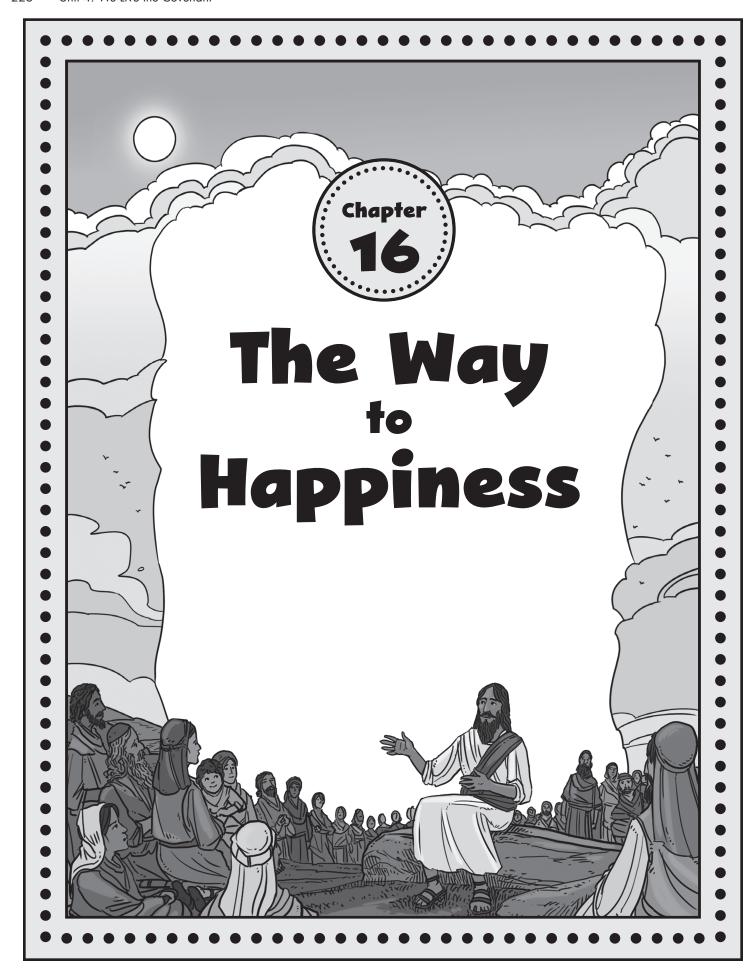




Unit 4 We Live the Covenant





Chapter at a Glance

Scripture Focus

Matthew 5:6-9

Chapter Goals

- to identify that Jesus shows us the way to God's Kingdom
- to define three ways to be happy as taught by Jesus
- to describe how we can follow the ways to happiness today

Catechism Pillar

Believe

Catechism References

1716-1729

Key Words

merciful, pure in heart, Beatitudes

Music Suggestions

- "The Beatitudes Song," by The Church at Brook Hills (Brook Hills Music)
- "Build Your Kingdom Here," by Rend Collective (Rend Collective Experiment)

Background Reflection

Sometimes we confuse happiness with everyday feelings, but that is not what Jesus taught us. In the Beatitudes, Jesus teaches us a path to happiness that seems to contradict our modern understanding of happiness. We might read his teachings and think, How can I be persecuted or insulted and still be happy?

The happiness Jesus describes is a deeper happiness often referred to as joy. We are joyful because we know that we are sons and daughters of God. We are joyful because we belong to God's family, the Church. We are joyful when we actively participate in God's plan for us, even if we don't understand his plan. We are joyful because God promised us true happiness.

During our earthly life, we are working toward eternal happiness with God by living our faith. Jesus gave us the Beatitudes to teach us the way to true happiness by showing us how to imitate him. We no longer worry about what the world thinks of us—we focus only on how God sees us and our world. We are free to make God's priorities our own. In the Beatitudes, we find the perfect way to find happiness in living the New Covenant.



Day 1-Get Ready!

Materials Needed

- The Catholic Children's Bible and the chapter 16 activity booklet
- a board or poster to write on
- extra bookmarks for children who need replacements

Opening

- Invite the children to turn to page 1 of the chapter 16 activity booklet.
- Begin prayer by leading the children in the Sign of the Cross. Then say, "Let us remember that we are in the holy presence of God." Allow about 10 seconds of silence.
- Read aloud the prayer on page 1 of the activity booklet. Invite the children to say "Amen," and then close with another Sign of the Cross.
- Encourage the children to look at the image on the front of the activity booklet. Invite them to share what they see and to predict what the chapter might be about. Read the chapter title or invite a volunteer to read it.

Engage Activity

- Write the word happiness on the board. Create a mind map by inviting the children to brainstorm things that make them happy and then to write them on lines connecting to the word happiness on the board.
- Invite volunteers to describe a time when they were happy doing something
 that seemed difficult, such as giving something they really wanted to someone in need, or doing something for others that they didn't really feel like
 doing. Affirm all reasonable examples and write them on the board.
- Tell the children that this chapter will focus on the **Beatitudes**, Jesus' teachings on true happiness, and how we find happiness by following him and living the New Covenant.

Bible Background

- Tell the children that the Scripture passage for this chapter comes from the Gospel of Matthew. Invite the children to turn to page 15 in The Catholic Children's Bible and find "Matthew" on the bookshelf. Ask them to share whether the book is found in the Old or the New Testament (New Testament). Invite them to note the color of the book and that this book is part of a collection of books called the Gospels and Acts. Encourage them to find this color on the bottom pages of the Bible to get a general sense for where these books are found.
- Help the children to use the table of contents to find the first page of Matthew (page 1446). If there is time, read, or have a volunteer read, the introduction to this book if it hasn't yet been read to the group.
- Invite the children to find Matthew 5:1–12 (pages 1454–1455). Point out the green leaf at the beginning and end of the passage.

- Have the children turn to the Featured Story on page 1456. Explain that the
 green leaves on this page mark that this is a shortened version of the same
 Scripture passage found on the previous pages. Point out that the Scripture
 citation of the Featured Story matches the citation on the front of the activity
 booklet.
- Invite the children to place their bookmarks in these pages in *The Catholic Children's Bible*, and explain that you will read this Scripture on day 2 to discover what it says.

Closing Prayer

 Close the day by leading the children in the Sign of the Cross and a brief, spontaneous prayer or by playing one of the music suggestions for the chapter.



Day 2-Dive In!

Materials Needed

• The Catholic Children's Bible and the chapter 16 activity booklet

Opening

- Begin prayer by leading the children in the Sign of the Cross. Then say, "Let us remember that we are in the holy presence of God." Allow about 10 seconds of silence.
- Close with another Sign of the Cross.

Scripture Focus

- Invite the children to use their bookmarks to return to pages 1456–1457 in The Catholic Children's Bible. Ask them to look at the artwork and share what they see.
- Read the Scripture passage to the children. Then ask the children several questions to check for comprehension, such as the following:
 - Whom did Jesus say God will "satisfy fully"? (Jesus said that God will satisfy those who want to do what God requires.)
 - > To whom will God be merciful? (God will be merciful to those who are merciful to others.)
 - > Who will see God? (Jesus says the pure of heart will see God.)
 - Whom will God call his children? (God will call his children those who work for peace.)
- Have the children turn to the activity on page 2 of the activity booklet and complete it. Answers: 1. heart, 2. peace, 3. requires, 4. merciful. The unscrambled word is Heaven.

Understand It!

- Read aloud the Understand It! on page 1457, or have a volunteer read it.
- Invite the children to summarize what they just heard, asking them key questions about the reading to check for comprehension.
- Review some of the key points with them:
 - God made us to be happy, so we care for others by wanting them to be happy also.
 - > Jesus gave us the secrets to happiness. Three of the ways he taught were to have mercy, be pure of heart, and work for peace.
 - Jesus did not just teach us these secrets—he lived them.
 - Living the way that Jesus taught is the only way we will find true happiness.

Live It!

- Read aloud the Live It! on page 1457, or have a volunteer read it.
- Invite the children to brainstorm ways they can follow Jesus' teaching to have mercy, be pure of heart, and work for peace. Affirm all reasonable answers, and write them on the board.

Tell It!

- Ask the children to look at the images in the Tell It! on page 1457.
- Invite volunteers to share what each image shows and how each image relates to the Scripture story. (Image 1 shows a child showing mercy by offering bread to a hungry man. Image 2 shows a child praying, being pure in heart. Image 3 shows a child being a peacemaker.)

Closing Prayer

• Close the day by leading the children in the Sign of the Cross and an appropriate prayer from pages 1990–1995 of *The Catholic Children's Bible*.



Day 3-Discover!

Materials Needed

- The Catholic Children's Bible and the chapter 16 activity booklet
- a board or poster to write on
- materials for any of the additional activities you choose

Opening

- Begin prayer by leading the children in the Sign of the Cross. Then say,
 "Let us remember that we are in the holy presence of God." Allow about 10 seconds of silence.
- Close with another Sign of the Cross.

Core Learning Activity

Happiness Skits

- Divide the children into four groups, and assign each group one of the Beatitudes from the Featured Story (Matthew 5:6–9).
- Tell the groups that they must work together to develop a 1-minute skit illustrating the beatitude they have been assigned.
- Explain that their skits should focus on small problems we encounter every day, or small tasks we can do every day, such as forgiving someone who wronged us, saying a prayer every morning, finding a peaceful solution to a fight with a sibling, and so on.
- Emphasize that the skits should be about 1 minute long. Allow the groups 5 minutes to develop their skits.
- Invite each group to perform its skit for the other children.

Process the Activity

- Ask the children what they learned from watching one another's skits.
- Invite the children to share observations of how the skits portrayed following lesus.
- Conclude by thanking them for sharing examples of the Beatitudes being lived out.

Additional Activity Options

If the core activity would not work for your group for any reason, you may choose to use any of the additional activities on page 236 in its place.

Core Teaching

- Explain that in this chapter's Scripture reading, Jesus is showing us the way
 to God's Kingdom and teaching us again how to love as God loves. Remind
 the children that Jesus tells us to love everyone and to do the right thing, even
 when it is difficult.
- Share that this reading tells three ways that we can be happy: we should be merciful, be pure in heart, and work for peace.
- Write "Beatitudes = Happiness" on the board. Make the following points:
 - > The word beatitude means "happiness" or "blessedness."
 - > The Beatitudes show us the way of happiness by teaching us to act toward others as Jesus does.
 - > Remember how Jesus wasn't always treated nicely? It did not matter how others treated him. He always responded with love. He did God's will here on Earth, and he asks us to do the same.
 - > We know that God wants us to be happy and safe. We keep our part of the New Covenant by doing what he asks.
- Ask the children to recall the discussion about happiness at the beginning of the chapter. Invite them to compare their discussion of happiness with Jesus' teachings about happiness. Lead them to the following points:

- Happiness is not just a feeling in a moment. True happiness is a lasting sense of peace and joy that comes from doing the right thing, even when it is hard.
- God wants us to be happy. Our final goal is Heaven, God's Kingdom. In Heaven, we will be truly happy. Here on Earth, true happiness is knowing Jesus and following his way by living by the Beatitudes.
- Jesus shows us the way to God's Kingdom through the Beatitudes. When we follow the Beatitudes, we follow Jesus' example of how to act.
- Have the children turn to the list of the Beatitudes on page 1988 in *The Catholic Children's Bible*.
- Write the word attitude on the board. Explain that living the New Covenant doesn't mean just believing something in our minds. Emphasize that it requires us to act on our belief every day. Tell the group that just like our attitude reflects how we are feeling, our attitude should also reflect our beliefs through our actions toward others.
- Ask the children some questions to check for comprehension, such as the following:
 - According to this chapter's Featured Story, what are three ways to follow Jesus? (We can follow Jesus by being merciful, being pure of heart, and working for peace.)
 - What are these ways to happiness called? (the Beatitudes)
 - > What can we do today to be happy and to live the New Covenant? (We must act on our beliefs through our actions toward others every day. We can live the covenant by following the Beatitudes.)
- Invite the children to turn to the activity on page 3 of the activity booklet and complete it. If there is not enough time, have the children complete the activity at home and bring it back the next day to check. Answers: 1. happiness, 2. Jesus, 3. joy, 4. merciful, pure in heart, peace. Encourage the children to sign the Beatitudes Pledge. You may want to have them stand and take the pledge together, and then sign together.

Closing Prayer

 Close the day by reading aloud the prayer on page 1 of the activity booklet, or have a volunteer read it. Invite the children to say "Amen," and then close with another Sign of the Cross.

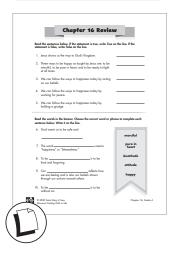


Day 4-Go!

Materials Needed

- the chapter 16 activity booklet
- a board or poster to write on
- copies of the handout "Chapter 16 Review," one for each child
- the sticker sheet and the Discover! folder

Note: The handout "Chapter 16 Review" can be found at the end of this chapter or accessed online at www.smp.org /discover_grade4 school.





Sticker 16

Opening

- Begin prayer by leading the children in the Sign of the Cross. Then say, "Let us remember that we are in the holy presence of God." Allow about 10 seconds of silence.
- Close with another Sign of the Cross.

Review

- Invite the children to think back over all the different things they did in this chapter, and invite volunteers to share some of the key things they learned.
- Take some time to get input from the group, and write their answers on the board.
- Ensure that the following points are made, write them on the board, and circle them:
 - Jesus shows us the way to God's Kingdom.
 - o In this chapter's Featured Story, Jesus gives us three ways to be happy.
 - We can follow these ways to happiness today.
- Give each child a copy of the handout "Chapter 16 Review" if you would like to incorporate an assessment on day 4. After allowing some time for completion, correct the handout together, going over any answers that need reinforcement. Invite the children to correct any items they may have answered incorrectly. Answers: 1. True, 2. False, 3. True, 4. True, 5. False, 6. happy, 7. beatitude, 8. merciful, 9. attitude, 10. pure in heart

Chapter Wrap-Up

- Have the children turn to page 4 of the activity booklet. Read the "People of Faith" section aloud. Add any other information you know about Saint Josephine Bakhita, and lead the children in saying, "Saint Josephine, pray for us." Assure them that they can ask for Saint Josephine's help at any time.
- Encourage the children to remind their parents to read through the family page on the back of the activity booklet.
- Ask the children to find sticker 16 on the sticker sheet. Direct them to place it
 on the correct location on their folder.

Closing Prayer

- Begin prayer by leading the children in the Sign of the Cross and saying, "Let us remember that we are in the holy presence of God," followed by a few seconds of silence.
- Ask the children to respond to each petition with "Lord, hear our prayer."
 Read each of the following petitions.
 - > That we will always do what God requires, even when it is difficult, we pray to the Lord . . .
 - > That we will always show mercy, we pray to the Lord . . .
 - > That we will always work for peace, we pray to the Lord . . .
 - > That we will always be pure in heart, we pray to the Lord . . .
 - > That we will always work for what is right and good, we pray to the Lord . . .
 - > That we will always work for happiness by following Jesus' example, we pray to the Lord . . .
 - > We ask all of this in Jesus' name.
- Invite the children to respond with "Amen," and then close with a final Sign of the Cross.

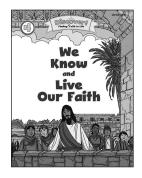


Day 5-Discover More! (optional)

The following suggestions can be used alone or in some combination to create an additional lesson for day 5. Choose the suggestions that best fit in with your particular schedule or any specific objectives you might have.

Journal or Artistic Reflection

Invite the children to use a journal to write about the key learnings from the chapter. Encourage them to recall the things they found most interesting or helpful and what they might do differently because of what they learned. Alternatively, you might encourage the children to share their significant learnings through art, skits, or other forms of creative expression.



We Know and Live Our Faith

The following article and activity in the We Know and Live Our Faith resource corresponds to concepts introduced in this chapter:

• "The Beatitudes" + activity, pages 67-68

Read the selection aloud, or invite a volunteer to read. Check for understanding by asking several questions. You may want to summarize the key concepts for the children. Invite the children to begin the activity, or have them complete it with their families at home.

Additional Activity Options

Use any of the additional activities on page 236 not used during any of the lessons to reinforce the core learning goals of the chapter.

Review and Chapter Wrap-Up

If you have a full class period for day 5, you could consider using day 4 to incorporate one of the additional activities on page 236 or the *We Know and Live Our Faith* resource to reinforce the core concepts of the chapter. Then day 5 can include the verbal recall of the key learnings of the chapter, the "Chapter 16 Review," and the chapter wrap-up.

Liturgical Readings

Read through the Gospel (or all of the readings) for the upcoming Sunday liturgy—a list of readings can be found by using the calendar on the USCCB website (www.usccb.org)—and invite the children to share what they hear as the message. You do not need to provide lengthy background or explanation of the reading(s) or look for specific answers. Rather, encourage the children to open their ears and hearts to what the reading(s) might be saying to them and use this as a time of preparation for Sunday liturgy.

Additional Activities

Materials Needed

none

When We Are Happy, We Show It! (15 minutes)

- Invite all the children to stand in one large circle, with enough space between each child for movement.
- Ask the children to recall the song "If You're Happy and You Know It."
 Explain that you will sing "If you're happy and you know it" followed
 by an action you want the group to perform (such as clapping hands,
 twirling around, and so on). Tell the children to pick up the rest of the
 verse and sing with you while performing the actions.
- Sing the first verse and invite the group's participation. Then invite volunteers to take turns leading the class with actions that show happiness.
- Conclude by reminding the children that when we are happy, we show it.
 Our actions show that we are happy. Remind the children that God wants us to always be happy and to spread happiness to others.

Materials Needed

- blank paper
- markers, crayons, or colored pencils
- The Catholic Children's Bible

Illustrating Happiness (15 minutes)

- Distribute the blank paper and drawing materials to the children. Have the children reread the Live It! on page 1457 of The Catholic Children's Bible. Invite them to draw a picture of themselves living out one of the ways of happiness listed. Allow a few moments for the children to work.
- Invite each child to share and explain his or her drawing with the group.
- Ask the children how applying Jesus' teaching to our lives can help us find happiness. Affirm all reasonable answers.

Materials Needed

- a computer with internet access
- a computer projector
- a board or poster to write on

Following Happiness (15 minutes)

- Show the video "BEGINNER MOTIONS (The Beatitudes)" (YouTube, 2:35) to the group. Encourage the children to follow along with the motions. Consider playing the video two or three times to help the children learn it.
- Ask the children to name some of the actions and promises listed in the video.
- Invite the children to brainstorm ways they can live out being peaceful, merciful, or pure in heart. Affirm all reasonable answers, and write them on the board.
- Remind the children that only by following what Jesus taught can we be truly happy.

Chapter 16 Review

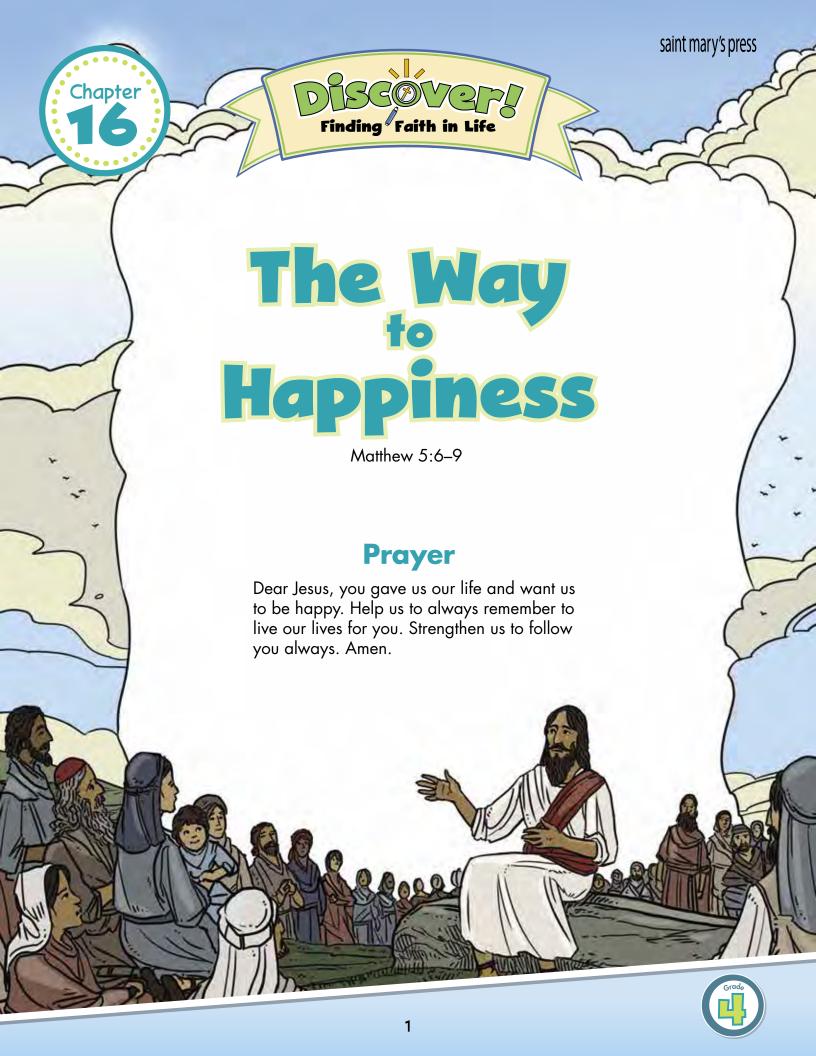
Read the sentences below. If the statement is true, write *True* on the line. If the statement is false, write *False* on the line.

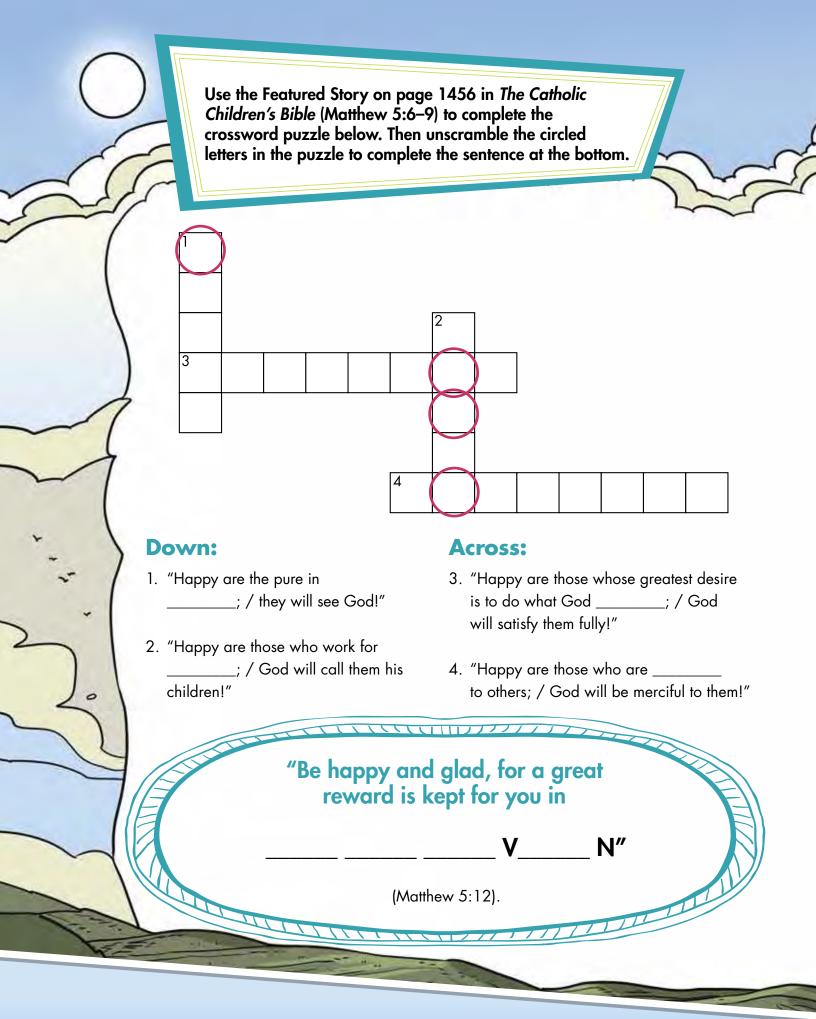
1.	Jesus shows us the way to God's Kingdom.	
2.	Three ways to be happy as taught by Jesus are: to be merciful, to be pure in heart, and to be ready to fight at all times.	
3.	We can follow the ways to happiness today by acting on our beliefs.	
4.	We can follow the ways to happiness today by working for peace.	
5.	We can follow the ways to happiness today by holding a grudge.	

Read the words in the banner. Choose the correct word or phrase to complete each sentence below. Write it on the line.

6.	God wants us to be safe and	
<i>7</i> .	The word	means
8.	To bekind and forgiving.	_ is to be
9.	Our we are feeling and is also our belief through our actions toward others.	
0.	To be	_ is to be







Use the words or phrases in the box to fill in the blanks in the following statements. happiness **Jesus** pure in heart merciful The word beatitude means "blessedness" or ______. The Beatitudes show us how to act as ______ does. True happiness is peace and ______ that come from doing what is right. 4 In the Scripture passage for this chapter, Jesus teaches us to be _____, to be ______, and to work for ______.

Beatitudes Pledge

Dear Jesus,

I will be merciful (kind and forgiving).

I will be pure in heart (seeking God and God's way with all my heart).

I will work for peace (seeking the good of others and good solutions in conflicts).

(Sign your name here)

Family Page

Background Reflection

Sometimes we confuse happiness with everyday feelings, but that is not what Jesus taught us. In the Beatitudes, Jesus teaches us a path to happiness that seems to contradict our modern understanding of happiness. We might read his teachings and think, How can I be persecuted or insulted and still be happy?

The happiness Jesus describes is a deeper happiness often referred to as joy. We are joyful because we know that we are sons and daughters of God. We are joyful because we belong to God's family, the Church. We are joyful when we actively participate in God's plan for us, even if we don't understand his plan. We are joyful because God promised us true happiness.

During our earthly life, we are working toward eternal happiness with God by living our faith. Jesus gave us the Beatitudes to teach us the way to true happiness by showing us how to imitate him. We no longer worry about what the world thinks of us—we only focus on how God sees us and our world. We are free to make God's priorities our own. In the Beatitudes, we find the perfect way to find happiness in living the New Covenant.

Family Activities

- Read the Featured Story on page 1456 in The Catholic Children's Bible (Matthew 5:6–9). Ask your child to tell you what she or he remembers from today's lesson. Discuss how Jesus' message is just as important for us today.
- Brainstorm ways that you can follow the Beatitudes as a family. Make a goal this week to find a way to be more merciful (kind and forgiving), be pure of heart (seek God and God's ways with all your hearts), or work for peace (the good of others and solutions to conflict) as a family.
- Watch the video "BEGINNER MOTIONS (The Beatitudes)" (YouTube, 2:35) together. Discuss how our actions show our beliefs. Remind your child that by following Christ, she or he will find true happiness.

People of Faith

Saint Josephine Bakhita (1868-1947)

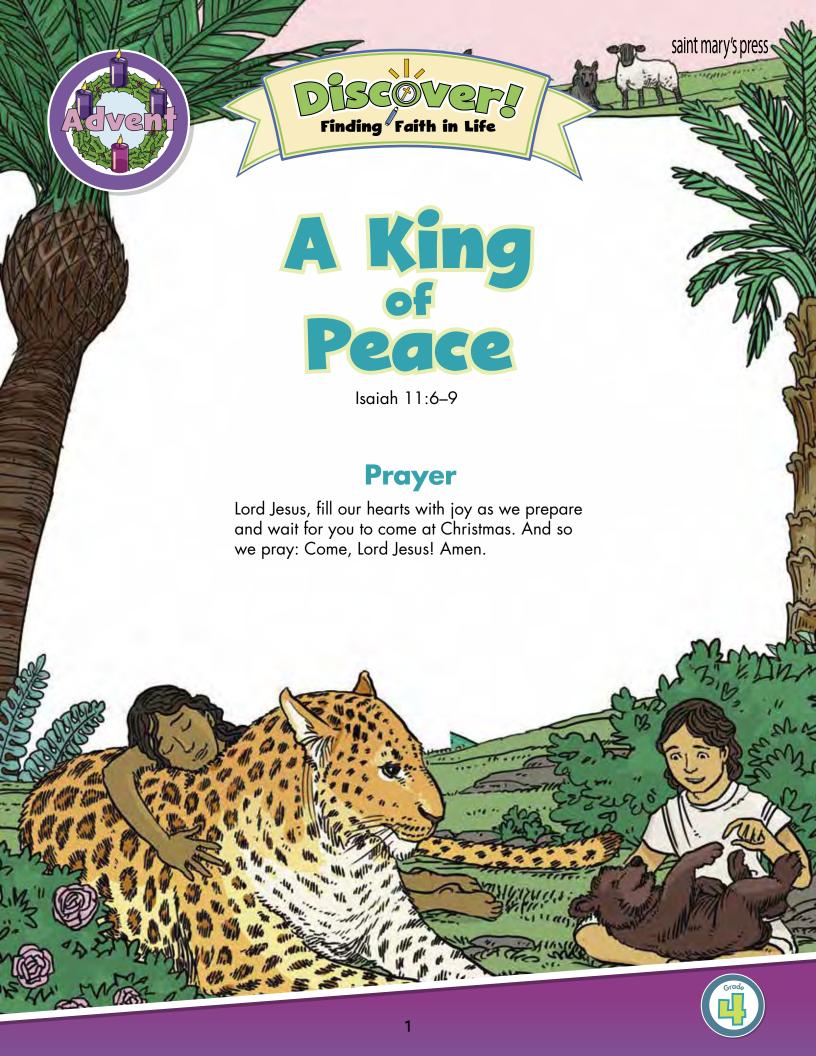
Saint Josephine was born in Sudan, where her uncle was a tribal chief. She was kidnapped and sold as a slave. Owner after owner subjected her to severe mistreatment. She was taken to Italy, where she learned about God while staying at a convent of the Canossian Daughters of Charity. The sisters helped her gain her freedom. She asked to be baptized and soon joined the sisters, where she prepared other sisters to be missionaries to Africa. Her feast day is February 8.

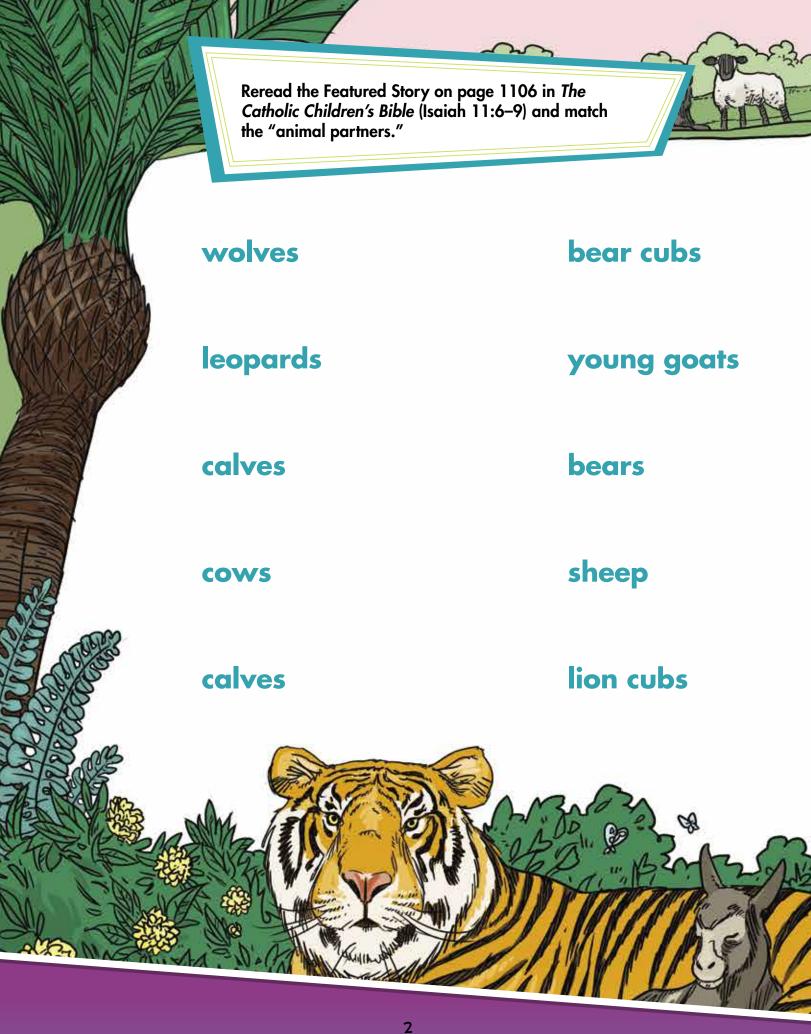
Prayer

Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

Lord, help our family grow in happiness. Show us how we can be merciful, and pure of heart, and how we can work for peace here on Earth, so that one day we may celebrate with you in Heaven. Amen.

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Leader: Let us begin our prayer with the Sign of the Cross. . . . Let us remember that we are in the holy presence of God.

Leader: Jesus, during this season of Advent, we remember your birth in Bethlehem. Let us think of your willingness to be born as a helpless baby. May we trust in you when we feel unsure and weak.

All: Come into our hearts, Lord.

Leader: Jesus, during this season of Advent, we invite you to enter our hearts and lives with your peace and joy. May we trust in you when we feel alone and distracted.

All: Come into our hearts, Lord.

Leader: Jesus, during this season of Advent, we know you will come again at the end of time. May we trust in you when we feel anxious and afraid.

All: Come into our hearts, Lord.

Leader: Lord Jesus, during this season of Advent, help us be part of your Kingdom of Peace by bringing peace and joy to others.

All: Come into our hearts, Lord.

Leader: Lord Jesus, during this season of Advent, help us prepare to receive you into our hearts at Christmas, especially when we receive you in Holy Communion.

All: Come into our hearts, Lord.

Leader: We ask all of this in the name of the Father, and of the Son, and of the Holy Spirit.

Family Page

Background Reflection

The liturgical season of Advent is often a hurried precursor to the celebration of Christmas. We find it easy to focus on the birth of Jesus, but it's important to remember that the Church takes four weeks before Christmas to slow down and prepare.

The word advent comes from the Latin word for coming. In Advent, we prepare for Christ's coming in the historical event of Christmas, we prepare for his coming at the end of time, and we prepare for his coming into our hearts at Christmas, especially by receiving Holy Communion on that great feast.

This lesson focuses on pausing in prayer as we prepare for Christmas. You may invite your child to participate in traditional Advent customs like lighting an Advent wreath and serving others as Jesus came to serve us. And you can also remind her or him of Isaiah's promise of Jesus and his peaceful kingdom in the Old Testament. In these ways, your child can learn that Advent is a special season all its own.

Family Activities

- Pray the "Prayer of Saint Francis" found on page 1107 in The Catholic Children's Bible.
 Talk as a family about ways you can be instruments of God's peace this Advent.
- Go for a family drive to look at the Christmas lights in your neighborhood. Talk about the beauty and joy that Christmas lights bring, and then compare the lights to Jesus, the light of the world. Discuss how your family can be a light for others this season.
- Watch the video "Advent in 2 Minutes (NEW!)" (YouTube, 2:09) together. Pause the video as needed to process the different points it makes. Then talk about the ways Advent is different from Christmas. Finally, name some ways your child can use Advent to prepare for the coming of Jesus.



People of Faith

Saint John the Baptist (first century)

Saint John announced Jesus' coming. He is called a prophet because he spoke God's Word. John baptized people who wanted to change their hearts, and he encouraged them to follow Jesus, not himself. John was Jesus' cousin, and he was born six months before Jesus. The Church celebrates the birthday of John the Baptist on June 24, six months before Christmas Eve.

Prayer

Pray this prayer together as a family, beginning and ending with the Sign of the Cross.

Dear Jesus, during Advent, may your words remain in our hearts so that we may fill our lives with generosity and compassion. We pray: Come, Lord Jesus. Amen.