



FIRST HOLY COMMUNION PROGRAMME

UNIT 10



Be Happy: Say Yes to God

AIMS

1. To define sin as saying "no" to God.
2. To recognize that accidents, mistakes and temptations are not sins.
3. To desire to say no to temptation in order to have true happiness.

KEY WORDS

- SIN - TEMPTATION
- ACCIDENT
- HAPPY - UNHAPPY

INTRODUCTION

Ask someone to draw a happy face on the board or a big card. (or hand out sheets of paper and ask everyone in the group to draw a happy face)

Tell the children that Jesus always wants us to be happy. He made people happy when he lived in this world. How did Jesus make other people happy? By healing them and helping them.

RESOURCES

- Flashcards used in previous sessions.
- Resource sheet: 6 Real life situations.
- Worksheet 10

MAIN

- In previous sessions we spoke about loving God and loving one another by observing the Ten Commandments. Briefly recall the main points discussed and ask some related questions.
- We are **happy** when we love as Jesus taught us. How did Jesus say we should love? Let the children speak about their own experiences: helping others, listening to parents etc. We are **unhappy** when we do not love the way Jesus taught us. Invite children to give examples of this. Show how we become unhappy when we deliberately choose to be unloving. When we offend God we **SIN** (show flashcard) Explain "sin" as "Saying no to God" and show the gravity of that by giving example 1 (see Resource sheet). This also shows ungratefulness.
- Elicit a discussion about how John was unloving in behaving in that way. How he had hurt his mum and how much unhappy that would make both him and his whole family. Whenever we do anything God does not want us to do, we sin. We become unhappy people. So, when we sin we also hurt ourselves because we lose our happiness and peace. When we sin we hurt all of God's family. Refer to example 2 We need to be forgiven. We need the forgiveness of God and of God's family. How can we make peace with God and the others? We can reconcile: go to confession.
- Move on to explain the difference between an **accident** and a **sin** by using examples 3 and 4. When Peter broke his mum's vase he was not doing so intentionally but because he disobeyed his mum. Breaking the vase was a consequence. So he is really guilty/responsible for breaking the vase as he had already been warned by his mother. Did Kelly commit two sins: she broke the vase and she did not go shopping for mum? Let the children speak and share their ideas. It was only an **ACCIDENT** and we do not sin when it is an accident. Use examples 5 and 6 to illustrate this point.
- Discuss with the children the meaning of **temptation**. Sometimes we are tempted to do what is wrong because we think it will make us happy. Give some examples like: you see someone on the floor while some children make fun of them. You are tempted to join in. We feel like hearing a voice telling us to do one thing and another voice telling us to do another. One is God's voice; the other is the devil's temptation. Illustrate this point by giving other similar real life situations. Any time we feel we are being tempted but stick to what is right we are not sinning. We are doing what God wants of us.

CONCLUDING PRAYER

Say that we should ask God's help to make us strong always to do what he wants of us, especially when we are tempted to do otherwise.

Invite some children to say their own prayers on the theme of this session while others reply using the response: "Lord, graciously hear us."

NOTES

ACTIVITY

Remind the children to learn and practice the "Sorry prayer" and other common prayers in the Prayer book.

Hand out Worksheet 10 and briefly go through the tasks children have to complete at home.