

# 1st Grade Religious Life

## OVERVIEW

**OBJECTIVE:** to gain a simple understanding of the lives of religious brothers and sisters.

### MAIN CONCEPTS:

- A religious person gives his whole life to loving God and others.
- A consecrated religious does not get married.
- Religious make special promises to God.
- A religious woman is called “Sister,” and a religious man is called “Brother.”
- Sometimes consecrated religious wear special clothes called habits.

### PLANNING DIRECTIONS:

Choose the components you wish to use given the time you have and the needs of your children.

## INTRODUCTION

2 min

Summarize today’s theme:

*Through these units we hope to become familiar with the vocations to which God calls people so that you will be able to follow his call always. Right now, you are in the single state of life, but someday God may call you to a particular vocation—married life, priesthood, or religious life. Today we will learn about the vocation of being a consecrated religious person.*

## SIMPLE PRAYER

2 min

Let’s draw near to God during today’s lesson.

*“Be strong in the Lord and in His mighty power. Put on the full armor of God.”*

- EPHESIANS 6:10

## RELIGIOUS LIFE

*“Be strong in the Lord and in His mighty power. Put on the full armor of God.” - EPHESIANS 6:10*

### OPENING ACTIVITY



*Three knots symbolize the three vows that religious make.*

cord of st francis cilice cincure PIX BY WAYNE PERRY

### READING



VOCATION LESSONS | 1st Grade: Religious Life



**POSSIBLE PRAYER:** “Thank you, Lord, for your mighty power. We trust in you. Help us as we learn about people who have given their whole lives to you. We, too, want to be all yours and happy in you. AMEN.”

### MAIN CONCEPTS

5 min

Teach the children the main concepts about religious life:

- A religious person gives his whole life to loving God and others.
- A consecrated religious does not get married.
- Religious make special promises to God.
- A religious woman is called “Sister,” and a religious man is called “Brother.”
- Sometimes consecrated religious wear special clothes called a habit.



## OPENING ACTIVITY

10 min

### KNOTS

- Explain why religious wear a rope belt with three knots in it.
- Demonstrate how to tie three knots in a string or yarn.
- Give each student a 10 inch piece of string or yarn and help them tie three knots.
- Students can tuck a portion of it into the side of their waist band and let it hang down like a monk or a nun.
- Have each student write down three little promises they would like to make to God. (ex: I promise to love you. I promise to pray to you every day.)

*Refer to image of the three knots.*

All consecrated religious make promises to God similar to the way a husband and wife make promises to each other. Instead of a wedding ring, some consecrated religious wear a rope belt with three knots in it. The three knots remind them of the special promises they make to God. They make promises of poverty, chastity and obedience. Let's tie some knots like a religious person.

### READING

15 min

- Read "Little Polly" to the class.
- Discuss the reflection questions and any questions of your own.

### LITTLE POLLY

Polly's mom was folding laundry. Her baby brother was crawling around on the floor, drooling on a toy train. Her big sister and brother were noisily playing basketball, but Polly stood still. Her eyes were wide open. In the middle of all the noise and action, she suddenly felt that God had come close to her.

Polly felt too still even to whisper.

Suddenly her baby brother grabbed onto her leg and gave her a big slobbery kiss. Polly started laughing again and played with little Mack, but the

## RELIGIOUS LIFE

"Be strong in the Lord and in His mighty power. Put on the full armor of God." - EPHESIANS 6:10

### OPENING ACTIVITY



*Three knots symbolize the three vows that religious make.*

cord of st francis cilice cincure PIX BY WAYNE PERRY

### READING



VOCATION LESSONS | 1st Grade: Religious Life



feeling that God was close stayed in her mind. She felt excited. She felt like she was going to be something great for God. But what was she going to be? And when was it going to happen? Was it something for when she was older? Was she going to do something great tomorrow? Or maybe it was now?

Polly looked on the wall and saw a photograph of her aunt. Her aunt wore a long veil and beautiful long robes because she was a nun. God had done so many good things in her aunt's life. Maybe that would be fun to do some day.

*Refer to image of sister in picture frame.*

Polly went down into the basement to find her dress up box and took out a Batman cape. She turned it around so the Batman part wasn't showing. She took a scarf and put it on her head. She looked in the mirror. "Now I look like a nun!" she thought. "Hey, I also look a little bit like the Blessed Virgin Mary!"

"Let's play, Mack! I'll be a nun who takes care of little kids who don't have Mommies or

## READING *continued*

Daddies anymore. Maybe this is the special thing God is going to do in my life.” After playing for a few minutes, Mack snatched Polly’s scarf off her head. “Hey! You took my veil!” Polly cried.

*Refer to girl pretending to be a sister.*

“That’s okay,” said Polly’s older brother Harvey. “Some sisters don’t wear veils.”

“Okay, Mack, I won’t wear a veil. You can play with it instead. Here, Mack, put your hands out like this and pretend like I’m going to give you food. You can be homeless.” Polly thought, “Hmm, maybe this is the special kind of thing God wants for me.”

Mack crawled away because he was just a baby and didn’t know how to pretend to be homeless. “Come on, Mack,” yelled Polly, “put your hands out!” Polly’s big sister came over to Mack and picked him up. “You’re going to jail, buddy!” she said to Mack while giggling.

Polly’s big sister put chairs all around little Mack so he couldn’t get out. “Oh no,” said Polly, “He’ll be so lonely.”

“I’ll be your friend, little Mack,” said Polly, “Even though you did something bad and went to jail. Hey Harvey, are there sisters who visit people in jail?”

“Yup,” said, Harvey. “Religious brothers do that too.”

“Dinner time!” called Polly’s Mommy. As Polly raced her siblings up the stairs for dinner, she looked at her Mommy smiling at them, and she thought about how pretty she was. “Maybe I’ll be a Mommy someday,” thought Polly. “I would like that.” Then Polly looked sad. Her lip stuck out.

“Why are you sad?” asked her Mom.

*Refer to image of mom hugging girl.*

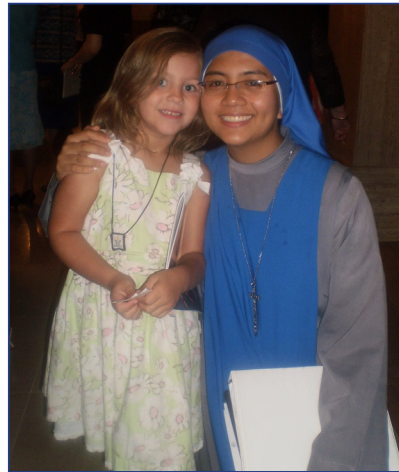
“Mommy, I want to do something good for God, and I think he’s telling me that he has something special planned for me, but I don’t know if I should be a sister, or if I should be a Mommy.”

Polly’s Mommy smiled, “Polly, God does want you to be something great, and I know what it is.”



## RELIGIOUS LIFE

### EXPLORATION



*A girl named Hannah and her friend, Sr. Peace.*

### PRAYER



*Genuflecting is a way to tell God, “I love you. You are the Lord. I am here for you. I will do your will.” Genuflecting is also a good way to receive God’s love. Whether consecrated religious or children, God wants all people to share in His love.*

VOCATION LESSONS | 1st Grade: Religious Life 2

“What is it, Mommy, what is it?!”

“A little girl. He wants you to be just as you are. And he has something special for you, both now and later. Come to dinner and enjoy your family.”

Polly laughed and jumped into her Mommy’s arms, and she was carried to the table. **THE END**

### BE CURIOUS

- What was Polly trying to figure out?
- What kinds of things did Polly pretend?
- Do you think Polly liked the answer that her Mommy gave her? Why?
- Have you ever wondered if God has something special for you to do?



## ESTABLISHING THE CONCEPTS

5 min

Quiz the students to see if they grasp the main concepts.

## EXPLORATION

15 min

- Using a blank sheet of paper, have the students draw Mary protecting people under her mantle. They can draw their families under Mary's mantle.
- Bring a blanket or sheet to use as Mary's pretend mantle. While others are still drawing, sit a few children down shoulder to shoulder. Put the blanket over their shoulders, and lead them in praying the Hail Mary. Continue to sit groups of children under "Mary's mantle" until everyone has a turn.

Many religious wear something called a scapular. It is a long piece of material about a foot wide that hangs over their shoulders down their back and front. It means that they give themselves to God and that God and Mary will protect them. Sometimes people who are not consecrated religious also wear a scapular, but it is a much smaller version- like the size of a stamp.

*Refer to image of a girl named Hannah and her friend, Sr. Peace.*

In this picture, the sister is wearing a large, bright blue scapular as part of her habit. The little girl is wearing a small brown scapular.

When people wear a scapular, they know they are protected. What does it feel like to be under Mary's mantle?

On a blank sheet of paper, draw Mary protecting your family under her mantle.



## RELIGIOUS LIFE

### EXPLORATION



*A girl named Hannah and her friend, Sr. Peace.*

### PRAYER



*Genuflecting is a way to tell God, "I love you. You are the Lord. I am here for you. I will do your will." Genuflecting is also a good way to receive God's love. Whether consecrated religious or children, God wants all people to share in His love.*

VOCATION LESSONS | 1st Grade: Religious Life 2

### REFLECTIVE PRAYER

1. Introduce the meditation.
2. Teach the children how to genuflect.
3. Bring the class to the chapel, and give each child a chance to come up one by one and genuflect before the tabernacle. If you cannot go to a chapel, bring a statue of Jesus or a cross to the front of the room, and do the same thing.

*Genuflecting is a way to tell God, "I love you. You are the Lord. I am here for you. I will do your will." Genuflecting is also a good way to receive God's love. Whether consecrated religious or children, God wants all people to share in His love.*

*Refer to image of tabernacle.*

*Let's practice genuflecting. Put your right knee all the way to the ground while keeping your left foot flat on the ground. When you bend down this way, make the sign of the cross.*