Parent/Guardian/Catechist - Just Teach Sheet

October Week 1

Theme: Saints & Holiness

Audience: Children (First Holy Communion Prep, Ages 7+)

Focus: Saints are ordinary people who loved Jesus with all their hearts. We are called to be saints too.

Weekly Goal

The child learns that saints were real people, not superheroes, and that holiness means loving God and others in daily life.

What You' 11 Need

This sheet

Bible

A holy card or picture of a saint (if possible)

Paper and crayons

Opening Prayer (Daily)

Dear Jesus,
Thank You for the saints,
who show us how to love You.
Help me to be kind, holy, and brave like them,
so I can be a saint too. Amen.

Day 1 - Who Are the Saints?

Say aloud:

Saints were real men and women who lived for Jesus. Some were children, some were adults. They are now in heaven, cheering us on.

■ **Hebrews 12:1** – "We are surrounded by so great a cloud of witnesses."

Mini Homily Reflection:

Saints show us it's possible to live for Jesus in every age.

Ask:

Do you know the name of a saint?

What makes them special?

Activity:

Draw a saint with a halo. Write their name if you know it.

Day 2 - Saints Were Ordinary People

Say aloud:

Saints were not born holy. They struggled, made mistakes, and had to say sorry — but they kept trying to love Jesus.

Romans 3:23–24 – "All have sinned and fall short of the glory of God, and are justified freely by His grace."

Mini Homily Reflection:

Holiness is not about being perfect. It's about always turning back to Jesus.

Ask:

What do you do when you make a mistake?

Do you think God can still make you a saint?

Day 3 - Saints Loved Prayer and Mass

Say aloud:

Saints always prayed and went to Mass. That's where they found strength to love God and others.

■ **John 15:5** – "Apart from Me you can do nothing."

Mini Homily Reflection:

We can't be saints without prayer and the Eucharist. That's where Jesus fills us with His life.

Ask:

Do you have a favourite prayer?

How do you feel after Mass?

Activity:

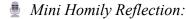
Help your child decorate their prayer space with a picture of their favourite saint.

Day 4 - Saints Loved Others

Say aloud:

Saints didn't just pray. They cared for the poor, forgave enemies, and showed kindness even when it was hard.

■ 1 John 4:19 – "We love because He first loved us."



Saints show us that love is stronger than hate.

Ask:

How can you love someone who is hard to get along with?

Activity:

Do one act of kindness today for someone in your family.

Day 5 - You Are Called to Be a Saint

Say aloud:

Holiness is not only for special people. It is for everyone. God made you to be a saint.

■ Matthew 5:48 – "Be perfect, as your heavenly Father is perfect."

Mini Homily Reflection:

Holiness means belonging to God with all our heart. With His help, we can become saints.

Ask:

What kind of saint do you want to be? (a kind one, a brave one, a praying one, etc.)

Weekend Wrap-Up - Walking with the Saints

Saints were ordinary people who loved Jesus.

They prayed, went to Mass, and helped others.

We are called to be saints too.

Reflection prompts:

Which saint do you admire most?



Prayer Prompt or Journal Space

"Dear Jesus, help me be a saint by..."

Encourage drawing for younger children.

Apologetics for Parents

Q: Why pray to saints?

A: We don't worship saints — only God. We ask saints to pray for us, just like asking a friend on earth to pray.

Q: Aren't saints just holy legends?

A: No. Saints were real people whose lives are recorded in history. Their holiness is proof of God's grace.

Catechism Extension (for parents / older children)

CCC 946-948 - Communion of Saints.

CCC 828 – Saints are models of holiness.

CCC 2013-2014 - All are called to holiness.