

# God Blesses Us

## Allelu!

Growing and Celebrating with Jesus

### Lesson 16, Kindergarten

#### Lesson 16 Goal

- Your child will understand what the words *blessed* and *blessing* mean. They will learn how to be a blessing to others, and how to receive a blessing.

#### Key Points

- Jesus taught about times when we are especially blessed by God.
- The lesson about blessings that Jesus taught on the mountain is called the Beatitudes.



#### Parent Reflection

Children are familiar with the prayers before meals referred to as “blessings.” We say, “bless you” when someone sneezes. When we ask God’s blessing on a situation or person, we are acknowledging that only holiness can be bestowed by God. God can bless, and through godly actions and prayerful petitions we can be instruments of God’s blessings to others.

The Beatitudes proclaim the salvation brought about through the Kingdom of God. In them, Jesus teaches the attributes and virtues that should be cultivated in those who follow him. They sum up the way of Christ, the only way that leads to eternal beatitude, communion with God.

Beatitude comes from the Latin *beatus*, which means blessed or *happy*. The Beatitudes are mentioned in the Gospel according to Matthew in the Sermon on the Mount, and in the Gospel according to Luke in the Sermon on the Plain. Jesus explained in his sermon(s) how to give and receive blessings. There is the element of surprise that in sickness, humility, and persecution there is a promise of reward in the Kingdom of God. With God’s help, and an earnest desire to follow the teachings from the Beatitudes, we can find the Kingdom of God in our heart.

#### Reflection Question

How can you be a blessing to others?

## Lesson Preparation

Before inviting your child to sit with you for lesson time, prepare all materials.

### Materials

- Family Activity Sheet
- crayons, colored pencils, or markers
- safety scissors
- small paper plate
- hole punch
- yarn

- Activity Master #2 – Saint Page (Keep the saint page from each lesson to gather together a Communion of Saints Book created by your child.)

### Preparation Steps

- Make sure your child has a copy of Activity Master #2 (included with this lesson).

## Gathering

Create a prayerful space. You might place a candle on the table, or set a cross in front of you. Invite your child to join you in quietly preparing for prayer.

Say the following or similar words: “Now that we are in this prayerful space, let us find the quiet in our hearts so we can talk with God.”

Sit together for several seconds of shared silence.

Say, “When Jesus tells us we are blessed, it is something to hope for isn’t it? What does blessed mean? (*Allow time for your child to respond.*) To be blessed is to be ‘favored by God.’ What does favored mean? (*Allow time for your child to respond.*) It means to be treated special and to be made happy. So if you are blessed, you are happy! God is smiling at you! Let’s tell God thank you for smiling at us and blessing us!”

### Begin in prayer:

Make the Sign of the Cross together or bless your child by tracing a cross on his or her forehead:

“In the name of the Father, and of the Son, and of the Holy Spirit. Amen.”

**Parent:** Thank you, God!

**Child:** Thank you, God!

**Parent:** Thank you for blessing us.

**Child:** Thank you for blessing us.

**Parent:** Thank you for favoring us.

**Child:** Thank you for favoring us.

**Parent:** Thank you for smiling at us.

**Child:** Thank you for smiling at us.

## Discovering

**The Beatitudes.** Turn to the first page of the Activity Sheet and read about the Beatitudes.

Ask your child, “How has God blessed you in your life?”

Turn to the second page of the Activity Sheet. Ask your child the “Ask Me!” questions and review the answers.

## Exploring

Use the following activities to enrich your child’s understanding of the lesson and of our Catholic faith.

**1. You Are Blessed.** Turn to the main activity of the Activity Sheet (center pages) and invite your child to describe what he or she sees. Explain the activity to your child and have him or her complete it.

**2. “I Am Blessed” Medal.** Invite your child to draw a happy face on one side of the paper plate. Have him or her color the eyes and mouth. Punch two holes at the top of the plate and help your child thread it with yarn. Write, “God smiles

at me. I Am Blessed!" along the bottom of the plate. Have him or her wear the happy face as a medal.

**3. The Communion of Saints: Saint Clare of Assisi.** Show your child the picture of Saint Clare of Assisi on the Family Activity page and read about her. Then read more about Saint Clare to your child (see below).

Ask your child:

- ▶ "How did Saint Clare and her sisters live?" (*a life of poverty; by begging*)
- ▶ "Were they happy or sad?" (*happy*)
- ▶ "How can we bless God like Clare did?" (*by doing what God wants us to do*)

Have your child write and draw about Saint Clare using Activity Master #2.

## Sending

**Pray with your child.** Begin by making the Sign of the Cross together, or bless your child by tracing a cross on his or her forehead. Pray aloud with your child.

*Dear Jesus,*

*If we counted all of our blessings, we would be counting and counting. We know how much you love us, and it makes us happy! Thank you! May we be a blessing to other people, too. Amen.*

### Saint Clare of Assisi

#### Following the Will of God

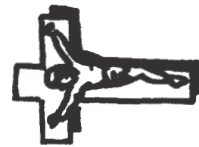
Clare was one of the first followers of Saint Francis of Assisi. She led a group of women who wished to lead a life of poverty and prayer. Clare asked the Pope to allow her sisters to live entirely by begging! Despite her poverty, Clare lived happily.

The townspeople of Assisi loved Clare. Twice, when enemies threatened Assisi, the people brought Clare, holding in her hands the Blessed

Sacrament, to the city walls. Both times the enemies fled. She was a blessing to God and to her neighbors!

We can learn from Clare to listen to the Holy Spirit and always follow the will of God. Her joy to live without the need of lots of money and things and her desire to want peace is something we should try to follow.

**DRAW**



**Saint  
Clare of Assisi,  
pray for us!**