



# Discover!

Finding Faith in Life

## We Follow God

Scripture Focus: Psalm 23:1–6

### Lesson Goals

- to define the Feast of All Saints as the day we honor all the saints in Heaven
- to identify the saints as those people who followed God closely in their lives
- to state that we too can become saints if we follow God our shepherd

### Parent Preview

- Review the Featured Story on page 854 of *The Catholic Children's Bible* (Psalm 23:1–6).
- Read the Background Reflection on page 4 of the All Saints' Day activity booklet.
- Review this home guide chapter.

### Get Ready! (10 minutes)

**Pray** the prayer on page 1 of the All Saints' Day activity booklet.

**Invite** your child to think of someone she or he considers a personal hero. Discuss why that person is a hero. Point out that the Church's heroes are called saints.

**Tell** your child that today's lesson explores how much God cares for us and watches over us as we learn to be saints, or holy people.

### Dive In! (20 minutes)

**Read** the Featured Story on page 854 of *The Catholic Children's Bible* (Psalm 23:1–6).

**Ask** your child these questions:

- How does a shepherd take care of sheep?  
(by leading them to food, water, and safety; by keeping danger away, protecting them)
- How does God act like a good shepherd?  
(by guiding us and providing us with all we need)
- How does God protect us? (Accept all reasonable responses.)

**Read** the Understand It!, Live It!, and Tell It! sections on page 855 of *The Catholic Children's Bible*.

**Invite** your child to complete the activity on page 2 of the All Saints' Day activity booklet. Answers: See solution on the third page of this home guide chapter.

### Discover! (20 minutes)

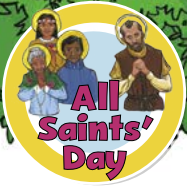
**Read** the article on the second page of this home guide chapter. Review the key word, and ask the review questions.

### Go! (10 minutes)

**Choose** one of the Family Activities on page 4 of the All Saints' Day activity booklet to complete this week.

**Conclude** by praying the Family Prayer on page 4 of the All Saints' Day activity booklet, or use the prayer service on page 3 of the activity booklet. Consider creating a prayer space with pictures of your family's patron saints. Take turns reading the "Reader" parts with your child, as you both respond, "Pray for us," or invite other family members to participate.





# Heroes of the Church

Perhaps you have seen movies about superheroes who use amazing powers to help people. Did you know that the Church has heroes, too? We call our heroes **saints**.

Saints are holy people who have lived good lives, following God and helping others. The saints love God because he provides for us and cares for us like a shepherd—just as today’s reading describes. We can also become saints, or holy people, if we follow God as our shepherd.

Just like we look up to superheroes, we can also look up to the saints and use their lives as examples to follow. The saints show us how to be good people: how to help others, how to pray, and how to love

God. By doing these things, we can one day become saints as well. God wants us all to become saints!

We can always ask the saints to pray for us. We can pray to specific saints by name, or we can ask all the saints, together, to ask God to help us be happy, healthy, and faithful. We celebrate the saints in a special way—even those whose names we don’t know—on All Saints’ Day, which we celebrate every November 1. On this Feast of All Saints, we remember all good and holy people who now live with God in Heaven.

Who is your patron saint? Talk to your saint today, and ask him or her to pray for you and guide you as you work to become a hero of the Church.

## Key Word

**saints** Holy people who have lived good lives, following God and helping others.

## We Know and Live Our Faith

The following articles and activities in the *We Know and Live Our Faith* resource correspond to the concepts introduced in this lesson:

- “The Church Has Two Parts,” page 12
- “The Communion of Saints” + activity, pages 13–14
- “Saints and the Church Year” + activity, pages 30–32
- “The Prayer of Intercession” + activity, pages 56–57

If you have additional time, read the selections together, and invite your child to complete the activities.

## Review

1. Why is it important to remember saints?
2. When do we celebrate the Feast of All Saints?
3. Do we remember only famous saints on All Saints’ Day?

*Turn this page upside down to check your answers!*

*1. They are an example for us. They show us how to be good people, how to help others, how to pray, and how to love God. 2. November 1. 3. No, we remember even those we don't know by name. We remember all good and holy people who are with God.*





# Answer Key

