

FAITH EXPLORERS

BOOK No. 4: CHAPTER 14 LESSON PLAN

SACRAMENTALS

OBJECTIVE:

The children to understand that,

- Sacramentals are prayers, services and actions instituted by the Church to purify and strengthen us.
- Sacraments were instituted by Jesus, whereas sacramentals are instituted by the church.

STARTER:

Teacher to ask students which symbols help them to feel closer to God. Teacher can use the following examples to introduce the topic.

- ✓ **Holy Water:** "Holy water is like a special water that reminds us of our Baptism when we became part of God's family. We use it to ask God to bless us and keep us safe."
- ✓ **Rosary:** A rosary is a string of beads we use to pray and think about Jesus and Mary. It is like a special way to talk to God and ask for His help.
- ✓ **Crucifix:** A crucifix is a cross with Jesus on it. It helps us remember how much Jesus loves us and how He gave up His life for us.
- ✓ **Statues and Medals:** Statues and medals of saints are like pictures of special friends in heaven who we can ask to pray for us. They remind us of their good example and help us learn from them.

PRESENTATION OF THE TOPIC:

- ✓ Difference between Sacraments and Sacramentals.
- ✓ Different type of Sacramentals.
- ✓ Teacher to explain in detail blessing of the Holy Myron, consecration of Church, religious profession, funeral rites, blessing of persons, places and articles.
- ✓ Importance of sacramentals in our daily life.

HABIT FORMATION:

Teaching children how to learn and apply sacramentals in their daily life can help them develop a deeper understanding of their faith. Here are some practical and engaging ways to guide them:

Incorporate Sacramentals into Daily Routines:

- ✓ Holy Water: Show children how to use holy water when they enter church or even at home. Create a small ritual, like making the sign of the cross with holy water each morning, to remind them of their connection to God and their Baptism.
- ✓ Rosary: Encourage them to wear and use a rosary for short prayers. You can start with simple prayers or Hail Marys, and gradually introduce them to the full rosary prayers as they get older.

Use Sacramentals in Prayers and Blessings.

- ✓ Crucifix: Place a crucifix in a prominent place in their room. Teach them to say a simple prayer or blessing in front of it each night before bed. This helps them focus on Jesus' love
- ✓ Blessings: Teach children how to ask for blessings before meals or during special moments. For example, they can ask their parents to bless them with a simple prayer or make the sign of the cross.
- ✓ Family Rituals: Integrate sacramentals into family routines, like saying a prayer with the rosary during family time or blessing the house with holy water during special occasions. Children learn a lot by observing and participating in these practices.

BIBLE VERSE:

JOHN 2:16

ACTIVITY:

Activity as given at the end of the chapter