

PARENT-CHILD DISCUSSION

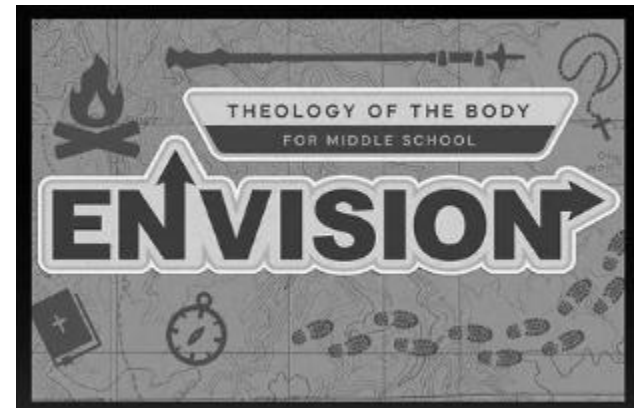
Parent/Guardian:

Discuss any or all of the following with your child and write one “take away” from your conversation.

1. When did I not pay attention to the language of your body when I should have? What can I do to be more sensitive to you?
2. When you think of Jesus, do you think of him as only God? What are some things that Jesus—who was totally human with a body—went through that you may not have ever considered or appreciated?

Parent/Guardian Signature:

Name: _____



PREP LEVEL 7

LESSON 3: ME, MYSELF, AND I



Attend a weekend Mass and complete the following:

- Church Name: _____
- Date of Mass: _____
- A phrase or concept that caught my attention during one of the readings or in the homily was...

_____.
- One thing I noticed during Mass (I saw/heard/felt) was...

_____.
- "Go in peace." We are sent out into the world to share the Good News of Jesus. I was able to do this at home, at school, or somewhere else by...

_____.

Body of Christ

Work It Out

The language of Jesus' body didn't end when he ascended to heaven after his Resurrection. It continues through his Church. Because we are body-souls and the language of the body is so important, Jesus left us many visible signs to bring his love and grace into our lives. We call these sacraments.

Sacraments are sensory, meaning that we can see, touch, smell, hear, and even taste God's goodness through our bodies. We don't just think about Christ's Body; in the Eucharist, we really consume his Body and drink his Blood. We don't just think we are sorry and hope we are forgiven; in Reconciliation, we confess our sins and experience God's healing through the priest's words and actions. How cool is that? Think about how your own body participates in the sacraments. Which of your five senses are used in each sacrament?

1. Baptism: _____
2. Eucharist: _____
3. Confirmation: _____
4. Reconciliation: _____
5. Anointing of the Sick: _____
6. Matrimony: _____
7. Holy Orders: _____