

A CHILDREN'S CATECHISM

ECHOING GOD IN THE WORLD



PART I

OUR FAITH

the Parish of St. Dunstan

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ECHOING GOD IN THE WORLD



PART I

OUR FAITH

a parish publication & resource

Aldergrove, British Columbia

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Preface & Apology

Though the St. Dunstan's Centre for Spiritual Renewal is primarily an adult Christian formation program, all of God's children of every age need resources for their spiritual growth and development. The Covid-19 pandemic and school closures prompted me to develop these lessons based on traditional catechisms.

There are four parts to this catechism.

Part I: Our Faith follows the lines of the Apostles' Creed.

Part II: Our Church explores the activities of the church.

Part III: Our Life wonders about Christian ethics in an elementary way

Part IV: Our Prayer follows the lines of the Lord's Prayer.

Each lesson is meant to be done together, child and adult. They should take no longer than 15 minutes. None of the reflections in this collection will be able to explore the height, depth, or breadth of Christian theology. This resource is meant merely as a foundation for the child of God to build their spiritual practice and theological imagination.

Let us all find ways to grown in the grace and knowledge of Jesus Christ, our friend and helper. Amen.

A handwritten signature in dark ink, appearing to read 'D. Taylor', with a large, stylized 'D' and a trailing flourish.

the Reverend David Taylor
Rector of the Parish of St. Dunstan
Director of St. Dunstan's Centre for Spiritual Renewal

Lesson 1

Who am I?

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

I wonder why God **made** you.

1 I am **created** by God

God **made** you because God is love
and love **creates**. God **made** you in
the image and likeness of God.

Genesis 1:26

You are also a wonderful
creator.

**For it was you, O God, who
formed my inward parts; you
knit me together in my
mother's womb. I praise you,
for I am fearfully and
wonderfully made.**

Psalms 139:13-14

Activity: Create a picture of yourself,
you beautiful Child of God!

2. I am awakened by God

When we are baptised, it is like God splashes us with water and says, “Wake up!”. When we are **awake**, we become more like God as we follow Jesus. It is a wonderful thing to be **awake**. It is a wonderful thing to be baptised.

- I was baptised on:
- I want to be baptised.

Activity: Ask your parent if you have been baptised. Ask them to describe the day you were baptised. If you were not baptised ask your parents if you can be.

3. I am led by Jesus

Jesus is our **leader**. We work hard to **listen** to Jesus and **do** what he says and imitate what he did. When we do, the world becomes more and more wonderful.



Activity:

Trace your fingers along the path of the labyrinth into the centre.

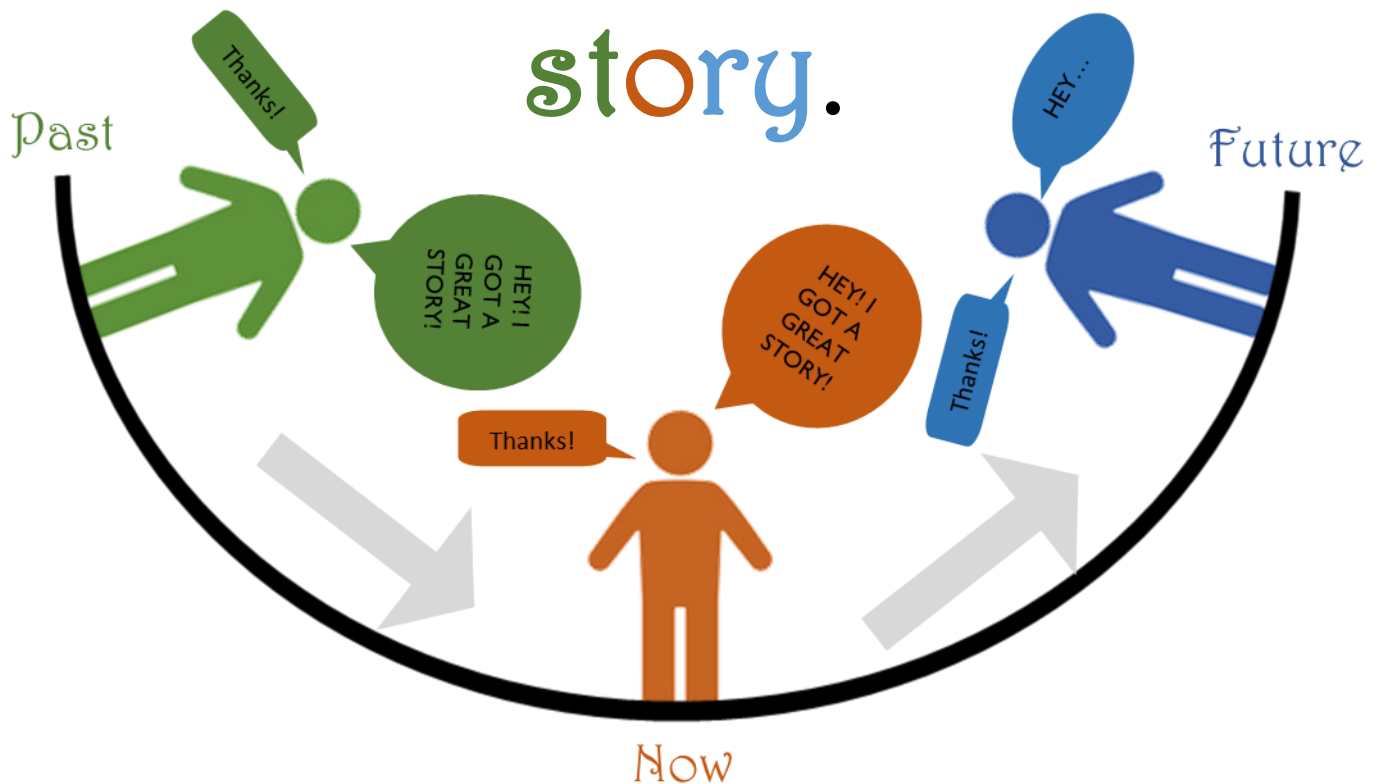
Lesson 2

I believe

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

Belief is sharing the same

story.



I wonder what your favourite story is.
I wonder who first told you your favourite story.
Tell your favourite story to someone.

What is our story? What do we believe?

1. We believe God made us

Creator

Activity: Read a story of the Creation.

2. We believe God is with us

Jesus

Activity:
Read your favourite story of Jesus)

3. We believe God heals us

Spirit

Activity: Google a story of a saint that shares your name or the name of someone you know.

Lesson 3

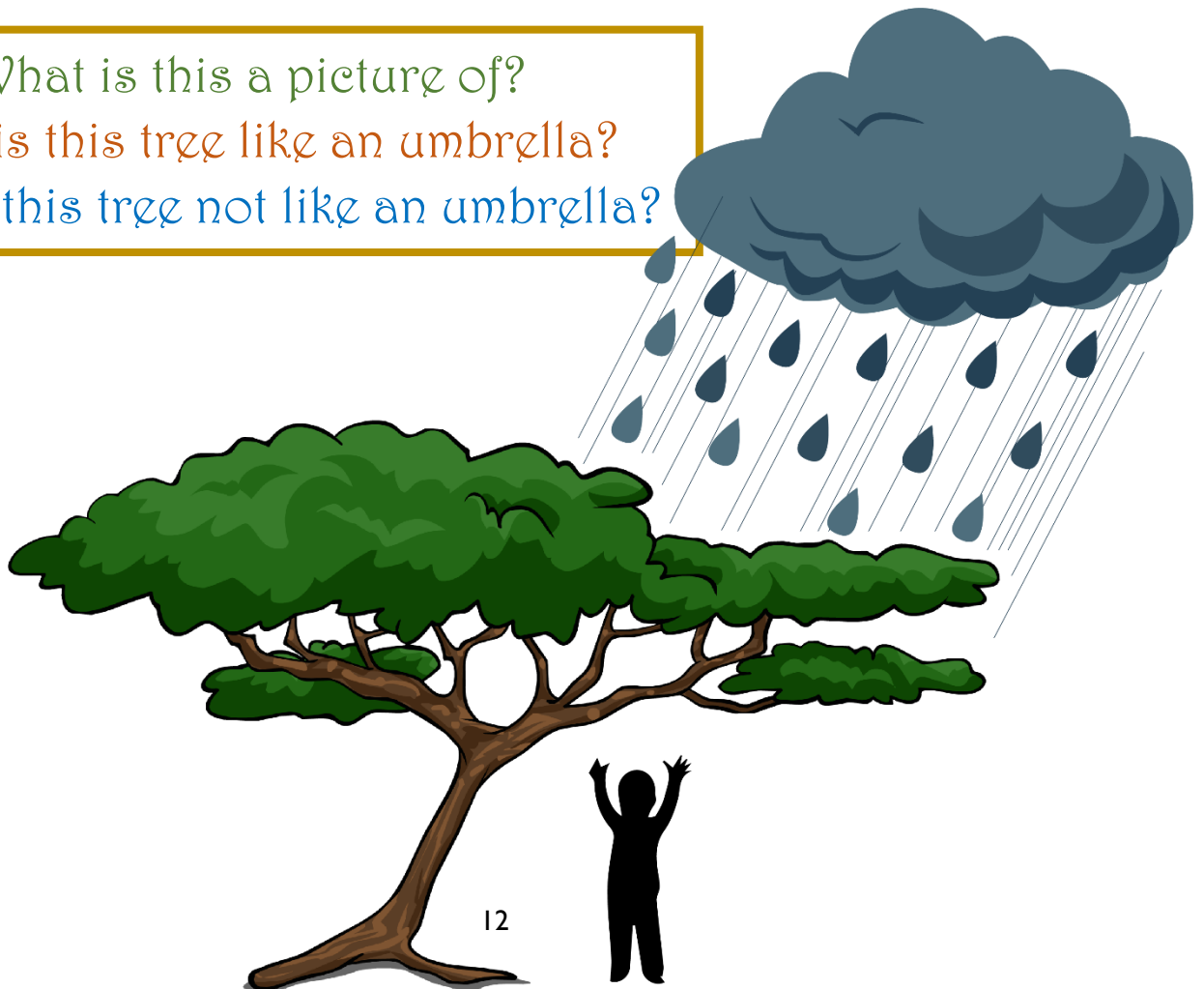
God the Father, Mother, Parent

This is a repeat-after-me-prayer:

Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

We use our imagination
to understand who God is.

What is this a picture of?
How is this tree like an umbrella?
How is this tree not like an umbrella?



God is **F**ather or **M**other or **P**arent because:

1. God is the one who makes us

I kneel before the Father, from whom ever family in heaven and on earth get its name. *Ephesians 3:14-15*

We are all named after the one who **made** us: we are God's beloved children.



Activity:

Make a paper person chain of your home family and your church family.

2. God is the one who adopts and cares for us **LOVE**

God's Spirit has **adopted** you into God's Great Family. Now we call God, Father. *Romans 8:15*

I am with you as a mother **comforting** her children. *Isaiah 66:13*

We are all part of God's Great Family. And God loves us!

Activity:

Make a card to tell someone they are God's child and mail it to them.

3. God is the one who teaches us

"Now concerning love, you do not need any help, for you have been **taught** by God to love one another."

1 Thessalonians 4:9

God speaks into every one of our hearts to show us how to live, love, help and heal.



Activity:

Write down something you know about God and about what followers of Jesus do.

Lesson 4

God the Almighty

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

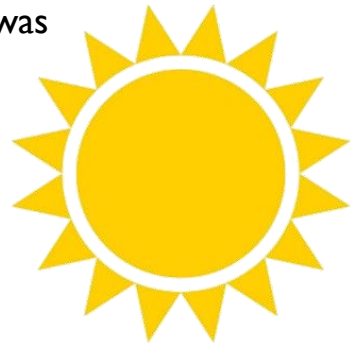
I wonder what it means to be **mighty**.

Here is an old story written by someone named Aesop.

THE **WIND** AND THE **SUN**



An argument arose between the **WIND** and the **SUN** over which of them was stronger. Noticing a traveller on their journey, they decided to put it to the test by seeing which of them could get the person's coat off quickest. The **WIND** went first. It sent a furious blast which nearly tore the coat from the person's shoulders. But the traveller seized the coat in both hands and clutched it so tightly that the **WIND** went on blowing in vain until it was exhausted. Then the **SUN** had a turn. It rose, dispelled the clouds, and beamed its most glorious heat on the traveller's head. Soon, the traveller grew warm, looked up at the **SUN** and said, "Dear **SUN** you have reached my heart with your rays. Now I can walk without this heavy coat." They flung off their coat and walked on refreshed.



Moral: **Persuasion** is better than **force**.

I wonder what **persuasion** is.
I wonder how the **sun persuaded** the traveller.
I wonder if God is more like the **wind** or the **sun** in this story.

I wonder how God is Almighty.

1 God is not afraid to be small or big

There is always something bigger than us and always something smaller than us. God wants us to treat the smaller things with love and meet the bigger things with courage. God does not force us to love but shows us Jesus to persuade us of Jesus' way.

Something bigger than me is:

Something smaller than me is:

--	--

Activity: Look for something bigger than yourself. Look for something smaller than yourself. How can you show love, kindness, and courage with these things?

2 God is not afraid to trust us

God does not control us. We are not robots. We can choose to do good things or harmful things. God trusts that we will do good things. When we do harmful things, God trusts that we will admit it, ask for help, and work to heal it.

I remember all that was accomplished today and pray, "Thank you, God."

I remember all that was not accomplished and pray, "Help me, God."

I remember when I was sad, angry, happy, or scared and pray, "Heal me, God."

May my heart be ever mindful of others and quick to do good. Amen.

Activity: Before you go to bed, do the above Examination of your Day.

3 God is not afraid to speak the truth

God always speaks up when God sees people act violently. God speaks through our parents, teachers, priests, deacons, in the Stories of Jesus, and in our hearts. All we need to do is listen. We listen to Almighty God and are persuaded to do good.

☐ Exodus 20:1-17

☐ Matthew 22:36-40

☐ John 13:34-35

Activity: Find a Bible and read the sections written above with an adult. Check them off once you have read them.

Lesson 5

God the Creator

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

The first story in the Scriptures is an ancient poem about God as Creator.
In this poem God first creates **the stage** and then **fills them** with beautiful things.

God made it all and it is Good!

Genesis 1

The Stage

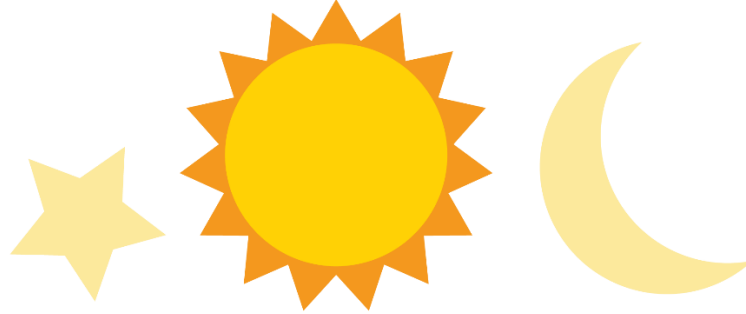
- Day 1** | God created the light and separated the day from the night.
Activity: Colour Area 1 the colour of the day sky and Area 2 the colour of the night sky.
- Day 2** | God separated the sky from the water.
Activity: Colour Area 3 the colour of the sky and Area 4 the colour of the ocean.
- Day 3** | God created dry land and planted every kind of plant.
Activity: Colour Area 5 the colour of grass and draw your favourite tree and flower.

The Actors

Day 4

God filled the day sky with the sun and the night sky with the moon and stars.

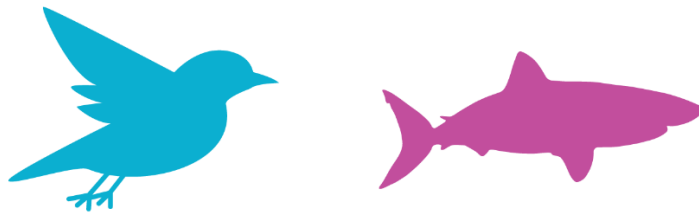
Activity: Cut and paste the sun in Area 1. Cut and paste the moon and stars in Area 2.



Day 5

God filled the sky with birds and the oceans with sea creatures.

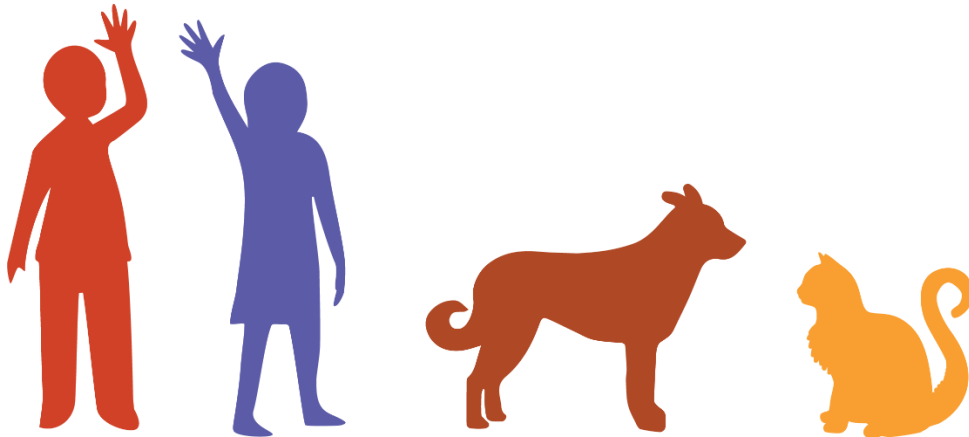
Activity: Cut and paste the bird in Area 3. Cut and paste the fish in Area



Day 6

God filled the land with animals and people.

Activity: Cut and paste the animals and people in Area 5.



Day 7

God rested

Activity: What do you do to rest? Draw your favourite recreational activity in Area 6.

The Creation

6.

2.

19

1.

3.

4.

5.

Lesson 6

Jesus our Lord

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.



I wonder what a Lord is.

A Lord is a **Ruler**

A Lord is a **Leader**

A Lord is **God**

A Lord is **the one we obey**

A Lord is a **teacher**

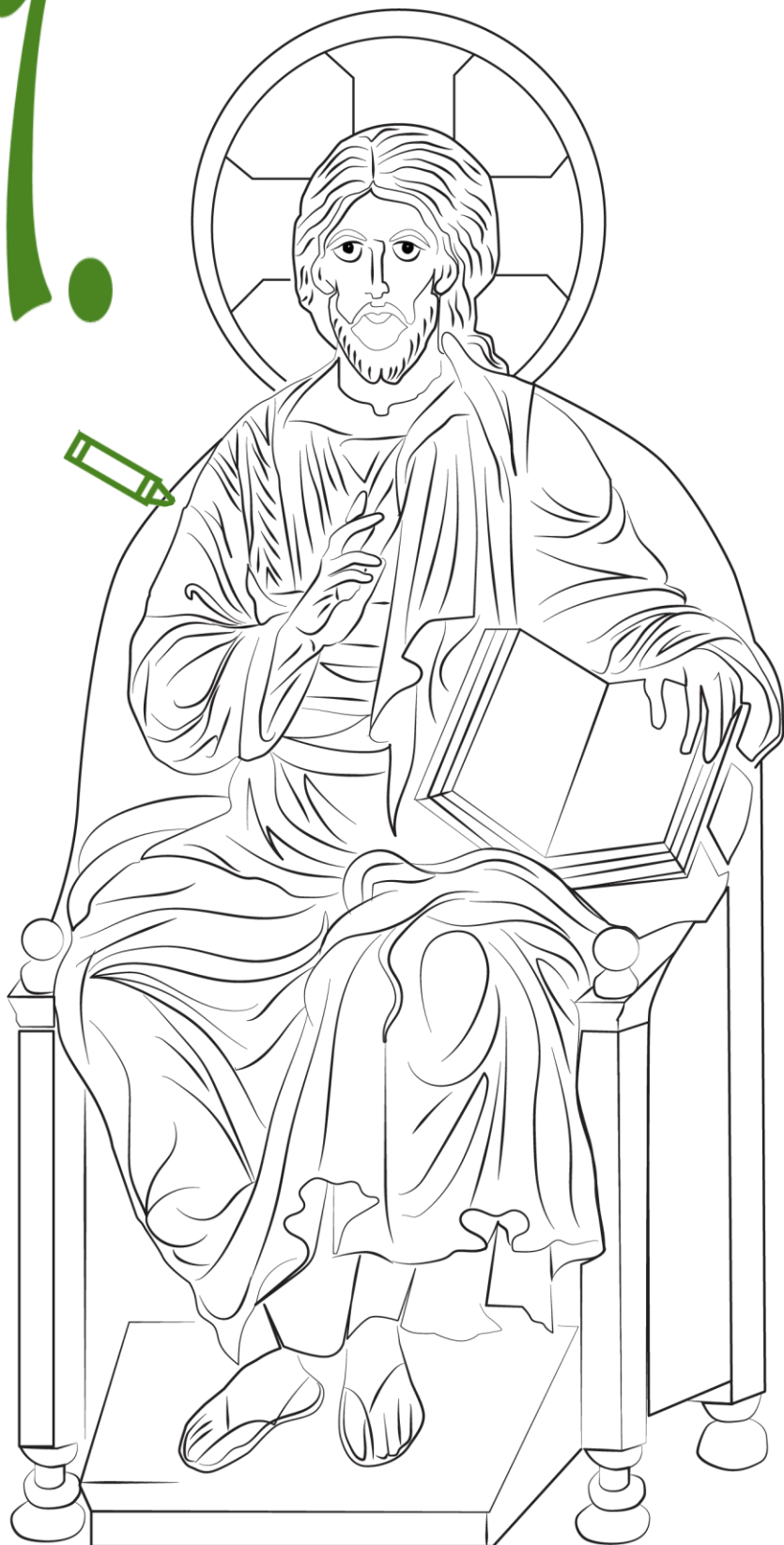
A Lord is **the one we serve**

Circle your
favourite
answer!!

I wonder why the one you circled is your favourite answer.
Find the one you circled on the following pages, read and do the activity.

(You can do all the other ones, too!)

1. Jesus is a ruler



Activity: colour this icon of Jesus, the Ruler.

Queens and Kings are responsible for ensuring there is **peace** and **justice** in their realm. The peace that Jesus the Ruler gives is the peace that comes into every heart. The justice that Jesus the Ruler gives is a justice that protects the most vulnerable: the poor, children and those who do not fit in.

Jesus said, “My kingdom is not from this world”.

John 18:36

2. Jesus is a leader

The Lord is my Shepherd and gives me everything I need. The Lord settles me down in green meadows, **leads** me beside still waters and refreshes my soul. Even though I experience scary things in life, I will not be afraid because the Lord is with me. Your shepherd's staff comforts me. You make sure I eat even in difficult places. You clean my wool. You give me fresh water. Goodness and love will follow me my whole life and I will live with you forever. Amen.

Psalms 23

Activity: Colour the picture of Jesus as our Good Leader.



3. Jesus is God

This is a picture of the Trinity. Trinity is the name Christians give to God. God is three (tri) and God is one. The three that make up the one God are:

Father or Creator

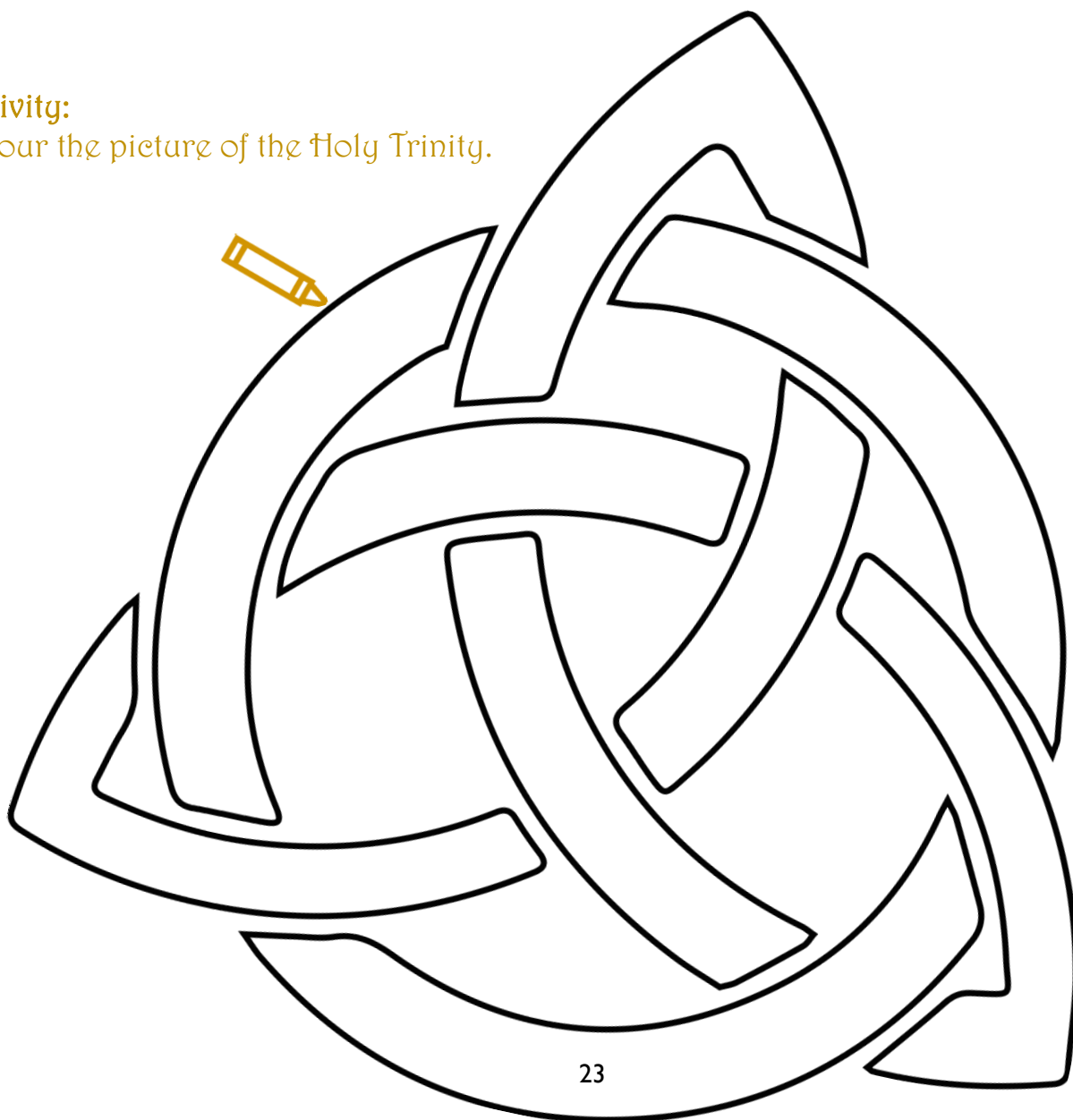
Son or Jesus

Holy Spirit or Love

Christians believe Jesus is part of the Trinity, that Jesus is part of the fulness of God. **Thomas looked at Jesus and said, “My Lord and my God.”**

Activity:

Colour the picture of the Holy Trinity.



4. Jesus is the one we obey

Activity:

Colour the picture of Jesus showing his love for his friends.



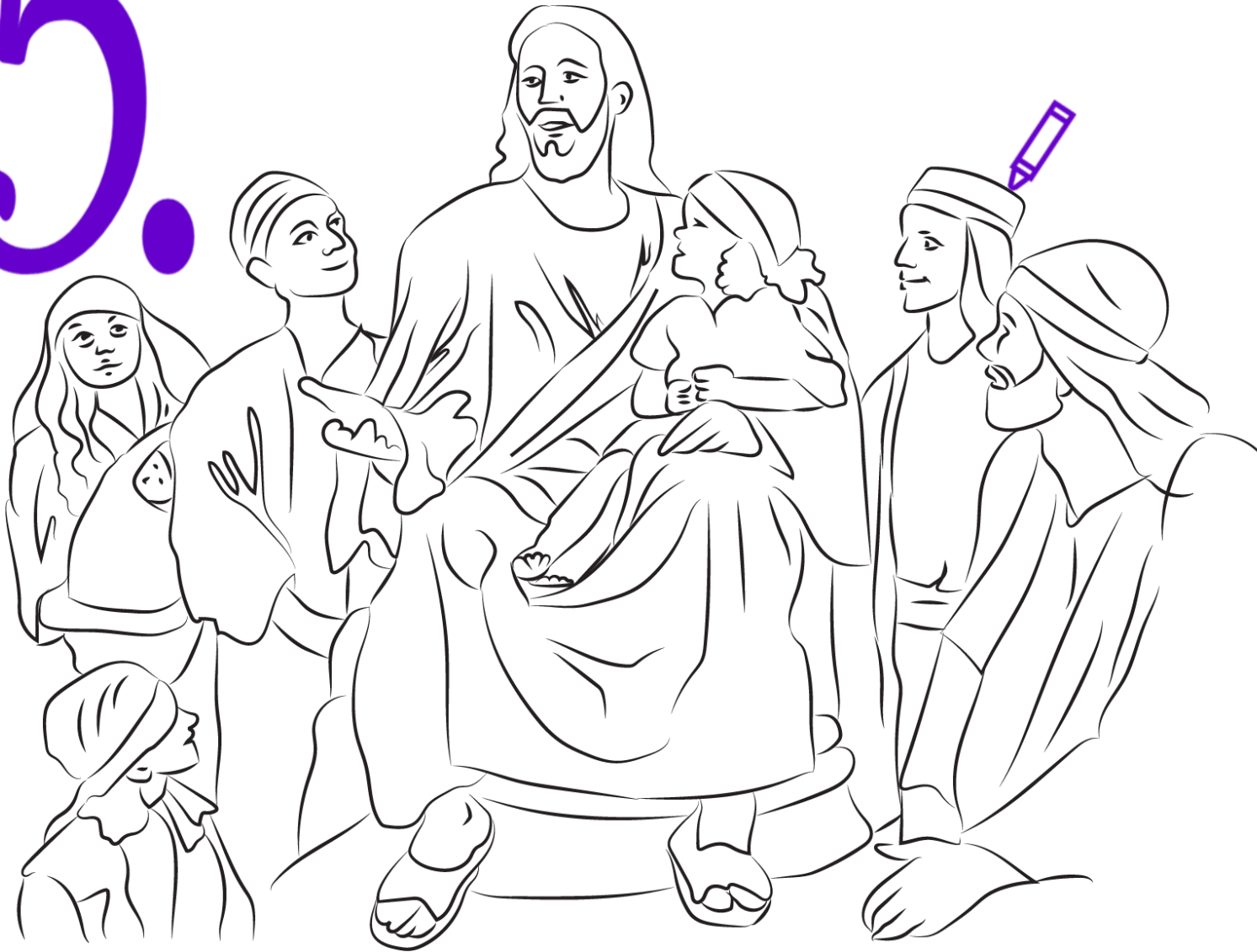
Jesus gave us a new commandment. (A commandment is something Jesus expects us to do.) This is the new commandment:

Jesus said, “as I have loved you, so you are to love one another.”

John 13:34

We obey Jesus. To obey means to **listen**. We listen to Jesus and do what he asks us to do. How do we know what Jesus asks us to do? We read stories about him from Scripture.

5. Jesus is a teacher



Activity: Colour the picture of Jesus teaching.

Jesus sat down and began to teach:

You are lucky if you do not need stuff to make you happy but look for God's kingdom instead. You are lucky if you do not need to be always entertained but know how to find joy in the right places. You are lucky if you do not need to be famous but are grounded in the earth. You are lucky if you already desire God's way because God will fill you up. You are lucky if you already are a friend and helper, for you will find friends and helpers on the way. You are lucky if you are already able to see yourself clearly, for in doing so you can already see God. You are lucky if you are already seeking peace in the world, for you will be called

God's Beloved Children.

Matthew 5

6 Jesus is the one we serve

Activity: Draw a picture of you doing something for Jesus.

(Maybe you are good at writing a thank you note to someone. Maybe you are good at helping cook food for others. Maybe you are good at checking in on your neighbours...)



We all have gifts given to us by God's Spirit to help us serve Jesus. Some people can speak God's words of hope with confidence. Some people can help people with courage. Some people can teach, some can encourage others, some give generously, some lead faithfully, some are happy healers.

No matter how we serve Jesus, we do it out of genuine love. We turn our backs on violence and reach out for good things. We love one another equally. We go out of our way to lift someone's spirit. We do not give up. We have enthusiastic hearts. **We serve the Lord.** We rejoice in the future. We are patient when things are tough. We never stop praying. If someone is in need, we help; even if it is someone we do not know.

Romans 12:6-13

Lesson 7

Jesus born of the Virgin Mary

This is a repeat-after-me-prayer:

Loving God,
you are amazing.

Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.

Amen.



1 Jesus is born

Many people and animals are part of Jesus' birth. Can you name them? You can look at Matthew and Luke chapters 1 and 2 for help!

Activity: List the characters in the story of Jesus' birth.

2 Jesus is Mary's Child

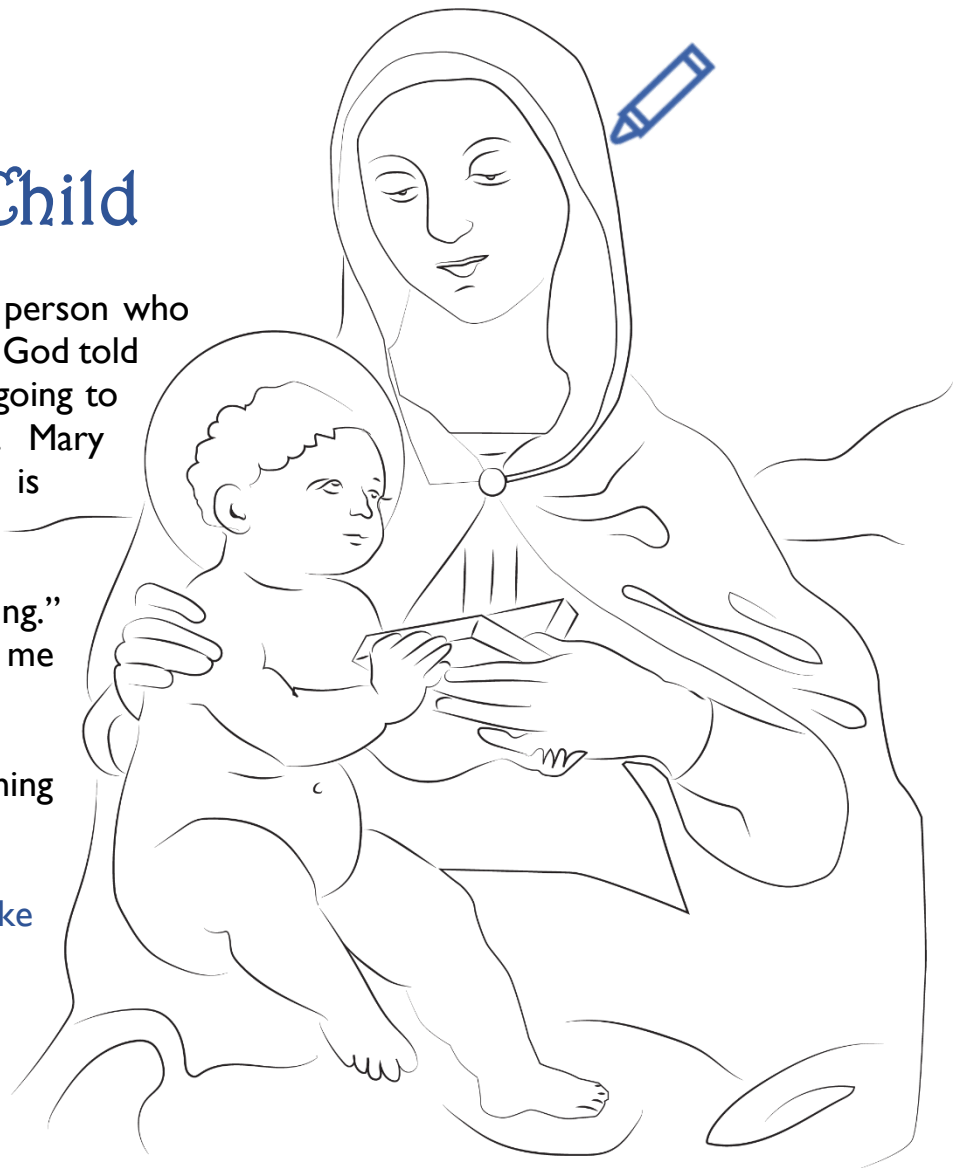
Mary was a young person who was not married. God told Mary she was going to have a baby. Mary asked, "how is this

possible?" God said, "I can make something out of nothing." Mary said, "Let it be done to me according to your word."

Mary said, "Yes" to something impossible.

We pray that we can be like Mary.

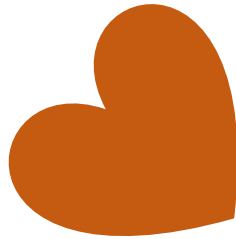
Activity: Colour the icon.



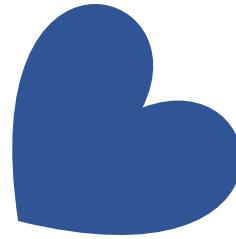
Lesson 8

Crucified under Pontius Pilate

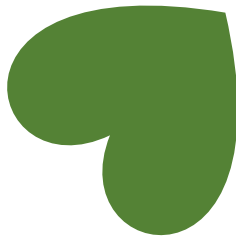
This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.



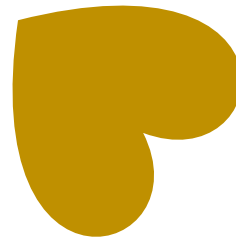
Crucified means to be nailed to a cross as a form of punishment. Criminals were nailed to crosses a long time ago to scare people so



they wouldn't do bad things. Jesus was not a criminal. He never did anything wrong. Neither did he have any inclination to do anything wrong. Yet he was nailed to a cross. Leaders who put innocent people on crosses or allow innocent people to be put on crosses will always be remembered as corrupt and unjust. Pontius Pilate was a leader who allowed Jesus to be put on a cross even though there was no proof



that Jesus did anything wrong. We will always remember him for that. We look to the cross to remember that God chose to experience even this scary part of life so that we know we are not alone even in our scary things. God is with us. God is always with us.



I wonder what the cross looks like.
I wonder what the cross means.

1 The cross looks like a sword

If we were to turn the cross upside down and sharpen the long end, what would the cross look like? A **sword**. **Swords** hurt people just like crosses did. When the cross looks like a **sword** we remember that God is with us in our pain and when we are afraid. Jesus walks with us. We know this because of the cross.

Loving God,

I am afraid of _____. Shine your light in my heart, so I will remember that you are always with me, through Jesus Christ, my friend and helper. Amen.

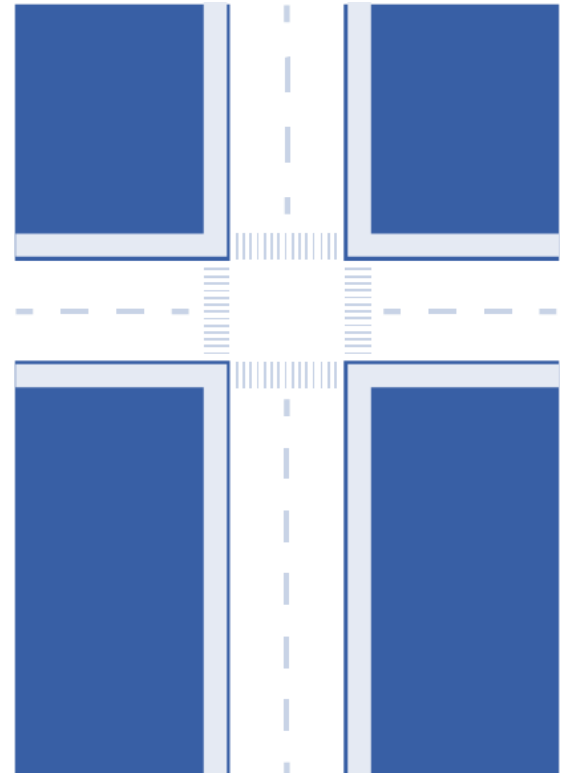
Activity:

Write down something you are afraid of and pray the prayer next to the sword-cross.



2 The cross looks like an intersection

If we were to place the cross flat on the ground and take a toy car and drive it up and down the arms, what would the cross look like? An **intersection**. **Intersections** are places to decide the direction we want to go. Maybe we want to keep going straight. Maybe we want to turn and go another direction. At the cross we **decide** if we want to listen to Jesus or if we want to walk our own way. Listening to Jesus means to walk with others when they are afraid or in pain.



Activity:

Write a way you can decide to be a helper to someone who is afraid on the intersection-cross.

3. The cross looks like a tree

If we were to plant the cross in the ground, water it and give it lots of sun, and if roots began to grow into the earth and leaves began to spout from the arms, what would the cross look like? A **tree**. The cross is where God gives us the food we need for our hearts to grow strong. At the cross we are fed the body and life of Jesus. Jesus becomes our food to give us courage and to give us peace.

Activity: Find some bread and wine (or juice) and share it with your family saying, “the body of Christ” and “the life of Christ.”

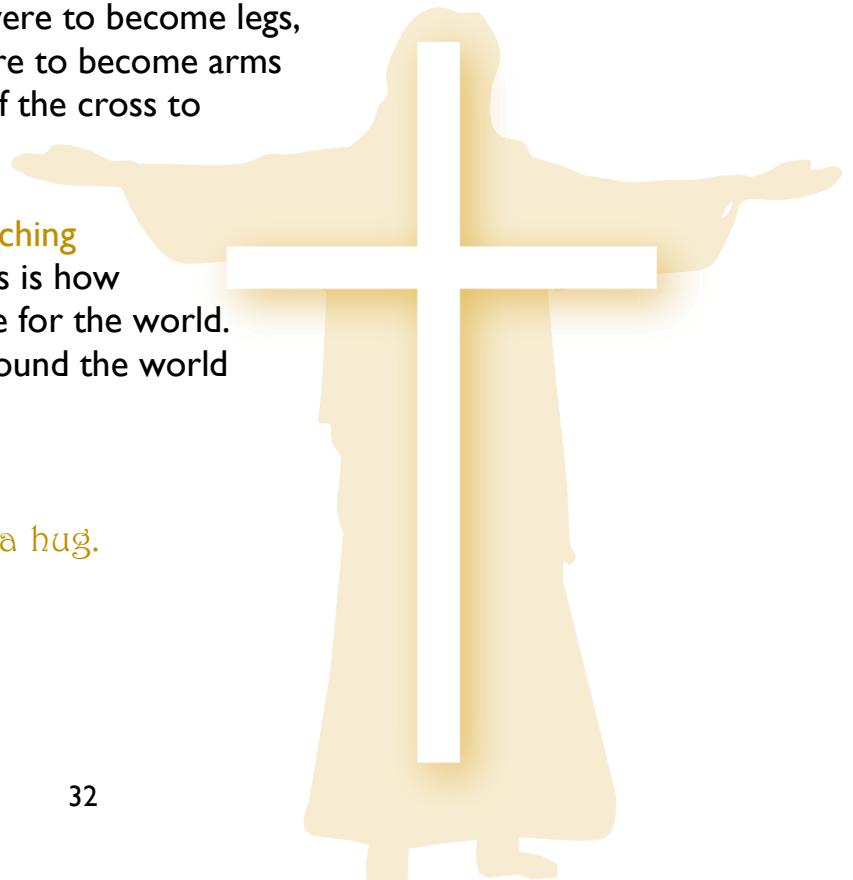


4. The cross looks like a hug

If we were to stand the cross up on the ground, and if the bottom of the cross were to become legs, the sides of the cross were to become arms with hands, and the top of the cross to become a person's head, what would the cross look like? **Someone reaching out for a hug**. The cross is how God showed God's love for the world.

It is like a **hug** from God that stretches around the world and around our hearts.

Activity: Give someone in your family a hug. Make sure to ask permission first!



Lesson 9

Jesus died and was buried

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

I wonder if you know someone
who has died.

It is incredibly sad when someone dies.
It breaks our hearts and makes us afraid.

Jesus knew his friends would be afraid
when he died.

When he was with his friends he said,
“Do not let your hearts be afraid. Believe in God,
believe also in me. In my Father’s house there are
many areas. I am going to prepare a place for you.
Then I will come again and take you to myself, so
that where I am, there you may be also.”

John 14:1-3

We all live in God whether we are alive or have died.
God is like a house with lots of space. Some people call God, *Home*.
God is the home we go to when we die.

I wonder what home feels like.

1 Dust we are and to dust we will return

Everyone dies. When God made us, God knew we were fragile and would not live forever. God also knew that this would scare us. So, God taught us how to care for one another, how to love the world, and how to be grateful for life. We are all made of dust, and to dust we will return. Another way of saying this is, we are all made by God and **to God we will return.**

Father of all, we pray to you for those we love but see no longer. Give them your peace; let light perpetual shine upon them; and in your loving power bring us all to your light and love, through Jesus Christ our Friend and Helper. Amen.

the Book of Alternative Services, page 602

Activity: Find a picture of someone you know who has died, light a candle, and say this prayer.

Death always leads to life

Jesus said,
**“Unless a seed falls into the ground
and dies, it can’t grow.”**

John 12:24

Life is stronger than death. Even leaves that fall to the ground become food for insects, plants, and animals.

When Jesus died and was buried, it was as though he was a seed planted in the garden. Just like we cannot see the seed begin to grow in the ground, neither did anyone see how Jesus rose from the dead. But in the end just as a shoot bursts out of the ground, Jesus burst out of the grave.

Activity: Plant a seed or a tree. Take care of it.
Let it become your special plant of life.

Lesson 10

Jesus rose again

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

I wonder what **Easter** is.

What are 3 things you know about **Easter**?

Did you know...

East means Morning. The sun rises in the east. That is why we call the east the east. Easter is the same. Some parts of the world call the Resurrection of Jesus Easter to connect the rising of Jesus with the rising of the sun. Most parts of the world call the resurrection of Jesus Pascha which means Passover. This is because Jesus' Resurrection also takes place at the same time as the ancient Jewish Feast of Passover.

A!MAY!ZING!



1 Easter is about ending fear

READ:

After the sabbath, as the first day of the week was dawning, Mary Magdalene and the other Mary went to see the tomb. And suddenly there was a great earthquake; for an angel of the Lord, descending from heaven, came and rolled back the stone and sat on it. His appearance was like lightning, and his clothing white as snow. For fear of him the guards shook and became like dead men. But the angel said to the women, ‘**Do not be afraid**; I know that you are looking for Jesus who was crucified. He is not here; for he has been raised, as he said. Come, see the place where he lay. Then go quickly and tell his disciples, “He has been raised from the dead, and indeed he is going ahead of you to Galilee; there you will see him.” This is my message for you.’ So they left the tomb quickly with fear and great joy, and ran to tell his disciples. Suddenly Jesus met them and said, ‘Greetings!’ And they came to him, took hold of his feet, and worshipped him. Then Jesus said to them, ‘**Do not be afraid**; go and tell my brothers to go to Galilee; there they will see me.’ *Matthew 28:1-10*

Activity: Name something that scares you. Take a deep breath and breathe in God’s love and breathe out fear. Do this three times every day.

Easter is about sharing peace

READ:

When it was evening on that day, the first day of the week, and the doors of the house where the disciples had met were locked for fear of the Jews, Jesus came and stood among them and said, ‘**Peace be with you**.’ After he said this, he showed them his hands and his side. Then the disciples rejoiced when they saw the Lord. Jesus said to them again, ‘**Peace be with you**. As the Father has sent me, so I send you.’ When he had said this, he breathed on them and said to them, ‘Receive the Holy Spirit.’

John 20:19-22

Activity: Write down a place in the world where there is no peace, put it by your bed and pray, “Peace be with you” each night before you sleep.

I pray for:

Lesson 11

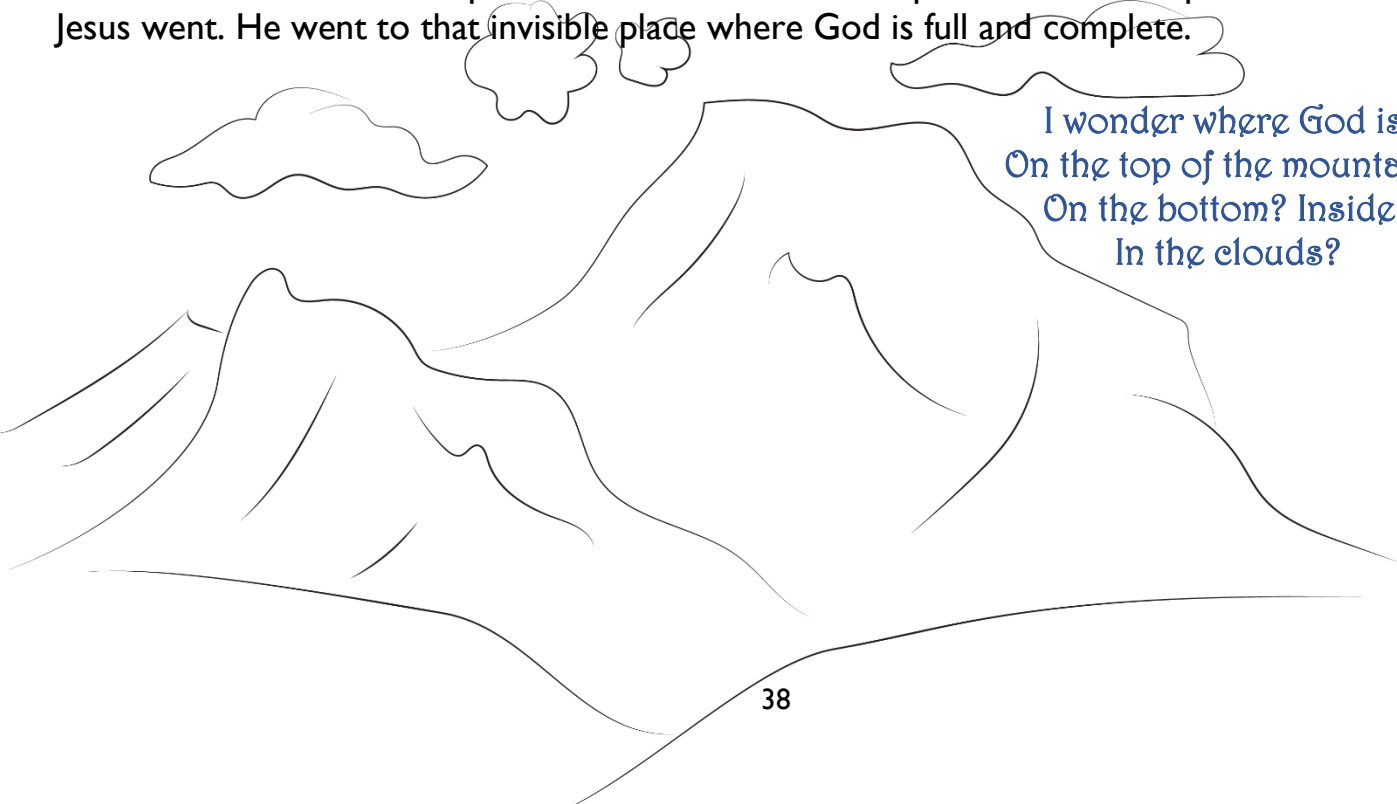
Jesus ascended into heaven

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

Jesus left his friends

After Jesus rose from the dead, he stayed with his friends for a while and kept teaching them God's way. But he did not stay long. Soon he ascended into heaven. That means he went to be in the full and complete presence of God.

A long time ago people believed that heaven was up in the sky. They believed that if you climbed a mountain you were closer to God because the mountain top was close to the sky. These days we do not think the same thing. We understand that the sky is the vastness of space with planets and stars. Heaven is not "up" there. Heaven is in a new place, an invisible place. That is where Jesus went. He went to that invisible place where God is full and complete.



I wonder where God is.
On the top of the mountain?
On the bottom? Inside?
In the clouds?

Jesus ascended into heaven...

1 To show us that Jesus' way is God's way

Jesus said, **"I am the way, the truth and the life."** *John 14:6*

This means that the way Jesus shows us how to live, the things Jesus says, and the way Jesus shows us how to relate to God is God's way. When we look at Jesus, we see God.



2 To make room for the Holy Spirit

Jesus said, **"I tell you the truth: it is to your advantage that I go away, so I will send you an Advocate."**

When the Spirit of truth comes, she will guide you into all truth, for she will not speak on her own, but will speak whatever she hears from me and the Father in heaven." *John 16:7-15ish*

This means that Jesus wants to connect with everyone in the same intimate way he connected with his first friends. The Holy Spirit is the invisible presence of God in our lives. The Holy Spirit says and does the same things Jesus says and does.

Activity: color the picture of Jesus ascending into God's presence.

Lesson 12

Jesus will come again to judge

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

I wonder what a **judge** is.

Everything we do and say has a **consequence**.
A **consequence** is what happens after we do or say something.

Action: I am kind and friendly to a new person at school

Consequence: I make a new friend.

Action: I say something rude to someone.

Consequence: I lose a friend.

A judge helps us understand what the **consequences** are for what we do and say.

Because Jesus is our judge, we know that our consequences will be fair and good.

Because Jesus is our judge, we know that we can ask for forgiveness and be heard.

Because Jesus is our judge, we know that both the people who are hurt and the person who does the hurting will be asked to work it out and be **reconciled**.

Reconciliation is the goal of Jesus as our judge.

Reconciliation means that everything is brought together again in love.

Thank you, Jesus, for being my **judge**.

1 Jesus makes us investigate our hearts

I'm grateful for:	I'm sad about:

Activity: Go through your day or week. Name the things you are grateful for. Name the things you are sad about. Ask God to shine a light in your heart.

Jesus makes us be accountable for our actions

Confession is admitting where we have caused pain or failed to help others. It is important to confess so that we find healing in our heart and in our friendships.

Confession is easy. All you do is pray:

I confess I have sinned against you, God, by what I have done and by what I have left undone. I am truly sorry. Have mercy on me and forgive me that I may walk in your ways with Jesus Christ, my friend and helper. Amen.

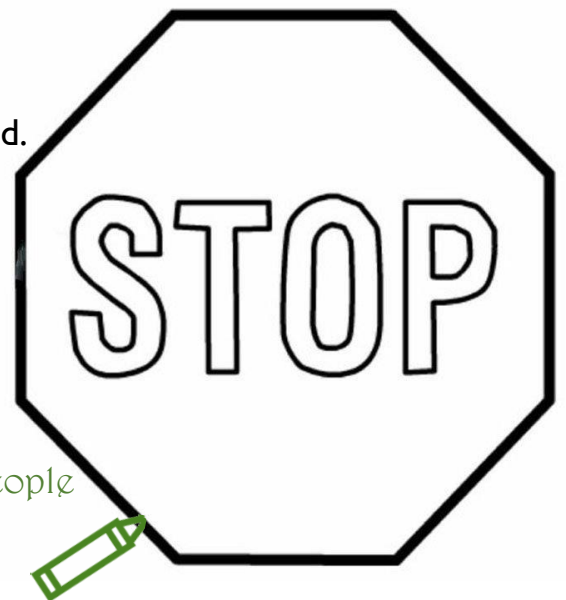
Activity: Pray this prayer each night before you go to bed.

3 Jesus ends injustice

Sometimes we see people mistreated or bullied.

When we do, we are asked to work with God to make it stop. When you see something, tell a parent, teacher, pastor, or another adult who can help. Keep praying that people will stop hurting other people.

Activity: Write down the names of people you would tell if you saw someone being bullied.



Lesson 13

Holy Spirit

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

I wonder what the
Holy Spirit is.

Spirit means *breath* or *wind*.

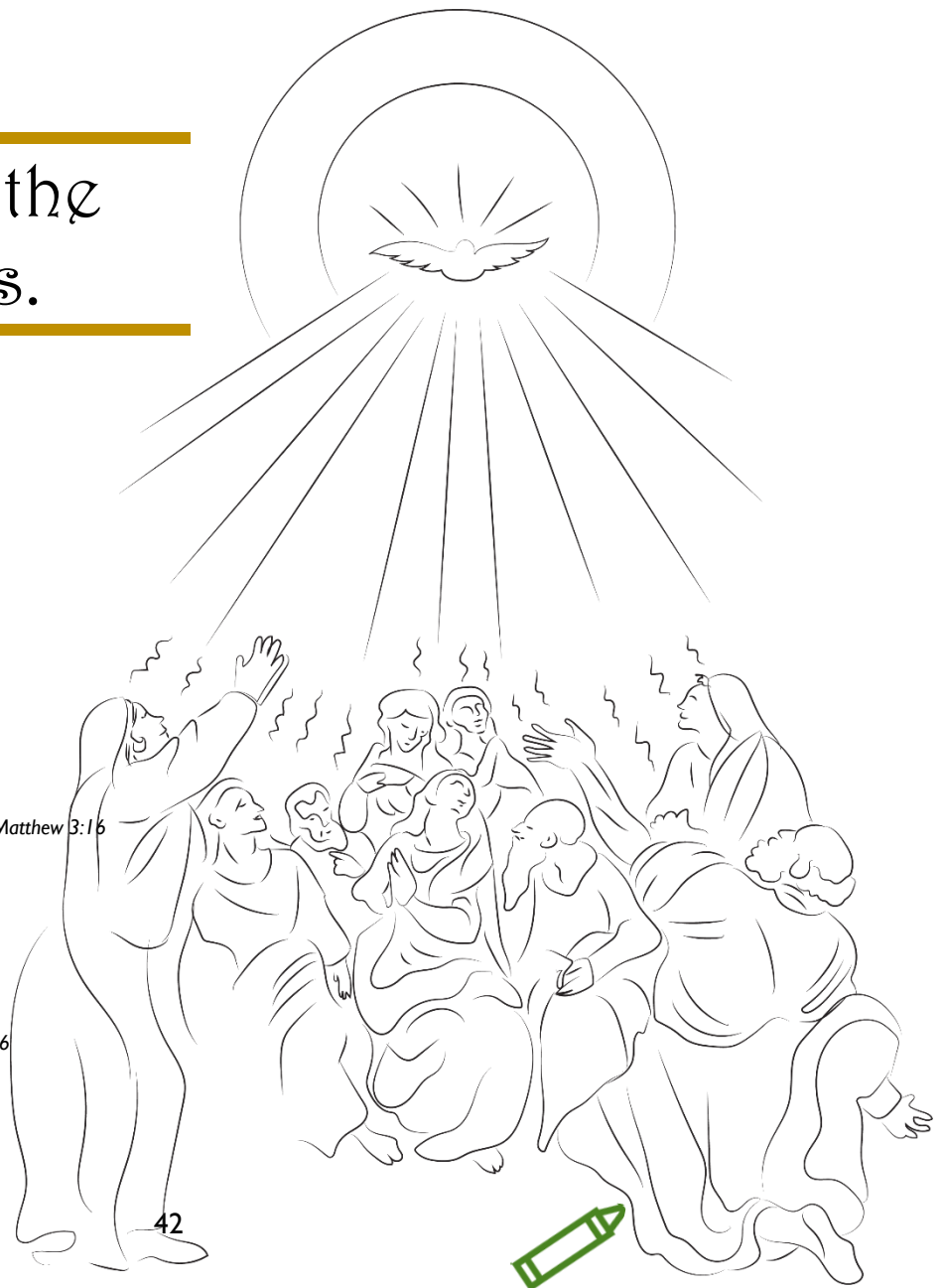
The **Holy Spirit** is the breath of life
in each of us. *John 3:5-8*

The **Holy Spirit** is the energy that
moves us and guides us. *Luke 12:49*

The **Holy Spirit** is like a dove
which is a sign of peace and life. *Matthew 3:16*

The **Holy Spirit** teaches us. *John 16:13*

The **Holy Spirit** brings us into
the family of God. *Romans 8:15, Galatians 4:6*



1 The Holy Spirit is the Breath of God

Jesus stood among his disciples and said, "Peace be with you." When he had said this, he breathed on them and said, "Receive the Holy Spirit." *John 20:19, 22*

Breathe in the love of God. Breathe out fear.

Breathe in the love of God. Breathe out fear.

Breathe in the love of God. Breathe out the love of God.

Activity: Say this breathing prayer every morning when you wake up.



The Holy Spirit is fire



When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability. *Acts 2:1-4*

2.

The Holy Spirit energizes us to speak about God's love.

3 The Holy Spirit is a giver of gifts

Everyone is given a spiritual gift to help the world. *1 Corinthians 12:7*

God has given us all the power to do good in the world. This power comes from God's Spirit, who is God's renewable energy of love.

I am really good at:

I can help people with this gift by:

Activity: Write down something you are good at. Think about how you can use your gift to help others.

Lesson 14

the Holy Catholic Church

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

I wonder what Church is.

Is Church a building?

Well, yes, it can be.

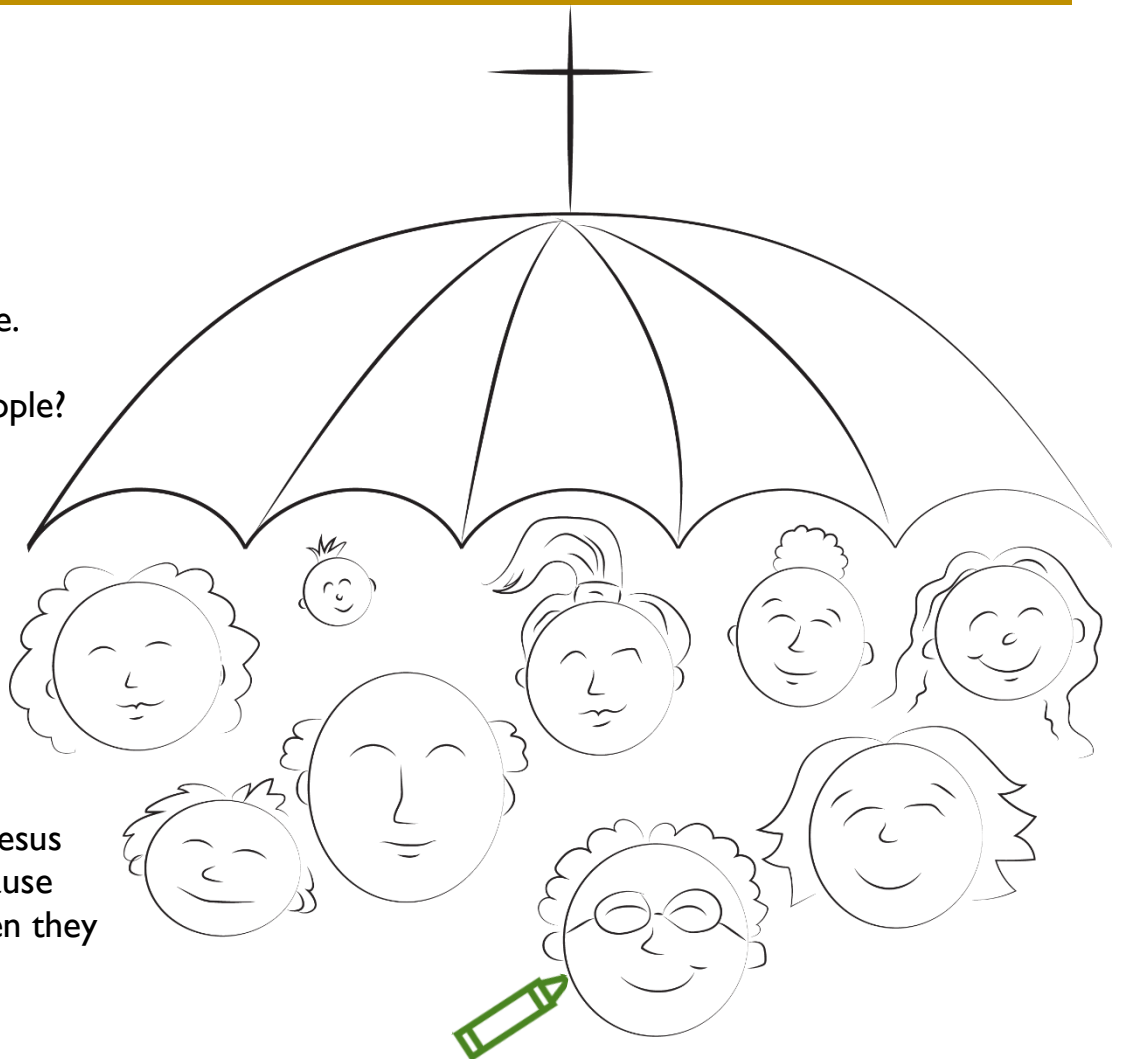
Is Church a group of people?

Yes. Definitely.

Can there be Church without a building?

Yes. Absolutely.

So, basically, Church is a bunch of followers of Jesus who built a building because they like to stay dry when they pray. 🤪



1 The Church is holy

Holy means it is filled with God's presence. The church, the people of God, are filled with God and so stand out as **different**. Instead of choosing to hurt people, the Church is **holy** because it chooses to help people (and when it does hurt people, it prays for forgiveness).

Holy means living **differently**. It means standing up for people who are mistreated. It means saying no to things that hurt others. Even if others say it is ok.

I wonder how you are holy. I wonder how you live different.

The Church is catholic

Catholic means it is **always** for **everyone, everywhere**. Catholic means no one is excluded. Catholic means everyone is welcome, and everyone can participate. One way to remember what catholic means is to say it this way:

cath-WHOLE-ic

I wonder who is in your group of friends. I wonder who is not.

I wonder how we can include more people in our group of friends.

3 The Church is people

The church is the gathering of the Followers of Jesus who pray for God's kingdom, who pray for the wellbeing of the world, and who are sent out to share the love of God in their schools, homes, and neighbourhoods.

Action: Who is the church?

Write as many names as you can remember in the box above.

Lesson 15

the Communion of Saints

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

What is a saint?

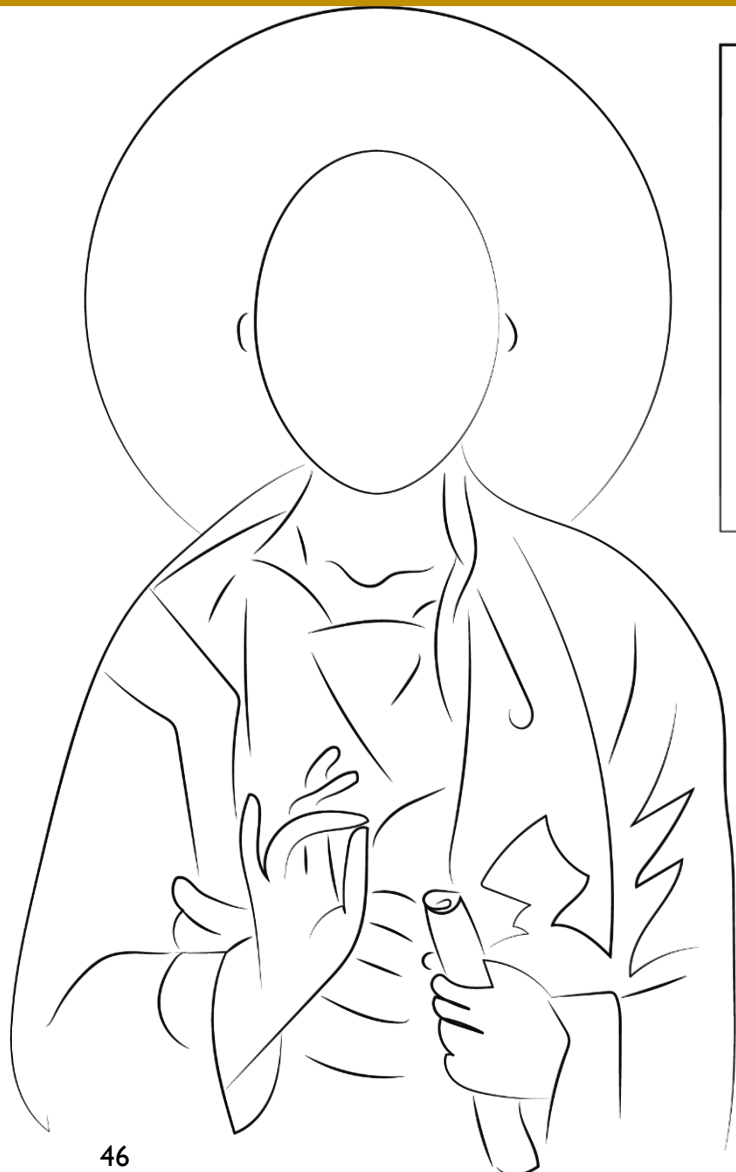
A saint is **holy**. Holy means that someone or something is different or acts different from the rest. People who follow Jesus are called holy because they follow the way of love instead of hate, the way of courage instead of fear. Followers of Jesus are **saints**.

Colossians 1:2

You are a
SAINT

Activity: Draw your face in the picture. Write your name in the box on the right-hand side of the page.

S
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name

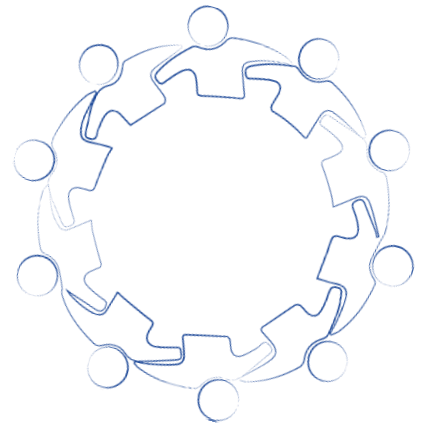
What do saints do?

1 Saints meet together

Saints are all about **COMMUNITY**. Followers of Jesus are never alone. They are connected to one another in the love of God.

Never stop meeting together so that you can encourage one another daily. *Hebrews 10:25*

Activity: Go to church and thank God for all the friends around you.



Saints help one another

Everyone who believed stayed together and held all things in **COMMON**. That means, they sold everything they had so they could give to everyone who had any need. *Acts 2:44-45*

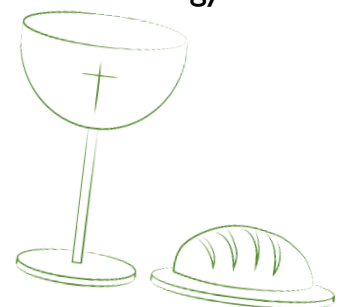
Activity: Ask your parent to help you choose something from your cupboard to donate to the local foodbank.



3 Saints eat together

When God's Great Family of saints gather together, they have a meal of bread and wine. This meal is called **COMMUNION**. This is when we eat the Body of Christ and drink the Life of Christ. We eat together so that Jesus becomes as close to us as the food we eat, changing us from the inside to give us the energy to love God and to love our neighbour.

Activity: As soon as possible, go to church and receive the Body of Christ and the Life of Christ.



Special Example Saints

Some saints are special examples to us. Even though they are now dead and live in the presence of God, we read their stories to inspire us to follow Jesus. Some people even have special saints they look up to.

I wonder who your special saint is.

You can choose a special saint by looking for one who has the same name as you or is celebrated on or around your birthday.

Here is a good place to go to find out more about how to find your special saint:

To find a saint close to your birthday go to:

<https://www.anglican.ca/wp-content/uploads/ForAlltheSaints.pdf>

To find a saint that shares your name go to:

https://en.wikipedia.org/wiki/List_of_saints

Read about the saint you have chosen and write their name in the space below.

My special example saint is:

Lesson 16

the Forgiveness of sins

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

I wonder what **sin** is.

Sin is **violence** (*Genesis 4:7-8; 6:9-11*). **Violence** is when we do damage to ourselves, someone or something. Sometimes we act **violently** on purpose. Sometimes we are **violent** by accident. Some **violence** is obvious. Some **violence** is not obvious. Whether it is on purpose or accidental, obvious, or not, **violence** is **sin** and we need God's help to stop it.

When we are baptised, God splashes water onto us to wake us up so that we can recognize **violence** and our part in it.

When we are baptised, we begin our journey with Jesus who speaks against **violence**, and who forgives when he experiences **violence**.

At baptism we begin our life of confession (of admitting our **violence**) and vow to continue to choose not to be **violent**. We also promise that when we do act **violently**, we will stop, ask for forgiveness, and try again.

At baptism we begin our life of forgiveness. Forgiveness is the way to end **violence**. Forgiveness is the way to bring peace. Forgiveness is the way to stop **sin**.

Confession is tough. Forgiveness is tough. It is tough work to stop **sin**.

But we are not alone. We are part of a community that prays for us, we are filled with the Holy Spirit to strengthen us, we are led by Jesus who helps us, and we are Children of God who fills us with the love from which confession and forgiveness come.

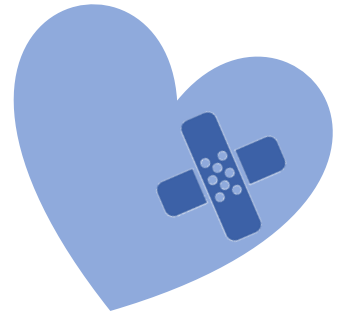
Whew, that's serious stuff...what do we do?

1 We forgive others

One day Peter came to Jesus and asked, "How many times should I **forgive** someone when they harm me? Seven times?" Jesus replied, "Not seven, but, I tell you, seventy times seven."

Matthew 18:21-22

God asks us to take the first step when we are hurt by someone. This is not easy. But it is important. Followers of Jesus work hard to show how to heal the world and end violence.



Activity: $70 \times 7 = \underline{\hspace{2cm}}$. Try to write the word **Love** 490 times.
How many times can you do it?

2 We ask God to forgive us

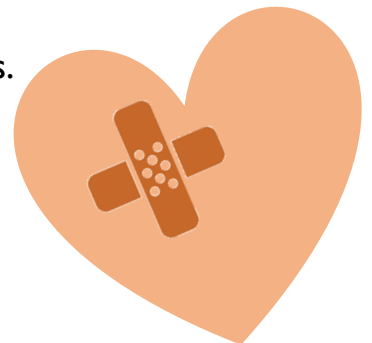
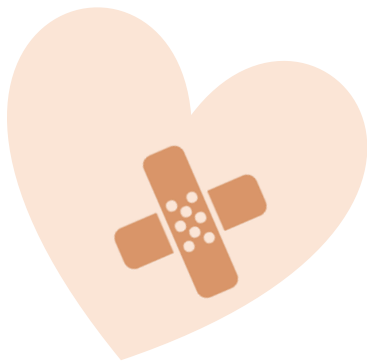
A lot of the violence we do is unintentional. That means we don't do it on purpose. But even though it is unintentional, it still hurts someone or something. Followers of Jesus confess (admit) the harmful things we do even if we didn't mean to. Sometimes we mean to. We confess that, to. Sometimes we don't do things that will stop violence from happening. We admit these things too.

Followers of Jesus don't confess alone, but together. We know that together is stronger than alone. Here is a helpful prayer to memorize:

Loving God, we confess that we have sinned against you
in thought, word, and deed,
by what we have done,
and by what we have left undone.
We have not loved you with our whole heart;
we have not loved our neighbours as ourselves.
We are truly sorry and we humbly repent.
For the sake of your Son Jesus Christ,
have mercy on us and forgive us,
that we may delight in your will,
and walk in your ways,
to the glory of your name. Amen.

Activity: Say this
prayer every Friday
evening.

The Book of Alternative Services, page 191



Lesson 17

the Resurrection of the body

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

We are all breakable, but that does not mean we are meant to be broken or that we should go around breaking things.

God loves our bodies as much as God loves our minds, our energy, and our feelings.

God loves and promises to heal the whole world.

Bodies are important.

Activity: Write down what you love best about your body.



1 God's healing plan includes bodies

Even though our bodies get hurt and sick now, when we enter the full presence of God, where Jesus is, God will give us a new body.

What will this body look like? We do not have to think too hard about that. Rather, think about a seed. When it is planted in the ground it dies, and a new body grows. It will kind of be like that. God will plant our physical body and we will grow into a spiritual body. *1 Corinthians 15:36-37, 44*



Activity: Find a large tree near you. Look up what kind of tree it is and then discover what the seed of that tree looks like.

2 Followers of Jesus honour and care for bodies

Jesus went around and healed bodies. Bodies are holy because they are made by God. Followers of Jesus care for bodies and help people when they hurt or are sick.

We also take care of our own bodies because

our bodies are for God and God is for our bodies.

Our bodies are part of Jesus.

Our bodies are the house of God's Spirit.

We honour God in our bodies.

1 Corinthians 6:13, 15, 19-20

Activity 1: What are things you can do to take care of **your** body?

Activity 2: What are things you can do to take care of **other people's** bodies?

Lesson 18

the Life everlasting

This is a repeat-after-me-prayer:
Loving God,
you are amazing.
Shine a light into our hearts
so we can know you more and more;
and show us Jesus,
our Friend and Helper.
Amen.

I wonder what **heaven** is.

Everything comes from God. Everything is in God. God is everywhere: in the living things and in the dead things. Heaven is what we call a place where people go when they die. It is a place where God can be fully known and loved. It is a place where no one is afraid, and no one is hurt. It is a place of love and peace.

God is like a large planet with an enormous gravitational pull. God draws everyone and everything ever nearer to God.

Is it possible for someone to not go to heaven? Yes, people can still choose not to be pulled into God. But it is exceedingly difficult. God's gravitational pull is extraordinarily strong. God's love is enormous. God wants to help everyone. *1 Timothy 2:4*

Here is a prayer to pray when we think about these things:

**O Jesus,
forgive me when I hurt others,
protect me from harm,
and pull everyone into your presence,
especially those who are sad and afraid. Amen.**

1 Heaven is about faith

Faith is the story we receive from the people who come before us and story we pass on to others. The faith we have is that God made us, God is with us, and God heals us. Heaven is the place of re-creation, presence, and wholeness.

And I saw a new heaven and a new earth. And I heard a loud voice say, “Look! God’s home is with us. God will wipe every tear from our eyes, death will be no more, and pain will be no more.” *Revelation 21:1-4*

Activity: Write down these words on their own pieces of paper: PAIN, WAR, FEAR, VIOLENCE, HATE, DEATH. Now, say, “no more _____!” And rip up each piece of paper as you say it. How do you feel?

2 Heaven is about hope

Hope is the dream we all have that things can be good. Hope is the imagination we use to think about how God is with us and helps us. Hope does not get distracted by our circumstances but looks beyond them.

St. Julian of Norwich had a vision of Jesus and asked him why there is pain and suffering. “Couldn’t God have prevented it?” Jesus told her, “Yes there is pain and suffering, but all shall be well, and all shall be well, and all manner of things shall be well.” *Showing 13*

Activity: Draw a picture of how you imagine a perfect world would look.

3 Heaven is about love

Heaven is where we are present with God. God is love. Heaven is where we can love and be loved perfectly.

For God so loved the world that he gave his only Son, so that everyone who believes in him may not perish but may have eternal life. *John 3:16*

Activity: Learn this prayer: O Jesus, forgive me when I hurt others, protect me from harm, and pull everyone into your presence, especially those who are sad and afraid. Amen. *Adapted from the Fatima Prayer*



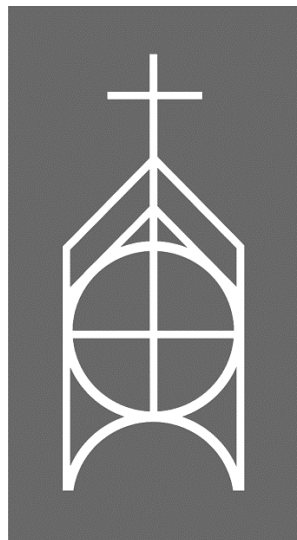
Lessons

the Reverend **David Taylor** is the Rector of the Parish of St. Dunstan in Aldergrove and the Executive Director for the Centre for Spiritual Renewal. He wants the vision of God in Jesus Christ to awaken love in God's children of all ages. He hopes that the beauty of the Christian tradition will inspire confidence that God has a wonderful future for this world.



Illustrations

the Reverend **Amanda Ruston** is an artist joyfully serving the Anglican Diocese of New Westminster. Her identity and work as an artist deeply influences her approach to liturgy, theology and ministry, contemplation of the mystery of God, and perhaps most of all - serving the Lord in the beauty of holiness.



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