

# THE CHRISTIAN LIFE

## Aim

To help the child explore how we can live a Christian life through prayer and action.

## Resources

### Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device - laptop/tablet for YouTube links

### Child

- Catholic Youth Bible
- Activity Book (page 25-26)

### Materials for this session

- Candle for the leader and each child

## Preparation

### for Catechist

Spend some time in prayer for the child. How do you reflect on the scripture? Think of your own stories and be ready to share these.

## Background

### for Catechist

#### Prayer

One of the ways that people live a Christian life is through prayer. Prayer is another richness of our faith. It sustains us in the good and bad times, in the happy and sad times. Our prayers can take many forms.

We can say prayers of blessing, of praise, of thanksgiving, of petition and intercession, repentance and meditative prayers.

Prayer is a conversation with God and it helps us to have a relationship with God.

#### Action

Through our Baptism, we are called to be people of light. We do this by saying “Yes” and bringing God into our life and to the lives of others.



## Reflection

As we gather, we light a candle to remember that Jesus is the light of the world. Sit quietly and listen to the words of the song *Open the Eyes of My Heart*.

Open the Eyes of My Heart

<https://youtu.be/wutmEjdbedE>

Video **Link 8.1**



After listening to the words of the song, *Open the Eyes of My Heart*, share how you have encountered God this week.



## Follow up from last session

In the last session we looked at people of faith who inspire us.

Do you have any questions from the last session or from the Activity Book?



## Exploring

### Prayer

God loves us and wants us to have a relationship with him. We develop and maintain a relationship with God through prayer. As we do with our friends, we share good things and bad things that happen in our day.

It is one of the ways that people live a Christian life.

“ Pope Francis

Being a Christian is not just about following commandments: it is about letting Christ take possession of our lives and transform them.

How can we be a follower of Christ?

One of the ways that people live a Christian life is through prayer. Prayer is another richness of our faith. It sustains us in the good and bad times, in the happy and sad times. Our prayers can take many forms. We can say prayers of blessing, of praise, of thanksgiving, of petition and intercession. Prayer is a conversation with God, and helps us to build a relationship with God.

Pope Francis spoke at World Youth Day in Krakow in 2016 about prayer:

“ Pope Francis

Dear young people, the Lord wants to meet us, to let himself “be seen” by us. “And how?”, you might ask me. Saint Teresa of Avila, born in Spain five hundred years ago, even as a young girl, said to her parents, “I want to see God”. She subsequently discovered the way of prayer as “an intimate friendship with the One who makes us feel loved” (*Autobiography*, 8,5). So my question to you is this: “Are you praying?” Do you know that you can speak with Jesus, with the Father, with the Holy Spirit, as you speak to a friend? And not just any friend, but the greatest and most trusted of your friends!

Let’s look at some examples of ways to pray.

## My Daily Review

My Daily Review (also known as the Examen) is a technique of prayerful reflection on the events of the day. It is an ancient practice in the Church that can help us see God's hand at work in our daily living.

St. Ignatius Loyola thought that the Awareness Examen was a gift that came directly from God, and that God wanted it to be shared as widely as possible. It's a habit that Jesuits, and many other Christians, practise to this day.

### My Daily Review

Refer to the Activity Book (page 26), for the following "My Daily Review".

Take a moment to close your eyes and remember the day.

**1. Ask God for Light.**



Psalm 119:105

Your word is a lamp to my feet and a light to my path.

Talk to God about your day.

**2. Give thanks.**

What are you grateful for today? Thank God for this.

**3. Review the day.**

What disappointed you today? Speak to God about this.

**4. Consider your choices.**

Guided by the Holy Spirit, think about your choices today.

Is there something you need to say sorry for and ask for God's help?

**5. Look toward the day to come.**

Being a disciple of Jesus, how can you use your gifts in the day ahead?

Give thanks to God in your own words.

Here is the link for examples of daily examens:

<https://pray-as-you-go.org/retreat/examen-prayer>

Resource **Link 8.2**



## Activity



Matthew 5:14-16

You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven.

Through your Baptism you are called to be a person of light, not just for one hour but throughout your whole life.

We spoke last session about saying “Yes” to bringing God into our life and the lives of others. At your Baptism, the priest will light a candle as you promise to bring the light of Christ into your life. Christ’s light is the light that darkness cannot overcome. Light gives warmth and encourages, it gives safety and illuminates the way ahead.



RCIA 436

The priest will speak the following words at your Baptism: “You have been enlightened by Christ. Walk always as children of the light and keep the flame of faith alive in your hearts.”

### Light a candle

Hold up a candle and let the child know that it is simply an unlit candle which does nothing and produces nothing.

If you are able, turn off the lights so that the room is dark and then light the candle. We light candles at Mass to represent the light of Christ. We have to keep the flame of faith alive in our hearts too. If we don’t keep the flame of faith alive in our hearts, we will live in darkness. As disciples of Jesus, we are called to shine our light in the world.

Invite the child to take home their candle and put it in their sacred space to remind them to be a ‘light for the world’.

Pray the following prayer, from [RCIA 436](#).

*You have been enlightened by Christ.  
Walk always as children of the light  
And keep the flame of faith alive in your hearts.  
When the Lord comes, may you go out to meet him  
With all the new saints in the heavenly kingdom.*

## Activity Book

How can we keep the light of Christ alive in our hearts?

Can this light ever go out? (It never completely goes out but people may not see it in us if we stray from God's path. We call this sin.)

How can you be a light in this world?

How can we strengthen our light? (By going to Church, receiving Communion, reading the Bible, praying, doing good works.)

How can we share that light with others?

To summarise, being a "light to the world" means working our hardest to live like disciples of Jesus. We are trying to bring Christ's light to the world.

In your Activity Book (page 25), write down all the ways you can keep the flame of faith alive in your heart so that you can be the light of Christ in the world.



## Living it out in the everyday

## Activity Book

Practice "My Daily Review" each day (page 26).



## Scripture and Prayer

### Scripture

Listen closely to the following scripture passage.

We begin with the sign of the Cross:



***In the name of the Father, and of the Son, and of the Holy Spirit. Amen.***

*Use the Gospel from the following Sunday.*

A reading from the holy Gospel according to ...



***Glory to you, O Lord.***

(At the end of the Gospel)

The Gospel of the Lord.



***Praise to you, Lord Jesus Christ.***

Following a couple of minutes of silence to reflect on the scripture passage, invite the child to share a word or two from the passage that was particularly meaningful for them.

What is one important message for you in this scripture passage?

### Prayer

We pray together the words that Jesus gave us.



***Our Father...***