

# Parent/Guardian/Catechist - Just Teach Sheet

## September Week 4

**Theme:** Faith & Belonging to the Church

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

**Focus:** Belonging to the Church means living like Jesus — loving, forgiving, and serving others in our everyday lives.

## Weekly Goal

The child learns that the Church is not just Sunday Mass, but a way of life. We show we belong to Jesus by loving others, forgiving, and helping as part of His family.

## What You'll Need

This sheet

Bible (or printed verses below)

A quiet place for prayer

Paper and crayons

## Opening Prayer (Daily)

Lord Jesus,  
Thank You for making me part of Your family, the Church.  
Teach me to love, forgive, and serve others,  
so that people can see You in me.  
Amen.

## Day 1 - Loving Others in God's Family

### Say aloud:

The Church is a family. Families love each other. Jesus asks us to love, not only our family at home, but everyone in His Church.

**John 13:34** – “Love one another. As I have loved you, so you must love one another.”

*Mini Homily Reflection:*

When people see us love each other, they see Jesus.

**Ask:**

How can you show love to someone at school or in church this week?

**Activity:**

Draw a heart. Inside, write or draw names of people you can show love to.

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## Day 2 - Forgiving in the Church

**Say aloud:**

Sometimes we hurt each other, even in God's family. Jesus asks us to forgive, just as He forgives us.

**Matthew 6:14** – “If you forgive others when they sin against you, your heavenly Father will also forgive you.”

*Mini Homily Reflection:*

Forgiving isn't easy. But when we forgive, we bring peace, like Jesus does.

**Ask:**

Who do you need to forgive right now?

How does forgiving make your heart feel lighter?

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## Day 3 - Helping in the Church

**Say aloud:**

Belonging to the Church means we help each other. We don't just sit and watch — we join in!

**Galatians 6:2** – “Carry each other's burdens, and in this way you will fulfil the law of Christ.”

*Mini Homily Reflection:*

Even small acts — smiling, holding a door, helping with chores — are ways of serving Jesus.

**Ask:**

What's one way you can help at home? At church?

**Activity:**

Make a “Helping Hands” picture. Trace your hand on paper and write one way you'll help someone this week.

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## Day 4 - The Church Shares with the World

**Say aloud:**

The Church doesn't just care for her own family. She cares for the poor and those in need everywhere.

**Matthew 25:40** – “Whatever you did for one of the least of these brothers and sisters of mine, you did for Me.”

*Mini Homily Reflection:*

When we give to the poor, we give to Jesus.

**Ask:**

How could we share what we have with someone in need?

**Activity:**

Choose one toy, book, or item to give away to charity this week.

## Day 5 - Living as Part of God's Family

**Say aloud:**

Belonging to the Church is more than Sunday. It means living like Jesus every day.

**Colossians 3:12** – “Clothe yourselves with compassion, kindness, humility, gentleness, and patience.”

*Mini Homily Reflection:*

If we live like this, people will see Christ in us.

**Ask:**

Which of these is easiest for you: kindness, gentleness, patience?

Which one is hardest?

## Weekend Wrap-Up - Living the Church Life

**Ask gently:**

How do we show that we belong to the Church during the week?

What do love, forgiveness, and helping look like at school or home?

Which one will you focus on this week?

## Prayer Prompt or Journal Space

**Complete:**

“Jesus, this week I will live like part of Your family by...”

Encourage drawing for younger children.

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## Apologetics for Parents

**Q: Isn't church just Sunday Mass?**

A: No — it's a way of life. Mass is the source of our strength, but the proof we belong to Jesus is how we love and serve during the week.

**Q: How do I help my child live their faith at home?**

A: Encourage small daily acts — saying sorry, praying at bedtime, sharing toys, thanking God before meals. These make the Church real at home.

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## Catechism Extension (for parents / older children)

**CCC 2044** – The faithful live out their faith by working in charity.

**CCC 1822–1829** – Love is the heart of Christian life.

**CCC 1931** – Respect and justice for every person.