



Elementary: The Power of Great Habits

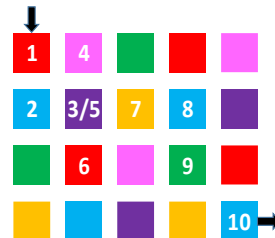
(Week of Jan. 31)

“Rising very early before dawn, he left and went off to a deserted place, where he prayed.” MK 1:29-39

Jesus was without sin, but as a human being, he had to develop good habits to resist temptation – prayer, being kind, reading Scripture.

GATHER: Life Maze Challenge. *This takes some set-up, but is well worth the effort!* You will need 12-20 pieces of colored paper (or white paper with a colored X). Set the papers down forming a ‘square’ to mke your game board. The goal of the game is for all children to get from the ‘start’ box to the ‘finish’ box. This may be played with children taking turns, or one child restarting after any mistakes. You may set your own secret path or use one of the ones provided [HERE](#).

- Child 1 steps on the ‘start’ square. They may then select *any* adjacent square to move onto next. If they choose the correct square, they may continue until they choose an incorrect square. If they choose an incorrect square, their turn is over.
- Child 2 starts at the beginning and must remember any correct steps that Child 1 made, and will continue their turn until an incorrect choice is made.
- Child 3 repeats, and so on. All players continue play until the correct path is discovered – and then all players must make their way correctly through the path to complete the game!



CONNECT: The “Start” of our game was the beginning of our earthly life. We know the “Finish” of our game will be heaven. Along the way, we make good choices, and some wrong choices... only God knows the exact path we are on. He gave us help, however... friends and family (just like the teammates in the game), and the Holy Spirit (just like the catechist letting us know a good choice or a wrong choice). He also gave us Jesus to be with us in the sacraments and the Mass. Today we will look at how the sacraments, and most importantly, the Eucharist helps us on our life journey.

EXPLORE: Grade Level Activities



YEAR 1 (CH 10) We Celebrate the Eucharist. Explore the lesson, and use these [PICTURES](#) to take a closer look at the monstrance, the Blessed Sacrament and Adoration.

YEAR 2 (CH 1, Blessed Communion Book) Today we will explore why God gives us great Catholic moments like First Reconciliation and First Communion. Using pages 4 to 27, review the seven sacraments through the stories, but be sure and share personal stories with your child as well! We will conclude this chapter next week! [BLESSED VIDEOS, LESSON 1](#)

Introduce the **Celebrating Mass Booklet**. Each week, beginning Sunday February 7, the children will bring complete the pages of the book after attending Mass (virtually or in person).

Grade 3 (CH 10) We Gather for Mass. Sunday is the day we celebrate God by attending Mass and receiving His greatest gift—Jesus through the Eucharist. Due to the pandemic, for some of us it is impossible to attend Mass in person, but we can take advantage of the outdoor Communion Services, or watching Mass online. We can even ‘attend’ Mass anywhere in the country via the live streams churches have been providing. However we can, making Sunday a special day for God and ‘not just another day of the week’ is the most important thing we can do!

Grade 4 (CH 10) Confirmed in the Spirit. The sacraments are a gift from Jesus. This week’s lesson will explore the gift of the Holy Spirit, and how the sacraments of baptism and confirmation are connected. See if you can find all the **GIFTS** of the Holy Spirit that are strengthened at confirmation [HERE](#).

Grade 5 (CH 10) The Eucharist. Ask your child if they remember receiving the Eucharist for the first time. In the Eucharist we receive God’s greatest gift—Jesus’ Body & Blood. Take notice of the Tabernacle and sanctuary lamp during streaming Mass, Sunday Mass, pop into the church after a Communion service or come during open weekly hours.

REFLECT: Read the Sunday Gospel **Jesus Heals and Takes Time to Pray** (Feb. 7, MK 1:29-39) or view it at our [CATHOLIC KIDS CONNECTION!](#)

LIVE IT! Jesus teaches us the importance of forming good habits, and one of the most important things to help us on our life journey is the power of prayer. This week, your challenge is to begin a new good habit! Pick a time during the day to pray the Our Father prayer (you can find it in your book, or ask a parent for help). Pray it one time every day this week... and then see if you can continue it next week, and the next week...pretty soon, you’ll have a wonderful new habit.