

# Choose to Do Good

## Preparation for the Session

**Turn to Page 149,**  
the Family + Faith page.

**Read** the **Consider This** feature. What thoughts or reactions do you have to the opening question?

In this chapter you will cover the following objectives:

- Understand that when we make bad choices that hurt our relationship with God and others, God forgives us if we are truly sorry
- Describe sin as a free choice to do what we know is wrong; discern mistakes and accidents as different from sins
- Differentiate between venial sin and mortal sin and how each harm our relationship with God
- Identify conscience as an ability given to us by God that helps us make choices about right and wrong

**Parents, Consider This:** *Children at this age need and want limits and guidance. They get a sense of security from structure. But in a society that is increasingly unwilling to make value judgments, children can sometimes be at a loss to know right from wrong. Knowing the rules and understanding how things work is very important to someone your child's age. You, as a parent, serve as your child's most significant example and teacher, helping to guide them in their moral development.*

**Read** these other sections on the Family + Faith Page.

- *Your Child Learned.* This highlights some of the content of Sacred Scripture and Tradition in the lesson.
- *Children At This Age.* This will help you to understand how your child processes and learns at this developmental level.



**Let's Sing:** These songs connect the session topics and can be downloaded from [aliveinchrist.osv.com](http://aliveinchrist.osv.com).

- C-H-O-I-C-E-S
- Children of God

## INVITE: Encountering God in His Word

**Turn to Page 131,**  
Choose to do Good

After gathering the supplies that you will need, find a quiet place to be with your child. This is a sacred time—a time when you will be present to each other and to the Lord. You may want to light a candle as you begin.



**Let Us Pray** Invite your child to make the Sign of the Cross. Read aloud the Psalm verse from the book. Help your child to respond.

**Explain** that each of us make decisions every day.

**Say:** Let's listen to hear how Jesus asks us to make good choices by following God's laws.



**Guide** your child through the Preparing for God’s Word Ritual you learned in the Introduction Session or play Track 1 of the *Songs of Scripture* CD.

- Proclaim God’s Word in the Parchment Paper box on the page.
- Maintain several moments of silence.
- Ask: What did you hear God say to you today?

**Invite** your child to respond and also share what you heard.

Now, look at the *What Do You Wonder?* box.

**Say:** Like Peter, all people can make good choices to follow God’s rules or bad choices to break God’s rules. We want to make good choices and do what God says.

**Invite** your child to respond to the questions. Prompt what else they might wonder about rules and making choices.

## DISCOVER: Learning God’s Truth

**Turn to Page 132,**  
A Hard Choice

**Read** aloud the opening question and paragraph.

**Have** your child find the highlighted words **free will** and read the definition in the Catholic Faith Words box.



**Proclaim** the Scripture story.

**Ask:** Why was it hard for Peter to say he was Jesus’ friend? (He was afraid of what would happen to him if he acknowledged he was Jesus’ friend.)

**Turn to Page 133,**  
Jesus Forgives

**Have** your child silently read “Jesus Forgives,” to find out why Peter is sad and upset.

**Ask** your child what Peter wanted to tell Jesus. (He wanted to tell Jesus he was sorry for saying he did not know him.)



**Do** the gold-star activity.

## Activity

**Have** your child complete the Share Your Faith activity.

**Parents, Consider This:** *Jesus forgave Peter because he loved him. Remind your child that no matter what we do, Jesus loves us and, if we are sorry, he will always forgive us. This should make us live with a spirit of hope and trust in God, even when we know we made a poor choice. Remind your child that we can always ask God for forgiveness and try to do better in the future. Peter had to learn to do this, too.*

**Turn to Page 134,**  
God Helps You Choose

**Read** aloud the paragraphs.

**Ask:** What are some choices children your age make every day? Which of these choices are between doing right and doing wrong?



**Do** the gold-star activity.

**Parents, Consider This:** Help your child to understand that their conscience is a function of their common sense, not a literal voice they will hear. The word conscience means, “with knowledge.” Using our conscience means using what we know about right and wrong to make good choices.

**Turn to Page 135,**  
Types of Sin

**Read** aloud the paragraphs.

**Have** your child find the words **mortal sin**, **venial sin**, and **conscience** in the text. Then have them read their definitions in the Catholic Faith Words box.

**Ask** your child to say in his or her own words what the word conscience means.

## Activity

**Do** the Connect Your Faith activity with your child.

## LIVE: Living Our Faith

**Turn to Page 136,**  
Our Catholic Life

**Read** aloud the opening question and paragraphs.

**Remind** your child that our conscience is a tool we can use to make good choices.

**Review** together the “Steps for Making Good Choices” chart.



**Do** the gold-star activity.

**Parents, Consider This:** Your child may not be able to identify the process of discerning what is right and wrong, but he or she is beginning to make moral choices. Reinforce his or her learning by reminding your child to take time to consider the consequences of their choices. When it is appropriate, ask your child what went into their thinking over some moral choice they made. This is a way to help them develop a discernment process for moral decision making, even if they are too young to use that term.

**Turn to Page 137,**  
People of Faith

**Read** the paragraph about Saint Thérèse of Lisieux.

- Share your reactions to the information.
- Talk with your child about one little thing you can do for God today.

**Turn to Page 139,**  
Family + Faith Page and  
conclude with the Let's Pray  
prayer on this page.

**Parents, Consider This:** *It's important to form our children in the common language of prayer. We encourage you to pray the Hail Mary (see Page 321), during your night prayer this week.*



To access and send an eAssessment to your child, go to the Student and Family section of [aliveinchrist.osv.com](http://aliveinchrist.osv.com).