

Lesson Plan

Objectives

Process

Materials

Invite, 10 minutes

Making Choices Page 193

- 🎧 **Psalm 119:17** Pray the opening prayer.
- 📖 **Luke 10:25–28** Reflect prayerfully on the Word.
 - Discuss What Do You Wonder questions.

🎧 **Optional Activity**
Chapter Poem:
“Let Me See”

Discover, 35 minutes

Types of Choices Pages 194–195

- Recognize the Ten Commandments as God’s laws that tell us how to love God and others

Good Choices Pages 196–197

- Define free will as the ability to choose whether to obey God or disobey God
- Appreciate that God created us with free will because he wants us to make good choices
- Examine consequences as a significant part of a decision-making process

- **Catholic Faith Words** Ten Commandments
- Explain that some choices are easy and some are difficult.
- ★ Circle how your choices can affect others.
- 📖 **Deuteronomy 10:12–13** Proclaim “God’s Commandments.”
- **Share Your Faith Activity** Name some of God’s teachings.

- **Catholic Faith Words** obey, free will
- Explain that The Ten Commandments can help us make loving choices.
- Explain that all choices have consequences.
- **Connect Your Faith Activity** Circle the good choice.

- pencils
- index cards
- Gift bag or wrapped box
- **Optional Activity**
Hard Choices

- pencils
- index cards
- **Optional Activity**
Make Good Choices
- Activity Master 14
(Page 193E)

Live, 15 minutes

Our Catholic Life Pages 198–199

- Explain that the Ten Commandments help us show love for God and others.
- ★ Identify some ways to keep the Commandments.
- **People of Faith** Learn about Saint Frances Cabrini.
- **Live Your Faith Activity** Draw a picture of how to follow a Commandment.

A Helping Prayer Page 200

- Select six readers.
- 🎧 Rehearse “C-H-O-I-C-E-S.”
- Follow the order of prayer.

- pencils

🎧 Download
“C-H-O-I-C-E-S.”

Family + Faith Page 201

Point out that the Catholic Families page provides chapter highlights, information on how first graders understand faith concepts, and family prayer.

Chapter Review Page 202

🎧 aliveinchrist.osv.com

- Customize and Download Assessments
- Email Links to eAssessments
- Interactive Student Reviews

Making Choices

Preparation for the Session

Turn to Page 201, 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:

- Recognize the Ten Commandments as God's laws that tell us how to love God and others
- Define free will as the ability to choose whether to obey God or disobey God
- Appreciate that God created us with free will because he wants us to make good choices
- Examine consequences as a significant part of a decision making process

Parents, Consider This: *With so much information coming at us all the time, it can be difficult to process what has value or meaning for us and/or our families. We need help in trying to determine truth. How blessed are we that God has given us a community of faith to help us better understand his plan for us. The Church, guided by the Holy Spirit, reveals God's truth, cuts through the noise of all that is around us, and tells us God's truth. As you teach your child the Ten Commandments in this session, you will help her/him to understand that following these rules will help her/him live a life of love.*

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.

- C-H-O-I-C-E-S
- God's Good Rules

INVITE: Encountering God in His Word

Turn to Page 193, Making Choices

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.

Say: Jesus teaches us how to make good choices. Let's listen to a reading from the Gospel of Luke. In this reading, Jesus tells us how we can make good and loving choices.



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: Jesus gives us the answer of how to make good choices: love God, your neighbor, and yourself.

Invite your child to respond to the questions. Ask what else he/she might wonder about Jesus the teacher and making good choices.

DISCOVER: Learning God's Truth

Turn to Page 194,
Types of Choices

Tell your child that some choices are easy to make because they don't require you to do something that you don't want to. Give examples of choices that are easy: a pizza with octopus or a pizza with cheese, a day at an amusement park or a day of sitting in an empty room with nothing to do, etc.

Invite your child to think of other choices, such as which of two games to play or which of two television shows to watch.

Read aloud both paragraphs. Remind your child that choices between right and wrong are sometimes hard to make.

Ask: What are some choices children your age make? Have them share some examples from his/her experience at home. (giving the remote to a sibling, respecting the property of a sibling by not taking without asking)

Turn to Page 195,
A Gift from God

Read aloud the first paragraph.

Ask your child to share a rule you have at home.

Explain that the Ten Commandments are a gift from God that help people make good choices.

Say: The Ten Commandments were given to a leader named Moses.



Proclaim “God’s Commandments.”

Review the definition for the **Ten Commandments** in the Catholic Faith Words Box.

Ask your child to tell you how she/he knows what is a loving thing to do.

Turn to Page 196,
Good Choices

Read aloud all three paragraphs.

Show your child index cards with the words **obey** and **free will** on them. Read aloud and explain their definitions.

Fold a separate sheet of blank paper turned sideways in half. On the left half, write in large print, “What is the loving thing to do?” On the second half, write in large print, “What God tells us.” Explain to your child that God teaches us what is the good and loving thing to do by giving us the Ten Commandments.

Ask your child to draw an equal sign in the middle of the page, across the fold.

Say: Disciples of Jesus choose to love by following the Ten Commandments.

Review the steps to good choices. You may want to cut this chart out and place it on your refrigerator. Refer to it when your child has made a good or bad choice. Let it become the basis for all her/his decisions.

Turn to Page 197,
Consequences

Read aloud the paragraph.

Explain that the word “consequence” means the results of a choice.

Point out the photo. Ask your child to describe what they see in the picture. Discuss what kinds of choices this child made that lead to the consequences he/she sees in the picture.

Activity

Have your child complete the Connect Your Faith activity.

Listen to the song, “His Laws Make Us Free” on the *Songs of Scripture* Album, Track 8. The lyrics can be downloaded from aliveinchrist.osv.com. Pay particular attention to the line, “Those who love you will help it grow.” Play the song in your car this week.

Ask your child to name all the people in their life that want them to grow into a person who knows and loves God. Be sure to emphasize how important that is to you.

Parents, Consider This: Learning about choices and consequences is an invaluable life lesson. We have all met people who cannot take responsibility for their choices. They are not people we want to interact with on a regular basis, as it gets tiring just watching how they shift blame and dodge consequences. Truth be told, this behavior began as a child. It is a blessing to your child that you are teaching him/her that choices have consequences. It's an even greater blessing to not try to soften or eradicate the consequences of your child's choices. God has given you the responsibility to guide their choices, to pray for them to make the right choices, and to love them enough to help them accept the consequences of their choices.

LIVE: Living Our Faith

Turn to Page 198,
Our Catholic Life

Read the first paragraph aloud.

Refer to page 314 of the Our Catholic Tradition reference section in the back of the Student Book for more information about the Ten Commandments and what they mean.

Read each Commandment and its meaning slowly. Ask your child to tell you in his/her own words what the Commandment means.

★ **Return** to page 198 and complete the gold-star activity. You may want to cut out this box and place it somewhere in your child's room at eye level as a way of reminding them of the importance of the Ten Commandments.

Turn to Page 199,
People of Faith

Read the paragraph about Saint Frances Cabrini.

- Share your reactions to the information.
- Share with each other a hard choice each of you had to make.

Activity

Have your child complete the Live Your Faith activity.

Turn to Page 201,
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 Act of Faith, Hope, and Love (see Page 318), 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.