

PARENT / GUARDIAN CONNECTION

FIRST GRADE: TOB LESSON 8

THEME: MY FAMILY IS A GIFT OF GOD

SOW THE SEED



Dear Parents,

In this Theology of the Body (TOB) lesson, we will recognize that **My Family is a Gift of God**. The family is what Pope St. John Paul II called “the fundamental cell of society.” It is within the family that a child is introduced to God, the Church, and what it means to be a human person. In short, the family is the first “school of love.” Made in the image and likeness of God, the family images the Holy Trinity, and it is from the Trinity that the family finds its identity as a communion of persons.

In this lesson, your child will learn that God created your family, and every family, to be special in His image and likeness. The class will discuss that it is important for families to pray together, and to help one another to become saints.

The class will participate in the activities called “A Seed Needs a Home,” and “My Family Garden.” Your child will have an opportunity to understand “The Parable of the Sower” from the bible’s Gospel of Matthew by planting a seed in sand, rock, and rich soil. The rich soil represents our hearts being open to God’s Word planted deep within us. Your child will also design a ‘family garden’ including each member of your family, exploring ways to love and help one another.

GERMINATE THE SEED



FAMILY DISCUSSION QUESTIONS:

How do we pray together as a family? What are some new ways we can pray together? ***(Note to parents: Some suggestions for family prayer: pray a decade of the rosary, grace before and after meals, the Divine Mercy Chaplet, attending a weeknight daily Mass, etc. The Hallow app is a good resource for family prayer).**





FAMILY ACTIVITY:

Helping Each Other Become Saints — Each family member writes down on a piece of paper his/her greatest virtue (good character trait). Then bravely and honestly, each person writes down their worst habit (appropriate for family discussion, not confession). Go around and share each other's virtues and applaud one another. Next, share each other's worst habit. The rest of the family should listen with mercy and understanding and without negative comment.

FAMILY PRAYER:

Dear Heavenly Father, thank you for the gift of my family. Help us to grow in love for You and one another each day. Help us to continue to grow in virtue and give us the grace to improve our bad habits. Help us become the family you are calling us to be.

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven Give us this day, our daily bread and forgive us our trespasses. As we forgive those who trespass against us. And lead us not into temptation, but deliver us from evil.

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women and blessed is the fruit of they womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death.

Glory be to the Father, the Son, and the Holy Spirit. As it was in the beginning, is now and ever shall be, world without end.

Amen.

Stay up to date with the TOB lessons your child is learning in the classroom. Look for the leaf at the bottom of your child's worksheets to see a summary of their current TOB lesson labeled "THEOLOGY OF THE BODY TIDBITS."

Want to learn more? Visit RuahWoodsInstitute.org/parents to view a TOB parent presentation.

