

## March LIFT 2018-19 Level 6-8 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](mailto: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 and connect it to their lives
  4. Be able to retell what we have covered so far this year
  5. Be able to describe the events of Pentecost.
  6. Name 6 symbols of the Holy Spirit and discuss what characteristics they reveal about the Holy Spirit.

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### 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. Ask them to define each one of these practices. Below are some additional ideas for them

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to chew on.

### **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.

### **Video by Father Mike Schmitz**

This video talks about how to discern what is the best thing to do as a Lenten penance.

<https://www.youtube.com/watch?v=XmwKpcJKLt8>

### **Apostle’s Creed Introduction**

Last month we discussed that 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.”

[A cardstock copy for each child to look at of this will be in each room. Please collect them at the end of the session.]

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."

## **Pentecost**

Hand out the Bibles to the kids and read the account of Pentecost from Acts 2:1-24

Questions to consider:

- Where are the disciples gathered? Why?
- What happens to them?
- Why do you think Jesus sent the Spirit in the first place? Why not just stick around Himself? Why is the Holy Spirit necessary?
- Immediately, after he is filled with the Spirit, what does Peter go out and do?
- Are we a Pentecost people? How can we live out Pentecost and the power of the Spirit?

## **Symbols of the Holy Spirit**

Hand out the worksheet to your child. Have your child use a Bible to:

- look up each scripture passage and identify the symbol of the Holy Spirit,
- identify the characteristics of the symbol, then
- connect the qualities to the Holy Spirit.

## **Holy Spirit and Me sheet**

Hand out the sheet and allow them to reflect on how the Holy Spirit is at work in their lives. You can play the song first or play the song after doing this.

## **"Write Your Story" by Francesca Battistelli**

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

What we read in the Bible is not some past event. By virtue of our Baptism, we received the Holy Spirit just like the Apostles we read about in the story of Pentecost. God's story is written on our hearts...we are written into His story.

## **Closing Prayer**

"Our Father"

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