

# WALKING by FAITH

## Grade 3 / Home Lesson

### CHAPTER 20

### WE CELEBRATE LENT: STRENGTH THROUGH PRACTICE

#### Objectives

- Recognize the benefits of spending some time alone.
- Discover the Season of Lent is a special time for growing in faith.
- Identify with Jesus by praying a prayer based on a psalm.

#### Step 1: *We Are Invited* (Life Experience), page 122

Discuss with your child places each of you go to when you want to be alone. Then pray together the opening **Prayer** on page 122. Ask your child to keep his or her favorite quiet places in mind as you pray the prayer together.

Read the title (**Strength Through Practice**) and the text on page 122, and discuss times each of you has gone to a quiet place to be alone. Assure your child that this is a normal and healthy feeling: all people need some time alone.

Ask your child to suggest what the child in the photo on page 122 might be thinking about. (Possible answers: She might be thinking about something she did that she should not have done, a problem she is having with a friend or at school, or someone who hurt her feelings.)

Invite your child to respond to the caption question. (It gives the children some quiet time to calm down, think about what they did, and think of better ways to behave.)

#### Step 2: *We Explore* (Doctrine), page 123

Invite your child to think about times when Jesus may have gone off by himself to think and pray. Then read **Becoming Like Jesus**, page 123. Help your child understand the terms *fast*, *Lent*, *abstain*, and *charity*. For further definition, refer to the **Language of Faith** section at the back of the textbook. Explain that “giving alms” means giving money or food to people in need.

Explain to your child that besides giving up things, sacrifice can also mean doing something difficult. Ask: What would be a sacrifice for you?

Read aloud **Catholics Believe**. Emphasize that the spiritual exercises of Lent help us become more like Jesus. Create the list mentioned in the **Activity** at the bottom of the page. Consider making a family list.

### **Step 3: We Reflect** (Integration of Faith into Everyday Life), page 124

Review the material taught in this lesson by discussing **Recall, Think and Share**, and **Continue the Journey**. Have your child complete the activity.

Read **We Live Our Faith: At Home and In the Parish**. Try to follow through on the suggestions found there.

Refer to the **Language of Faith** section in the back of the textbook for clarification and review of all highlighted words.

Complete the **Faith Journal**, pages 39–40.

### **Step 4: We Celebrate** (Prayer and Conclusion), page 125

Read aloud **Praying as Jesus Prayed**. As you work with the text, emphasize that praying the psalms was very important to Jesus as one way of praying. Explain that the Church uses the psalms often in its liturgy and other prayer celebrations.

Have your child look at the pictures on page 125 and describe what the monk is doing. (praying, reading the Bible) How are the children imitating Jesus? (They have gone to a quiet place to pray.)

Pray together the closing **Prayer** on this page. You may wish to sing or listen to a recording of a favorite hymn. Begin and end with the Sign of the Cross.