

# YEAR 5 - LESSON 1 - CATECHIST GUIDE WK. 1



## FAMILIES FORMING DISCIPLES

A FAMILY-FOCUSED APPROACH TO FAITH FORMATION

### CALLED TO LOVE: THE ADVENTURE OF LIFE IN CHRIST

#### Welcome (Back) to Families – The Holy Trinity

#### REFERENCES:

CATECHISM OF THE CATHOLIC CHURCH  
NOS. 234 & 2331

#### Sacred Scripture

GEN 1:27-28;  
MT 28:19;  
1 JN 4:8, 16

#### CREED

nos.

198-  
395

#### LITURGY

nos.

1076-  
1112,  
1655-  
58,  
1666

#### LIFE

nos.

2201-  
06,  
2232-  
33,  
2331-  
36,  
2392

#### PRAYER

nos.

2565-  
66,  
2664-  
72,  
2742-  
45,

#### MATERIALS

- Holy Trinity Coloring Pages to be used at anytime during the lesson ([Option 1](#), [Option 2](#)), Crayons, colored pencils or markers
- [Holy Trinity Craft](#) to be used at any time during the lesson ([Cutout sample](#))
- Welcome Back! We've Missed You! sign with balloons and decorations (and/or general welcome signage for new, first-time families)
- Snacks/treats/ice cream/potluck/drinks
- Birthday Cake for Mary! (plates, napkins, forks, spoons, etc..)
- 1 Votive Candle per Family (Ask your pastor to bless the votive candles!)

#### Goal(s):

- Welcome families back to *Families Forming Disciples* as well as any families new to FFD.
- Families will learn about the first “Family” that has always existed, the Holy Trinity.
- Families will discuss the ways that they are a Domestic Church.
- Families will make a shamrock, a symbol of the Holy Trinity, to display on their home altars!
- Families will say their prayer intentions, light a votive candle and pray.
- Families will enjoy fellowship and food, and celebrate the birthday of Our Blessed Mother Mary!

#### OPENING PRAYER

Lord Jesus Christ,  
We entrust our family to You and ask for Your blessing and protection. We love You Lord Jesus with all our hearts and we ask that You help our family become more like the Holy Family. Help us to be kind, loving, and patient with one another. Give us all the grace we need to become saints and Your faithful disciples. Amen.

#### ICE BREAKER

Ask everyone to introduce themselves (including children and what grades they are in) and their favorite song or type of music!



# TEACH

## 1. Introduce Topic

It is truly a blessing to welcome you to another year of *Families Forming Disciples*. Our hope is that you are journeying together as a family, growing closer to God and to each other. God loves you and longs to live as a part of your family. He is in your midst and calls you to live ever more deeply as a Domestic Church!

It is in our homes that we first learn to love, forgive, cherish and sacrifice for one another. Whenever those things happen, we know that God is there, because God is love. If God's love is in your home, you are the Domestic Church and your family is holy! Remember, being holy doesn't mean you're perfect; it means you are trying to love God and others.

Families have an important mission in the world today. The surrounding culture is becoming more and more opposed to God, His Love and His Order for our lives. However, the only way to truly be happy and healthy is by living according to His Will. This is our quest! To answer God's call to become a Domestic Church and discover the challenging and exciting adventure of living in Christ's love!

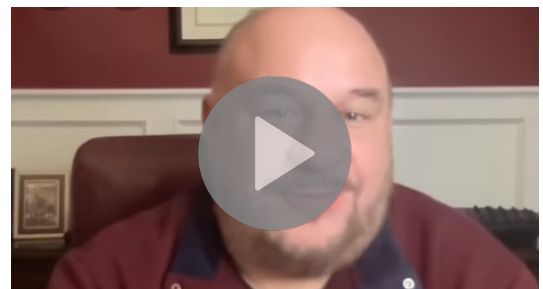
So, what is a Domestic Church?

### FOR THE CATECHIST

Quite simply, it is the Christian family, ordinarily based on the marriage of a baptized man and baptized woman and embracing all members of a family living in a household together. However, we can also understand the reality of the Domestic Church to include various family and community situations where one or more baptized Christians share a household together and are striving to live according to God's plan.

### WATCH

What is a Domestic Church? (53s)



## FAMILY CONVERSATION

**Explain:** Let's look at that definition again.

*The definition of the Domestic Church is:*

**“A Domestic Church is a household of persons united to each other and God through the sacramental life of the Church and committed to living out the Christian Trinitarian Vision of Love with each other and the world.”**

Let's break that down so we can understand it better. To do this we will begin with the end of the definition:

1. First, **"...committed to living out the Christian Trinitarian Vision of Love with each other and the world."**

What does the *Christian Trinitarian Vision of Love* mean?

**Explain:** As Christians we believe that God is love and know, by faith and reason, that God has always existed. God has no beginning and no end. He always has been, and He always will be. This is a mystery which is impossible for us to completely understand because we are not God, and all we can see around us in the natural world are creatures that have a beginning and an end. But what we can know is that, because God has no beginning and no end, He is eternal and that, because God is love, His love is eternal too!

Our knowledge that God is love (1 Jn 4:8, 16) comes from Jesus Who, with the Holy Spirit, revealed that God is a communion of Love—God is the Holy Trinity, which means He is three Persons in One God: God the Father, God the Son and God the Holy Spirit. Again, this is a mystery, and it is impossible for us to fully understand how our One God is a Communion of Persons. A simpler way to explain is that the Holy Trinity is, always has been, and always will be, "Family"!

**(Note to catechists and parents:** "Family" is understood analogously here, meaning that with any likeness or similarity identified between the Trinity and a human family, there is always a greater dissimilarity.)

When we put all of this together it is easy to see that the Holy Trinity is the first Family that ever existed! In fact, we read in the Bible that God Who is love, the Trinity – God the Father, God the Son and God the Holy Spirit who have eternally loved each other as Family – decided out of love to multiply and grow His larger family. So, God created us, human beings, in His own image and likeness, to love and be loved and to be His family!

Now let's **read** the definition of the Domestic Church again:

**"A Domestic Church is a household of persons united to each other and God through the sacramental life of the Church and committed to living out the Christian Trinitarian Vision of Love with each other and the world."**

**Explain:** This time we will look at the first part of the definition: **"A Domestic Church is a household of persons united to each other and God,"** When we spend time together, share our hearts, pray, sacrifice, and love, we become more united to one another and to God. Being a Domestic Church means that people in your household are, more often than not, showing love in ordinary ways. For example, do you pray for one another or thank God for His love through prayers? How do you serve each other in different ways? Do you do fun activities together? Although our simple actions may not always seem significant to us, they are highly valued and beautiful to God.

**Name some ways that show that the people in your family are united to each other and to God.**

**(Allow for time for families to discuss and share their responses.)**

**Explain:** Now we will look at the middle part of the definition: **"...through the sacramental life of the Church,"**

The sacraments were instituted by Jesus to make us part of God's family and bring us closer to God and to one another. In the sacraments we are given grace. We experience God's love and are then able to love others better, forgive and receive forgiveness, heal, rejoice and be thankful!

**Name some ways that members of your family participate in the sacraments of the Church.**

**(Allow for time for families to discuss and share their responses.)**

**Watch:** Why do we use a Shamrock on St. Patrick's Day? (1:46 min)



\*This may be a good time for making the Holy Trinity Craft! Encourage families to place their shamrocks on their home altars to remind them that the Trinity is the first Family and that the triune God's great love is always with them!

[Holy Trinity Craft](#) to be used at any time during the lesson ([Cutout sample](#))

## FAMILY PRAYER

1. A parent lights the candle.
2. Family members share their special intentions for which they want to pray.
3. Together, family prays *Prayer to the Holy Trinity for the Family*. (Adapted from [www.veilofveronica.blog](http://www.veilofveronica.blog))

**Holy Trinity**, thank You for the gift of life that You have given each person in our family. You have created each of us in Your image. May we always remember who we are in *Your* eyes, so that we may more fully live out who we were created to be, both in this family and in the world.

Lord, You have placed each of us in this particular family, so that we may grow in virtue in our living in communion with one another. We thank You for the gift of one another. May we see the gifts in one another and build each other up for the purpose for which You created us. May we be slow to anger and quick to love. In our lifelong union as family, may we always view each member as a gift from You for the salvation of our souls.

**Glory Be,... Amen.**

4. Families take their candle home and place it on their home altars to be used when they gather for prayer.





# MISSION

## First, Introduce Mission Activity

Introduce Mission Activities: Mission Activities are to be done at home during Week 2 and to be shared at the gathering of families on Week 3.



## Second, Explain Activity

- i. As a family, watch one or more of the videos about the Holy Trinity and the angels.
- ii. Watch the video and follow the directions to make Apple Roses, a delicious treat to honor Mary!
- iii. After baking and eating the treats, gather around your home altar/prayer space, light your blessed votive candle, and pray a decade of the Rosary in honor of Our Blessed Mother Mary's birthday!

## Last, Share your experience

Share one or two things you learned from the Holy Trinity and angel videos. Share about your experience making the Apple Roses and lighting your votive candle and praying a decade of the Rosary with your family around your prayer altar.

## REMINDER OF NEXT MEETING



## CLOSING CELEBRATION

**Explain:** The feast of the Nativity of the Blessed Virgin Mary is celebrated each year on the eighth of September. Today we are going to celebrate our Mother Mary's birthday and the beginning of our *Families Forming Disciples* Year with some special treats!

(Consider singing Happy Birthday to Mary and enjoying birthday cake with candles and ice cream!)



# SUPPORTING QUOTES FROM CHURCH DOCUMENTS

## *Catechism of the Catholic Church*, nos. 234 & 2331

The mystery of the Most Holy Trinity is the central mystery of Christian faith and life. It is the mystery of God in himself. It is therefore the source of all the other mysteries of faith, the light that enlightens them. ...

“God is love and in himself he lives a mystery of personal loving communion. Creating the human race in his own image .... God inscribed in the humanity of man and woman the vocation, and thus the capacity and responsibility, of love and communion.”

## **Pope St. John Paul II, Apostolic Exhortation *Familiaris Consortio* (1981), no. 17**

The family finds in the plan of God the Creator and Redeemer not only its identity, what it is, but also its mission, what it can and should do. The role that God calls the family to perform in history derives from what the family is; its role represents the dynamic and existential development of what it is. Each family finds within itself a summons that cannot be ignored, and that specifies both its dignity and its responsibility: family, become what you are.

Accordingly, the family must go back to the “beginning” of God’s creative act, if it is to attain self-knowledge and self-realization in accordance with the inner truth not only of what it is but also of what it does in history. And since in God’s plan it has been established as an “intimate community of life and love,” the family has the mission to become more and more what it is, that is to say, a community of life and love, in an effort that will find fulfillment, as will everything created and redeemed, in the Kingdom of God. Looking at it in such a way as to reach its very roots, we must say that the essence and role of the family are in the final analysis specified by love. Hence the family has the mission to guard, reveal and communicate love, and this is a living reflection of and a real sharing in God’s love for humanity and the love of Christ the Lord for the Church His bride.

