



RCIA

CATECHUMENATE

9-12
YEARS

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FATHER, SON & HOLY SPIRIT

Aim

To guide the child in exploring their concept of God.

Resources

Leaders

- Break Open the Word
- Catholic Youth Bible
- Prayer cloth, cross, candle – set up a prayer space
- Electronic device – laptop/tablet for YouTube links
- At Home with God's People

Child

- Activity Book (page 11-12)
- Catholic Youth Bible

Materials

- water
- food colouring
- bowl
- 30cm square white cotton cloth to dip

Preparation

for the Catechist

Spend some time in prayer for the catechumen. Reflect on your image and understanding of God. Think of your own stories and be ready to share these.

Background

Information for the Catechist

This session focuses on who we think God is for each of us. We also look at the Trinity - the Father, Son and Holy Spirit - through scripture and artwork.



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 1.1**



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

Would you like to share your experience of the Rite of Acceptance?

For those already baptised, would you like to reflect on the ritual of welcoming?

What do you remember most? What did you experience during the rite?

We have looked previously at how we know God and God's love.

Does anyone have any questions?

Has anything come up since our Inquiry period session on God?




Exploring


Let us listen to a reading from Matthew which refers to the Trinity.

 **Matthew 3: 16-17**

A reading from the holy Gospel according to Matthew.

 **Glory to you, O Lord.**

And when Jesus had been baptised, just as he came up from the water, suddenly the heavens were opened to him and he saw the Spirit of God descending like a dove and alighting on him. And a voice from heaven said, “This is my Son, the Beloved, with whom I am well pleased.”
The Gospel of the Lord.

 **Praise to you Lord Jesus Christ.**

At his Baptism, Jesus saw the Spirit of God descending like a dove and heard God’s voice telling him he was God’s beloved Son.

At your Baptism, you will be baptised by name – “in the name of the Father, and of the Son, and of the Holy Spirit” – as a beloved child of God.

Do you know **how** to make the Sign of the Cross?

Do you know **why** we make the Sign of the Cross?

- It reminds us of our Baptism
- It reminds us of the Trinity
- It reminds us to whom we belong



Activity

In Baptism, God adopts us as children and makes us a new creation through water and the Holy Spirit (*Christian Initiation for Children, Sacramental Policy of the Archdiocese of Brisbane, Third Edition September 2015*).

We are called to follow Jesus.

At Baptism we are plunged into Christ, we clothe ourselves in Christ.

Step One

- Add water to bowl, add colouring.

Step Two

- Repeatedly dip the cloth in the water to show the child how the colour deepens.

As the cloth gets darker, this represents how we become stronger as we live our faith. The more the cloth is dipped, the stronger the colour gets. This demonstration is about deepening our understanding of God and becoming stronger in faith. Although we can only be baptised once, we can continue to live in the baptismal waters throughout our lives.

In his letter to the Galatians, Paul reminds us:

 **Galatians 3:26-27**

In Christ Jesus you are all children of God through faith. As many of you as were baptised into Christ have clothed yourselves with Christ.

What are your thoughts about this?

Activity Book

We can see someone who lives as though they are clothed in Christ when they live the fruits of the Spirit in their lives.

These are the fruits of the spirit:

Love, joy, peace, patience, kindness, generosity, faithfulness, gentleness, and self-control.

In your Activity Book (page 11), write, draw or describe which of these fruits would people see in you.



Living it out in the Everyday

Activity Book

Look around you at the people you meet. Where can you see evidence of the fruits of the spirit?

In your Activity Book (page 12) choose one of the Fruits of the Spirit and think of a person who is a good example of this fruit in action. Write in your Activity Book the name of the fruit, the name of the person and how the person shows this fruit in action.




Scripture and Prayer


Scripture


Listen closely to the following music and scripture.

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 particularly spoke to them.

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

Prayer

We pray together the words that Jesus gave us.

 ***Our Father...***



THE BIBLE: GOD'S WORD

Aim

To show the child that God speaks to us in many ways, one of which is through the Bible. To assist the child in investigating the various parts of the Bible, especially the Gospels.

Resources

Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle

Child

- Catholic Youth Bible
- Activity Book (pages 13-14)

Materials for this session

- Download [Activity Sheet: Scripture Quotes](http://www.crossroadsrcia.org) from www.crossroadsrcia.org (copy on page 14)

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

The Bible is the living word; it is not stuck in history but it is alive today.

The Bible is still the world's bestselling book. It is a library of many different books, divided into two parts: The Old Testament stories tell about the covenant between God and God's people; The New Testament beginning with the four Gospels about Jesus, followed by the Acts of the Apostles and the various letters gives us an understanding of the birth of the early Church and earliest Christian communities. For over four thousand years the Bible has sustained people in times of sadness and of joy. It is a life-long journey to explore the Bible. We are nourished by reading the word of God.

What does the priest do at Mass after reading the Gospel? He kisses the book because of the words it contains. This shows us the importance of reverence with the Bible as the Bible is the word of God.



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 2.1**



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 the Father, the Son and the Holy Spirit, and the Baptism of Jesus.

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





Exploring

How do you think God speaks to us?

What are some ways you can get to know God more?

Where do you think we can find messages from God?

- Explore the contents page of your Bible.
- Explore the Old and New Testaments. Compare the size of each.
- There is a difference between the Old and the New Testament. The Old Testament can also be called the Hebrew Scriptures or the First Testament. The New Testament tells the stories of Jesus and his followers.
- Explore the books in the Bible. Which of these names have you heard before?
- Can you find Matthew, Mark, Luke and John?

Activity

Finding references in the Bible is a bit like reading a secret code! Demonstrate how to read a Bible reference. For example, Matthew 6:34 means the book of Matthew chapter 6 verse 34.

The **Activity Sheet: Scripture Quotes** contains the following scripture quotes. This can be downloaded from the crossroadsrcia website: www.crossroadsrcia.org (copy on page 14).

Print out the quotes and put them on the table/ground for the child to see.

- In the beginning when God created the heavens and the earth. **Genesis 1:1**
- The Lord bless you and keep you. **Numbers 6:24**
- Do not be grieved, for the joy of the Lord is your strength. **Nehemiah 8:10**
- Be strong, and let your heart take courage, all you who wait for the Lord. **Psalms 31:24**
- When the cares of my heart are many, your consolations cheer my soul. **Psalms 94:19**
- For I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offerings. **Hosea 6:6**

2 THE BIBLE: GOD'S WORD

- See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves. [Matthew 10:16](#)
- Heaven and earth will pass away, but my words will not pass away. [Matthew 24:35](#)
- And the curtain of the temple was torn in two, from top to bottom. [Mark 15:38](#)
- The angel said to her, “Do not be afraid, Mary, for you have found favour with God. [Luke 1:30](#)
- After this the Lord appointed seventy others and sent them on ahead of him in pairs. [Luke 10:1](#)
- My sheep hear my voice, and I know them, and they follow me. [John 10:27](#)
- Do not let your hearts be troubled. Believe in God, believe also in me. [John 14:1](#)
- Neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. [Romans 8:38-39](#)
- And now faith, hope, and love abide, these three; and the greatest of these is love. [1 Corinthians 13:13](#)
- Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong. [2 Corinthians 12:10](#)
- So you are no longer a slave but a child, and if a child then also an heir, through God. [Galatians 4:7](#)
- Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. [Philippians 4:6](#)
- As God’s chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience. [Colossians 3:12](#)
- Indeed, the word of God is living and active, sharper than any two-edged sword. [Hebrews 4:12](#)

Activity Book

Have the child select a quote that they like and ask them why they chose that verse.

Ask them to write this verse in their Activity Book (page 13).

Why does the passage you chose today speak to you?

This week in your Activity Book (page 13), write, draw, or create a musical or artistic response to the scripture passage chosen.

Listen to the message from Pope Francis for World Youth Day in 2016:

“ Pope Francis

Once again, I invite you to encounter the Lord by frequently reading sacred Scripture. If you are not already in the habit of doing so, begin with the Gospels. Read a line or two each day. Let God's word speak to your heart and enlighten your path (cf. Ps 119:105).

What is Pope Francis telling us in this message?



Living it out in the everyday

Activity Book

In the Activity Book (page 14) and listed below, are five scripture passages from the Bible. Crack the Bible code to find the following passages in the Bible:

The Creation

Genesis 1:1-3

Moses at the Burning Bush

Exodus 3:1-6

Birth of Jesus

Luke 2:1-7

Jesus stills the storm

Matthew 8:23-27

Pentecost

Acts 2:1-4



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...

Activity Sheet: Scripture Quotes

The Bible: God's Word

↓ Cut out the below cards.

In the beginning when God created the heavens and the earth.
Genesis 1:1

The Lord bless you and keep you.
Numbers 6:24

Do not be grieved, for the joy of the Lord is your strength.
Nehemiah 8:10

Be strong, and let your heart take courage, all you who wait for the Lord.
Psalm 31:24

When the cares of my heart are many, your consolations cheer my soul.
Psalm 94:19

For I desire steadfast love and not sacrifice, the knowledge of God rather than burnt offerings.
Hosea 6:6

See, I am sending you out like sheep into the midst of wolves; so be wise as serpents and innocent as doves.
Matthew 10:16

Heaven and earth will pass away, but my words will not pass away.
Matthew 24:35

And the curtain of the temple was torn in two, from top to bottom.
Mark 15:38

The angel said to her, "Do not be afraid, Mary, for you have found favour with God".
Luke 1:30

After this the Lord appointed seventy others and sent them on ahead of him in pairs.
Luke 10:1

My sheep hear my voice, and I know them, and they follow me.
John 10:27

Do not let your hearts be troubled. Believe in God, believe also in me.
John 14:1

Neither death, nor life, nor angels, nor rulers, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.
Romans 8:38-39

And now faith, hope, and love abide, these three; and the greatest of these is love.
1 Corinthians 13:13

Therefore I am content with weaknesses, insults, hardships, persecutions, and calamities for the sake of Christ; for whenever I am weak, then I am strong.
2 Corinthians 12:10

So you are no longer a slave but a child, and if a child then also an heir, through God.
Galatians 4:7

Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.
Philippians 4:6

As God's chosen ones, holy and beloved, clothe yourselves with compassion, kindness, humility, meekness, and patience.
Colossians 3:12

Indeed, the word of God is living and active, sharper than any two-edged sword.
Hebrews 4:12





JESUS

Aim

To help the child grow in their understanding of Jesus' life and mission.

Resources

Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device – laptop/tablet for YouTube links
- At Home with God's People

Child

- Catholic Youth Bible
- Activity Book (page 15-16)

Preparation

for Catechist

Spend some time in prayer for the child.

How have you followed Jesus in your life? Think of your own stories and be ready to share these.

Background

for Catechist

This session will look at the life of Jesus, including his birth, ministry, death, resurrection, ascension and the fulfilment of his promise in the sending of an Advocate, the Holy Spirit.



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 3.1**



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

Last session we looked at the Bible – the word of God.

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

Remember to record any questions you may have over the course of the week in your Activity Book.

Let us now look at the timeline of Jesus' life.

Activity

In your Activity Book (page 15), there is a timeline of the life of Jesus. Explore each event and the accompanying scripture. There is a space in your Activity Book to write or draw something that stands out for each event.

Timeline of Jesus

The Birth of Jesus

We don't know exactly when Jesus was born as the Bible doesn't give the date. We celebrate Jesus' birth on Christmas Day. [Luke 2:1-7](#)

Found in the Temple

When Jesus was 12 years old he was lost. After 3 days, his parents found him in a temple. [Luke 2:41-47](#)

Baptism

When Jesus was 30 years old, he was baptised in the River Jordan by John the Baptist. [Matthew 3:13-17](#)

Jesus Called his Disciples

Jesus told his disciples "Come follow me" so they could be taught by his words and become teachers of that word and witnesses to the life and actions of Jesus. [Mark 1:16-20](#)

Jesus' Sermon on the Mount

With the disciples gathered around him, Jesus taught them a summary of how to live a Christian life. [Matthew 5:3-16](#)

Jesus Died

Jesus died on the Cross. [Mark 15:33-37](#)

The Road to Emmaus

After his death, Jesus appeared to two disciples on the road to Emmaus. [Luke 24:13-33](#)



Exploring

What can we learn about the life of Jesus in the Gospel readings?

What can we learn about ourselves when reading the Gospel?

Chose an event from the timeline of Jesus' life and read the Bible passage aloud.

We pray to God "through Christ our Lord" in the Mass and prayers. Jesus intercedes for us because he knows what it is like to be truly human.

Activity Book

In the Activity Book (page 16), refer to the map where Jesus lived.

Look at the towns where Jesus lived – it is a storyboard of his life.

Notice how small the area is. It is about 150 kilometres from Capernaum to Bethlehem, about the distance from the Sunshine Coast to the Gold Coast.

We have discussed key events in Jesus' life. Find where these events occurred on the map. On the timeline of Jesus, each boat is numbered. Write the number in the corresponding place on the map.



Living it out in the everyday

Activity Book

Chose a scripture passage to read or look it up on YouTube.

Scripture passages to look up:

The birth of Jesus – [Matthew 1:18-25](#)

Wedding of Cana – [John 2:1-11](#)

Jesus stills the storm – [Mark 4:35-41](#)

Jesus and Zacchaeus – [Luke 19:1-10](#)

Investigate this interactive map of where Jesus lived

<http://www.about-jesus.org/jesus-places-map.htm>

Map **Link 3.2**





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...



SACRAMENTS OF INITIATION PART 1

Aim

To help the child understand the Sacraments of the Catholic Church, in particular the Sacraments of Initiation: Baptism, Confirmation and Eucharist.

Resources

Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device – laptop/tablet for YouTube links
- At Home with God's People

Child

- Catholic Youth Bible
- Activity Book (page 17-18)

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

It would be ideal to begin this session in the church.

As you talk about the Sacraments of Initiation - Baptism, Confirmation, and Eucharist - it is important to point out the symbols in the church and explain what they represent.



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 4.1**



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 the timeline of the life of Jesus.

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



Exploring Part A

What are Sacraments?

Sacraments are a visible sign of an invisible grace. What Jesus did in life, we now do through the Sacraments. Jesus fed and healed people, was filled with the Holy Spirit and continues to give us the Holy Spirit today. Jesus was baptised by John the Baptist and continues to plunge us into the new life of Baptism.

Sacraments bring us to a deeper relationship with God and are a physical sign of God's love, grace and presence in our lives. Before he returned to the Father, Jesus promised that he would be with us always, saying:

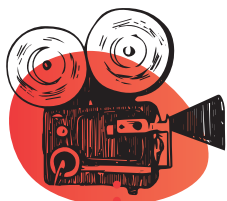
 **Matthew 28:20**

I am with you always, to the end of the age.

There are seven Sacraments in the Catholic Church:

- Baptism
- Confirmation
- Eucharist
- Penance
- Marriage
- Holy Orders
- Anointing of the Sick

As Catholics what we celebrate in Sacraments is reflected in the earthly life of Jesus.



Video

How do Catholics celebrate key events in a person's life? - Archdiocese of Brisbane

<https://brisbanecatholic.org.au/beliefs-and-works/how-do-catholics-celebrate-key-events-in-life/>

Video **Link 4.2** 

How do Catholics celebrate key events in a person life?

What are your responses to watching this clip?



Exploring Part B

Baptism

The first Sacrament we receive is the Sacrament of Baptism.

This was the start of Jesus' ministry and your Baptism will be the start of your Christian life. Jesus shows us how to live the Christian life.

Symbols of Baptism

“ Sacramental Policy of the Brisbane Archdiocese, Sept 2015

In Baptism, God adopts us as children and makes us a new creation through water and the Holy Spirit.

When you are baptised, water will be used as a sign of new life. You will either be immersed in water or have water poured over you by the priest as he calls you by name and says “I baptise you in the name of the Father, and of the Son, and of the Holy Spirit.”

- **Water**
Water gives life to us in the world and the water in Baptism will give you the life of God. You will be welcomed into the Church community.
- **White Garment**
You will be clothed in a white garment during your Baptism to signify your new life in Christ, to show that you are clothed in the risen Christ.
- **Oil**
You will be anointed with Oil as a son or daughter of Christ. It is also a sign that you are called to be a member of the Christian community.
- **Light**
During your Baptism, a candle is lit from the Paschal Candle and presented to you as you are called to be the light of Christ in this world.

The celebrant will pray the following:

“ RCIA 297

“You have been enlightened by Christ, Walk always as children of the light and keep the flame of faith alive in your hearts”.

Through your Baptism, you are called to be light for the world like Jesus and to keep the flame of faith alive in your hearts.

Confirmation

The second Sacrament of Initiation is Confirmation.



Acts 2:1-4

On the day of Pentecost all the Lord's followers were together in one place. Suddenly there was a noise from heaven like the sound of a mighty wind! It filled the house where they were meeting. Then they saw what looked like fiery tongues moving in all directions, and a tongue came and settled on each person there. The Holy Spirit took control of everyone, and they began speaking whatever languages the spirit let them speak.

We can't see the Holy Spirit but we know that when we act like Jesus, the Holy Spirit is with us and we see the effects of the Holy Spirit. We can't see the wind, but we know it is there by looking at the effect it has on the trees as they sway to and fro.

The Holy Spirit is the third person of the Holy Trinity and someone we can have a relationship with.

In Confirmation, the Holy Spirit empowers us and strengthens us by giving us the gifts of the Holy Spirit to help us live the Christian way of life. During Confirmation the priest will pray for you:



RCIA 301

'Send your Holy Spirit upon them to be their helper and guide. Give them a spirit of wisdom and understanding, the spirit of right judgement (counsel) and courage (fortitude) the spirit of knowledge and reverence (piety). Fill them with the spirit of wonder and awe in your presence (fear of the Lord).'

We can see that a person is using the gifts of the Holy Spirit when they are: loving, joyful, peaceful, patient, kind, gentle, generous, faithful, and have self-control.



Symbols of Confirmation

- **Laying on of Hands** - During Confirmation, the priest will pray a special prayer over you, calling down the Holy Spirit: “Send your Spirit upon your child to be their helper and guide”.
- **Oil of Chrism** - The oil of Chrism is consecrated oil and is sweet smelling. The priest ‘seals’ you with the oil of Chrism and calls you by name saying “Be sealed with the gift of the Holy Spirit.’ It is a sign of the Holy Spirit and completes your Baptism. The priest says “Peace be with you”, and you reply “And with your spirit”. Oil is a symbol of strengthening and anointing; its perfume is a symbol of the fragrance of Christ. It is also a sign that we are called to be a member of the Christian community.

Activity

Church search

The Activity Book (page 17-18) has an outline of a church. While walking through the church, have the child identify where you would find, experience or witness the following:

1. Entrance of the Church
2. Paschal Candle
3. Baptismal Font
4. Ambo
5. Altar
6. Sign of Peace
7. Oil of Chrism
8. Laying on of hands
9. Tabernacle



Living it out in the Everyday

Activity Book

In your Activity Book (page 18), choose one of the gifts of the Holy Spirit and describe how you can use this gift to be a disciple of Jesus.

Wisdom - helps us to see what is truly important in our life.

Understanding – helps us to listen and hear, to look and see, so that we will know what God wants us to do.

Right Judgement (counsel) – helps us to choose what is right so that we will be a good example and a light for others.

Courage (Fortitude) - helps us to face our fears and overcome difficulties.

Knowledge – helps us to know ourselves and to know God so that we can be the best person we can be.

Reverence (Piety) – helps leads us to a deep respect for all creation.

Wonder and awe – helps lead us into the mystery of God's mercy so that we are amazed at the greatness of God.



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...

SACRAMENTS OF INITIATION PART 2

Aim

To develop the child's understanding of the Sacrament of Eucharist.

Resources

Leaders

- Catholic Youth Bible
- Prayer cloth, cross, candle
- Electronic device – laptop/tablet for YouTube links
- At Home with God's People

Child

- Catholic Youth Bible
- Activity Book (page 19-20)

Materials for this session

- Download **Activity Sheet: Sacraments of Initiation Puzzle** from www.crossroadsrcia.org (copy on page 34)

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

The Sacrament that completes initiation into the Catholic Church is the Sacrament of Eucharist. We gather around the table of the Lord, the altar, to celebrate Mass.

As Catholics we believe that Jesus is truly present in the Eucharist so when we receive Communion, we are receiving Jesus. It is a spiritual food that through the Holy Spirit becomes the Body and Blood of Christ. We are nourished so that we may become like Jesus and live a Christian life.



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 5.1**



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

Last session we looked at the Sacraments of Baptism and Confirmation.

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



Exploring

In the Gospels of Matthew, Mark and Luke and in Paul's first letter to the people of Corinth we hear the story of the Last Supper when Jesus took, bread, blessed it, broke it, and shared it with his disciples. Jesus also took the cup of wine, blessed it and shared it with his disciples.

 **Mark 14:22-25**

While they were eating, he took a loaf of bread, and after blessing it he broke it, gave it to them, and said, "Take; this is my body." Then he took a cup, and after giving thanks he gave it to them, and all of them drank from it. He said to them, "This is my blood of the covenant, which is poured out for many. Truly I tell you, I will never again drink of the fruit of the vine until that day when I drink it new in the kingdom of God."

The Sacrament that completes Christian Initiation is the Sacrament of Eucharist. We gather around the table of the Lord, the altar, to celebrate Mass.

Catholics believe that Jesus is truly present in the Eucharist so when we receive Communion, we are receiving Jesus. It is a spiritual food that through the Holy Spirit becomes the Body and Blood of Christ. We are nourished so that we may become like Jesus and live a Christian life.

It was the time of the Jewish Passover and Jesus shared a meal with his friends before he died on the Cross. Jesus wanted to make sure that he would be remembered after his death and resurrection so:



Listen carefully to these words:

Eucharist Prayer for Children (III)

On the night before he died for us,
he had supper for the last time with his disciples.
He took bread
and gave you thanks.

He broke the bread
and gave it to his friends, saying:

**TAKE THIS, ALL OF YOU, AND EAT OF IT;
FOR THIS IS MY BODY,
WHICH WILL BE GIVEN UP FOR YOU.**

In the same way,
he took a chalice of wine.
He gave you thanks
and handed the chalice to his disciples, saying:

**TAKE THIS, ALL OF YOU, AND DRINK FROM IT:
FOR THIS IS THE CHALICE OF MY BLOOD,
THE BLOOD OF THE NEW AND ETERNAL COVENANT.
WHICH WILL BE Poured OUT FOR YOU AND FOR MANY
FOR THE FORGIVENESS OF SINS.**

Then he said to them:

DO THIS IN MEMORY OF ME. †

These are the words Jesus said at the Last Supper. We say them during Mass to remember Jesus' death and resurrection to life.

What might you have seen, heard and felt if you had been at the Last Supper?

Do you think the disciples understood what Jesus was saying as they shared this meal with him?

Let's look at some images from the Last Supper:

Image **Link 5.2** 

<http://www.togetheratonealtar.catholic.edu.au/explore/dsp-content.cfm?loadref=31>

These images are from this sacred meal. We don't have a portrait of Jesus but we have so many images of him created through art.

Which image do you connect with?

† Excerpts from the English translation of Eucharistic Prayers for Masses with Children © 1975, International Commission on English in the Liturgy Corporation (ICEL); excerpts from the English translation of The Roman Missal © 2010, ICEL. All rights reserved.

Catholics throughout the ages – even until today - have continued to follow Jesus’ commands to share bread and wine through the Eucharist, knowing that Jesus, through his Holy Spirit will change the bread and wine into the Body and Blood of Jesus.

After his resurrection, the disciples recognised Jesus in the blessing, breaking, and sharing of bread.



Matthew 14: 30-31

When he was at the table with them, he took bread, blessed and broke it, and gave it to them. Then their eyes were opened, and they recognised him.

Activity Book

Sacraments of Initiation Puzzle

Have the child put together the pieces of the puzzle, matching the ‘Sacrament’, ‘Symbols’ and the ‘How I Live’ sections.

1. Download and print the pdf: [Activity Sheet: Sacraments of Initiation Puzzle](http://www.crossroadsrcia.org) at www.crossroadsrcia.org (copy on page 34)
2. Cut out the pieces
3. Glue the pieces into the matching locations in the Activity Book (page 19)

Sacrament	Scripture	Symbols	How I Live
Baptism	<i>.. the Spirit descending like a dove on him. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.”</i> Mark 1:10-11	Water White Garment Light	We are clothed in a new life of Christ, called to be a light in the world.
Confirmation	<i>All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.</i> Acts 2:4	Laying on of Hands Oil of Chrism	We are called to use the gifts of the Holy Spirit in our lives.
Eucharist	<i>“This is my body that is for you. Do this in remembrance of me.”</i> 1 Corinthians 11:24	Bread Wine	We are nourished by the Body and Blood of Christ and sent to live the Eucharist by helping others as Jesus did.



Living it out in the everyday

Activity Book

Imagine, describe or draw your image of the Last Supper.

In your Activity Book (page 20), include yourself at the table of the Last Supper.



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...

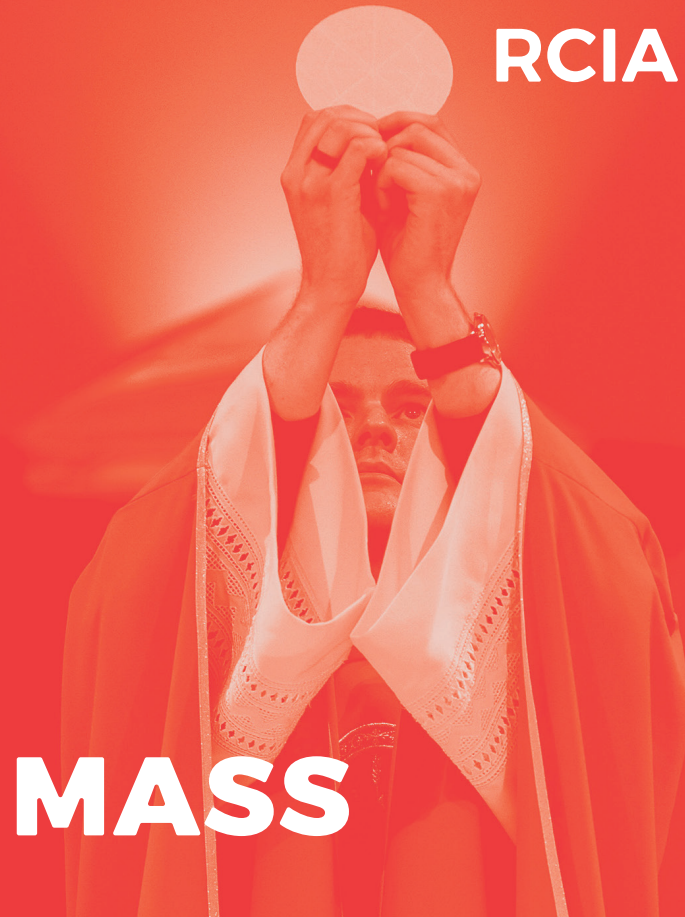
Sacraments of Initiation

PART 2

Activity Sheet: Sacraments of Initiation Puzzle

↓ Cut out the below puzzle pieces and paste them into the correct location in the Activity Book or Journal.





THE MASS

Aim

To explore the parts of the Mass with the child.
To help the child understand that Christ is present at Mass: in the gathered people, in the proclamation of the word, in the priest and in the consecrated bread and wine.

Resources

Leaders

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

Child

- Catholic Youth Bible
- Activity Book (page 21-22)

Materials for this session

- Download [Activity Sheet: Parts of the Mass](#) from www.crossroadsrcia.org (copy on page 41)
- Lectionary and Missal

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.

When you are at Mass the weekend before this session, contemplate how a 9 to 12-year-old might view the Mass.

Background

for Catechist

Mass is a celebration of faith where the community comes together to give thanks and praise to God. The people receive nourishment from God's word as they listen to the readings, and nourishment from the table of the altar when they receive Holy Communion. It is not just the priest but each baptised person who participates in a full and active way in the liturgy.



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 6.1**



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

Last session we looked at the Sacraments of Initiation, in particular Eucharist.

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



Exploring

What is the Mass?

The Mass is where we, the faithful, gather as a community to listen to God's word and prepare to celebrate the Eucharist.

There are 4 parts to the Mass

- The Introductory Rites
- The Liturgy of the Word
- The Liturgy of the Eucharist
- The Concluding Rites



The Introductory Rites

 **Matthew 18:20**

For where two or three are gathered in my name, I am there among them.

- **Penitential Act** - before hearing God's word, we acknowledge our sins and ask for mercy and God's pardon.
- **Gloria** - except in Advent and Lent.
- **Collect** - prayer from the Mass of the day. The priest pauses to allow the assembly to pray their own prayer silently. Then the priest "collects" these prayers and offers them to God.

The Liturgy of the Word

 **Romans 10:17**

So faith comes from what is heard, and what is heard comes through the word of Christ.

During the Liturgy of the Word at Sunday Mass, we listen to the word of God through the scripture readings. The readings for the Liturgy of the Word are taken from the Lectionary. The Lectionary is made up of scripture readings taken from the Bible.

The first reading is usually taken from the Hebrew Scriptures (Old Testament), the Responsorial Psalm is taken from the book of Psalms and the second reading is from the New Testament in the Bible.

The Gospel reading is from the Gospels of Matthew, Mark, Luke or John. Prayers and texts are taken from the Roman Missal.

Let's look at the Lectionary and read this week's Gospel reading.

The Liturgy of the Word also includes:

- **Homily** - the priest helps us to understand how the readings relate to our life today.
- **Profession of Faith (the Creed)** - together we proclaim a statement of our faith, beliefs that have been handed down to us by generations of people of faith.
- **Prayer of the Faithful** - we bring our prayers for the Church, the world and ourselves to God.

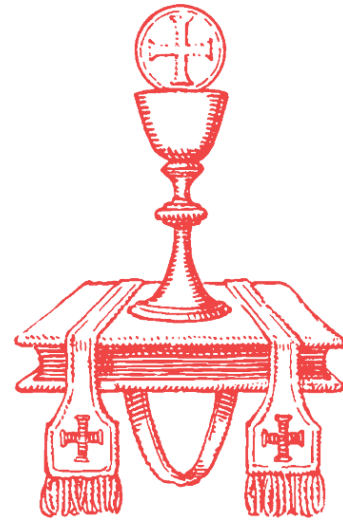
The Liturgy of the Eucharist

 Luke 22:19

Do this in memory of me.

The Liturgy of the Eucharist is the central part of the Mass. It includes:

- **Procession of the Gifts** - the bread and wine are brought to the altar to be consecrated during the Eucharistic Prayer.
- **Eucharistic Prayer** - we remember the words and actions of Jesus at the Last Supper as the bread and wine are consecrated through the power of the Holy Spirit and become the Body and Blood of Christ. We prepare to receive the Body and Blood of Christ in Holy Communion. When we sing or say the Great Amen, we are saying that we agree with all the words spoken by the priest throughout the Eucharistic Prayer.
- **Lord's Prayer** - we pray together the words that Jesus gave us. Read Matthew 6:9-13.
- **Sign of Peace** - the priest offers us peace and then invites us to share a sign of peace with others.
- **Breaking of the Bread** - just as Jesus gave thanks, broke the bread and shared it with his disciples, the priest breaks the bread to share with those receiving Communion.
- **Communion procession** - those who are receiving Communion are invited to process together to the table of the Lord to receive the Body and Blood of Christ.



The Concluding Rites

 John 13:15

For I have set you an example, that you also should do as I have done to you.

The Concluding Rites include:

- **Blessing** - we receive God's blessing before going out to take the love of Jesus into the world.
- **Dismissal** - we are sent forth to serve and help other people like Jesus did.

Activity Book

Download **Activity Sheet: Parts of the Mass** from www.crossroadsrcia.org (copy on page 41).

In the Activity Book (page 21-22) there are spaces for each of the four parts of the Mass. Match the Mass cards to their corresponding parts of the Mass.

Cards - Parts of the Mass

The Introductory Rites

- Penitential Act
- Gloria
- Collect

The Liturgy of the Word

- Readings and Psalm
- Gospel
- Homily
- Profession of Faith/Creed
- Prayer of the Faithful

The Liturgy of the Eucharist

- Procession of the Gifts
- Eucharistic Prayer
- Lord's Prayer
- Sign of Peace
- Breaking of Bread
- Communion Procession

The Concluding Rites

- Blessing
- Dismissal



Living it out in the everyday

Activity Book

At Mass this week, listen to the readings and homily.

What is the message for you?

How do you live this message in your life?



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...

The Mass

Activity Sheet: Parts of the Mass

↓ Cut out the below cards and paste them into the correct locations in the activity book.

Prayer of the Faithful

Gospel

Penitential Act

Sign of Peace

Procession of the Gifts

Profession
of Faith/Creed

Collect

Dismissal

Readings and Psalm

Lord's Prayer

Eucharistic Prayer

Breaking of Bread

Communion Procession

Blessing

Homily

Gloria



INSPIRATIONS IN FAITH

Aim

To identify people who have passed the faith on to us, such as Mary, the saints and everyday people in our lives.
To help the child recognise how they can imitate the lives of the saints in their everyday life.

Resources

Leaders

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

Child

- Catholic Youth Bible
- Activity Book (page 23-24)

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

One of the riches of our Catholic faith is that we honour people who have lived God-centred lives. This session will look at Mary, the Mother of God, the saints and real life people who inspire us.



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 7.1**



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 explored the Mass.

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



Exploring

Why is Mary so important?

The first among saints is Mary, the Mother of God. Mary gave her life to God by saying “Yes” when asked to be the mother of Jesus. We are also called to say “Yes” to God in our lives and to bring God’s love to those we meet. Mary listened to God just as we are asked to listen to God.



7 INSPIRATIONS IN FAITH

Joseph is another example of a person who listened to God and lived a life in response to God's call. Joseph took Mary as his wife and said "Yes" to God when asked to protect Mary and Jesus.

There are other people in our Church who are recognised because they have said "Yes" to God in their life. Australia's first Saint, St Mary of the Cross MacKillop said "Yes" to God in her life by recognising the need to educate the poor.



Activity

Saintlike qualities

St Paul calls the Christian community "the Saints of God". In our own lives there are faith-filled people who live saintly lives. Think about a family member or a friend, either living or dead, who has some of these qualities and who has answered their baptismal call in their life.

Is your parish named after a saint or saints?

Do you know about these saints?

What qualities would a real life person of faith have?

Can you think of some real life people who have these qualities?

What sorts of things do these people do that show they are people of faith?

Can you think of some Christian people in your life who inspire you?

What qualities do they have in common with the saints?

Which of these qualities do we see in each other?

In the Activity Book (page 23), there are 2 outlines in the shape of a person. On one outline, write the qualities of a person who lives a Christian life. On the other outline, draw or write the name of a person who has these qualities and write what they do to inspire you.



Living it out in the everyday

Activity Book

Look into the life of a saint.

In your Activity Book (page 24), write the qualities of this person.

What saintlike qualities do you have that you want to develop?



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...

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...