

ALIVE IN CHRIST

GRADE 3

The Church

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Our Sunday Visitor

Help with Choices



Let Us Pray

Leader: God, help me to follow you.

“Guide me by your fidelity and teach me,
for you are God my savior.” **Psalm 25:5**

All: Jesus, help me to listen for the voice of the Holy Spirit in your Word and in the Church so that I may choose what is right. Amen.



God's Word

Look deep into my heart, O God. You know my deepest thoughts. See if I am going in the wrong direction, then lead me back to you.

Based on Psalm 139:23–24

Sunday Visitor



What Do You Wonder?

- Is God mad when you do something wrong?
- Who do you trust to help you learn what is right and wrong?

Many Choices

How do you make good choices?

Your life is full of choices. Some don't make much of a difference, such as which color of shirt you wear on a Saturday.

Some choices do make a big difference, though. Sometimes you must choose between a bad thing and a good thing. If you are lucky, the choice is easy. Sometimes, the choice can be difficult.

Everyone needs help to make good choices. The Holy Spirit helps you. God's free and loving gift of **grace** in the Sacraments can help you. Parents, priests, and teachers can help you prepare for choices by giving you guidance and helping you form your **conscience**. God gave you your conscience to help you choose between right and wrong.

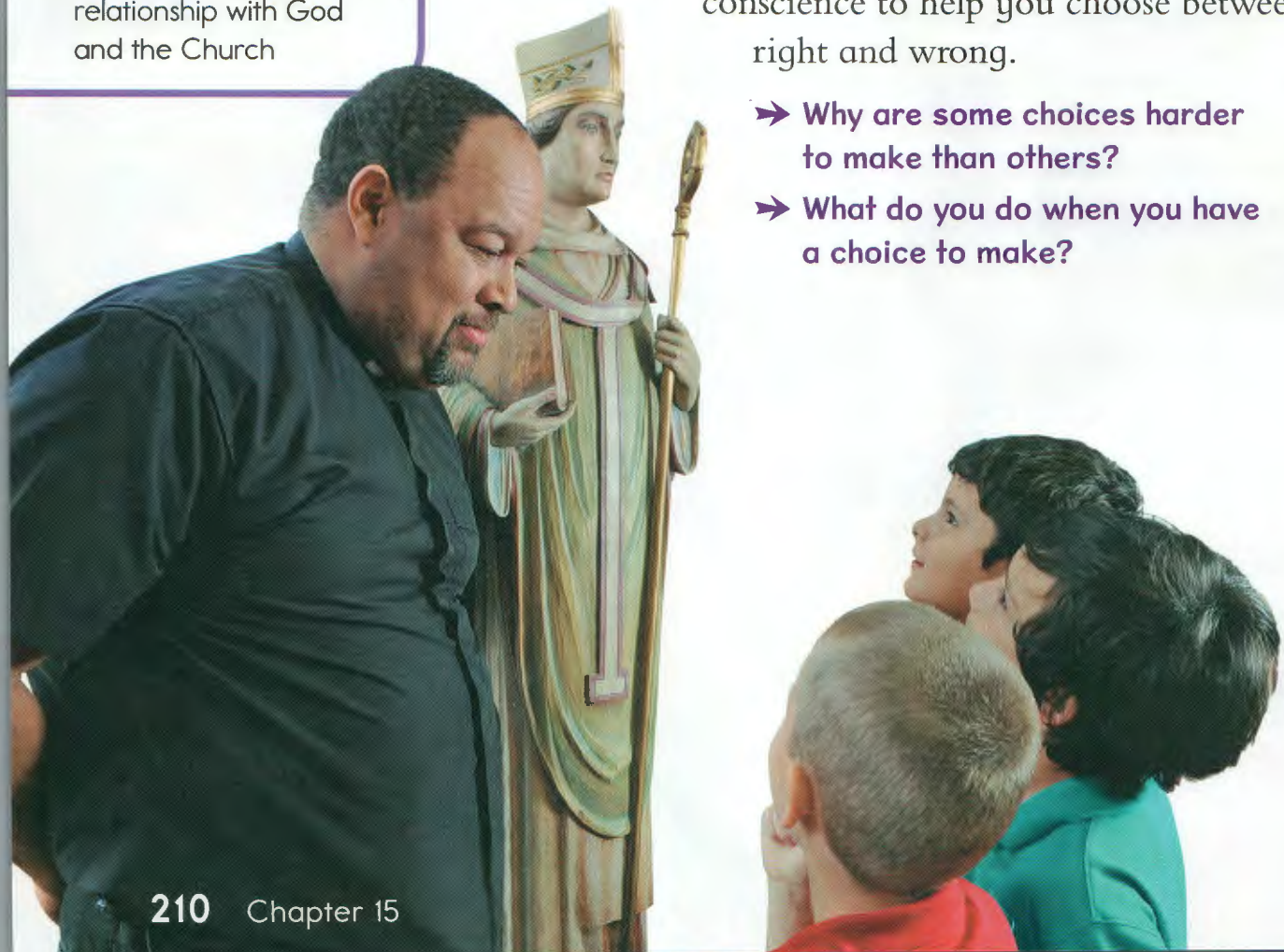
- ➔ Why are some choices harder to make than others?
- ➔ What do you do when you have a choice to make?

Catholic Faith Words

grace God's free and loving gift to humans of his own life and help

conscience an ability given to us by God that helps us make choices about right and wrong

Precepts of the Church some of the minimum requirements given by Church leaders for deepening our relationship with God and the Church



The Church Guides Choices

The Church helps us make good choices, too. We use the teachings of the Church to guide our choices. The Church teaches us to follow the Ten Commandments and the Beatitudes. The Church tells us we must also follow its basic requirements, the **Precepts of the Church**, in order to deepen our relationship with God and the Church.



Precepts of the Church

Precept	How Each Precept Guides You
1. Take part in Mass on Sundays and Holy Days of Obligation. Keep these days holy and avoid unnecessary work.	Makes sure that you take time to be with Jesus and your parish community, strengthens your faith, rests your body, and encourages you to enjoy the world God has given you
2. Celebrate the Sacrament of Penance and Reconciliation at least once a year if there is serious sin.	Helps you look at your life to see how you need God's forgiveness and which actions you need to improve
3. Receive Holy Communion at least once a year during Easter time.	Strengthens your faith and makes you one with Jesus
4. Fast and abstain on days of penance.	Helps you share in the sacrifice of Jesus, train yourself spiritually, and experience the hunger of people who are poor
5. Give your time, gifts, and money to support the Church.	Encourages you to support the Church and participate in her works

Share Your Faith

Think Pick out one of the Precepts. How does it help Catholics become holy?

Share Share your answer with a partner and talk about why the precepts are important.

Changing Directions

How do you overcome making a bad choice?

What happens when someone makes bad choices? This Scripture story shows how someone who made bad choices can change.



Underline what the voice said to Saul.



God's Word

Saul and Jesus

Shortly after his Resurrection, Jesus returned to his Father in Heaven. A man named Saul began turning in followers of Jesus to the authorities.

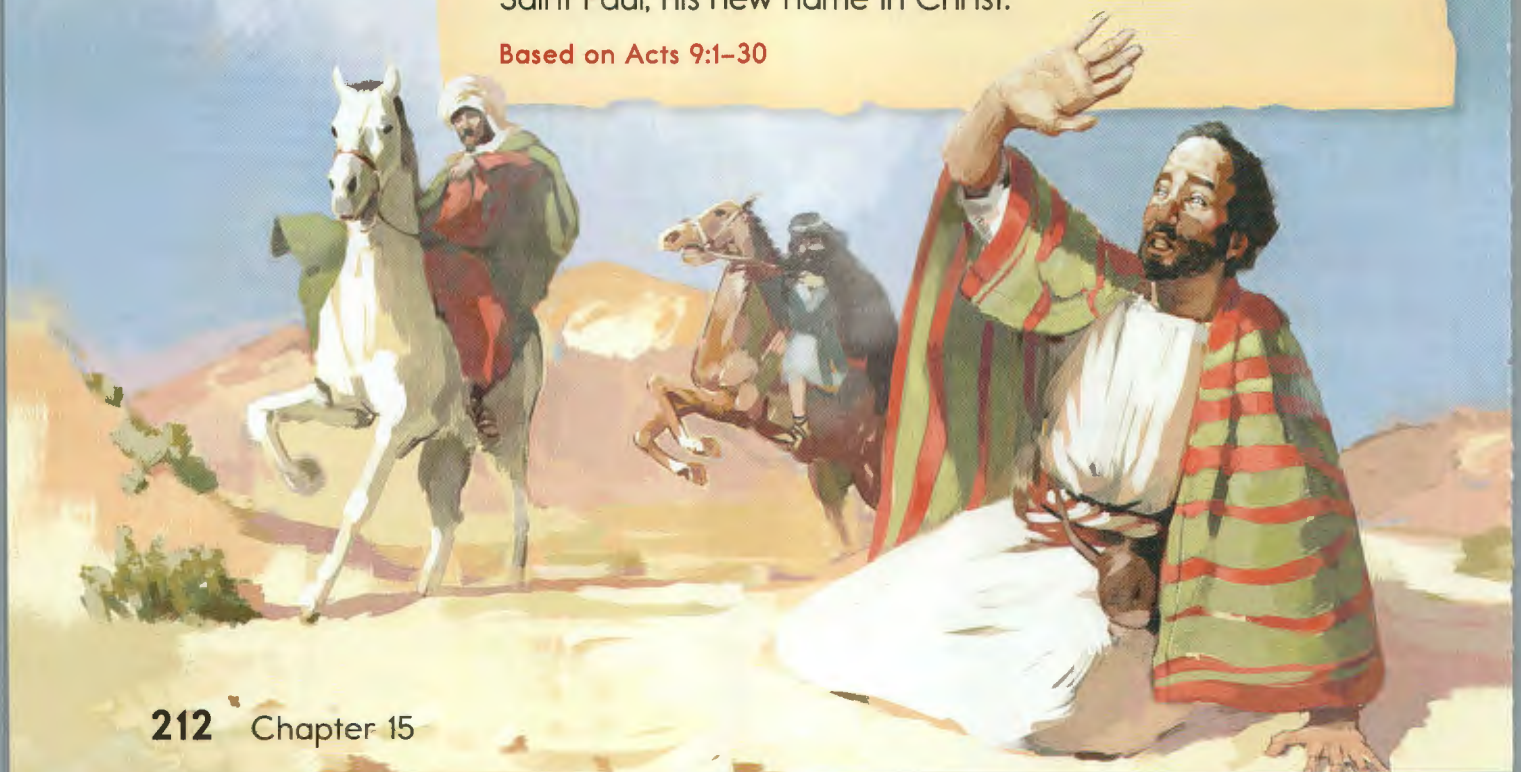
One day, Saul was traveling between towns. A bright light flashed around him. He heard a voice say, "Saul, Saul, why are you persecuting me?"

Saul asked, "Who are you?"

The voice answered, "I am Jesus ... go into the city and you will be told what you must do."

Saul did as Jesus said. He was baptized and became a great Christian preacher and writer. He is now known as Saint Paul, his new name in Christ.

Based on Acts 9:1-30



The Sacrament of Penance and Reconciliation

Like Saul, everyone makes wrong choices at times. The choice to disobey God on purpose is called **sin**. When you sin, you hurt your relationship with God and other people. But there are things you can do to help make things right again.

You can experience God's forgiveness in the Sacrament of Penance and Reconciliation, also called confession. Through this Sacrament, God gives you a chance to take these actions through his Church:

- Look at what you have done.
- Say you are sorry, seek forgiveness, and receive absolution.
- Repair or make up for the wrong you have done, and change your behavior.



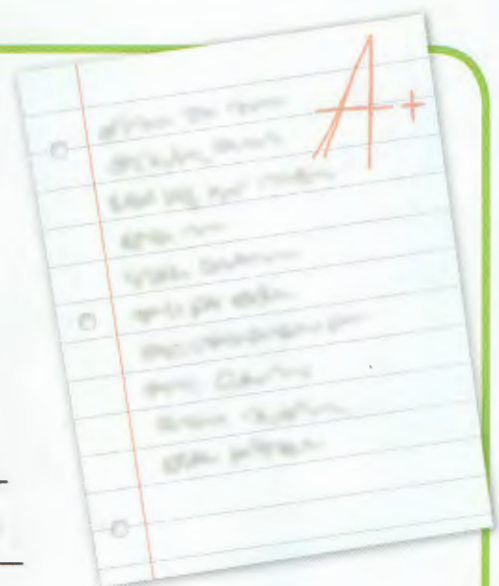
Catholic Faith Words

sin a person's choice to disobey God on purpose and do what he or she knows is wrong. Sins hurt our relationship with God and other people.

Connect Your Faith

Talk It Over With a partner, talk about making good choices in the following situation, and list your choices in the space below.

You can see your best friend's test paper from where you are sitting, and you know that she always gets the highest grade.



Our Catholic Life

How do you tell right from wrong?



Write the first words of each step in order below.

You know that your conscience guides you in making right decisions. It is up to you to learn what is right and wrong so that you can use that knowledge when you need to make a choice. Information about what is right and wrong can be found in many different places.

Form Your Conscience

- **Pray** to the Holy Spirit, asking for help to make a right choice.
- **Learn** the Ten Commandments, the Beatitudes, and the Precepts of the Church.
- **Listen** to the homily at Mass, and pay attention during religion lessons to learn God's laws.
- **Ask** a parent or another trusted adult.
- **Receive** the Sacraments, and be strengthened to follow God's will.

1. _____
2. _____
3. _____
4. _____
5. _____

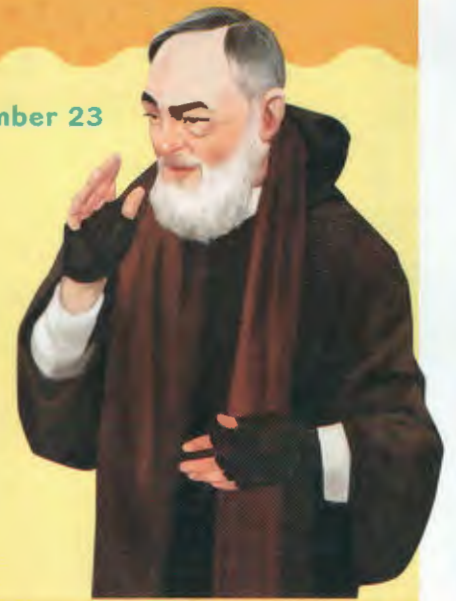


People of Faith

Saint Pio (Padre Pio), 1887–1968

September 23

Saint Padre Pio was born in Italy. His parents were farmers. At age 15, he began studying to become a Capuchin priest. He took the name Pio in honor of Pope Saint Pius V. Padre Pio knew that confession was very important. He said that going to confession was like dusting the soul. He heard the confessions of people who traveled from all over. He helped them feel God's mercy and forgiveness. Padre Pio was known for having the stigmata, the visible wounds of Christ. He would tell people "Pray, hope, and don't worry."



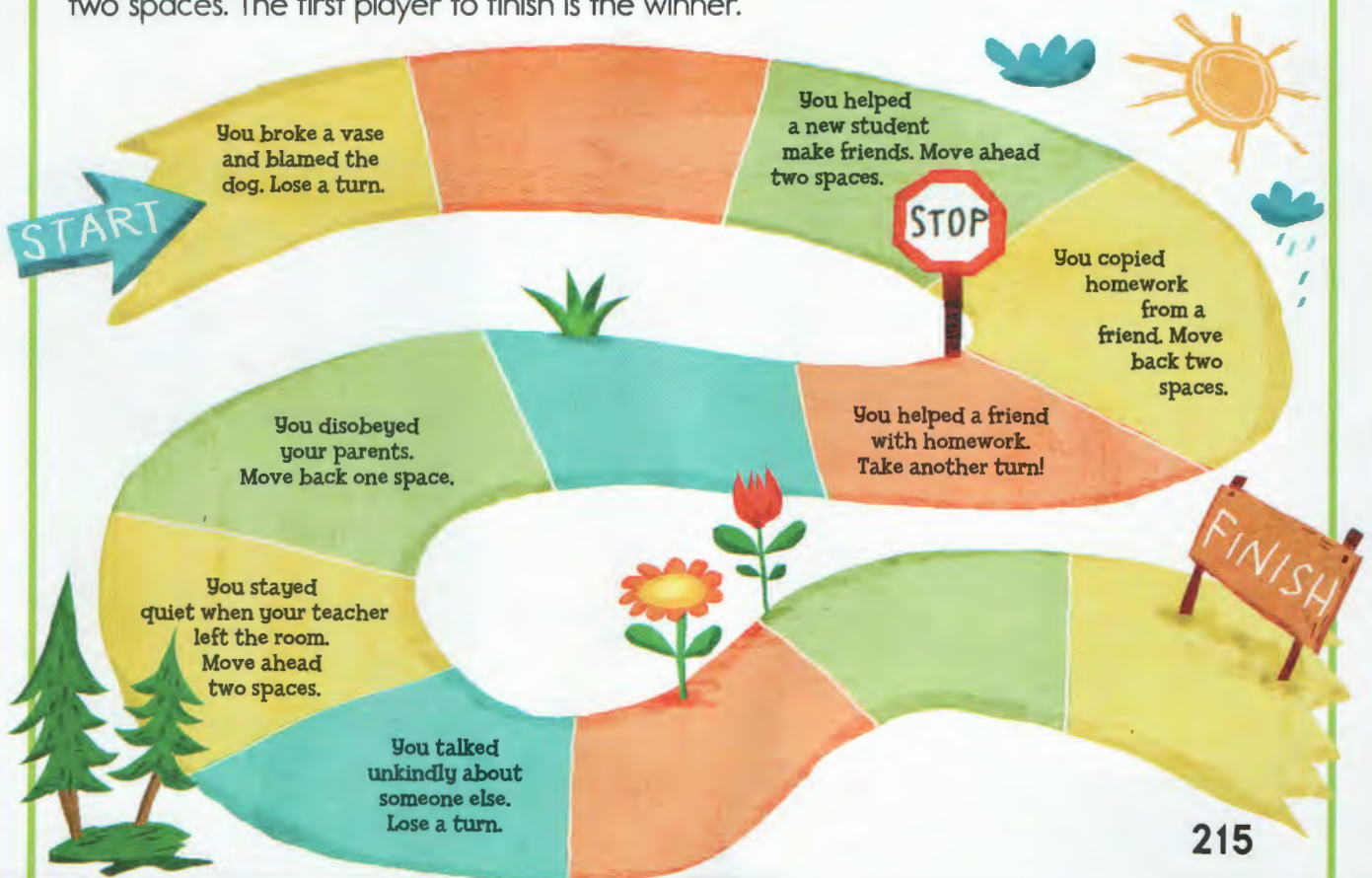
Discuss: When have you felt God's mercy?



Learn more about Saint Padre Pio at aliveinchrist.osv.com

Live Your Faith

The Path of Conscience With a partner, flip a coin to move along the path. Heads moves one space; tails moves two spaces. The first player to finish is the winner.



 Let Us Pray

Prayer for Forgiveness

Gather and begin with the Sign of the Cross.

Leader: God our Loving Father, we come to you to ask forgiveness. Sometimes we have not behaved as we should.

Leader: If we have quarreled and called each other names,

All: Lord, let your mercy be on us, as we place our trust in you.

Leader: If we are lazy at home and in school,

All: Lord, let your mercy be on us, as we place our trust in you.

Leader: If we have not done good for others when we had the chance,

All: Lord, let your mercy be on us, as we place our trust in you.

Leader: Let us pray.

Bow your heads as the leader prays.

All: Amen.

Based on the *Rite of Penance*.



Sing "God of Mercy"



FAMILY+FAITH

LIVING AND LEARNING TOGETHER

YOUR CHILD LEARNED >>>

This chapter explains how grace, conscience, and the Precepts of the Church help us follow God and make good choices.

God's Word



Read **Psalm 139:23–24** and discuss how God leads you in the right direction.

Catholics Believe

- Conscience is the ability given to us by God that helps us make choices about right and wrong.
- God's grace in the Sacraments, and the Holy Spirit, help us make changes and good choices.

To learn more, go to the *Catechism of the Catholic Church* #1777, 1785 at usccb.org.

People of Faith

This week, your child met Saint Padre Pio. He said that regular confession was one of the keys to a holy life.

CHILDREN AT THIS AGE >>>

How They Understand Making Good Choices Third graders often define good choices in terms of the parameters they have been given by people they trust. These parameters are often specific to place or situation. Because children this age depend a great deal on social expectations, it's important that this early conscience formation occur in family environments that are trustworthy and supportive of Catholic moral values.



CONSIDER THIS >>>

Who in your life do you trust to give you good advice?

We are careful about who we trust to give us advice. We realize that even those we trust can be wrong because of our limitedness as human beings. "Wisdom enables us to see the world from God's viewpoint, which can help us come to grasp the purpose and plan of God. It grants us the long-range view of history, examining the present in the light of the past and the mystery of the future. It saves us from the illusion that the spirit of the times is our only guide" (*USCCA, p. 208*).

LET'S TALK >>>

- Ask your child to name one of the actions he or she can do to experience God's forgiveness.
- Talk about how you've experienced God's forgiveness in the Sacrament of Penance and Reconciliation.

LET'S PRAY >>>



Saint Pio, pray for us that we may learn to turn to God often for forgiveness and mercy. Amen.



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

Chapter 15 Review

A Work with Words Fill in the circle beside the correct answer.

1. Your conscience is a ____ in making good decisions.
 prayer guide sin
2. A sin is a(n) ____ to disobey God.
 deliberate choice accident mistake
3. God's free and loving gift to us of his own life and help is called ____.
 spirit grace words
4. The ____ of the Church are some of the minimum requirements for deepening our relationship with God and the Church.
 laws liturgy Precepts
5. The Church offers God's ____ in the Sacrament of Penance and Reconciliation.
 anger forgiveness conscience

B Check Understanding Write responses on the lines below.

6. Whose voice did Saul hear? _____
7. What did Saul do after he heard the voice?

8. What new name did Jesus give to Saul? _____
9. Why do you need to form your conscience?

10. What can help you form your conscience?

