



MISSIONARY FAMILIES OF CHRIST – KIDS

**LIVE THE
FAITH KIDS**

RATIONALE:

To help children truly know, love, and defend the Catholic faith, it's crucial to present these concepts in ways that are accessible and relatable to their everyday experiences. Teaching children to stand firm in their faith doesn't mean they need to engage in debates or complex arguments. Instead, it's about helping them feel confident in Jesus' love and empowering them to express their beliefs in genuine and meaningful ways. By nurturing this confidence and providing practical tools, we enable them to embrace their faith deeply and naturally integrate it into their lives.

OBJECTIVES:

By the end of the session, the children should be able to:

- **HEAD:** Understand what faith is all about.
- **HEART:** Appreciate why it's important to deepen their faith.
- **HAND:** Live out their Catholic faith in their own unique ways.

MOTIVATION:

'Pass the Message' Activity

Materials Needed:

Strips of paper with Bible quotes

Mechanics:

1. Divide the children into 5 groups.
2. Have them sit in rows.
3. Ask the first child in each row to come to you and quietly read the Bible quote on the strip of paper. Do not give them the paper.
4. On the count of three, have them pass the message to the next person in their row by whispering.
5. Remind them that they should only whisper the message.
6. Only one person can pass the message at a time.
7. Once the message reaches the last person, have them come to you and recite the message.
8. The group with the message closest to the original wins the game.

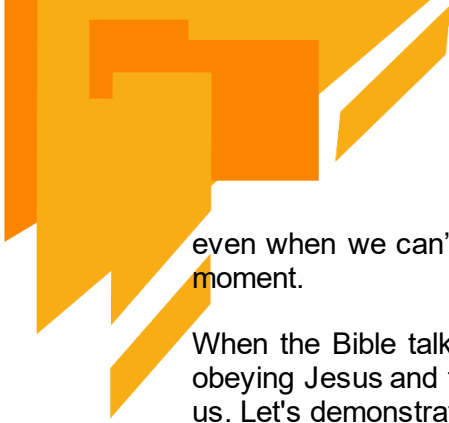
EXPANDED OUTLINE

I. The Gift of Faith

A. What is Faith

*"To have faith is to be sure of the things we hope for, to be certain of the things we cannot see."
- Hebrews 11:1*

Faith is when we trust something or someone completely. Think about it like this: Imagine you're standing on the edge of a swimming pool, and your dad or mom is in the water, telling you to jump. You can't see everything that will happen, but you know they will catch you because they love you and have done it before. That's faith—trusting that Jesus is there for you, always ready to help and guide you, even if you can't see Him! Faith works in a similar way. It's trusting in Jesus,



even when we can't see Him. We believe He is always there, helping and guiding us in every moment.

When the Bible talks about faith in Jesus, it means putting all our trust and hope in Him. It is obeying Jesus and trusting Him to take care of us, even when we can't see where He's leading us. Let's demonstrate what FAITH is to children:

1. Choose a kid from the group, preferably someone who's brave, and bring them to the front.
2. Blindfold the kid.
3. Spin them around a few times to disorient them.
4. Guide the blindfolded kid across the room, giving occasional directions to avoid hitting something.
5. As the kid near the other side, tell them that, on your command, they must sit down without feeling for a chair—they just need to trust that it will be there.
6. Quietly set up a chair or stool behind him/her while cuing the audience to stay silent. They should not know a chair is there.
7. Instruct the kid to sit. Once seated, remove the blindfold and have the class applaud.
8. Offer a small prize, like a gift card, as a fun reward, adding an element of surprise and encouraging faith.

Faith is not about seeing; it's about trusting the One who can see everything.


B. Importance of Knowing Our Faith

Why is it important to know our faith? Here are the two important reasons why knowing your faith by heart is important:

1. **It helps you know Jesus and grow closer to Him** – When you learn about your faith, you begin to understand how much Jesus loves you, just like how you know your parents love you. The more you know about Jesus, the more you realize He has a special plan for your life, and that makes your relationship with Him even stronger.

Having a relationship with Jesus allows you to know that you are truly loved by Him.

Remember that you are always special and important because Jesus loves you no matter what. Just like how your parents or family care for you, Jesus loves you even more! He made you in a unique way, and there's no one else in the world like you. Even when you make mistakes, Jesus's love never goes away. He is always with you, cheering you on, helping you, and wanting the best for you. Remember that you don't have to earn His love—it's a gift that He gives to you every day!

2. **It helps you share your faith with others** – When you truly know your faith, it becomes easier to explain why you believe in Jesus. You can help your friends understand how awesome Jesus is and why He matters to you. Sharing your faith is a way to spread Jesus's love to others!
- 



II. Living the Catholic Faith

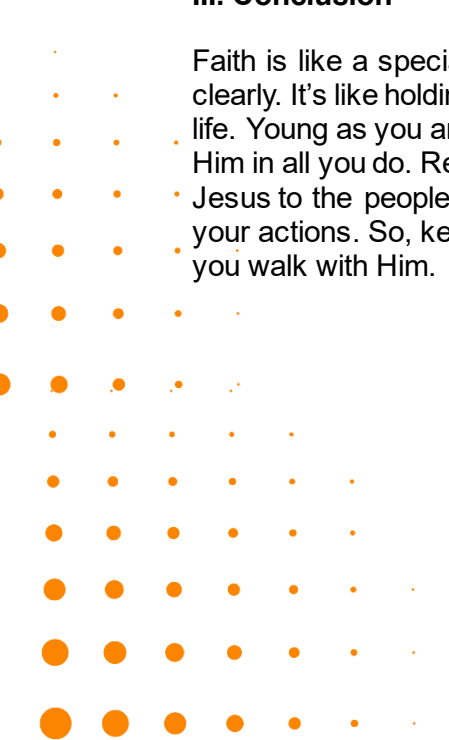
Faith is not just knowing about Jesus, saying you love Jesus, or doing good things. Faith is much bigger—it's about knowing, loving, and following Jesus with your whole mind, body, and heart. Being a Catholic Christian is like using your whole body—your head, heart, hands, feet, and voice—to live for Jesus!

Living out your faith as a child is all about doing simple things that show your love for Jesus and for others. Here are important ways you can live your Catholic faith every day:


1. **Pray Everyday** - Talking to Jesus is one of the best ways to live your faith! You can pray in the morning, before meals, and at night. You can also say a quick prayer when you're thankful, need help, or want to ask Jesus to bless someone else. Every day, thank Jesus for the good things in your life—your family, friends, food, and the world around you. Being grateful shows that you trust Jesus and appreciate all the blessings He gives you.
2. **Attend the Holy Mass** - Celebrate faith in your family! Regularly attend Mass as a family, celebrate feast days, and talk about how faith applies to our everyday lives. Going to the church is important because it's where we learn more about Jesus and receive the Eucharist, which is a special way Jesus comes to us. Pay attention during Mass and pray with all your heart. You can feel more connected to your faith by paying attention and participating to the songs, prayers, and stories at Mass. The more you understand, the more exciting it becomes to be part of something so special.
3. **Show Kindness** - Be Jesus to the people around you! Experience the joy of helping others, whether it's within the family, your community, or in your church. This reflects Jesus' love and teaches us about living out our faith through action. Jesus teaches us to love others, so you can show your faith by being kind to your family, friends, and even people you don't know. Help someone with their homework, share your toys, or give a hug when someone is sad. These little acts of love make Jesus happy!

By learning, praying, and living your faith in fun and meaningful ways, you can grow to love and appreciate your Catholic faith more and more!

III. Conclusion



Faith is like a special gift from God that helps us trust Him, even when we can't see everything clearly. It's like holding God's hand and knowing He will always be there for us, guiding us through life. Young as you are, you can grow your faith by learning more about Him - praying and trusting Him in all you do. Remember, living out your faith means praying daily, attending mass, and being Jesus to the people around you. Every day is an opportunity to show your faith in God through your actions. So, keep your heart open to God, and He will help you grow strong in your faith as you walk with Him.

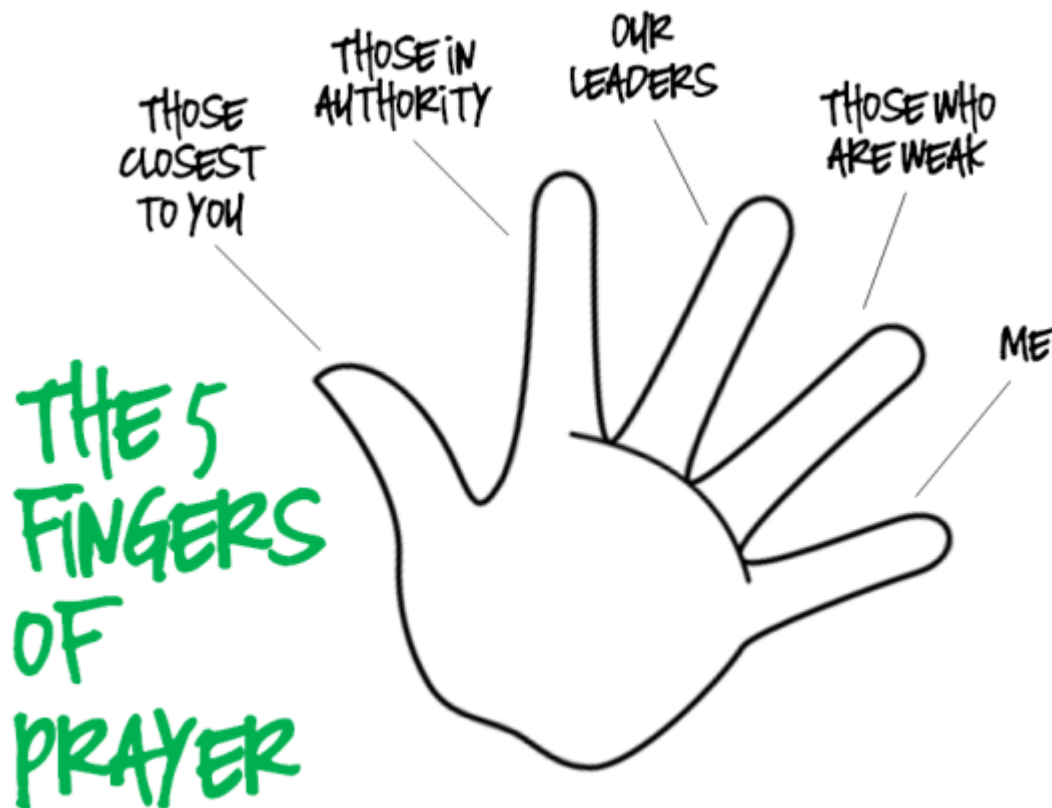


ACTIVITY:

Arts and Crafts: Five (5) Fingers of Prayer

Five (5) Fingers of Prayer



1. **Thumb** (the closest finger to our heart) – we pray for those who are close to us. (parents, siblings, relatives, friends, etc.)
2. **Pointing Finger** (we use for pointing) – we pray for those who are in teaching us (teachers, priests & bishops, missionaries, etc.)
3. **Middle Finger** (the tallest finger) – we pray for those who are in authority (pope, leaders of our community, leaders of our government, etc.)
4. **Ring Finger** (the weakest finger) – we pray for those who are weak. (sick, poor, in prison, dying, etc.)
5. **Pinky Finger** (The farthest finger and the last) – we pray for our self. (our health, studies, dreams, etc.)



**Materials Needed:**

- Bond Paper
- Pen / Marker
- Crayons

Mechanics:

1. At the top of the paper, write “My Five Finger Prayer.”
 2. Below that, trace one of your hands on the paper.
 3. Using the “Five Fingers of Prayer” as a guide, write the names of people you want to pray for on each finger. Try to fit as many important names as possible within the space on each finger.
 4. Once you’ve finished writing, color in your hand drawing. Be creative and make it as colorful as you can.
 5. At the end of the activity, invite a few volunteers to share their hand drawings and who they plan to pray for.
- 
- 



MISSIONARY FAMILIES OF CHRIST – KIDS

**LIVE THE
FAITH KIDS**