

ALIVE IN CHRIST

GRADE 1

Jesus Christ

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Our Sunday Visitor

Making Choices

Let Us Pray

Leader: God, please help us make good choices.

“Be kind to your servant that I may live,
that I may keep your word.”

Psalm 119:17

All: God, help us make good choices. Amen.

God's Word

A man asked Jesus, “Teacher, what must I do to receive eternal life?”

Jesus replied, “What is written in the law?”

The man answered, “Love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind and your neighbor as yourself.”

“You have answered correctly,” Jesus said. “Do this and you will live.”

Based on Luke 10:25–28

What Do You Wonder?

- Why is Jesus called “Teacher”?
- Why is it sometimes hard to make good choices?

Types of Choices

How does God help us make choices?

Some choices are easy to make. If you are choosing between two kinds of healthful foods, both choices are good ones. Making this kind of choice will not hurt you or anyone else.



Circle how your choices can affect others.

Other choices are hard to make. Sometimes it can be difficult to choose between right and wrong. The choices you make can help others or hurt them.

➔ **What are some choices children your age make?**



A Gift from God

Long ago, God wanted to help his People know how to live. He gave the **Ten Commandments** to a special man named Moses. Moses helped the people understand God's laws. These laws still help us make good choices. The Ten Commandments are listed on page 314 of your book.

Catholic Faith Words

Ten Commandments

God's laws that tell people how to love him and others

God's Word

God's Commandments

Moses said, "What does the Lord, your God, ask of you? God wants you to respect him and to follow him. The Lord your God wants you to love and serve him with all your heart and all your soul. God wants you to obey his commandments and teachings."

Based on Deuteronomy 10:12-13



Share Your Faith

Think What are some of God's teachings?

Share In groups, talk about what God asks us to do.

Good Choices

How do your choices affect you and others?

Catholic Faith Words

obey to do things or act in certain ways that are requested by those in authority

free will being able to choose whether to obey God or disobey God. God created us with free will because he wants us to make good choices.

God created you to be free. You can choose to **obey** God. When you do what God asks, you choose what is good and you grow closer to God. Bad choices make you turn away from God.

Being able to choose whether to obey God or disobey God is called **free will**. God created us with free will because he wants us to choose good.

The Ten Commandments can help you use your free will to make loving choices.

Steps to Good Choices

1. Think about whether your choice shows love for God and others.

2. Ask yourself and others if your choice follows the Ten Commandments and things Jesus would do.

3. Pray to the Holy Spirit to guide you.



Consequences

All choices have consequences, or results. Bad choices have consequences that can hurt you or others. Good choices have good consequences. They help you show love and respect for yourself, others, and God.

Good choices have good results for you and others.



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Connect Your Faith

Good or Bad? Circle the picture that shows the good choice.



Our Catholic Life

How can you keep the Ten Commandments?

The Ten Commandments help you know how to show love for God and for others. Here are some ways you can keep the Commandments.

Living The Ten Commandments



1. Circle the Commandments that focus on loving God.
2. Underline the ones that focus on loving others and yourself.

1. Love God more than anyone or anything.
2. Use God's name with respect.
3. Take time to pray. Go to Mass with your family on Sundays, or Saturday evenings.
4. Love your family. Treat everyone in your family kindly. Obey the rules.
5. Stay away from fighting. Find peaceful ways to solve problems.
6. Respect your body and the bodies of others. Think about the way you speak and act.
7. Care for other people's things. Take care of what you have.
8. Be honest. Say only good things about people.
9. Be true to family members and friends.
10. Be thankful for what you have.

People of Faith

Saint Frances Cabrini, 1850–1917

Saint Frances Cabrini lived in Italy. She wanted to go to China to teach the people there about God. Pope Leo XIII asked her to go the United States instead. Mother Frances had a choice. She decided to obey the Pope. She left Italy and went to the United States where she built schools, orphanages, and hospitals.



November 13

Discuss: Talk about a hard choice you had to make.



Learn more about
Saint Frances at
aliveinchrist.osv.com

Live Your Faith

Choose Read the Ten Commandments on page 314. Pick one Commandment and draw a picture of one way you can follow it this week.



Let Us Pray

A Helping Prayer

Gather and begin with the Sign of the Cross.

Leader: Ask the Holy Spirit for help to make wise and loving choices.

Reader 1: When I forget to put God first,

All: Holy Spirit, help me choose to love.

Reader 2: When I am lazy and do not want to pray,

All: Holy Spirit, help me choose to love.

Reader 3: When I don't feel like listening to my parents,

All: Holy Spirit, help me choose to love.

Reader 4: When I am angry and want to say or do something hurtful,

All: Holy Spirit, help me choose to love.

Reader 5: When I want to take something that doesn't belong to me,

All: Holy Spirit, help me choose to love.

Reader 6: When I think about telling a lie,

All: Holy Spirit, help me choose to love.



Sing "C-H-O-I-C-E-S"

YOUR CHILD LEARNED >>>

This chapter explains free will as a gift from God and the Ten Commandments as God's laws that tell us how to love God and others.

God's Word



Read **Luke 10:25–28** to find out what Jesus said is the most important Commandment.

Catholics Believe

- The Ten Commandments are God's laws to help people love him and others.
- God gives people the freedom to choose.

To learn more, go to the *Catechism of the Catholic Church* #2056–2060 at usccb.org.

People of Faith

This week, your child met Saint Frances Cabrini, the first American citizen to be canonized. Saint Frances wanted to be a missionary to China, but came to the U.S. instead.

CHILDREN AT THIS AGE >>>

How They Understand Making Choices Rules are very important to children in first grade. They are just beginning to understand cause and effect, the idea that the world works according to certain rules, so they tend to form their ideas about various places and situations based on what the rules are. They also become distressed when someone else is not following the rules, even when it does not directly impact them. You can help your child make good choices by providing him or her with clear, developmentally appropriate, and consistent guidelines for behavior.



CONSIDER THIS >>>

What moves you to do the right thing, to choose what is good?

Sometimes we know the right thing to do, but we aren't brave enough or motivated enough to do so. Living in right relationship with God helps us to live in right relationship with others. The Holy Spirit will give you the grace to do God's will. "The moral life requires grace...the grace that comes to us from Christ in the Spirit is as essential as love and rules and, in fact, makes love and keeping the rules possible" (*USCCA, p. 318*).

LET'S TALK >>>

- Ask your child to talk about some choices he or she has made recently.
- Talk about doing something you didn't want to do at first, but that later turned out to be the right thing to do.

LET'S PRAY >>>



Saint Frances Cabrini, pray for us that we may make the right choices and always obey our mothers and fathers. Amen.



For a multimedia glossary of Catholic Faith Words, Sunday readings, seasonal and Saint resources, and chapter activities go to aliveinchrist.osv.com.

Chapter 14 Review

A Work with Words Circle the correct word to complete each sentence.

1. The Ten Commandments are God's ____.

laws

stories

2. God gave ____ the Ten Commandments.

Jesus

Moses

3. I show love for God when I choose what is ____.

easy

good

4. A bad choice can ____ us and others.

hurt

help

5. ____ choices have consequences.

Some

All

6. We ____ God when we do what he asks.

obey

disobey

B Check Understanding Write your answer on the space below.

7. What is being able to choose whether to obey or disobey God called?

