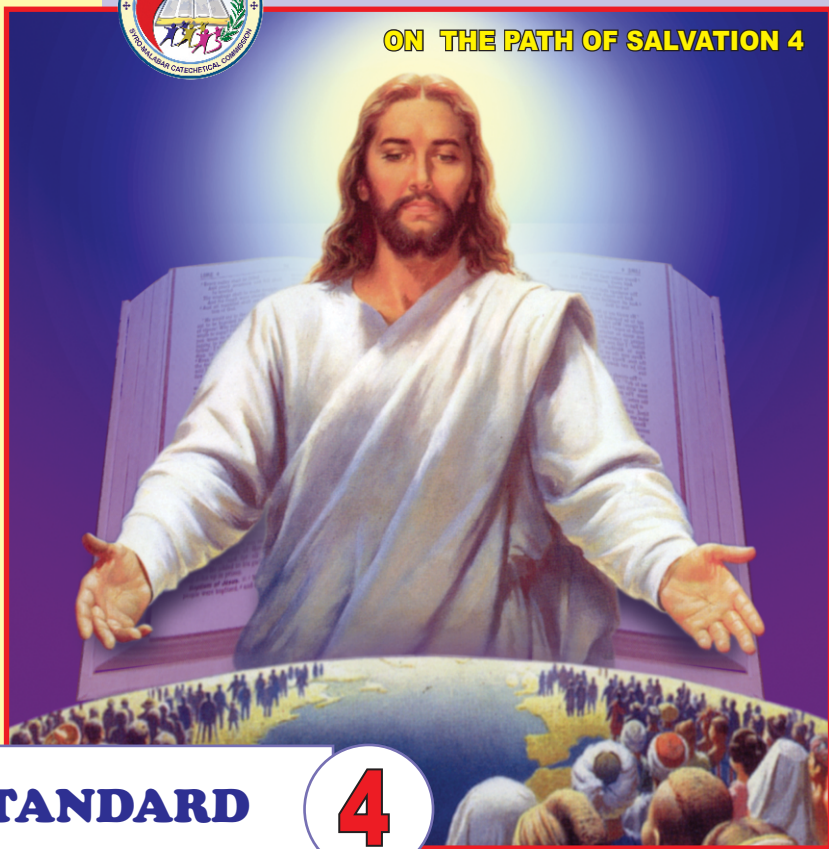


CATECHETICAL TEXT BOOK SERIES OF THE SYRO-MALABAR CHURCH

STREAMS OF LIFE



ON THE PATH OF SALVATION 4



STANDARD

4

TEACHER'S HANDBOOK

*www.syromalabarcatechesis.org, E-mail. smcatechesis@gmail.com
Smart Catechism App.smsmartcatechism.org*

ON THE PATH OF SALVATION-4

CATECHETICAL TEXT BOOK SERIES
OF
THE SYRO-MALABAR CHURCH

TEACHER'S HANDBOOK

Standard - 4

STREAMS OF LIFE



Published by
THE SYNODAL COMMISSION FOR CATECHESIS
SYRO-MALABAR CATECHETICAL CENTRE
Mount St. Thomas, Kakkanad, Kochi-682 030

Title:

STREAMS OF LIFE

Text prepared by:

Fr. Jose Puthiyedath

Published by:

SYRO-MALABAR CATECHETICAL CENTRE

Mount St. Thomas, Kakkanad, Kochi - 30

Translated by:

DEPARTMENT OF CATECHESIS, DIOCESE OF KALYAN

Bishop's House, Plot No. B/38,

P.B. No. 8434, IIT P.O.,

Powai, Mumbai - 400 076.

Year of Publication 2017

Price : Rs. 15/-

Design & Layout:

John Paul Antony

Printing:

PREFACE

Do you recollect the days of your Catechism classes during your childhood? What were the striking features of those classes? Shouldn't these children you are teaching now also get all that you have received then? Don't you still remember the joyful experiences you had during Sunday school days? Shouldn't such experiences be given to today's generation as well?

Do you remember what you disliked about the Catechism classes of your childhood? Was there any experience that had diminished your interest in Sunday Classes? In that case isn't it necessary for us to take care not to have such unpleasant experiences for our children? In your attempt to impart faith formation to the fourth standard students sitting before you, the above-mentioned points have to be taken very seriously.

It is also important to bear in mind that the times are changing. Tremendous changes have taken place in the circumstances in which today's children live, not only in their aptitude but also in experiences. These have to be taken into account. At the same time, the very aim of faith formation is to concretize in children the unchanging God and the unchanging Christian truths in a world which is under the sway of perennial change. The text which you are going to teach will help you achieve this goal. What you have in your hand now is the Teachers' handbook specially prepared for your reference. This will undoubtedly help you become an able and efficient teacher by developing children's innate talents and at the same time solving their difficulties.

WHAT IS A TEACHER'S HANDBOOK? WHAT IS IT FOR?

A teacher's hand book is

- A supplement to text book.
- A pointer to teacher.
- An interpretation of the lessons.

A teacher's hand book is an aid to a teacher in many ways.

- To understand the lessons better.
- To teach the lessons correctly.
- To clear doubts regarding the text by one's own self.
- To give a satisfactory clarification to children's doubts.
- To organize classroom programmes efficiently.
- To identify answers to the questions.
- To make the optimum use of the text.
- To gather more information.
- To improve one's way of teaching.
- To introduce and implement the novel approach of the new text book.

Three questions arise with regard to teaching:

1. What is to be taught? What is the aim while teaching?
2. Whom to teach?
3. How to teach?

All teachers engaged in the process of imparting faith formation must seek answers to these questions.

1. Must know what faith formation is.

The basic purpose of faith formation is to help those who received the sacrament of baptism to grow in Christ by leading them to a perfect Christian faith and a mature Christian living. In order to achieve this, a true faith formation process will blaze the trail towards knowledge, experience and life of faith. The passionate words of St. Paul- 'the labour pain is experienced, till Christ is formed in you' should be the source of inspiration for our faith formation. The initial years of faith formation focus on the basic lessons to be imparted to children in the fundamental faith of the church, in the Holy Trinity and in the knowledge about sacraments. In this way we must grasp the essence of the question what is to be taught.

2. Necessary to know children :

It is to children that we give faith formation. Therefore, we must have an idea of their age, nature, talents, drawbacks, interests and potential. Let us just think what abilities they have. What all can they do?

- Laugh
- Cry
- think
- see
- hear
- Run
- Jump
- play
- speak - and many more abilities like these. Now if we consider just one aspect, for example, their ability to speak - What are their possibilities that can be explored and expressed in class? Children will be able to do many things through spoken words. Let us jot them down.
- To tell stories
- To sing a song
- To ask a question
- To give answer
- To share a news with others
- To explain to others what they know
- To speak imaginatively
- To narrate an incident
- To complain
- To give instructions
- To narrate looking at a picture and so on.

Now the children who love to play can do many things through that activity. What are they?

- To understand instructions
- To obey the rules and regulations
- To react when the rules are broken
- To correct errors
- To express joy
- To express emotions
- To work in a team
- To participate in activities with enthusiasm.

There are many things like these to know about children .If teachers are aware of these teaching will be more meaningful.

There are many ways by which teachers can come to know of children –

- Interaction with children
- Keen observation
- Knowledge in child psychology
- Reading such books.

3. Necessary to Know New Methods of Learning :

Times have changed. As we face a new environment today, a new set of children and a new text, we need to introduce new methods of learning. Novel ways of teaching need to be adopted.

As discussed earlier, many different abilities are there in every child. New methods of learning must be used to explore these abilities in children appropriately. Opportunities have to be made available to children who are keen on playing as well as doing work. The new text books are prepared with these thoughts in mind.

This book gives scope for numerous activities such as speaking, viewing, drawing, writing and playing besides listening. None of these is insignificant. Though they appear simple, each activity in some degree contributes to the growth of our children's

faith. It is necessary to use all the possible methods in our attempt to give our children Jesus and lead them to salvation He offers. Therefore faith formation teachers must constantly endeavour to grasp novel teaching methods. This teacher's handbook may help teachers to a certain extent to achieve this goal. A teacher must try to gain knowledge and experience with regard to teaching methods from all possible quarters.

The Special Features of the Activities:

If the activities that are introduced in faith formation class have to be successful, they must be different. Only then it will be fruitful. What are those special aspects? The activity that is introduced to facilitate learning should

- Arouse interest in children
- Suit the nature of the children
- Give freedom to children
- Be with a specific aim
- Be connected with the subject
- Be a time bound activity
- Be suitable for the standard of the children
- Be a challenging activity for the children
- Be an activity that can be evaluated by the teacher

Be it an activity given to children from the text or from teacher's handbook or an activity introduced by the teacher himself/herself, the above mentioned aspects have to be borne in mind.

A teacher may pay attention to the following :

1. Make sure that every child has a text book with him/her. Instruct them in the beginning itself to buy it.
2. There are many opportunities for first and second standard children to draw and colour; therefore, all children must have sketch pens of different colours, colour pencils or crayons with them. Along with their text, children should bring these as well.
3. Drawing and writing in the text have to be done only in class.

This instruction has to be given to children well in advance. Children should use the text only as per the instruction of the teacher.

4. More activities, if necessary, can be given to children as home work. Instructions towards this have to be given to them very clearly. It is good to have a special notebook for children to draw, write and stick pictures. Considering situations and the interest of a teacher, these can be done.

As the lessons are introduced

Now that we have already thought about faith formation, children and new methods of learning, our attempt now is to analyze each lesson specifically. Special format is adopted for this purpose. It is as follows:

1. What children should understand

Through a lesson what a child is expected to grasp is mentioned here. They are categorized into three and presented. A teacher thus becomes very clear as to what the child should have grasped through that lesson. Besides answering questions and participating in activities, the following have to be acquired by children for their faith formation.

- Concepts
- Attitudes
- Habits.

All other activities done in class aim at acquiring these aspects by children.

2. The tools and techniques to enhance awareness that a teacher must use in class :

In order to present each lesson effectively various teaching tools have to be used. For first/second/third/fourth standards a teacher can carry to class items like pictures, charts and things that can be collected easily. Apart from the items listed in teachers' handbook, if other items are used, that are appropriate, it will be more beneficial to the students. Therefore, the indications given here may be taken only as a guideline.

Songs, stories, games, skits and so on may be needed to teach a lesson properly. At least a mental preparation to this effect has to be there before going to class. These are also teaching tools.

3. Presentation of a lesson :

How to present a lesson, how to begin, what details are to be included etc are explained in this section.

In any case, the method of presenting a lesson by reading it from one end to another should be strictly avoided. A teacher should be able to start, continue and end a lesson in a way that appeals to children. Some indications to this effect are given in the section dealing with presentation of a lesson. Still if you come across a more attractive method, you may use it. Remember that maximum preparation is required for the presentation of a lesson.

Story telling, cartoons, dramatics, role play, songs, conversation, team work or any such method can be used for presenting a lesson. Still if the teacher can use some tools for which he /she has the talent or aptitude to use the class may be more interesting and more efficient. The lesson can also be presented by involving children in these activities.

4. Activities related to the lessons :

The instructions regarding all activities given in the lesson are incorporated in this section. Answers to the questions are also given. Let the children find out the answers to these questions on their own and also the answers to the personal response questions and write them. Teachers may assist them. Do not insist that the answers written by children should contain the exact words / sentences as seen in the teachers' handbook. Treat the answers given in the teachers' handbook as mere references for teachers to help the students in finding the answers. Teachers can refer to the handbook and help them with the answers that are difficult for them to find out. It is mandatory to complete all activities given in each lesson.

5. Correlated Activities :

These are activities that are not given in the lesson but can be introduced as per the wish of the teacher. It is appropriate to give, according to the situation, maximum number of related activities. Some other activities which are not there in handbook too can be used in class if available. More questions from the lesson are

prepared and added. It would be a good practice to keep these answers ready with the teacher. Remember that all the correlated activities are to be done in class as per the wish and the creative approach of the teacher.

The factors to be borne in mind for each lesson:

1. It is assumed that two days (Sundays) may be needed to cover one lesson. Therefore, it may be appropriate to divide the lesson into two parts and prepare properly for each day. If possible it would be better to include lesson as well as activities on both days.
2. Children are expected to do all the activities in class and two days might be sufficient to do all these. Instructions for each activity need to be given very clearly and correctly. In case there is something which they have to do at home with the help of parents, it should be assigned to them on the first day so that they can complete it and bring it on the second day.
3. In all the lessons of the 4th Standard, a prayer (Let Us Pray) is added. They should be said by the children repeating after the teacher. Teachers have to train the children to say the prayers with piety joining hands.
4. Each lesson contains one or two songs (Let Us Sing). Children should be given opportunity and time to sing them melodiously. They may sing them again alone or as a whole class or forming groups. Other songs and prayers which go with the lesson can also be given.
5. That which is meant for by hearting as far as possible, need to be done in class itself. It can be read out to them once or twice. Instructions can be given to study it individually or in a group. A small gift or a gesture of appreciation or applause may be offered to those who complete the task with focus and on time. It may be good to motivate them to study it with slight competition spirit and say it in class.
6. What is given under the title 'My Decision' is the attitude and practice that have to be formed in a child. 'My Decision' in each lesson has to be explained to the child. It has to be impressed upon them. It is also necessary to find out how much of this decision they have implemented in that week.

7. The activities such as Bible Reading and 'My Bible verse' are meant for encouraging them in the Bible study and Bible reading. On the first day instructions have to be given to the children to read the Bible , write Bible verses and bring them to the class. It has to be checked in class by the teacher on the second day. While teaching the first lesson, the teacher has to carry the Bible(the complete one) to the class and read out to the students Genesis 1:26-31. Each student then will be asked to write one verse which they liked from this portion in their note book. They will do similar exercise in other lessons at home with the help of the parents after reading the Bible.

8. In most of the lessons there are opportunities for story telling. Teachers must try their best to say stories in most of the situations. Sometimes children should also be given a chance to say stories. Stories should be presented in such a lively manner that it arouses their interest and develops their curiosity and they get the main idea. In order to do this following points are to be taken care of :

- Narrate the story with all the minute details.
- Describe the characters and events in a picturesque manner.
- Use words and styles that are appropriate for children.
- Ask some questions during the narration.
- Complete the story with the help of children if possible.

Instead of saying some story, it is necessary to find out stories with certain concepts that will enhance faith formation.

9. There are many opportunities in the text for conducting games. Do not miss these opportunities. It is good to find out more games for children. While introducing games in faith formation class following points have to be borne in mind :

- Games that are appropriate for the class atmosphere are to be chosen.
- Instructions to be given correctly and clearly.
- Children should be told to follow the rules of the game strictly.

- Stress to be given more to 'playing a game together' than winning or losing.
- Involvement of every child to be ensured.
- It should be observed whether the goal is achieved through the game.
- The games to be used as opportunities to evaluate the attitudes and habits of children and to correct them if necessary.

Three more points to remember:

1. Teachers' handbook has to be read carefully and completely. Analysis of each lesson has to be comprehended clearly. Reading the text books of Std 1, 2, 3, 4 and the analysis given for a lesson will definitely make the teaching exhaustive and efficient.
2. Thorough preparation of the lesson has to be done with the help of analysis given for each lesson. With proper lesson plan, teaching becomes much easier and focused. Lesson plan means deciding in advance what is to be given to children and in what way as well as what activities are to be done in class by children and so on.
3. It would be a good practice to write the lesson plan in a note book so that class can be conducted referring to it. It can be prepared as per each teacher's convenience and aptitude. Preparing teaching notes will help prepare better. Additional information and activities collected from various sources can be written in this book.

LESSON 1
Jesus the Source of Life

I. What children should understand:

1. Convictions

- a. Jesus gives life
- b. The life Jesus gives is the life of divine grace
- c. By following the Word of Jesus, we obtain this life of divine grace.

2. Attitudes

- a. We must thank God who gave us life.
- b. We must thank Jesus who gives us life of divine grace.
- c. I will respect life.

3. Habits

- a. I will behave with compassion towards all living beings.
- b. I will live according to the teachings of Jesus.
- c. I will love Jesus.

II. Teaching aids:

New Testament, the picture of vine, a withered branch of a plant and a chart.

III. Presentation of the lesson:

A discussion can be initiated showing a withered branch to start the lesson. Why did this branch dry up?

IV. Activities related to the lesson:

Let us sing

Give opportunity to children to introduce their own tune and sing a song alone or in a group.

Let us pray

Train children to join hands and say the prayers with piety.

Let us read the Word of God

Instruct the children to bring the Holy Bible to the class and teach them to handle it with reverence. The teacher must first read out loudly the Bible passage given as a supplement to the lesson and instruct the children to read it silently and aloud. The verses to be by hearted by children should be compulsorily taught.

My decision

Examine to find out whether the children take care to put in practice the decisions that would help them form habits

Let us do

Follow the instructions given in the text.

Let us dance and sing

Teach action songs (seek the help of children who are good dancers).

Let us find out the answers

1. It is to the vine that Jesus compared himself.
2. In order to attain a life of divine grace for us we must believe in Jesus and follow his Word.

3. We must lead a life as per the Word of God.
4. When we go away from Jesus we gradually lose the life of divine grace in us .

V. Correlated Activities:

1. Stick a picture of Jesus in the middle of a chart. Let the children write their names in the circles drawn around it.
2. Draw the picture of a vine and colour it.
3. Let them find out, write and bring to class the song with the words,'(Munthiri chediyallo njan, ningalathin shaghakalum)- I am the vine and you are the branches'.

LESSON 2

Jesus Who Gives Life Through The Church

I. What children should understand:

1. Convictions

- a. Jesus lives and works through the church.
- b. Jesus is the head of the body of the church.
- c. God's life flows into us through the sacraments instituted by Jesus.

2. Attitudes

- a. I must glorify Jesus who lives and works through the church.
- b. We must receive the life of divine grace Jesus gives us through sacraments.
- c. I must fulfill my mission as a member of the church.

3. Habits

- a. With utmost reverence I will receive the sacraments that Jesus has instituted.
- b. I will actively involve myself in the activities of the church.

II. Teaching aids:

The Holy Bible, Charts, suitable pictures and a full plant.

III. Presentation of the lesson:

The lesson can be started with the discussion on various parts of a full plant and their functions.

IV. Activities related to the lesson:

N. B : The instructions regarding 'Let us sing, Let us pray, Let us read the Bible with reverence, Let us do the action song 'etc are given in earlier 'Lesson Related Activities'.

Let us do

- Eyes - See
- Ears - Hear
- Lips - Speak
- Jesus - Head of the Church
- Sacraments - Life of divine grace.

Let us find out the answers

1. The Holy Church is a communion of those who lead a life according to the will of God, believing in Jesus.
2. Jesus is the Head of the church.
3. Jesus instituted the sacraments for us to have life of divine grace in us.
4. Jesus provides us with life of divine grace through sacraments.
5. We will grow in life of divine grace when we fulfill our duties and responsibilities being with Jesus.

V. Correlated Activities:

Let us enlist :

1. Enumerate all that is possible for you to do as a member of the church.
 - I will obey the precepts of the church.
 - -----
 - -----
2. Jesus is the Head of the church and we are his body. Draw an outline of a human body on board or on a chart paper. Write 'Jesus' on the position of head. On all other parts children can write their names.

LESSON 3

Sacraments : Channels of Divine Life

I. What children should understand:

1. Convictions

- a. Life of divine grace is the life-giving water that Jesus promised.
- b. Sacraments are the channels that bring divine grace into us.
- c. Sacraments help the growth of divine grace in us.

2. Attitudes

- a. Pray for God's grace so that we receive sacraments with preparation and due reverence.
- b. Think and speak about the sacraments only with reverence.

3. Habits

- a. Take care not to lose the divine grace that we have received through baptism by committing sin.
- b. Thank God who endowed us with a life of divine grace

II. Teaching aids:

Role play (Samaritan woman and Jesus), charts, pictures, the Holy Bible.

III. Presentation of the lesson:

Role play (Jesus at the well and Samaritan woman), presenting a story through flash cards.

IV. Activities related to the lesson:

Confirmation, reconciliation, Holy Order, Matrimony.

Let us find out the answers

1. Sacraments are the channels through which the divine grace flows into us.
2. Sacraments are the visible signs that are instituted by Jesus and administered by the Holy Church in order to purify and strengthen us with the divine grace that is invisible.
3. Seven sacraments – Baptism, Confirmation, Holy Eucharist, confession, anointing the sick, the Holy Orders and Matrimony.
4. It is with due preparation and reverence that we must receive sacraments.

V. Correlated Activities:

The song 'Nattucha nerathu Kinattinte Vakkath'(Samaritan woman at the well) can be presented in the form of a song or by enacting.

LESSON 4

Baptism - The Birth in Jesus

I. What children should understand:

1. Convictions

- a. Baptism is a birth that raises us to the status of God's children.
- b. Through baptism we are absolved of our original sin and all other sins that we commit.
- c. We become the members of the church and become worthy to inherit heaven.

2. Attitudes

- a. Thank our God who endowed us with the status of the children of God as well as the life of divine grace through baptism.
- b. Lead a life with the freedom akin to the children of God being a member of the church.

3. Habits

- a. Will say 'I believe in God' (Apostles' Creed) everyday.
- b. I will lead a life safeguarding the divine grace in me.

II. Teaching Aids:

Charts, a chart with 'Apostles Creed' written on it, A photo depicting administering of baptism, the Holy Bible and a small Catechism book.

III. Presentation of lesson:

The lesson can be introduced with a discussion showing a photo or a picture administering baptism.

IV. Activities related to the lesson:

Let us do

Instruct children to seek parents' help to gather information as information should be authentic.

Let us find out the answers

1. The etymology of the word 'baptism' is 'dip' or 'bathe'.
2. Through baptism we begin to lead a life in Jesus as our sins are absolved through this sacrament. That is why baptism is called 'the door to Christian living'.
3. The visible components of baptism are anointing with holy oil, pouring water on the head, putting on white clothes and a Lit candle.
4. The fruits of baptism are receiving absolution of sin to obtain divine grace; becoming God's children, the members of the church and inherit heaven.

V. Correlated Activities:

1. What is the significance of the following?
 - A second anointing with oil
 - Pouring water on the head
 - Wearing white clothes
 - Giving a lit candle.
2. Enquire and find out the meaning and relevance of the baptismal well seen in every church.

LESSON 5

Anointing: The Anointing in the Holy Spirit

I. What children should understand:

1. Convictions

- a. With the anointment of the Holy Spirit one gains strength and courage.
- b. The Sacrament of Confirmation strengthens us to be a witness to Jesus.
- c. The presence of the fruits of the Holy Spirit in us is a sign that the Holy Spirit abides in us.

2. Attitudes

- a. We must pray for the gifts, fruits and charisms of the Holy Spirit.
- b. We must take care to grow in virtues and keep ourselves away from evil.
- c. It is necessary to prepare oneself thoroughly before receiving the sacrament of confirmation.

3. Habits

- a. I will always do good to others.
- b. I will lead a life of witness to Jesus.
- c. I will forgive those who hurt me and I will pray for them.

II. Teaching aids:

Pictures symbolizing the Holy Spirit (flame of fire, dove etc) , charts (with the gifts, fruits and charisms of the Holy Spirit).

III. Presentation of the lesson:

Reading from the picture – the picture given in page 29 can be used for this. The lesson can be introduced singing a song of the Holy Spirit.

IV. Activities related to the lesson:

(Pay attention to the instructions given in the first lesson).

Let us do

Let the children write the 3rd glorious mystery in their notebook and learn it by heart.

Let us find out the answers

1. See the box on page 29.
2. The main signs of confirmation are that the celebrant prays over the one who receives confirmation and anoints him with Holy oil.
3. The Sacraments that facilitate an entry into church are Baptism, Confirmation and Holy Eucharist.
4. The gifts of the Holy Spirit - wisdom, understanding, counsel, knowledge, fortitude, piety and the fear of the Lord.
5. See the box on page 30.

V. Correlated Activities:

1. Let the children draw the gifts of the Holy Spirit (shown on page 29).
2. Give the children an opportunity to narrate the incident during which the Holy Spirit descended on Mother Mary and the disciples.

LESSON 6

The Holy Eucharist: The Life-Giving Sacrifice

I. What children should understand:

1. Convictions

- a. Jesus gave his life for the absolution of our sins.
- b. The death of Jesus on the cross is the greatest sign of God, the Father's love for us.
- c. It is as Jesus commanded that we offer sacrifice through the Holy Eucharist.

2. Attitudes

- a. We must have love and gratitude towards Jesus for giving us His life.
- b. Jesus fulfilled the will of the Father; similarly we should seek the will of Jesus.

3. Habits

- a. I will do sacrifices for others.
- b. I will participate in the Holy Mass with due reverence.
- c. I will wear a cross, the sign of protection and salvation.

II. Teaching aids:

The Holy Bible, pictures, charts and songs.

III. Presentation of the lesson:

Let the children make a cross with paper. A discussion on the cross can be initiated and thus introduce the lesson.

IV. Activities related to lesson:

Let us do

Let the children write the 5th Sorrowful Mystery in the notebook and learn it by heart.

Let us find out the answers

1. In terms of the Old Testament the purpose of offering sacrifices was to worship God, to express gratitude to God, to seek God's forgiveness for sins and also to receive God's blessings.
2. Jesus sacrificed his life willingly in order to wipe off the sins of mankind completely and also to give them life in abundance.
3. See the box given on page 35.
4. Surrendering oneself willingly and completely to the will of God is the essence of the life of sacrifice or Eucharist.
5. Holy Eucharist is the sacrifice offered to God the Father by the church with Jesus, through the priest to commemorate the sacrifice of Jesus for our salvation through his passion, death, burial and resurrection.

V. Correlated Activities:

1. Let the children make different models of Cross. (They may use beads, matchsticks, shells etc.)
2. Let them draw the pictures of host and chalice and write Jn. 6:55 below .

LESSON 7

The Holy Eucharist - The Bread of Life

I. What children should understand:

1. Convictions

- a. Jesus instituted the Holy Eucharist to nourish and strengthen us in our spiritual life.
- b. We receive the real body and blood of Jesus in the Holy Eucharist.
- c. We become one with Jesus through the feast of love of the Holy Eucharist.

2. Attitudes

- a. We must praise Jesus who gave us his body and blood.
- b. The sharing at the altar should lead us to sharing in life.

3. Habits

- a. I will love and help others.
- b. Will receive communion with due preparation.

II. Teaching aids:

The photo / picture of someone receiving communion, charts, the Holy Bible and pictures of different food and drink.

III. Presentation of the lesson:

Teacher keeps the pictures of food and drink upside down on the table. Children may come, pick the pictures to say what the food item is and how they are useful for the body. Children know that food and drink are necessary for physical health. Then showing the pictures of chalice and the host lesson can be introduced.

IV. Activities related to the lesson:

Let the children write the 5th Luminous Mystery in the notebook and by heart it.

Let us find out the answers

1. See the box given on page 39.
2. Jesus instituted the Holy Eucharist to nourish and strengthen us the Christians in our spiritual life .
3. Since the Eucharistic celebration is a feast, it will attain completion only if all those who are participating in it, receive with due preparation the body and blood of Jesus given to us.
4. We become one with Jesus and also with the church through the feast of love, the Holy Eucharist. Therefore, the Holy Eucharist is called the Sacrament of Unity.

V. Correlated Activities:

1. Familiarize children with the Holy items used for the Holy Eucharist (They are given in the book 'Vishudha Qurbana: Ariyan Anubhavikkan' (To know and experience the Holy Eucharist).
2. Let the children present the incident of the multiplication of bread by Jesus in the form of a story.

LESSON 8

To Receive Jesus Worthily

I. What children should understand:

1. Convictions

- a. In order to receive the body and blood of Jesus one needs to be holy and pure.
- b. All those who receive the body and blood of Jesus also share the divine gift that Jesus gives.
- c. Proper preparation and piety are necessary to receive communion.

2. Attitudes

- a. We must love Jesus who lives with us through the Holy Eucharist.
- b. We must be grateful to Jesus who, through his body and blood , absolves our sins as well as gives us life with divine grace .

3. Habits

- a. I will often visit Jesus present in the Holy Eucharist.
- b. I will repeatedly say the prayer 'Parishudha parama divyakarunythinu....'

II. Teaching aids:

The Holy Bible, charts, songs.

III. Presentation of the lesson:

Singing the song 'Manassil nirayum malinathayellam..... (Holy Qurbana page 56) introduce the concept of 'purity of heart' to the children.

IV. Activities related to the Lesson:

Let us do

Purity, faith, piety, preparation, grace, fasting, introspection.

Let us find out the answers

1. Jesus took the bread during supper, blessed it, broke it and gave it to them. Their eyes were opened instantaneously. They recognized Jesus.
2. It is necessary to get the absolution of sins through confession before receiving communion especially if mortal sins are committed.
3. See the box given on page 45.
4. Holy Eucharist is a celebration of mutual love and service. All those who eat from the same bread must live in unity. Thus all of us should become one in Jesus.

V. Correlated Activities:

1. Let the Emmaus event be written in the form of a conversation.
2. Let the children sing melodiously and with piety the song 'Va... va.... Yeshunatha....'.

LESSON 9

Let Us Get Reconciled

I. What children should understand:

1. Convictions

- a. Our God is a loving Father who awaits our return even when we go astray through sin.
- b. Contrition is the regret we have for the sins committed and the detestation towards sins.
- c. The sacrament of confession is the sacrament that absolves all our sins.

2. Attitudes

- a. Through our sins we should not hurt God who is Love.
- b. If sin is committed, repent and reconcile with God and also with our brethren.

3. Habits

- a. Will go for confession with due preparation.
- b. Will Keep away from sinful situations.
- c. Will receive the sacrament of confession often.

II. Teaching aids:

the Holy Bible, picture reading (picture on page 54), charts.

III. Presentation of lesson:

Introduce the lesson by reading from the picture followed by discussion on it.

IV. Activities related to lesson:

Let us do

Teacher explains the prayer, 'Act of Contrition' to children. Let them learn it by heart. It will also be appropriate to display a chart, writing the 'Act of Contrition' on it in class.

Let us find out the answers

1. Page 49
2. Page 49
3. Mortal sins are absolved through the sacrament of confession.
4. For the completion of the sacrament of reconciliation, it is necessary to come to terms with all those who have been hurt by our sin.

V. Correlated Activities:

1. Role play of the story of the Prodigal Son.
2. Sing the song 'Anantha Snehathil Ashryam Thedi Marichavarellam thirichuvannal' in the class.

The Sacrament of Reconciliation

I. What children should understand:

1. Convictions

- a. It is necessary to confess sins and do penance
- b. The sacrament of reconciliation gives inner peace and joy.
- c. Absolution of sins will not take place without repentance.

2. Attitudes

- a. We must show love and gratitude to Jesus who loves sinners.
- b. We must do penance for the setbacks and calamities our brethren face on account of us.

3. Habits

- a. I will do small deeds of sacrifice as a penance for my sins.
- b. At least once a month, I will go for the sacrament of confession.

II. Teaching aids:

The Holy Bible, chart in which 5 points by way of preparation for confession are written, flash cards.

III. Presentation of the lesson:

As per the pictures on the flannel board, let the children complete the story of Zacchaeus. The lesson can be introduced through this story.

IV. Activities related to the lesson:

Let us do

Children should compulsorily learn by heart the prayer 'I confess'.

Let us find out the Answers

1. Page 54 : Box
2. Page 55
3. Page 54
4. Page 55

V. Correlated Activities:

1. The song 'Manassil nirayum malinathayellam' can be sung in class.
2. Write a letter to Jesus expressing desire to go for the sacrament of reconciliation.

LESSON 11
Anointing of The Sick

I. What children should understand:

1. Convictions

- a. Jesus is healer.
- b. It is Jesus who gave the authority to the church to heal the sick through the sacrament of anointing of the sick.
- c. The sacrament of anointing of the sick brings the spiritual and physical healing.

2. Attitudes

- a. Treat the sick with compassion.
- b. Pray for the sick.

3. Habits

- a. Will visit and help the sick.
- b. Will pray to Jesus on facing illness and pain.

II. Teaching aids:

The Holy Bible, pictures of Jesus healing the sick and charts.

III. Presentation of the lesson:

Children can be given pictures of Jesus healing the sick for picture reading. Let them discuss those incidents and narrate in group. This actually will help to reach the conclusion that Jesus is the healer and then the lesson can be introduced.

IV. Activities related to the lesson:

Let us do

Make the biographies of Mother Teresa and Fr. Damien available to children. Let them collect the pictures.

Let us find out the answers

1. Jesus healed the lepers, the blind and the deaf during his public ministry.
2. Page 59
3. Page 59: Box.
4. The sacrament, anointing of the sick contains prayers for the purification of mind and body, for the absolution of sins and for healing.
5. Page 60

V. Correlated Activities:

1. Visit a hospital with teacher and meet the sick if possible.
2. Collect pictures where in patients are taken care of are shown and then prepare an album.

LESSON 12
The Holy Orders

I. What children should understand:

1. Convictions

- a. Jesus is the eternal priest.
- b. Priests are those who are specially chosen by Jesus.
- c. Through baptism we too share in the priesthood of Jesus.

2. Attitudes

- a. Priests should be looked upon as the representatives of Jesus and given due respect.
- b. We must be proud of the common priesthood that we received.

3. Habits

- a. Will respect priests.
- b. Will by heart the prayer
'Nithyapurohithaneeshoye.....'
- c. Will pray for the vocation of priesthood.

II. Teaching aids:

The Holy Bible, Flash cards and charts.

III. Presentation of the lesson:

Lesson can be introduced with a discussion on who the children want to become in future.

IV. Activities related to the lesson:

Let us do

Help the children to write the answers correctly. Let them learn by heart.

Let us find out the answers

1. Page 62
2. Page 63 : Box.
3. Page 63
4. Page 63, 64

V. Correlated Activities:

1. Let the children collect songs about 'the good shepherd'.
2. Let them speak about the priests who have influenced them.
3. Let them read from the book of Leviticus - the role of priests.

LESSON 13
Matrimony

I. What children should understand:

1. Convictions

- a. God set up the first family.
- b. Marriage is a sacrament.
- c. Parents are God's representatives.

2. Attitudes

- a. We must be proud as the members of our family which is set up by God.
- b. We must thank God who gave us our parents.

3. Habits

- a. Will obey parents.
- b. Will pray for parents every day.
- c. Will live in the family obeying, loving and respecting parents.

II. Teaching aids:

The Holy Bible, wedding Photo, pictures of family , picture of the Holy Family.

III. Presentation of the Lesson:

Let the children write the names of family members. Following this, some children can speak about their families. Then the picture of the Holy Family can be shown to them and the lesson can be introduced.

IV. Activities Related to the Lesson:

Let us do

Make the children read the list of blessings they have written that are received from God.

Let us find out the answers

1. Page 67 :Box.
2. Page 67
3. Page 67
4. Page 68

V. Correlated Activities:

1. Let the children write about the positive points of their family members.
2. Let them read the duties towards parents from Sirach 3rd chapter.

The Sacramentals

I. What children should understand:

1. Convictions

- a. Sacramentals will sanctify us and strengthen us.
- b. Sacramentals are instituted by the authority given to the church.

2. Attitudes

- a. Let us be grateful to the church that instituted the sacramentals for us.
- b. Let us receive the sacramentals with gratitude.

3. Habits

- a. I Will participate with reverence while administering sacramentals.
- b. I Will behave keeping in mind the sanctity of the church.
- c. I Will wear with faith one of the following - blessed medal, rosary, cross or scapula.

II. Teaching aids:

The Holy Bible, charts, slips / chits with the names of sacraments and sacramental written on them, pictures related to sacramental.

III. Presentation of the lesson:

Write the names of each sacrament and sacramental in small chits, roll them and place them in a box. Let the children pick them one after another. Then let each one read out the chit they have received. Teacher will write them on the board in tabular form. Names of the sacraments, out of these will be put in brackets. (). The remaining names will be written in another column. Children can be given an opportunity to share all that they know about it.

IV. Activities related to the lesson:

Let us do

Let the children do this activity in the note books.

Let us find out the answers

1. Page 70 :Box
2. Page 71
3. Page 71
4. The sacramentals that can make our life a fulfilling experience have to be received with faith and due preparation.

V. Correlated Activities:

1. Find out the date of consecration of your church.
2. Visit a cemetery and pray for the departed souls.
3. Collect the names of those who have become nuns and priests in your parish and dedicate their lives to Jesus.

LESSON 15

Prayer: Conversation With God

I. What children should understand:

1. Convictions

- a. Jesus used to constantly pray to the Father.
- b. Jesus taught the prayer 'Our Father in Heaven
- c. Prayer is a conversation of love with God.
- d. Through prayer we receive the grace to do good and to overcome temptations.

2. Attitudes

- a. We must pray personally in our joys, sorrows, needs and difficulties.
- b. Lead a life pleasing to Jesus gaining strength through prayer.
- c. Pray for receiving the grace to do good.

3. Habits

- a. Will say 'Our Father in Heaven ...' the prayer Jesus taught with reverence.
- b. Will pray to God in all circumstances of life.
- c. Will pray for others in their needs.
- d. Will say the prayers loudly.

II. Teaching aids:

The Holy Bible, picture of Jesus in prayer, charts, pictures of individuals praying, flannel board.

III. Presentation of the lesson:

Introduce the lesson by singing the hymn from the Holy Qurbana book, 'Swargasthithanam thatha nin.....' or say the prayer, 'Our Father in Heaven...'.

IV. Activities related to the lesson:

Let us do

Let the children read out the prayer they wrote on their own. They can write them neatly and display in class.

Let us find out the answers

1. Page 76
2. Page 76
3. Page 78
4. Page 78

V. Correlated Activities:

1. Read the portion (Lk. 11) in the Bible wherein Jesus teaches the disciples to pray.
2. Collect the hymns for praise, worship, thanksgiving, supplication and intercession.

Syro-Malabar Catechetical Centre Provides



ON THE PATH OF SALVATION 4

Published by
THE SYNODAL COMMISSION FOR CATECHESIS
SYRO-MALABAR CATECHETICAL CENTRE
 Mount St. Thomas, Kakkanad, Kochi-682 030