

Make-up Lesson for Sunday Session 3-b for Grade 4

February/March
Our Lady of Lourdes Roman Catholic Church
Erath, Louisiana

Large-Group Assembly for Grades 3-5

- After **Opening Prayer**, Mrs. Frances greeted the children and quickly review a couple of facts regarding the **liturgical calendar** (Seasons of Lent and Easter).
 - During **Lent**, we are reminded that Jesus spent **40 days in the desert** to prepare for His public ministry (*and eventual Passion, crucifixion, death, burial, and Resurrection*).
 - Liturgical colors of the Lenten Season:
 - The priest wears a **violet chasuble** (outer garment) on the First, Second, Third, and Fifth Sundays in Lent. The color violet is often used to indicate royalty of kings and queens. (*Jesus is our king!*) It's also a **somber** (*serious*), **repentant** (*apologetic*) season, so the violet color is appropriate! (*Violet is not usually described as a happy color.*)
 - Because the Fourth Sunday marks the half-way point through the season of Lent, he wears a **rose-color chasuble** on the Fourth Sunday of Lent. (*For one day, we are just a bit joyful that the glorious celebration of Jesus' Resurrection on Easter Sunday is rapidly approaching!*)
 - The **Season of Lent** begins on **Ash Wednesday** and ends just before Easter.
 - The blessed ashes, however, are **sacramentals** (*holy things or actions which the Church uses to obtain for us favors for our body and soul from God*). Sacramentals do not give us Sanctifying Grace, but they do make us ready to receive it. **Sacramentals prepare our souls to receive whatever Grace God wishes to give us.**
 - **Several examples of sacramentals:**
 - any blessings given to us by priests and bishops
 - the Sign of the Cross
 - the Way of the Cross
 - Holy Water
 - candles used around the altar at Mass
 - a crucifix and other sacred images
 - incense
 - sacred words (for example, the prayers and Mysteries in the Rosary),



- Bibles
- prayer books
- sacred places
- the liturgical seasons of the Church year

All of these holy things or actions prepare our souls to receive God's Grace!

- How/Where does the priest get the ashes? *Last year's palm branches are collected, burnt, and blessed by the priest for use at Ash Wednesday Masses. When necessary, a container of burnt palm branch ashes may be purchased through a reputable church supplies company, but those ashes must still be blessed by the priest before they can be distributed to the Faithful Assembly.*
- While putting the ashes on our foreheads, the priest, deacon, or Extraordinary Minister says something similar to **"Remember man that you are dust and to dust you shall return."** *These words (and the ashes on our foreheads) remind us that God made the first man (Adam) from dust, and because we, like Adam, are made in God's image and likeness, we, too, are "made from dust," and our bodies will return to dust when they decompose after our death. It's a good reminder that we can't take our bodies and our belongings to Heaven! Those things are not the important things in a Christian's life! Our goal is to live according to God's plan and His Commandments to get our **souls** into **Heaven** after we die—hopefully at a very old age!*
- During Lent, we offer a **penance** to help us admit that we are not perfect, but are still trying to be good and holy to please God. By denying ourselves something we enjoy (snacks between meals, favorite foods, TV time, etc.), we join—in a small way—with the suffering of Jesus Christ on the cross.
- During the entire Season of Lent, we refrain from saying/singing "Alleluia" during Mass because the entire season reminds us of the 40 days Jesus spent praying and fasting in the desert. The Church provides several options for Gospel acclamations during Lent, including, "Praise to you, Lord Jesus Christ, King of endless glory" and "Praise and honor to You, Lord Jesus Christ."

Review the Spiritual and Corporal Works of Mercy

- During December's class, Grade 4 was introduced to the Spiritual and Corporal Works of Mercy. Our students played a "basketball" **game** to review the Spiritual and Corporal Works of Mercy.
- The **Corporal Works of Mercy** help us take care of the **body** of people who need our help.
 - To feed the hungry
 - To give drink to the thirsty
 - To clothe the naked
 - To shelter the homeless
 - To visit the sick

- *This includes people who are ill in the hospital, nursing home, or at home.*
 - To visit those in prison
 - *Obviously, people who are in prison (or local jails) can't leave those facilities to visit family and friends. They often become lonely and discouraged. We must make an effort to let them know they haven't been forgotten. We can send cards, write letters, or visit them during visiting hours.*
 - *"Prison" doesn't necessarily mean "in a jail cell." This Work of Mercy also includes visiting or helping physically or mentally challenged people who spend most/all of their time in wheel chairs or in special facilities (like the nursing home or special hospitals). These people often feel forgotten and long for visitors, cards, and letters, too!*
 - To bury the dead
 - *We must remember and mourn those who have died. It's OK to miss them.*
 - PLEASE take a few minutes to read a list of **examples** for each **Corporal Works of Mercy** [here](#). *(This list is found on the website for the United States Conference of Catholic Bishops.)*
- The **Spiritual Works of Mercy** help us take care of the mind, soul, and spirit of people who need our help. *(Sometimes, these Works apply to us, too! We should be willing to receive help from others who want to help us!)*
 - To instruct the ignorant
 - *We must teach people (who do not know God) about the love of God and the Good News of His Kingdom. We must also lovingly teach those who "think" they know what the Catholic Church teaches, but are mistaken.*
 - To counsel the doubtful
 - *We should encourage people who have doubts about faith and serving others to hope and serve in God's love and mercy.*
 - To admonish sinners
 - *We should lovingly caution or reprimand sinners and encourage them to repent of their sins.*
 - To bear wrongs patiently
 - *When someone insults, offends, or hurts us, we should "turn the other cheek" (not retaliate or fight back). Remember: What would Jesus do?*
 - To forgive offenses
 - *We must forgive others when they hurt or offend us just as we would like God to forgive us when we offend Him (or others) and ask for forgiveness. Jesus said that we should forgive "seven times seventy times." In other words, every time we remember that we were hurt, we must forgive again.*
 - To comfort the afflicted
 - *We should go out of our way to help and care for those who can't, for a variety of reasons, help themselves.*
 - To pray for the living and the dead
 - *We must remember to pray for the souls of our family members and friends, as well as for those whom we do not know! We must also pray for the souls of all of the faithful departed—whether we know them or not!*
 - PLEASE take a few minutes to read a list of **examples** for each **Spiritual Works of Mercy** [here](#). *(This list is found on the website for the United States Conference of Catholic Bishops.)*

Introduce the Twelve Fruits of the Spirit

- Jesus said, “Just so, every good tree bears good fruit, and a rotten tree bears bad fruit. A good tree cannot bear bad fruit, nor can a rotten tree bear good fruit. Every tree that does not bear good fruit will be cut down and thrown into the fire. So by their fruits you will know them.” (Matthew 7:17-20) *(It’s easy to understand that good trees produce good fruit and rotten trees produce bad fruit, but how does this relate to us as people? If we think of ourselves as “trees,” we should be able to understand that, if we are good people, we should produce good “fruit” (kind words, good deeds, etc.) Some people often spend more time bearing bad “fruit” (saying mean, ugly words and doing bad deeds, etc.) than producing good “fruit.” It’s often difficult for some people to break those mean, ugly habits, but it is not impossible! We should always strive to be more like Jesus and, with the help of the Twelve Fruits of the Spirit (given to us by God the Holy Spirit), we will succeed!)*
- When we allow *(it’s a choice!)* the Holy Spirit to lead and guide us, we will imitate the good and wonderful characteristics of Jesus Christ, Himself.
- The **Fruits of the Spirit** are observable behaviors of people who have allowed the Grace of the Holy Spirit to be effective in them. As you introduce each Fruit of the Spirit, write the word on the **chalk board**:
 - **Charity** *(the voluntary act of giving help)*
 - **Peace** *(When we hold God’s love and peace in our hearts and realize that He will provide what we need, we don’t have to worry about trivial matters. We can—and should—strive to help spread that peace throughout the world, beginning with our own family, friends, neighborhood, town, etc.)*
 - **Kindness** *(Treat others as you wish to be treated.)*
 - **Generosity** *(with our time, talent, and treasure)*
 - **Faithfulness** *(to God’s Commandments and His Divine Plan)*
 - **Self-Control** *(self-discipline goes a long way in a wide variety of activities)*
 - **Joy** *(Joy is more than happiness! Being happy and being joyful are two separate emotions. We can always be joyful—even in sad and tragic circumstances—if we trust that fear and sadness are outweighed by **God’s love** and **His promise** for our **salvation**! Be filled with joy every day! God loves you and wants your soul to be with Him in Heaven someday!)*
 - **Patience** *(treat others with thoughtfulness and tolerance)*
 - **Goodness** *(always try to do what is right; avoid sin)*
 - **Gentleness** *(act and react calmly; try to avoid behavior which leads to anger and resentment)*
 - **Modesty** *(regard for decency of behavior, speech, dress)*
 - **Chastity** *(We’re reminded that our body becomes a **Living Tabernacle** when we receive Holy Communion. As a result, we should be willing to lock up and protect Jesus in our body’s Living Tabernacle just as the priest locks and protects The Body of Christ in the Tabernacle in church! We should keep our entire body and lifestyle—our thoughts, words, and actions—pure and holy at all times.)*
- To allow time for the students to become familiar with the list, allow students to take turns reading the list of Fruits.

Review:

*For reasons that are often beyond their control, many of our students and their families do not attend Mass often. As a result, many of them are unaware of (or often forget) the **gestures** that should be used when we **respectfully** enter a Catholic Church. As a result, we do our best to review these details at every Sunday Session.*

- Proper, respectful **Sign of the Cross** (words and actions).
- Every time we enter a Catholic Church, we dip one (or two) finger(s) in **Holy Water** and pray the Sign of the Cross while we focus our attention on the **Blessed Sacrament** (the **Real Presence of Jesus Christ**) in the **tabernacle**.
- Practice making a proper **genuflection**: Before we enter our pew in church, our right knee touches the floor as we focus our attention on the **Blessed Sacrament** in the **Tabernacle** (not in the pew looking for a place to sit).

Closing Prayer

You will find a copy of our Grade 4 Prayer Sheet [here](#). Please recite the **Prayer of St. Michael** with your child as a closing prayer for today's make-up lesson.

Parent/Guardian:

**Please complete the next page
and return it to Mrs. Frances as soon as possible!**

Dear Parent/Guardian:

Please complete this page and return it to our Church Parish Office as soon as possible so Mrs. Frances can update our attendance records to indicate that you have helped your child make up the work that he/she missed during Sunday Session 3-b in February/March.

My child, _____ (currently in Grade ____) and I have read and discussed all of the information included in this make-up packet for **Sunday Session 3-b for Grade 4** (in **February/March**).

Parent/Guardian's Printed Name

Parent/Guardian's Signature

Date