

## THEME: GIFT-OF-SELF (PART 2)



Dear Parents,

In this Theology of the Body (TOB) lesson, we will continue to discuss how we image God by making a gift of ourselves or a **"Gift-Of-Self."** As parents, you can incorporate this fundamental truth into your everyday language by asking, "Who would like to make a gift of themselves by setting the table?" When we practice gift-of-self through small acts of kindness we reflect God's goodness and can lead one another on a path to true happiness — both in this life and for eternity.

In this lesson, we will discuss the different characteristics of Christ's gift-of-self on the cross by looking at events in His life in scripture. We will learn that Jesus loves us **freely** (He chooses to love us), He loves us **totally** (He gives his entire life for us), He loves us **faithfully** (He will never leave us), and his love is **life-giving** (He gives us abundant life here on earth and in heaven).

For the activity, your child will discuss ways that we can imitate Jesus by making a gift-of-self to others.



## FAMILY DISCUSSION QUESTION:

Discuss with your child how you can imitate Jesus' perfect model of love in your family life. \*(**Note** to parents – Each of the characteristics of Christ's love are found in bold above.) Write down the different ways that family members suggest.





## FAMILY ACTIVITY:

Write a family prayer asking God to help you incorporate the ways that you can imitate God's model of love in your family. Use the list that you made in your family discussion above. Make a commitment to pray that prayer each day for the next week.

Family Prayer - (insert your family prayer that you just wrote here).

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.

