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Mary, the Mother of Jesus

BACKGROUND

Mary, Woman of Faith

Mary's *fiat* ("May it be done to me" [Luke 1:38]) is an act of faith and trust in God's providential plan. Mary's assent of faith to a seemingly impossible calling makes her the model of discipleship for us today. While Mary, the Mother of God, may sometimes seem "larger than life," she offers us a witness of faithfulness, courage, and trust.

The angel greeted Mary with exquisite esteem: "Hail, favored one! The Lord is with you" (Luke 1:28). The angel brought the good news that she was chosen by God to be a vessel for his saving action. The Holy Spirit would come upon her, and she would be the Mother of the Incarnate Son of God and he would be called Jesus. Throughout the ages the Church has retold this magnificent story, and Mary has been esteemed as the highly favored Mother of the Lord.

Mary, the Mother of God

Mary is the mother of Jesus, true God, and true Man. She is not the mother of the Triune God. She is the mother of the Second Person of the Holy Trinity. In saying Mary is the Mother of God, we are affirming Jesus' divinity and humanity. In A.D. 431 at the Council of Ephesus, the Church proclaimed Mary to be *Theotokos*, truly the Mother of God.

Devotion to Mary

Mary's inseparable link to the saving work of her divine son, Jesus, has given rise to many expressions of reverence and devotion throughout the history of Christianity. Mary is an intercessor and a model of faith. She is our guide to following Jesus, her son.

Meditation on the mysteries of the Rosary and other special devotions indicate the high esteem Christians place on this woman of faith. Church teaching encourages devotion to Mary. The Church emphasizes that all Marian devotion be guided by Scripture, liturgy, doctrine, and ecumenism, and must always lead believers to Jesus, her son.



The *General Directory for Catechesis (GDC)* reinforces the teaching of the Catholic Church on the value of devotion to Mary in the life of the Church and in the lives of the members of the Church. It states:

Multiple forms of devotion to the Mother of God have developed in different circumstances of time and place, in response to popular sensibilities and cultural differences. Certain forms of Marian devotion, however, because of long usage, require a renewed catechesis to restore to them elements that have become lost or obscured. By such catechesis the perennial value of Marian devotion can be emphasized, doctrinal elements gleaned from theological reflection and the Church's Magisterium assimilated (GDC 196).

For Reflection

What does the role of Mary reveal to me about the depth and breadth of God's love?

What difference does devotion to Mary make in my life of faith?

Teacher to Teacher

Storytelling

First graders love stories. They love to hear them and they love to tell them. You can capitalize on that interest by telling, retelling, and allowing the students to retell Scripture stories throughout the year. Tell the stories often. Faith comes from hearing the Word of God. Let the students pick out their favorites. As you help them get to know the people in the stories, you are deepening their sense of belonging to the People of God.

Reading Scripture

Make reading and sharing Scripture stories a special time for both you and the students. One way of making this time special is to gather the students closer to you by having them either stand or sit around you. In all cultures storytelling is an important way of passing on traditions. Through storytelling our Catholic identity is not only passed on but also more easily remembered.

The Church Teaches...

"Because the eternal Word assumed human nature, human experience is the locus for the manifestation and realization of salvation in him. By the grace of the Holy Spirit, persons come to know Christ, to know that he was sent from the Father, and to know that he died to save them in the midst of their human experience" (*National Directory for Catechesis 29A*).

The Church teaches the importance of helping those we catechize apply the lessons of Jesus' life to their own lives.

Further Reading and Reflection

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.

Teacher Prayer

Loving Father, I praise you for your gift of your Son, Jesus. Help me live my life as a follower of your Son. Amen.

Lesson Planner

Chapter 5 Mary, the Mother of Jesus

Focus To learn about Mary's faith in and love for God

LESSON PART	PROCESS	MATERIALS and RESOURCES
DAY 1 EXPLORE Focus To explore how courage helps us live as disciples of Jesus Pages 65–67	<ul style="list-style-type: none">▶ Proclaim and discuss Luke 1:28 (Elizabeth's greeting to Mary).▶ Learn about Mother Theodore Guerin and how her courage helped her live her faith. <p>Disciple Power: Courage Activity: Complete a prayer about courage.</p>	Bible Pencils
DAY 2 DISCOVER Focus To discover what the Bible tells us about Mary Pages 68–69	<ul style="list-style-type: none">▶ Discover that Mary said yes to God with faith and love. <p>Scripture Story: The Annunciation (Luke 1:28, 31, 35, 38). Faith Words: angels Catholics Believe: Feast Days Activity: Draw a way to say yes to God.</p>	Crayons or markers Enriching the Lesson: Teacher Guide, page 131 • Creating Bookmarks of Faith • Making Bible Story Puppets • Listening Activity
DAY 3 DISCOVER Focus To discover that Mary had great trust in God Pages 70–71	<ul style="list-style-type: none">▶ Discover that when we say yes to God, we show we love him. <p>Faith Words: trust Faith-Filled People: Saint Juan Diego Activity: Check ways we say yes to God.</p>	Pencils Crayons or markers
DAY 4 DECIDE Focus To discover that Mary is our mother, and to decide on a way to show courage as followers of Jesus Pages 72–73	<ul style="list-style-type: none">▶ Learn that God chose Mary to be Jesus' mother and our mother.▶ Discover that the Church honors Mary. <p>Activity: Draw or write about courage. My Faith Choice: Choose a way to show faith and love for God.</p>	Additional Activities Booklet: Activities 5a–5b or see BeMyDisciples.com
DAY 5 CONCLUDE Focus To learn that psalms are prayers in the Bible and to pray a psalm prayer Pages 74–76	<ul style="list-style-type: none">▶ REVIEW Review concepts: Recall, Reflect, and Share.▶ PRAY Psalm Prayer▶ Preview the With My Family page and the theme of the next chapter.	Bible, cross, candle for prayer space, crayons Grade 1 Music CD Assessment Tools Booklet: Assessments 5a and 5b

Assign online Chapter Review and interactive Chapter Test at

BeMyDisciples.com

CHAPTER 5



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?

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HUMAN METHODOLOGIES

Learning by Discipleship. The *National Directory for Catechesis* tells us that Mary is both a disciple and a teacher (NDC 298). As the students learn about Mary's willingness to listen to and respond to God, help them recognize that God also speaks to them in their hearts when they pray. Encourage them to spend some quiet time in prayer every day, listening to God telling them how much he loves them. Invite them to place their faith and trust in God as Mary did.

Pray

- ▶ Ask the students to quiet themselves for prayer. Remind them that Jesus is always present as we pray.
- ▶ Begin and end with the Sign of the Cross:

Dear God,
thank you for our mothers
and for Mary,
the Mother of Jesus.
Amen.

Reflect

- ▶ Ask the students to look at and think about who they see in the picture. Help the students describe the image of Mary.
- ▶ Ask the students about their favorite family story. Have several volunteers share their favorite family stories.
- ▶ Read aloud the introductory paragraph and Scripture passage followed by a moment of silence.
- ▶ Ask volunteers to answer the follow-up question.

Focus

Share with the class that they are about to hear a story of a woman who had great faith in God.

Introduce

- ▶ Point out the Disciple Power box to the students. Share an example of courage from your own life. Ask a volunteer to share a time he or she was courageous.
- ▶ Remind the students that Mary, the Mother of God, was courageous too. She trusted in God and lived her faith.
- ▶ Let the class know they are now going to hear about another woman who was courageous. Have them listen for how she showed courage. Read about Mother Théodore Guérin.



Disciple Power

Courage

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

The Church Follows Jesus

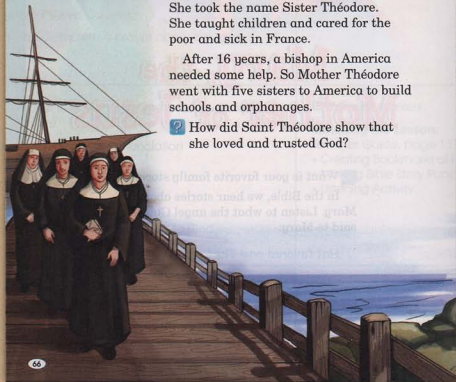
Read to Me

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?



DISCIPLE POWER

Courage. During her life, Mary displayed extraordinary courage. Her faith was unshakable. From the Annunciation to her presence at the foot of the Cross and her steadfast support of the disciples in the Upper Room, Mary trusted in God's plan for her and for Jesus' disciples. Although your first graders are not yet aware of the extent of Mary's courage, your devotion to our Blessed Mother will help them begin to recognize the special place Mary occupies in the heart of every Catholic. Encourage the students to ask Mary to help them grow in trust. If possible, display a picture or statue of Mary prominently in your learning space.

Key Concept

The Bible helps us learn about Mary.

Pray

Quiet the students for prayer. Lead them in praying the Sign of the Cross.

Teach

- ▶ Read the Faith Focus question to the class. Ask the students to look at the picture of Mary. Have a volunteer guess what is happening in the illustration.
- ▶ Point out the Faith Words box. Explain that angels are God's messengers and helpers. Then ask the students to listen for the angel's message to Mary as you proclaim the Scripture reading based on Luke 1:28, 31, 35, 38.
- ▶ Emphasize that Mary listened carefully and responded to God's message.

Reinforce

- ▶ Ask the students to respond to the two follow-up questions.
- ▶ Have the students find the word *angels* in the Glossary and copy it in the space provided.
- ▶ Briefly discuss Mary's response to the angel Gabriel. Invite the students to reenact what the Bible tells happened when the angel Gabriel gave Mary the message from God.
- ▶ Have partners take the parts of Mary and the angel and role-play the scene.

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

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



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CATHOLIC DOCTRINE

Angels. Angels have been so commercialized in contemporary culture that it is easy to forget the role they have played in Salvation History. Angels are spiritual beings who serve as messengers of God. They live in the constant presence of God and are sent forth to do his will. They have been present since creation and have participated in the story of Salvation as witnessed by the Scriptures. They closed the gates of paradise after the fall of Adam and Eve, led the Hebrew people on their journey out of Egypt, assisted the prophets, and worshiped the Savior at his birth (see CCC 328-333).

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.

- ▶ Present Catholics Believe about feast days honoring Mary. (See information in Our Catholic Faith at the bottom of page 126.)

Connect

- ▶ Read the activity aloud. Allow time for partners to discuss how the people in the pictures are saying yes to God and to create their own pictures.
- ▶ When the students finish drawing, encourage sharing.
- ▶ Be sure to compliment the students on being courageous in saying yes to God.

Pray

- ▶ Gather the class for prayer. Invite them to respond, "Pray for us" after each of the following invocations:
 - Holy Mary . . .
 - Courageous Mary . . .
 - Faithful Mary . . .
 - Loving Mary . . .
 - Mother Mary . . .
- ▶ Conclude with the Sign of the Cross.

TEACHING TIP

Messengers of God. You might want to share with the class why artists paint angels with wings. Wings help things move. Artists paint wings on angels as a way to say that angels bring messages from God. First graders can be God's messengers. Draw a pair of simple wings and make copies on pastel colored paper. With the students, pick messages God wants people to hear, such as "God loves you," "Say yes to God," "You are special to God," and so on. Let the students print messages on pairs of wings, add some dabs of glitter, and hang the messages in the school halls.

Key Concept

Mary trusted in God.

Pray

- ▶ Quiet the class for prayer. Begin and end with the Sign of the Cross. Again, invite the students to respond, "Pray for us" after the following:

Trusting Mary . . .
Loving Mary . . .
Gentle Mary . . .
Mother Mary . . .

Teach

- ▶ Write the word *faith* on the board and see if the students can recall its meaning (from Chapter 2). (*knowing and believing in God*)
- ▶ Emphasize that God invites us to have faith in him. Explain that Mary expressed her faith when she said "yes" to God.
- ▶ Add the word *trust* to the board and draw attention to it in Faith Words. Tell the students that when we have faith in someone, we trust them. We know they will keep their promises to us, always help us, and take care of us.
- ▶ Have the students enter the word *trust* in the Glossary.
- ▶ Ask a volunteer to read Say Yes to God. Direct the students to listen to how Mary trusted God.

Reinforce

Ask the students how Mary showed her faith and trust in God. (*She said yes to God.*)

Faith Focus

What is trust?

Faith Words**trust**

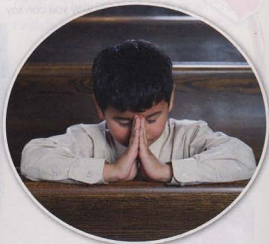
To trust someone is to believe that person will always do what is best for us.

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?

**TEACHING TIP**

Participation. Find ways to involve the entire class in active learning. Know which students are comfortable performing in front of the class and which students do not mind being in front, as long as they do not have to say anything. Know which students would rather be the audience, and make sure that they are involved in some way. Be alert to those students who want to participate but are too shy or hesitant to say so.

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.

2 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.

Connect

- ▶ Invite the students to think of people they trust. Then ask: Why do we trust these people? (*because we love them, care about them, and so on*)
- ▶ Read aloud the opening paragraph on the page. Emphasize that we trust God because he always loves us.
- ▶ Read the directions to the class and have them do the activity.
- ▶ After the students have completed the activity, read each item and have students respond by raising their hands when they hear the ways they checked.
- ▶ Ask the students why these actions are important ways that we can say "yes" to God. (*For example, they show our respect for God and others. Accept all appropriate responses.*)

Pray

- ▶ Call the students to prayer. Pray: "Gracious Father, you give us many ways to trust you, have faith in you, and say 'yes' to you. Hear us as we say . . ." Have the students respond, "Thank you, loving God."
- ▶ Conclude with the Sign of the Cross.

FAITH-FILLED PEOPLE

Saint Juan Diego. In 1531, the Blessed Mother appeared to a poor peasant named Juan Diego. She told Juan to ask the Mexican bishop to build a church on the site where she had appeared. The bishop did not believe Juan and asked for a sign. Mary, Our Lady of Guadalupe, gave Juan roses to carry in his cape. When he opened his cape for the bishop, the roses had been miraculously changed into a beautiful painting of Mary. Through Saint Juan Diego, Our Lady of Guadalupe showed that God cares for all people, especially the poor. For more information on Saint Juan Diego, go to the Saints Resource at BeMyDisciples.com.

Key Concept

Mary is the mother of Jesus and our mother, too.

Pray

Gather the students for prayer. Remind them that God is present when we pray. Lead them in the Sign of the Cross.

Teach

- ▶ Draw the students' attention to the artwork of Mary and Jesus. Invite volunteers to suggest what Mary might be thinking as she holds Jesus in her arms.
- ▶ Read the section, **God Chose Mary** aloud to the class.
- ▶ Ask: Why is Mary so special? (*Mary is Jesus' mother; she is the Mother of God; she cared for Jesus; she loves and cares for us.*)
- ▶ Ask the students how the Church honors Mary on January 1. (*We celebrate the Solemnity of Mary, the Holy Mother of God. It is a holy day of obligation.*)

Reinforce

- ▶ Ask why Mary is so special. Share with the students that because Mary is the Mother of God and our mother, too, we can ask her to pray for us.
- ▶ Ask volunteers to suggest reasons why children might ask Mary to pray for them.

Connect

Invite the students to close their eyes and silently tell Mary about their needs. Then lead them in praying the Hail Mary.

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.

2 Why is Mary our special mother?



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OUR CATHOLIC FAITH

Feast Days. When the Archangel Gabriel announced to Mary that she would be the Mother of God's Son, Mary responded with faith, knowing that all things were possible with God. By giving her consent, Mary became the mother of Jesus, the Son of God. Mary, the mother of Jesus, is also the Mother of the Church. The Church honors her with special feast days and holy days throughout the liturgical year.

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."

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TEACHING TIP

Saying "Yes" to Parents. Mary's example of saying yes to God gives us an opportunity to reflect on our own willingness to serve the Lord. Reflect with the students on how often they say "Yes, Mom" or "Yes, Dad" even when they might not want to do what their parent or guardian is asking them to do. Discuss ways they can serve God by saying yes to things that are good for them even when they may not always want to do them.

Reinforce

Remind the class that we learn to show our faith and love for God by the example of Mary and other people who have faith in God.

Respond

- ▶ Emphasize that we actually show our faith and love for God by what we say and do.
- ▶ Explain the activity and have the students complete it. Ask volunteers to share their work.

Choose

- ▶ Present My Faith Choice and give the students a few moments to talk about what they might do.
- ▶ Encourage them to put their faith choices into practice this week.

Pray

Point out the prayer at the bottom of the page. Invite the class to join in offering the prayer thanking God for their faith.

Pray

Gather the class for prayer. Begin with the Sign of the Cross. Then invite each student to offer to Mary the prayer request he or she wrote.

Recall

- ▶ Read aloud the To Help You Remember statements, leaving out a key word in each statement. Have the students supply the correct word.
- ▶ Point out the activity. Have the students complete each of the five sentences. Afterward check responses.

Reflect

Give the students time to think about and then write their prayers thanking God for Mary.

Share

Encourage the students to share what they wrote with the class and also with their parents later on.

▶ 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.

TEACHING TIP

Visiting the Parish Church. Plan in advance with your pastor or other member of your parish's pastoral team to give the students a tour of the parish church. Ask the guide to point out images of Mary in statues, stained-glass windows, paintings, and other art forms and, if possible, to mention an interesting fact about each image. Help the students understand that we do not honor the image of Mary, such as a statue. We honor Mary, the person whom the statue represents. After the visit, invite the students to draw one of the images of Mary they saw in church. Display the drawings in the classroom.

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.**



TASKS OF CATECHESIS

Teaching to Pray. The Book of Psalms is a collection of songs of prayer. During the great feasts at Jerusalem and each Sabbath, the Jewish people prayed from the Book of Psalms. The prayer of the psalms is both personal and communal. These prayers express adoration and blessing, praise and thanksgiving, petition and intercession. They recall God's promises and foretell the coming of the Messiah. The psalms are part of the official daily prayer of the Church, the Liturgy of the Hours. Point out that we pray or sing psalms at Mass. Pray from the Book of Psalms often with the class.

We Pray

- ▶ Gather the students for prayer.
- ▶ Tell them that together you will pray a psalm.
- ▶ Show the students the Book of Psalms in the Bible. Explain that psalms are special prayer poems. Then practice the words of the psalm response with the class.
- ▶ Remind the students of how they learned in the last chapter that some prayers may be signed, or said without words spoken out loud. Say, "In Chapter 4, we learned how to sign 'Jesus, I love you.'"
- ▶ Tell the students that they will learn a new word in American Sign Language today, the sign for "happy."
- ▶ Point to the picture of the boy on the page. Practice the sign for "happy." (*right hand touching chest and brushing up and outward two times*) Say, "We will use this sign whenever we pray the word *happy* in our psalm."
- ▶ Have one of the students be the Reader and allow time for him or her to practice the reading.
- ▶ Meanwhile, point out the response to the Gospel. Explain that it is the same response we make at Mass on Sunday after the Gospel is proclaimed.
- ▶ Lead the class in prayer, beginning and ending with the Sign of the Cross.

Preview

- ▶ Have the students carefully tear out pages 75 and 76 along the perforation.
- ▶ Encourage the students to share these pages with their families, and to complete the activities together.
- ▶ If they did not complete the review activity on page 74 by the end of the session, emphasize that they can complete it with their families at home.
- ▶ Point out the title and theme of the next lesson to the students.

Visit BeMyDisciples.com

- ▶ Take time with the students to explore the many activities and resources available at the *Be My Disciples* Web site.
- ▶ Encourage them to join with their families to discover the many resources available at the Web site.

Before Moving On ...

As you finish today's lesson, reflect on the following question before moving on to the next chapter.

Am I providing enough time to respond to the students' questions?

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: "Praise 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

TEACHING TIP

Using the "Enriching the Lesson" Activities. Reinforce the "Listening Carefully" activity on page 131 by creating a multi-column poster chart. List the students' names in the first column on the left side of the poster. As your first graders demonstrate good listening skills, provide stickers or stars for them to post next to their names on the chart. This incentive will help them become better listeners. In addition to affirming the students' efforts, model good listening by giving the students your full attention when they are speaking.

Enriching the Lesson

Creating Bookmarks of Faith

Purpose

To reinforce that God invites us to have faith in him as Mary did (taught on page 70)

Directions

- ▶ Provide each student with a strip of poster board about three inches by eight inches on which the words "I Trust God" or "I Believe in God" or "I Have Faith" have been written. Provide primary writing lines and tracing letters for the words.
- ▶ Invite the students to use markers to trace over the words and decorate them to make bookmarks.
- ▶ Encourage the students to use their bookmarks as a reminder that God asks us to listen to his Word and have faith in him.

Materials

poster board
cut into strips with appropriate phrases written on them in tracing letters
markers or crayons

Making Bible Story Puppets

Purpose

To reinforce the Bible story of Mary saying "yes" to God (taught on page 68)

Directions

- ▶ In partners, have the students create puppets out of paper bags. Have them decorate one paper bag puppet as an angel and the other paper bag puppet as Mary.
- ▶ Invite the students to use their puppets to retell the Scripture story based on Luke 1:26-38 in their own words. One student will be the angel; the other student, Mary.
- ▶ Invite several pairs to retell the story to the class.

Materials

paper
lunch-sized bags
crayons or markers

Listening Carefully

Purpose

To reinforce that God asks us to listen to his Word as Mary did (taught on page 70)

Directions

- ▶ Ask the students how they know Mary listened to the angel.
- ▶ Then brainstorm with the class ways they show they are good listeners. List their responses on the board.
- ▶ Have the students draw a character map of a good listener. In the center of a large piece of construction paper put the words "A Good Listener."
- ▶ Invite the students to use the list on the board to print two ways they show they are good listeners.
- ▶ Have the students use their maps to tell about a time they were good listeners.

Materials

construction paper
crayons or markers