

Week 3 - BE THE BEST VERSION OF YOU (Part 2)

Week of 10/25

“Rejoice and be glad for your reward will be great in heaven.”

This Sunday (11/1) is the Solemnity of All Saints – the saints are the best example of how to be the best version of ourselves and the readings remind us that we will face temptations and sin but we have forgiveness and hope in our final destination.

Gather: Backbands Game

Print the [Backbands Page](#), and cut out the pictures (or draw your own). If you have a few children participating, tape the pictures on their backs – if it is just you and your child, place the pictures face down, draw one and place it facing out on your forehead. The children each take turns describing the picture, but not saying what it is, as child with the picture tries to guess.

Connect: Ask what all the pictures have in common (the answer will probably be ‘nothing’). Share that they DO have something in common – each picture represents something of which a Saint is a protector & guardian. The Saints are people who have lived being the best version of themselves, just like we are called to do! But, first, let’s count our blessings! Each participant names one blessing from the week.

Explore:

- **Year 1, CH 3 & 4:** We learn to be the best version of ourselves (like the saints) by exploring the Word of God and praising Him. After you explore the chapters, pray the [M&M prayer!](#)
- **Year 2, CH 2:** We learn to be the best version of ourselves (like the saints) by avoiding temptation and asking for grace. Pray the prayer on page 49. Explore the concepts of **temptation, sin, grace and conscience**. Access videos [HERE](#).
 - **Temptation:** asking God for help by praying is a great way to overcome temptation.
 - **Sin:** p. 50; a sin is when you purposely made a poor choice. It’s important to understand the difference between a mistake and a sin. Ask the children when a great time to pray is. The [Accident, Sin and Mistake](#) activity will help illustrate the differences.
 - **Grace:** p. 55, the best way to deal with sin is to go to reconciliation. Reconciliation gives us God’s grace to help us do the right thing.
 - **Conscience:** p. 58, 60-61; Read and discuss “When You Don’t Know What To Do” (pages 60-61). Discuss the questions in the Show What You Know section (pages 62-63).
- **3rd Gr, CH 3 & 4:** Last week we talked about being the best version of ourselves by receiving God’s grace and making the right choices. Another way to be the best version of our self is loving God, our neighbors and praying. God wants us to love everyone because we are all created in His image. When we are having trouble or want to say thanks we can pray to God. Explore the first prayer Jesus taught us and its meaning. In addition to praying to God, we can ask the saints to pray for us.
- **4th Gr, CH 3 & 4:** We can learn to be saints (best version of our self) by praying and following the commandments. God gave Moses the Ten Commandments to help us live in peace with God and others. Read The Ten Commandments, the explore Living the Commandments (pg 272) and see how they relate to current day. Jesus taught us The Lords Prayer. Responding to the Commandments in Prayer (pg 60) show how the first three Commandments relate to the Lords Prayer.
- **5th Gr, CH 3 & 4:** We can learn to be saints (best version of our self) through the sacraments and happiness in God. Jesus gave us the Beatitudes to teach us to live as His disciples and find true happiness through our words & actions. Read The Beatitudes Show us the Way, then explore Living the Beatitudes (pg 271). In addition to living the Beatitudes, the Church has given us sacramentals, sacred signs to prepare us to receive the grace of the sacraments.

Reflect: Matthew 5:1-12. Read and/or explain in your own words this Sundays Gospel—*Sermon on the Mount*. The Saints chose to follow Jesus’ teaching of true happiness—loving God and neighbor. Living the beatitudes helps us in being the best version of ourselves.

Live It: Secret Saints - St. Therese reminds us that it’s not always big actions that lead us to sainthood, but it’s the little things we do each day. At the next family meal, have each family member secretly select the name of another family member. During this week, you must do small acts of kindness for the person you chose (make their bed, clear their dishes, pick up their laundry...), without them seeing you do it. The little kind actions are small things that help us to be the best version of ourselves. At the end of the week, reveal who you were a ‘Secret Saint’ for.