

# Lesson Plan, Grade 8 - Chapter 16

## Catechist Background

### Doctrinal Content

- The signs, symbols and rituals of the liturgy, the official public worship of the Church, form us in prayer, communicate God's gift of life, and show us the deeper meanings of the mystery. (CCC, 1145-1155)
- Even outside of the Mass, we show adoration and veneration for the Real Presence of Christ in the Eucharist. (CCC, 1378)
- Our spiritual life —God's grace in us, the celebration of the liturgy, and our participation in the Seven Sacraments—strengthens our moral life—how we live by Jesus' example, his teachings, and the Precepts of the Church. (CCC, 1803)
- The Third Commandment required the people of the Old Law to observe the Sabbath. As Catholics we observe the Lord's Day on Sunday, with attendance at Mass, the omission of unnecessary work, and attention to living a good life. (CCC, 1193, 2177-2182)

## Catechist Background

"Every day they devoted themselves to meeting together in the temple area and to breaking bread in their homes. They ate their meals with exultation and sincerity of heart, praising God and enjoying favor with all the people. And every day the Lord added to their number those who were being saved." —Acts 2:46-47

**Reflect** How do you connect to God through the rituals and symbols of our Church?

Ask most adult Catholics what it means to them to participate in the Sacraments, especially in the celebration of the Eucharist, and they might not be able to put their feelings into words. However, most Catholics know, on some level, the importance of the Sacraments in their lives. There is something about our participation in the Sacraments that helps us understand with our hearts the mysteries that we will never fully be able to wrap our minds around. That heart knowledge gives us an incredible sense of serenity and purpose in a confusing world.

The beauty of the Sacraments is partly found in the elements we use to celebrate them. Water, wine, bread, oil—these are ordinary things, yet they become extraordinary when the Holy Spirit transforms them and they become signs and vehicles of God's grace and presence. The elements of the -Sacraments remind us that God is found in all of creation, and that all of creation is good. While the Sacraments are an encounter with the living God, they are also profoundly human experiences because they engage the whole human person, not just the intellect. In the Sacraments, we worship with our eyes, our ears, our sense of taste and smell—all of

our human senses become engaged.

**Reflect** What does the Catholic sacramental heritage mean to you personally?

### **Catechist's Prayer**

Jesus, you have given us a pearl of great price in the Sacraments. Help me to be faithful in my sacramental worship. May I always be open to the graces you offer me through these treasured gifts. Amen.

## **Sharing the Message**

### **How Eighth-Graders Understand Chapter Topics**

Eighth-graders have grown in their ability to think abstractly—for example, to understand deeper meanings behind symbols and signs. They are cognitively ready to appreciate more fully the presence of God in the Sacraments and the spiritual realities that are signified in these celebrations.

### **Teaching Tip**

Point out that every Sacrament has visible signs and invisible spiritual realities. In your discussion of the Sacraments, ask young people to name the visible signs or symbols and then state what the spiritual realities are (the actions of God in the sacramental celebration).

### **Sharing the Message with Eighth-Graders**

Eighth-graders are entering into the age when they begin to make deeper connections between the past and present, which can create opportunities for teaching them about the value of tradition.

- Some youth are likely to be unsettled, occasionally, and even fearful when they see their lives changing and becoming more complex. Traditions and rituals can help provide a sense of stability.
- Sacraments are partly about connecting with the past—both our own pasts as individuals and the past of the Catholic Church. Although the memory of these young people may be limited by their age, they are connected to a "corporate memory" that connects them to salvation history.

## **Chapter Connections**

### **Tasks of Catechesis**

Helping children grow in a faith that is "known, celebrated, lived, and expressed in prayer" (NDC, 20). This chapter focuses on the following tasks of catechesis:

- Liturgical Education
- Moral Formation

## **NCEA IFG: ACRE Edition**

### **Liturgical Life**

- Objective: To know the Paschal Mystery of Jesus: in the Church's liturgical life—feasts, seasons, symbols, and practices—and in the Sacraments as signs and instruments of grace

### **Moral Formation**

- Objective: To be knowledgeable about the teachings of Jesus and the Church as the basis of Christian morality and to understand Catholic Social Teaching

### **Catholic Faith Literacy**

grace, liturgy, Sacraments

### **Catholic Social Teaching**

To integrate Catholic Social Teaching into your lesson, choose one of the following features: Rights and Responsibilities of the Human Person, pages 338–339; or The Dignity of Work and the Rights of Workers, pages 342–343.

- Start the Live step of the process by talking about Saint Thomas Becket on page 260. Then move directly to the Catholic Social Teaching feature.
- Or, to expand the lesson, complete page 260, then move to the Catholic Social Teaching feature.
- Return to Chapter 16 for the prayer on page 261.

### **Music Option**

► Use one or more of the following songs to enhance catechetical learning or for prayer.

- "Instrumental Music," Live Page 261

# Catechist Instruction, Grade 8 – Chapter 16

## Invite Page 251

### Objective

- Reflect on God's personal invitation through Scripture

### ♥ Let Us Pray

Invite the young people to gather in the prayer space and make the Sign of the Cross. Begin the leader prayer. Have the group pray the Psalm verses together and finish with the group response.

Have the youth move out of the prayer space and back to their seats. Explain that the first Christians understood that God was first in their lives, and their everyday actions reflected that knowledge.

*Say:* Listen to the Scripture reading and see why we should make gathering together to pray and worship a priority.

### † Scripture

Guide the youth through the process of Scripture reflection.

Invite the young people to be still, close their eyes, and focus on their breathing.

Encourage them to open their minds and hearts to what God is saying to them.

- Proclaim the Scripture and have the youth sit in silence.
- *Ask:* What did you hear God say to you today?
- Allow volunteers to share.

► You may play instrumental music to begin the reflection.

Remember, this is a spiritual discipline that takes practice. The young people will grow in their capacity to sit in silence. Throughout the year, build to four minutes.

### Have you ever thought...

*Say:* When we worship we often use rituals—patterns of behavior that make use of actions and symbols. We're going to learn more about this as we study this chapter.

- Invite the young people to respond to the questions.

## Discover (1) Pages 254-255

### Objectives

- Define a Catholic ritual as a pattern of behavior that makes use of actions and symbols
- Identify the Real Presence of Christ in the Eucharist
- Describe the practice of adoration outside of Mass

Point out the question and tell the young people this is what they will be learning about as they study the next two chapters.

### **The Church Worships**

Ask a volunteer to read aloud the opening paragraph.

- Ask the youth to silently read the rest of this section and to underline or highlight words or ideas that they think are important.
- Review with them their highlighted selections.

### **Effective Signs**

Read aloud the first paragraph.

- Invite the young people to underline or highlight the text that mentions how we participate in the liturgy.
- Have them circle *Real Presence*.
- Share with them that this is a very important Catholic teaching. Continue reviewing the text on page 254.
- *Say:* The visible symbols and rituals of the Sacraments illustrate the graces and effects that are received.
- Invite a volunteer to read the paragraph listing all Seven Sacraments.
- Summarize the remaining text in this section, emphasizing the ways Catholics practice Eucharistic Adoration.

### **Work with Words**

Ask four volunteers to each read aloud one of the definitions from page 254.

- Have these same volunteers write a sentence on the board or on chart paper correctly using the word that they read.

### **Activity**

Have the young people silently read the instructions for the activity.

- Direct them to complete the symbols chart individually.
- Point out that spiritual routines also use symbols.
- Ask them to compare answers with a partner.

### **Quick Review**

The liturgy is the public worship of the Church. The Sacraments are signs of God's grace, given to us through the Church by Christ. The visible symbols and rituals of the Sacraments illustrate the graces and effects that are received.

## **Discover (2) Pages 256-257**

### **Objectives**

- Explain how our spiritual life strengthens our moral life
- Identify Precepts that have personal significance

### **Teaching Activity: How Tempted Are You?**

Participants will consider real life scenarios that show how likely we are to make the right choices that concern those closest to us. This exercise will show how prayer and worship are connected to our moral lives.

#### **Before the Lesson**

##### **Materials Needed**

✪ Go to **aliveinchrist.osv.com** and download Precepts of the Church , Catholic Faith Words  
tape

##### **Preparation**

- Using sticky notes, post the numbers one to five around the room in areas where young people can gather during the activity.
- Cut the Precepts of the Church into five strips and number them from one to five.
- Select five volunteers and hand them each one of the strips before the activity begins. Let them know they will be reading their strip aloud to the group.

##### **Activity Directions**

Begin the activity by gathering the group and calling their attention to numbers posted around the room.

*Say:* Today we are going to think about the connection between our life of prayer and the way we live our lives. We will be thinking with our feet. Notice the numbers posted around the room.

Explain to the youth that the numbers around the room represent how tempted they would be on a scale of one to five in various situations that you will present to the group. One represents not being tempted at all and five represents being totally tempted.

*Say:* You have to pay back a large debt and you have no money. Part of your job responsibility is to handle monetary contributions that help provide food, shelter, and education to a girl's school in Uganda. How tempted would you be to use some of the money you've helped collect to pay off your own debt?

Ask the youth to stand under the number they feel best represents how tempted they would be, then ask volunteers to share why they've picked that number.

*Say:* What if you've just started your job working for this organization? Would that change the level of temptation you'd feel? You can move to a different number if it

makes a difference.

Allow a moment for the youth to move to a different number.

*Say:* What if you've met some of the people who raised the money? Would you be more tempted or less tempted to take the money?

If some of the young people's answers have changed, ask them to briefly explain to the group the reason they feel differently.

Have the youth step away from the numbers and regroup.

Repeat the process with the following scenarios and ask volunteers to share why they've changed their numbers as they consider new factors to each scenario.

*Say:* How tempted would you be to lie about the fact that your sister has been hospitalized for anorexia?

- To someone you just met?
- To your classmate?
- To a friend?
- To your best friend?

*Say:* How tempted would you be to break a commitment you made to help someone study for a test to go to a championship football game?

- If the person is your neighbor?
- If the person is someone the teacher asked you to tutor?
- If the person is your cousin?
- If the person is your best friend?

*Say:* It seems clear that the deeper in relationship we are with someone, the more likely we are to do and say the right things. Because we value our friends and our relationships, we don't want to do anything to harm our friend or our friendship. That is why prayer and worship are so connected to what we do and say, our moral lives. While we know that God has made us capable of a friendship with him and gives us what we need to help that relationship deepen, we must make the choice to grow in relationship with him.

Post the definition for *sanctifying grace* and ask a volunteer to read it aloud to the group.

*Say:* The Church helps us to understand what we need to do in order to deepen God's friendship. She does this by giving us the Precepts of the Church.

Post the Catholic Faith Word *Precepts of the Church* on the board or wall and read the definition aloud to the group. Ask the five volunteers to step forward and read the Precepts to the group. Have them post the strips underneath the definition that is posted on the board or wall.

*Say:* These aren't rules the Church made up for the sake of having rules. These are the ways you will deepen your relationship with God. They are so important that they are the top priority of rules—in case people don't understand the importance in their hearts.

Receiving the Sacraments; fasting; sharing our gifts of time, talent and treasure—these practices are for the good of our parish and the world. They form us as Catholics and as disciples of Christ. God also gives us the special help we need to do these things and to avoid the temptation to not do them. We call that *actual grace*.

Post definition for *actual grace* on the board or wall and read it aloud to the group.

*Say:* In addition to sanctifying grace and actual grace, Sacramental grace is specific to each of the Seven Sacraments. Special graces (called charisms) are special Gifts of the Holy Spirit connected to one's state in life or ministry in the Church. They are intended for the good of all the Church.

Point to the Catholic Faith Word *actual grace* again and say: Just like we saw today in our exercise, the closer we are to someone, the less tempted we are to make a bad choice. Pray and ask God for the grace to do his will and avoid evil so that our relationship with him can deepen and grow. The closer we are to God, the more likely we are to avoid temptation.

### **Discover (3) Pages 258-259**

#### **Objectives**

- Explain why Sunday is the day Catholics worship and rest
- Relate our observance of Sunday to the Third Commandment

Have the young people discuss the question with a partner. Encourage them to brainstorm ideas for how to accomplish this.

#### **Sunday**

Direct the partners to read the first two paragraphs to each other after they have discussed the question.



### **The Third Commandment**

Ask a proficient reader to read aloud this section, including the copy on page 259, below the chart.

- Go back and review each of the paragraphs. Make sure the young people understand why we worship on Sunday and other key points made in this section.
- *Ask:* What is happening in the photo on this page? How does it tie in to today's text?

### **Keeping Holy the Lord's Day**

Invite six volunteers to each read aloud one of the bullet points in the chart.

- Direct the youth to complete the chart by writing in one way they have followed some of the advice on keeping the Lord's Day holy.
- If time permits, invite the young people to share their answers with the group.

### **Activity**

Read aloud the instructions.

- Allow the youth time to reflect and write their two ideas.
- Encourage them to discuss this topic at home and ask the same question to family members.

### **In Summary**

Read the opening paragraph.

- Invite three volunteers to restate the three bullet points in their own words.
- Discuss as a group how the way we worship and pray impacts our daily lives.

### **Extend the Lesson**

Use **Activity Master 16: Moments of Grace** to extend the lesson; it is not included in the timed estimate for this section of the Lesson Plan.

## **Live Pages 260-261**

### **Objectives**

- Explore ways to participate in the Lord's Day
- Explore the faith life of Saint Thomas Becket
- Offer the Gospel reflection prayer

### **Our Catholic Life**

Have a volunteer read aloud this section.

- Invite the young people to share some of the ideas they brainstormed on Day 4.
- *Ask:* What is one way you feel part of the Church as you celebrate Mass on Sundays?

## People of Faith

Explain that Saint Thomas Becket died in the name of Jesus and for the protection of the Church.

Read aloud the People of Faith paragraph. Review with the group the content of the People of Faith Background box.

Invite the youth to reflect on what they learned about Saint Thomas and determine what lesson they can apply to their own lives.

Here are some additional details about Saint Thomas Becket to assist you in presenting this section:

- Almost immediately after Saint Thomas Becket's death, people began to proclaim him a martyr.
- Pope Alexander III canonized him just two years after his death.
- *The Canterbury Tales* written by Geoffrey Chaucer in the fourteenth century tells the story of pilgrims traveling to the shrine of Saint Thomas in Canterbury Cathedral. Even today, people visit the cathedral to pray at the site of Saint Thomas' murder/martyrdom.

## Activity

Have a student read aloud the activity instructions and the questions.

- Encourage the group to reflect on the questions and journal their answers.

## A Gospel Reflection

♥ Select a leader and reader.

- Gather the young people around the prayer table with the leader and reader standing in front of the group.
- Indicate to the leader when it is time to begin. After each prayer, lead the group in the response.
- Invite the youth to share thoughts about what they heard in the Scripture passage immediately after it is read.
- Continue with the leader reciting the prayers and the group offering the responses.

► Conclude by playing instrumental music downloaded from **[aliveinchrist.osv.com](http://aliveinchrist.osv.com)**.

## Chapter Review

If you are using eAssessments, remind the young people that they will need to be completed by the due date. Feedback is important at this age. For the tool to be used effectively provide feedback to the young people about their work.

# Chapter 16 Lesson Plan

Objectives	Process	Materials
<b>Invite, 15 minutes</b>		
<b>Worship and Grace</b> Page 251	<ul style="list-style-type: none"> <li> <b>Psalm 95:6–7</b> Pray the opening prayer.</li> <li> <b>Acts 2:46–47</b> Guide the youth through the process of Scripture reflection.</li> <li>• Discuss Have You Ever Thought questions.</li> </ul>	
<b>Discover, 45 minutes</b>		
<b>The Church Worships</b> Pages 254–255 <ul style="list-style-type: none"> <li>• Define a Catholic ritual as a pattern of behavior that makes use of actions and symbols</li> <li>• Identify the Real Presence of Christ in the Eucharist</li> <li>• Describe the practice of adoration outside of Mass</li> </ul>	<ul style="list-style-type: none"> <li>• Talk about the public worship of the Church.</li> <li>• Discuss rituals, actions, and symbols and Eucharistic Adoration.</li> <li>• <b>Activity</b> Reflect on objects or symbols associated with Church worship.</li> </ul>	<input type="checkbox"/> pencils or pens <input type="checkbox"/> board or chart paper <input type="checkbox"/> highlighters
<b>Visible and Invisible Realities</b> Pages 256–257 <ul style="list-style-type: none"> <li>• Explain how our spiritual life strengthens our moral life</li> <li>• Identify Precepts that have personal significance</li> </ul>	<ul style="list-style-type: none"> <li>• <b>Teaching Activity</b> Participants will consider real life scenarios that show how likely we are to make the right choices that concern those closest to us. This exercise will show how prayer and worship are connected to our moral lives.</li> </ul>	Precepts of the Church, Catholic Faith Words <input type="checkbox"/> tape
<b>Sunday</b> Pages 258–259 <ul style="list-style-type: none"> <li>• Explain why Sunday is the day Catholics worship and rest</li> <li>• Relate our observance of Sunday to the Third Commandment</li> </ul>	<ul style="list-style-type: none"> <li>• Discuss the Third Commandment.</li> <li>★ Young people will write ways they have kept the Lord's day holy.</li> <li>• <b>Activity</b> List additional ways to keep the Sabbath.</li> <li>• <b>Activity Master</b> Moments of Grace</li> </ul>	<input type="checkbox"/> pencils or pens Activity Master 16
<b>Live, 15 minutes</b>		
<b>Our Catholic Life</b> Page 260	<ul style="list-style-type: none"> <li>• Discuss the questions in the Our Catholic Life section.</li> <li>• <b>People of Faith</b> Learn about Saint Thomas Becket.</li> <li>• <b>Activity</b> Identify and reflect on prayer opportunities.</li> </ul>	<input type="checkbox"/> pencils or pens
<b>A Gospel Reflection</b> Page 261	<ul style="list-style-type: none"> <li>• Select a reader and a leader.</li> <li>• Follow the order of prayer.</li> </ul>	Instrumental Music

## CATHOLIC FAITH WORDS

liturgy, Seven Sacraments, Blessed Sacraments, Tabernacle, Precepts of the Church, sanctifying grace, actual grace

## ASSESSMENT

Chapter Review, Page 262

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Name \_\_\_\_\_

Date \_\_\_\_\_

## Moments of Grace

God's grace comes to us in many ways. Certainly participating in the Sacraments is primary.

We also receive God's grace in ordinary ways outside of the Sacraments. Here are a few examples:

- Moments of confrontation when our actions, words, and attitudes are challenged to improve.
- Moments of blessing when we are helped, strengthened, or connected.
- Moments of vulnerability when we are at our weakest or saddest.
- Moments of discovery when we "see" and understand.
- Moments related to special events and places when we sense the sacred.

**Identify which moments of grace you have experienced recently. Write a paragraph on your experience. Make sure to address the following questions:**

- Who was part of my moment of grace?
- How did I feel before my moment of grace? After?
- How did this moment affect my life?
- Did my moment have any impact on others?
- What did I learn about God in this moment?

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Name \_\_\_\_\_

Date \_\_\_\_\_

Circle the letter of the choice that best completes each sentence.

1. \_\_\_\_ is present through the rituals and symbols of all the Sacraments.
  - a. Virtue
  - b. The priest
  - c. Jesus
  - d. Mystery
2. The Sacraments of Initiation are \_\_\_\_, \_\_\_\_, and \_\_\_\_\_.
  - a. Holy Orders, Matrimony, Confirmation
  - b. Baptism, Confirmation, Eucharist
  - c. Baptism, Reconciliation, Eucharist
  - d. Baptism, Matrimony, Holy Orders
3. God's Divine life within us that makes us his friends and adopted children is called \_\_\_\_\_.
  - a. sanctifying grace
  - b. Baptism
  - c. actual grace
  - d. Sacred Chrism
4. The \_\_\_\_ are minimum requirements for deepening our relationship with God and the Church.
  - a. Precepts of the Church
  - b. virtues
  - c. Beatitudes
  - d. moral laws

Complete each sentence with the correct term.

5. The Church celebrates the \_\_\_\_\_ Sacraments, which are grouped into \_\_\_\_\_ categories.
6. The \_\_\_\_\_ represented God's rest at the end of creation.
7. \_\_\_\_\_ is the day of Jesus' Resurrection and the primary day Catholics celebrate the Eucharist.
8. The \_\_\_\_\_ is the official public worship of the Church.

Write a response on the lines below.

9. What are some ways we can follow the Third Commandment?

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10. Name and explain two of the Precepts of the Church.

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## Precepts of the Church

Attend Mass on Sundays and avoid unnecessary work.

Celebrate the Sacrament of Reconciliation at least once a year if there is serious sin.

Receive Holy Communion at least once in the Easter season.

Fast and abstain on days of penance.

Give your time, gifts, and money to support the Church.

# Catholic Faith Words

**Precepts of the Church** some of the minimum requirements given by Church leaders for deepening our relationship with God and the Church.

# Catholic Faith Words

**sanctifying grace** God's Divine life within us that makes us his friends and adopted children.



# Catholic Faith Words

**actual grace** the help God gives us in our particular need or to do a particular good act or to avoid evil.