Matthew 6:9

FAITH-FILLED PEOPLE: Saint Catherine of Siena

PRAYER: A Prayer of Thanksgiving

CHAPTER 4 Jesus, the Son of God 47

FAITH CONCEPTS: the birth of Jesus, Son of God, the Holy Family, love, mercy, *kindness*

SCRIPTURE: Luke 2:1–7; 2:8–17, 20

FAITH-FILLED PEOPLE: Saints Anne and Joachim

PRAYER: Prayer to Jesus (sign language)

UNIT 1 Catholic Social Teaching 59

UNIT 1 Review 61

UNIT 2

We Believe, Part Two 63

CHAPTER 5 Mary, the Mother of Jesus . . . 65

FAITH CONCEPTS: Mother of God, angels, faith, honoring Mary, *courage*

SCRIPTURE: Psalm 1:1–2; Luke 1:28, 31, 35, 38, 42

FAITH-FILLED PEOPLE: Saint Juan Diego

PRAYER: Psalm of Response

CHAPTER 6 Jesus Shares God's Love 77

FAITH CONCEPTS: the Crucifixion, the Resurrection, the Ascension, *hope*

SCRIPTURE: Matthew 28:6–7; Mark 10:14–16; Luke 24:1–4, 6; John 15:13; 20:19

FAITH-FILLED PEOPLE: Saint Mary Magdalene

PRAYER: Act of Hope

CHAPTER 7 The Holy Spirit, Our Helper . . . 89

FAITH CONCEPTS: the Holy Trinity, the Holy Spirit, signs of the Holy Spirit, *counsel*

SCRIPTURE: John 13:34; 14:16, 26; 16:16; Romans 8:14

FAITH-FILLED PEOPLE: Saint Patrick

PRAYER: Prayer to the Holy Spirit

CHAPTER 8 The Church 101

FAITH CONCEPTS: People of God, the Catholic Church, Saints, *reverence*

SCRIPTURE: Acts 2:1–4; 2:42

FAITH-FILLED PEOPLE: Saint Peter the Apostle

PRAYER: Litany of the Saints

UNIT 2 Catholic Social Teaching 113

UNIT 2 Review 115

UNIT 3

We Worship, Part One 117

CHAPTER 9 The Church Celebrates Jesus 119

FAITH CONCEPTS: liturgical seasons, Sunday, holy days of obligation, *prudence*

SCRIPTURE: Isaiah 40:3, 5; Ecclesiastes 3:1; Micah 5:1, 3-4; John 10:14, 27

FAITH-FILLED PEOPLE: Saint Joseph

PRAYER: Prayer of Praise

CHAPTER 10 Signs of God's Love 131

FAITH CONCEPTS: Sacraments, Baptism, Original Sin, Confirmation, *hospitality*

SCRIPTURE: Mark 1:10-11

FAITH-FILLED PEOPLE: Godparents

PRAYER: Thank you, Lord.

CHAPTER 11 We Follow Jesus 143

FAITH CONCEPTS: the Gospel, the work of the disciples, growing in faith, *goodness*

SCRIPTURE: Matthew 28:19-20; Mark 16:15

FAITH-FILLED PEOPLE: Blessed Teresa of Calcutta

PRAYER: Prayer before the Gospel

CHAPTER 12 The Catholic Family 155

FAITH CONCEPTS: the Christian family, the Sacrament of Matrimony, *fidelity*

SCRIPTURE: Luke 2:39-40, 51; John 2:1-11

FAITH-FILLED PEOPLE: Saint Elizabeth Ann Seton

PRAYER: Family Blessing

UNIT 3 Catholic Social Teaching 167

UNIT 3 Review 169

UNIT 4

We Worship, Part Two 171

CHAPTER 13 We Pray 173

FAITH CONCEPTS: prayer, the Holy Spirit in prayer, types of prayer, *patience*

SCRIPTURE: Matthew 6:7

FAITH-FILLED PEOPLE: Saint Thérèse of the Child Jesus

PRAYER: The Hail Mary

CHAPTER 14 We Are Peacemakers 185

FAITH CONCEPTS: sin, sorrow, forgiveness, sign of peace, *peace*

SCRIPTURE: Matthew 5:9; 6:12; 18:21-22

FAITH-FILLED PEOPLE: Saint John Vianney

PRAYER: Prayer of Mercy

CHAPTER 15 We Go to Mass 197

FAITH CONCEPTS: the Mass, the Eucharist, the Body of Christ, Holy Communion, *perseverance*

SCRIPTURE: Psalm 92:2; Matthew 26:26-28

FAITH-FILLED PEOPLE: Priests

PRAYER: Thank you, God

CHAPTER 16 Jesus Shows God's Love . . . 208

FAITH CONCEPTS: Galilee, the miracles of Jesus, God's gift of grace, *wisdom*

SCRIPTURE: Matthew 14:15-16, 19-20; Mark 1:14-15; 2:12; Luke 9:11-17; 22:19-20

FAITH-FILLED PEOPLE: Sister Maria de Jesus

PRAYER: A Blessing Prayer

UNIT 1 Catholic Social Teaching 221

UNIT 1 Review 223

UNIT 5

We Live, Part One 225

CHAPTER 17 The First Christians 227

FAITH CONCEPTS: Christians, the early Church, patron Saints, *understanding*

SCRIPTURE: Psalm 98:4; John 15:10-11; Acts 2:42, 45-47; 13:52; 1 Thessalonians 5:16-18

FAITH-FILLED PEOPLE: Saint Paul the Apostle

PRAYER: Sign of Peace

CHAPTER 18 We Love God 239

FAITH CONCEPTS: First, Second and Third Commandments, worship, *knowledge*

SCRIPTURE: Exodus 20:6; Matthew 5:18–19; John 13:34	
FAITH-FILLED PEOPLE: Saints Clare and Agnes	
PRAYER: Act of Love	
CHAPTER 19 We Love Others 251	
FAITH CONCEPTS: the Fourth through Tenth Commandments, respect, honesty, <i>temperance</i>	
SCRIPTURE: Exodus 6:24, Deuteronomy 6:20–25; Matthew 5:37	
FAITH-FILLED PEOPLE: Saint Vincent de Paul	
PRAYER: Prayers of Intercession	
CHAPTER 20 We Live as a Community . . . 263	
FAITH CONCEPTS: community, rules and laws, the Great Commandment, <i>justice</i>	
SCRIPTURE: Matthew 22:34–40	
FAITH-FILLED PEOPLE: Saint Louis	
PRAYER: A Promise of Love	
UNIT 5 Catholic Social Teaching 275	
UNIT 5 Review 277	
UNIT 6	
We Live, Part Two 279	
CHAPTER 21 Jesus and the Children . . . 281	
FAITH CONCEPTS: Kingdom of God, Heaven, <i>joy</i>	
SCRIPTURE: Mark 10:13–16, 16; John 15:15	
FAITH-FILLED PEOPLE: Saint Nicholas	
PRAYER: Guided Imagery	
CHAPTER 22 We Are Children of God . . . 293	
FAITH CONCEPTS: the gift of life, children of God, glory, the Blessed Sacrament, <i>gentleness</i>	
SCRIPTURE: Genesis 1:27; Psalm 8; 1 Corinthians 3:16; Romans 12:10	
FAITH-FILLED PEOPLE: Saint Josephine Bakhita	
PRAYER: The Glory Be	
CHAPTER 23 Jesus Teaches about Love 305	
FAITH CONCEPTS: Jesus the Teacher, being good neighbors, parables, <i>charity</i>	
SCRIPTURE: Luke 10:29–37; Ephesians 4:32	
FAITH-FILLED PEOPLE: Saint Isidore the Farmer	
PRAYER: Prayer of the Faithful	
CHAPTER 24 The Our Father 317	
FAITH CONCEPTS: Jesus teaches us to pray, the Lord's Prayer, <i>humility</i>	
SCRIPTURE: Matthew 6:6–13	
FAITH-FILLED PEOPLE: Sister Thea Bowman	
PRAYER: The Our Father	
UNIT 6 Catholic Social Teaching 329	
UNIT 6 Review 331	
We Celebrate the Church Year . . . 333	
Exaltation of the Holy Cross 335	
All Saints 337	
Advent 339	
Immaculate Conception 341	
Our Lady of Guadalupe 343	
Christmas 345	
Mary, the Holy Mother of God 347	
Epiphany of the Lord 349	
Ash Wednesday 351	
Lent 353	
Palm Sunday 355	
Triduum/Holy Thursday 357	
Triduum/Good Friday 359	
Triduum/Easter 361	
The Ascension of the Lord 363	
Pentecost Sunday 365	
Catholic Prayers and Practices 367	
We Celebrate the Mass 375	
A Visit to Church 380	
Key Teachings of the Catholic Church . 382	
Glossary 390	
Index 398	
Credits 400	



Mary, the Mother of Jesus

? What is your favorite family story?

In the Bible, we hear stories about Mary. Listen to what the angel Gabriel said to Mary:

Hail favored one! The Lord is with you.

BASED ON LUKE 1:28

? What do these words from the Bible tell you about God?



Disciple Power

Courage

The virtue of courage helps us to trust in God and live our faith.

The Church Follows
Jesus

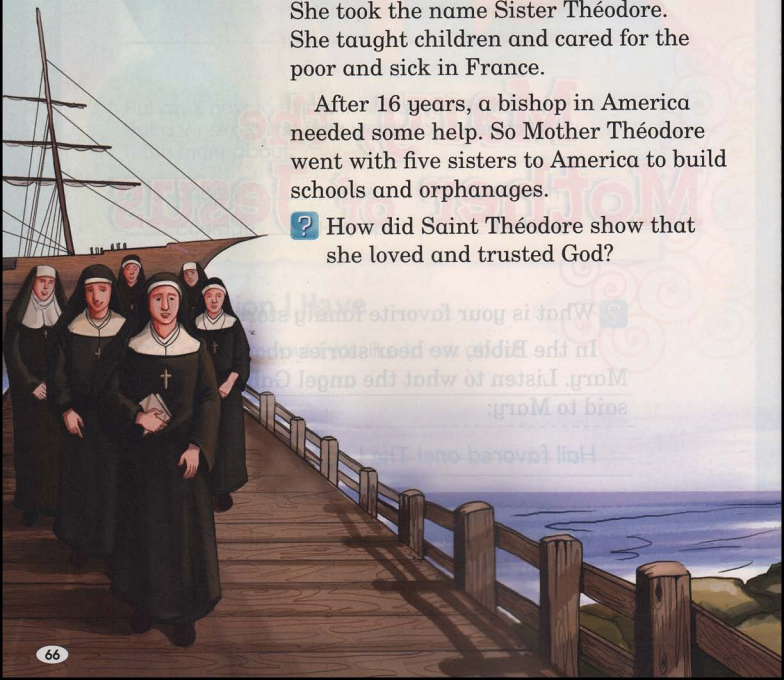
Read
to Me

Mother Théodore Guérin

A long time ago, when Anne-Thérèse Guérin was a child, she wanted to serve God. When she was 25 years old, Anne-Thérèse became a Sister of Providence. She took the name Sister Théodore. She taught children and cared for the poor and sick in France.

After 16 years, a bishop in America needed some help. So Mother Théodore went with five sisters to America to build schools and orphanages.

? How did Saint Théodore show that she loved and trusted God?



Trusting God

At first, Mother Théodore and the sisters were cold and lonely. But over the years, people learned to trust the sisters. Like Mary, Mother Théodore lived a life of service by helping people in need. She always trusted God.

The Church honors Mother Théodore Guérin as a Saint. The Church celebrates her feast day on October 3.

? How can you show that you love and trust God?



Saint Théodore had the courage to live her faith in God. We need courage, too. Think about what you need courage to do. Trace the letters to write a prayer to Saint Théodore.



Dear Saint Théodore,

Help me to have courage like you.

You had great faith in God.

Help me to trust in God too.

Amen.

Faith Focus

What does the Bible tell us about Mary?

Faith Words

angels

Angels give honor and glory to God. They are God's messengers and helpers.

God Loves Mary

Angels are messengers of God. God sent the angel Gabriel to a young woman named Mary. The angel gave Mary this message from God. Gabriel said,

“You are blessed, Mary. The Holy Spirit will come to you. You will have a baby. The baby’s name will be Jesus. He will be the Son of God.”

Mary listened carefully to the angel Gabriel. Then she said to Gabriel, “Yes, I will do what God wants me to do.”

BASED ON LUKE 1:28, 31, 35, 38

- ? What did the angel tell Mary?
What did Mary tell the angel?



Mary Said, "Yes!"

Mary showed her love for God by saying, "Yes." Mary told Gabriel, "Yes, I will do what God wants me to do." God loves Mary.

? How does God show his love for you?

Activity

Showing Love for God

Talk with a partner about how the people in the pictures are saying yes to God. Draw one way you can say yes to God.



Catholics Believe



Feast Days

The Church honors and shows our love for Mary on special days each year. These are called feast days. Each year on September 8 we celebrate the Feast of the Nativity of the Blessed Virgin Mary. Another well-known feast of Mary is the Feast of Our Lady Guadalupe, celebrated on December 12.

Faith Focus

What is trust?

Faith Words

trust

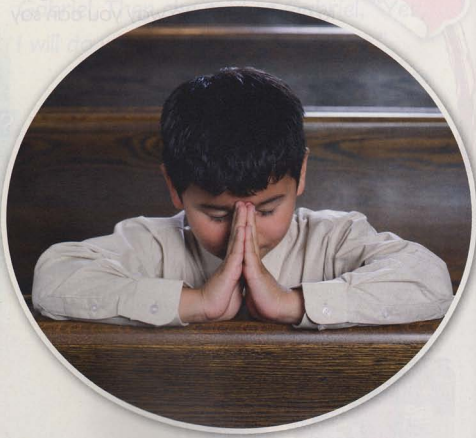
To trust someone is to believe that person will always do what is best for us.

Say Yes to God

Mary listened carefully to the angel. She said yes to God. Mary had faith and **trust** in God. Mary loved God with her whole heart.

God asks us to have faith in him, too. God asks us to trust him and to love him with our whole heart.

? What did Mary do to show her trust in God?



Trust in God

We have faith and trust in God. We have faith that God will always be with us. We trust that God always loves us. We show we love God when we say yes to him as Mary did.

? How do you show trust in God?

Activity

Say Yes Every Day

Check (✓) ways you can say yes to God. I say yes to God when I

- | | |
|--|---|
| <input type="checkbox"/> Pray every day. | <input type="checkbox"/> Share my toys. |
| <input type="checkbox"/> Play fairly. | <input type="checkbox"/> Act mean. |
| <input type="checkbox"/> Help at home. | <input type="checkbox"/> Say thank you. |

Faith-Filled People

Saint Juan Diego

Juan Diego walked many miles to Mass every day. One day, our Blessed Mother Mary appeared to him on Tepeyac Hill. She told Juan that she wanted a church built on this site and sent him to talk to the bishop. Soon a church was built. People from all over the world visit Mary's special church.



Faith Focus

Why is Mary, the Mother of Jesus, special?

God Chose Mary

God chose Mary to be the mother of Jesus. Jesus is God's Son. So we call Mary the Mother of God. Mary is very special.

Mary cared for Jesus. Jesus wants Mary to love and care for us too. He gave her to us as our special mother. Mary prays for us.

We celebrate Mary, the holy Mother of God on January 1. She prays to her son, Jesus, for us.

? Why is Mary our special mother?



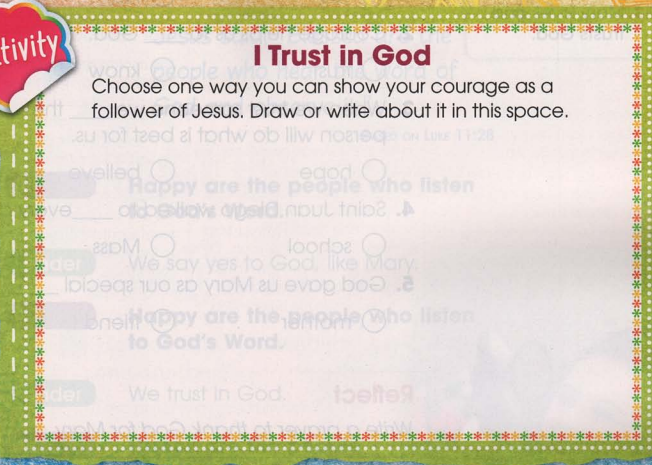
Mary showed her faith and love for God. Courage can help you show your faith in God. You show your faith and love for God by what you say and what you do.

I Follow
Jesus

Activity

I Trust in God

Choose one way you can show your courage as a follower of Jesus. Draw or write about it in this space.



My Faith Choice

This week, I will show my faith and love for God. I will



Pray, "Thank you, God, for helping me to show my faith and love for you. Amen."

**TO HELP YOU
REMEMBER**

1. God chose Mary to be the mother of Jesus.
2. The Bible tells us about Mary's faith in God.
3. Mary loves and trusts God.

Chapter Review

Recall

Complete the sentences. Color the circle next to the best choice.

1. Mary said, "___" to God.
 Yes No
2. Courage helps us to ___ God.
 trust know
3. When we trust someone we ___ the person will do what is best for us.
 hope believe
4. Saint Juan Diego walked to ___ every day.
 school Mass
5. God gave us Mary as our special _____.
 mother friend

Reflect

Write a prayer to thank God for Mary.

Share

Join with your class to pray one of the prayers you wrote to thank God.

Psalm Prayer

Psalms are prayers in the Bible. We pray a psalm during Mass. Pray this prayer together.

Leader We listen to God's Word, like Mary.

Jesus said, "Blessed are the people who hear the word of God and observe it."

BASED ON LUKE 11:28

All **Happy are the people who listen to God's Word.**

Leader We say yes to God, like Mary.

All **Happy are the people who listen to God's Word.**

Leader We trust in God.

All **Happy are the people who listen to God's Word.**

Leader We believe God cares for us.

All **Happy are the people who listen to God's Word.**



With My Family

This Week . . .

In Chapter 5, "Mary, the Mother of Jesus," your child learned:

- ▶ The Gospel account of the Annunciation tells us about the angel Gabriel announcing to Mary that God had chosen her to be the mother of Jesus.
- ▶ Mary is the mother of Jesus, the Son of God. Mary is the Mother of God.
- ▶ The Gospel account of the Annunciation shares with us Mary's faith and trust in God and her love for him.
- ▶ Courage helps us trust in God and live our faith, even in difficult times.

For more about related teachings of the Church, see the *Catechism of the Catholic Church*, 484-507, and the *United States Catholic Catechism for Adults*, pages 141-149.

■ Sharing God's Word

Read together Luke 1:26-38, the Gospel account of the Annunciation. Or read the adaptation of the story on page 68. Emphasize Mary's faith and trust in God and her love for him.

■ We Live as Disciples

The Christian home and family is a school of discipleship. Choose one or more of the following activities to do as a family, or design a similar activity of your own.

- ▶ Teach your child the Mass responses "Thanks be to God" and "Praise to you, Lord Jesus Christ." Guide your child to use these responses properly when your family takes part in the celebration of the Mass.

- ▶ Courage is the virtue that helps us trust God and live our faith. Help your child to recognize the ways your family is living this virtue. Remind them that when they say yes to God, they are living as a disciple of Jesus.

■ Our Spiritual Journey

The psalms are a profession of faith in song. From the time of David until the present, praying of the psalms has nourished the faith of the People of God. This prayer is both personal and communal. Memorize psalm verses such as the one on page 75 and pray them spontaneously to respond to the various circumstances of your life.



For more ideas on ways your family can live as disciples of Jesus, visit

BeMyDisciples.com