

March LIFT 2018-19

Level 4-5 Home Assignment

Directions: Work with your child through the take home assignment. It isn't a writing assignment but an opportunity to experience together what we discussed at LIFT. Jot down notes about the things you talk about and email me a summary to dremaley@holyeucharist.org.

Theme: The Holy Spirit

- Objectives:**
1. Become familiar with the Apostle's Creed as we say it at every LIFT session
 2. Know where we are in the Liturgical Calendar and how we can know it
 3. Be able to define the season of Lent and its purpose
 4. Be able to retell what we have covered so far this year
 5. Be able to describe the events of Pentecost.
 6. Name at least 4 symbols of the Holy Spirit.

Activities

Liturgical Calendar Connection

Questions to consider:

- What color did we see in church today and on the vestments (clothes) of the priest and deacon? (purple)
- What is the liturgical time of year we are in? (Lent) What color is associated with Lent? (purple)

Lent

[Here is a great opening activity to start a discussion about the season of Lent in the Church from Joe Paprocki at Loyola Press.]

Hand your child them some paper plates, paper cups, and plastic ware so that their hands are full. (If you have more than one child doing the Home Assignment, give some things to hold and others nothing.) Then, throw a nerf type ball to them and begin playing catch, randomly throwing to them, including those with their hands full. Observe how they attempt to catch the ball with their hands full. After a number of tosses, point out how difficult it is to catch the ball if our hands are full. Explain that, in a similar way, it is very difficult for us to receive God's grace if we are holding on to sin. Point out that, during Lent, we practice letting go of things (i.e. fasting, giving things up) as a way of opening our hearts to receive God's grace.

During Lent, we practice the letting go of things through what are called the Catholic Lenten Practices or Disciplines. The three practices are: Prayer, Almsgiving, and Fasting.

Prayer

Set aside time to pray. Lent calls us to a personal conversion and renewal—to a recommitted life in Christ. This means prayer. During Lent we set aside time for prayer that is reflective in nature and reveals places where we have failed to open ourselves to God.

Almsgiving

Giving something material to another; we can donate not just our money but also our time (ie, volunteering at the St. Vincent DePaul packing on the Saturday before Palm Sunday)

Fasting

Giving up eating meat during Fridays of Lent, can also include fasting from other foods or even other things that distract us from God like our video games or cell phones or certain apps. Fasting and abstinence help us to ask ourselves the question: “What sustains me and gives me life? What nourishes me on my journey of life?” We will find the answer, not in the steak or the candy bar, but at the end of these forty days of Lent—in the Resurrection of Jesus. We fast and abstain because, when we do, we are reminded of who we are—followers of the risen Christ.

Reflection Questions:

- What are the kinds of things that kids can do or give up at Lent to grow closer to God?
- Once there are lots of good ideas out there (they may need help) ask...What are you going to do this Lent?

Apostle’s Creed Introduction

This year, we are learning about a prayer that we say in church called the Apostle’s Creed. It is what we believe as Catholic Christians. Say the prayer together and show them that we are working on the line “I believe in the Holy Spirit.”

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.

I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

Review of what we have covered so far

During the **September LIFT**, we concentrated on the first line “I believe in God, the Father almighty, creator of heaven and earth.” We read a story about how God created everything...the earth the sky, all of the birds and animals and people too.

In **October**, we discussed on who we are as human beings created in God’s image. To do this, we looked at a line from St. Augustine:

You have created us for Yourself O Lord – we are created in God’s image with the ability to reason, free will to make choices and the capacity to love. He created us to use these gifts and be in relationship with Him.

However...**Our hearts are restless** because we sin and we turn away from God.

Until they rest in you – God is love and when we love Him and one another, we are at peace inside. He is our eternal and ultimate rest.

In the **November LIFT**, looked at the whole swath of Salvation History where God revealed Himself little by little to the Chosen People (the Israelites) through a series of covenants. Remember a covenant is a solemn promise that creates a family bond. A covenant is unbreakable and there are consequences if you don’t live up to your end of the covenant.

During the **December LIFT**, we celebrated the birth of Jesus who brings us the new and everlasting covenant.

In the **January LIFT**, we followed Jesus through his ministry while he taught and healed people especially the healing of “A Little Girl and the Poor Frail Lady.” Jesus was not just a good person or even a great teacher. He is God.

Last month in the **February LIFT**, we talked about the Paschal Mystery: the Passion, Death, Resurrection and Ascension of Jesus and what this all means for us as Catholic Christians.

Let’s review the terms:

- **Passion**-suffering of Jesus
- **Death**-death of Jesus on the cross
- **Resurrection**-Jesus came back to life body and soul
- **Paschal Mystery**-the Passion Death and Resurrection of Jesus. It is this mystery that we celebrate in all of the sacraments but especially the Eucharist.
- **Ascension**-Jesus returns to the Father in Heaven after 40 days of appearing to and teaching his disciples

Who is the Holy Spirit?

The Holy Spirit is the Third Person of the Trinity.

You can either read the short essay “Who is the Holy Spirit?” together about the Holy Spirit or watch this video. Both talk about the presence of the Holy Spirit from the beginning of Creation to today. While the Holy Spirit was present at creation, the fullness of the Spirit was not fully revealed until Jesus ascended to the Father and was sent.

<https://www.youtube.com/watch?v=oNNZO9i1Gjc>

In the Nicene Creed (the longer creed that we say during Ordinary Time) we say, “I believe in the Holy Spirit, the Lord the giver of life who proceeds from the Father and the Son.

With the Father and the Son, He is worship and glorified. He has spoken through the prophets.”

The Holy Spirit at Pentecost

Let's take a look at the story of how the disciples received the Holy Spirit on the day of Pentecost.

[Read “God sends help” from the Jesus Storybook Bible on page 326]

Reflection questions:

- Why were the disciples waiting in the Inner Room, the stuffy upstairs room?
- Why were they afraid?
- What happened next?
- Who is the flame?
- What happened to the disciples, especially Peter?

When we receive the sacraments of Baptism (and Confirmation too), we receive the Holy Spirit just like the disciples we read about today! In Hebrews 10:16 we read, “This is the covenant that I will make with them after those days, declares the Lord: I will put my laws on their hearts, and write them on their minds.” This is not some event that happened in the past that has no connection to us. We too as Baptized followers of Christ receive the Holy Spirit in our lives too.

Symbols of the Holy Spirit

In the Bible, there are many different symbols connected to the Holy Spirit. God uses items in our everyday life to get across to us deeper realities. Can you think of any? (water, wind, cloud, fire, dove, oil)

Hand out the worksheet with the symbols. Look at each symbol and read the scripture attached to it.

For each symbol, answer the following questions:

- What is the symbol? (ex. dove)
- What characteristics are connected to the symbol? (bird, it flies where it will, it is white, it is beautiful)
- What does this tell us about the Holy Spirit? (Spirit is unpredictable, beautiful)

On the worksheet, have the children write “Symbols of the Holy Spirit” across the top of the page. Have the kids color in the symbols and decorate the sheet as they like.

Holy Spirit and Me sheet

Hand out the sheet and explain the questions. Give them some time to quietly reflect on the Holy Spirit at work in their lives.

Holy Spirit Inspired Fun Songs

These songs are fun and about living a life of joy and purpose in the Spirit.

“Made for This”

<https://www.youtube.com/watch?v=jVKuOi3YEAM&t=95s>

“Let’s Get a Little Crazy”

<https://www.youtube.com/watch?v=3RmBmA4MyVE>

Closing Prayer

Pray together the “Our Father”
