

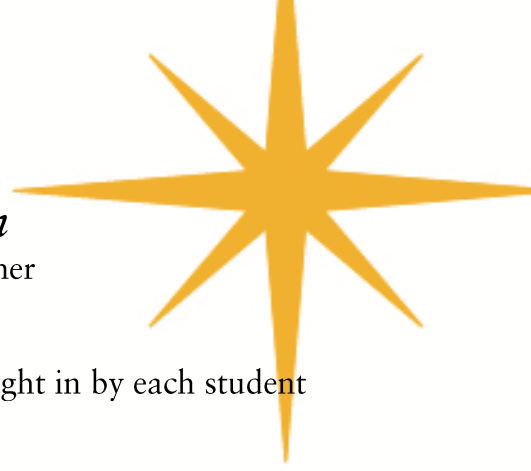
Lesson 1: The Gift of Life and the Incarnation

Objective: See each person as a gift; find the face of Christ in each other

Target Group: Grades K-3

Time Allotted: 40 minutes

Materials Required: Holy Family Hospital video; a baby picture brought in by each student



Lesson Plan

Resource for educators: Luke 1:5-25

Lesson Topic: All life is created by God and, therefore, is sacred. As the body of Christ, we are called to defend and nurture all life, particularly the lives of the most vulnerable among us.

Goals:

- a. Students will learn the role of Holy Family Hospital in caring for the vulnerable in Bethlehem. They will understand the importance of nurturing their bodies and souls, which were created by God.

Lesson:

- a. Read students the story of Elizabeth and Zechariah praying for a child from Luke 1:5-25.
- b. Invite students to share with one another their baby picture that they brought from home.
- c. Recommended Discussion Questions:
 - a. What was God's gift to Elizabeth and Zechariah?
 - b. Are there any babies in your family?
 - c. What does a new baby need?
 - d. Who is meant to take care of a new baby?
- d. Introduce students to Holy Family Hospital in Bethlehem. This Hospital is located only steps from the place where Jesus was born. Today it takes care of newborn babies that need special care.
- e. Play Holy Family Hospital video, if considered age-appropriate.
- f. Discussion:
 - a. Why is Holy Family Hospital important? (*Because some babies need extra care, because all life is a gift from God and should be protected, etc.*)
- g. Remind students that they are each a gift from God, and that as they grow up, they need to take good care of both their body and their soul.
 - a. What are some good ways to take care of our bodies?
 - b. What is our soul?
 - c. How should we take care of our souls?
- g. Activity
 - a. On the accompanying worksheet, invite students to draw their family and habits they can do to keep their soul and body healthy.

Name: _____ Date: _____



Gift of Life

1. In the space below, draw what your family looks like. You may choose to include your siblings, parents, grandparents, aunts, uncles, and/or cousins.

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2. God asks us to always take care of our bodies and our spirit or souls. Draw one thing you can do to keep your body and soul healthy.

Healthy Body

Healthy Soul

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