

Liturgy – Teen Family Lesson 2026-2027

Lesson Focus - The prayer of the Church connects the work of our daily lives to the life and work of Christ. As we pray with the Church throughout the year, we are invited to deepen our connection to His Sacred Heart.

Before you begin – INSTRUCTIONS FOR PARENTS

- To complete this lesson, you will need to refer to:
 - Pages in the **Catholic Youth Bible (CYB)** * *Please note that when a page number is indicated, it may be a page or two different in your particular Bible; this depends on when your Bible was printed.*
 - Anytime [CCC] is noted, it refers to the Catechism of the Catholic Church.
- After reviewing the lesson, if you have any questions regarding the content, please contact the FF Office at 716-632-2678 or email faithformation@ssppchurch.com if you would like assistance.
- **OR**, consider having your teen attend one of the scheduled Teen Lessons on this topic.
- **Lesson Comprehension** - Please ask your child(ren) the three [Liturgy - Teen Family Lesson Comprehension](#) questions at the end of the **Discover!** section. Record on your family's Faith Journey Checklist.

CCC 1674-1675 Besides sacramental liturgy and sacramentals, catechesis must take into account the forms of piety and popular devotions among the faithful. The religious sense of the Christian people has always found expression in various forms of piety surrounding the Church's sacramental life, such as the veneration of relics, visits to sanctuaries, pilgrimages, processions, the stations of the cross, religious dances, the rosary, medals,¹⁸⁰ etc. These expressions of piety extend the liturgical life of the Church, but do not replace it. They "should be so drawn up that they harmonize with the liturgical seasons, accord with the sacred liturgy, are in some way derived from it and lead the people to it, since in fact the liturgy by its very nature is far superior to any of them

Through the Sacred Heart of Jesus! “Our relationship with the heart of Christ is changed and strengthened, thanks to the prompting of the Spirit who guides us to the Father, the source of life and the ultimate wellspring of grace. This is precisely what the Holy Spirit, who comes to us through the heart of Christ, seeks to nurture in our hearts. For this reason, the liturgy, through the enlivening work of the Spirit, always addresses the Father from the risen heart of Christ.” –Pope Francis, Dilexit Nos, paragraph 77

Adult Faith Enrichment!

Before talking with your child about the liturgy and devotions. Please take a few minutes to watch this video about the Devotion to the Sacred Heart of Jesus.

- [Devotion to the Sacred Heart of Jesus](#) - Fr Mark-Mary from Ascension Presents.
- [What does Liturgy mean?](#)
- [A year of devotions](#) What they are and ideas on how to practice these devotions in your life.
 - A simple brief listing of the [Catholic Practices and Traditions](#) for each month.

Pray!

Most Sacred Heart of Jesus, I ask you to bless this house and all of us who live in it. Help us to live in peace and happiness. May your love enable us to strengthen and support each other, in every need, so that together we may grow in Your love and our love for each other. Amen.

Discover!

1. The Four Seasons -

- a. There are four seasons we experience. Summer, fall, winter and spring. We live in an area where we can see the physical changes of the four seasons and feel them with the changes of temperature. These seasons bring regular changes in temperature, weather, and nature. As seasons change so do family activities and events. These activities and events give families and communities opportunities to get together, to celebrate with one another. The seasons give us activities to do with those we love and help us provide memories.
 - i. Take a sheet of paper and fold it into 4. At the top of each “box”, write the name of a season.
 1. Share the things you do during each season and devote your time to. What are the things that you look forward to? What are the activities that you least enjoy?
 - a. Examples could be: birthdays, a sport, camping activity, a special family trip, picnic, 4th of July celebration, pumpkin and apple picking, a holiday.
- b. How does your family prepare for the activities you participate in?
 - i. In what ways do you each help with the planning?

- ii. How does your attitude make a difference with the way you participate?
- iii. Are there events or activities that include the whole family and others that only some of your family gets involved in?
 - 1. For the times when others do not participate, what support or acknowledgement do you give?
- iv. You are devoting your time to a special event or person in your life and strengthening your bond with family and friends. The traditions of each season draw us close with one another. We make memories, have fun together, and set aside time from the business of our lives to be with one another in a special way.
- c. As Catholics we do the same thing. We **devote** our time praying, learning about our faith, the saints, Jesus Christ, and attend Mass strengthening our relationship with God.
 - i. **Devote** means to give all or a large part of one's time or resources to (a person, activity, or cause). As Catholics we do this through devotions and prayers.
 - ii. Liturgy within our Church is the public worship or work of the Church. This means as brothers and sisters in Christ, we engage in work or service as Christ to one another. Together, we form the body of the Church, Liturgy and devotion are a united response to being a Catholic, living out our sacramental life in faith. It's our living expression of the Church's faith through which we encounter God.

2. What is a Catholic Devotion?

- a. A Catholic devotion is when we are intentional to set aside dedicated time to focus on Jesus, strengthening a personal relationship with him.
- b. Devotions in our faith go back to the early Church and have developed over the centuries. Many different forms of devotions have started and they often resemble the traditions and beliefs of local communities and groups. Some examples include:
 - i. Sacred Heart of Jesus: Contemplating the heart of Jesus- His burning love for us, His sufferings and Passion,
 - ii. The Rosary: A way to walk through the lives of Jesus and Mary using beads to help us stay focused.
 - iii. Stations of the Cross: A "prayer walk" where we remember the steps Jesus took on Good Friday.
 - iv. Eucharistic Adoration: Spending quiet time sitting with Jesus in the Blessed Sacrament every week.
 - v. The Miraculous Medal or Scapulars: Small items we wear to remind us that God and Mary are always protecting us.
- c. What is the purpose of devotions? Devotions help build a habit of daily faith, learning about God's unchanging nature, and understanding his love.

Devotions draw individuals closer to God serving as a gateway to fuller participation in the sacraments especially the Eucharist. As Catholics, it should be understood that devotions should never replace going to Mass. The liturgy of the Mass is the most important part of the Catholic faith. It's the way we worship God, hear His Word and receive Jesus in the Eucharist.

- i. The Divine Mercy Chaplet is traditionally referred to as an extension of the Mass. We received this powerful devotion from Jesus through Saint Faustina.
 1. To explain the [Divine Mercy Devotion](#), watch this short video of Fr Michael Gaitley.
- ii. We should always remember we are all unique and created to be in relationship with God. With all the different options available, no one devotional will work for everyone. Try different ways to honor your relationship with Our Lord through devotions until you find the way that helps you feel most connected with God.
 1. Depending on where you are on your faith journey, different devotions will be best at different times.

3. Spend time with the Word.

- a. Read together as a family in the **CYB, Luke 10:38-42**
 - i. Talk about what was happening in this passage.
 1. The story of Martha and Mary reminds us to find a balance between our prayer life and our actions.
 - a. Notice where in the Chapter this passage is found.
 - i. The passage just before is the Good Samaritan and the passage just after is The Lord's Prayer.
 - b. Though the Catholic Mass is the most important part of our Catholic life, Jesus tells us it is also important to find time to sit with Jesus, listen to His Word, and talk with Him in prayer.
 - c. It is also important to live our faith and serve others like Martha was doing. We are called to show our love for others by putting into action the lesson learned from Jesus, by our actions.
 2. The way we participate in Mass helps us live out this passage with intentional time with God. At the conclusion of each Mass, the priest or deacon tells everyone a message that reminds us we are the hands and feet of Jesus and actively share what we have gained by praying through the Mass.
 - a. *"Go now, the Mass has ended. Go and announce the Gospel of the Lord."* or *"Go in peace, glorifying the Lord with your life."*

4. Church Tradition

- a. The Church traditionally assigns a special devotion to each month to help all the faithful focus on a part of our Catholic life. Devotions usually include prayer (confession, thanks, requests), reading from the Bible, and learning to apply it. Devotions can be done daily, weekly, monthly, annually or seasonally. Some devotions are led in Church often before or after Mass. For example the Rosary, Divine Mercy Chaplet, and Stations of the Cross. Linking personal devotion to the community's worship.
 - i. Since the whole Church is focusing on the same devotion each month, this also unites us in a unique way. Some devotions are maybe easier to recognize for you than others.
 - 1. The readings at Mass, decorations and liturgical colors help to indicate what our focus is.
- b. Just like we celebrate the different seasons together but in our own way, these monthly devotions are the same each year but we practice the traditions differently.
 - i. No matter where we are along our faith journey, each time we celebrate a devotion throughout the Liturgical year, we deepen our relationship with Jesus.



5. The Catholic Church Monthly Devotions

- a. How will your family spend intentional time with Jesus this year?
- b. Just as the seasons come around each year and the activities you take part in during each season change, so do the devotions during the liturgical calendar year. Spending time as a family praying devotions you are growing closer to Jesus together and building your relationship with him.
- c. Find out what [Our Church celebrates together](#) all year and talk about ways that you can honor the devotions in this, plus the next month.
 - i. Visit [Catholic.Link](#), it will take you to a website with more information for monthly dedications.

- ii. Ideas for each month are given but come up with ideas that work for you and your family.
- d. Keep a journal to write about your family's experiences. You will be able to look back at your activities and ways you prayed together.
 - i. How did this focus and actions make a difference to your relationship with Jesus? How did you feel closer to our Church family?

Lesson Comprehension - Please ask your child(ren) the three [Liturgy - Teen Family Lesson Comprehension](#) questions. Record on your family's Faith Journey Checklist.

Live it!

- Be intentional to join with the Church in celebrating the devotions each month. Look at the bulletin and website to see what activities are being offered. Sign up and attend the events that you are able to. Through the devotions, we unite as a Church. This helps us to meet others within our faith community and build a connection with our Church family.
 - Look for youth group sessions offered in our family of parishes that coordinate with the liturgical season.
- Challenge: Your family may already be practicing a Catholic devotion. If your family is, try a different way to practice it. If you are new to devotions, decide on the ways you and your family will spend time praying the monthly devotions.
 - It is always helpful and fun to do as a family to find art, music or statues that will remind you what the focus is.
 - To learn more about Saint Faustina and her important, powerful message of Divine Mercy through her experiences with Jesus. Watch [Who is St Faustina?](#) Fr Chris Alar. Consider praying a Chaplet of Divine Mercy each day.
- As a family, prepare your prayer table or a special area in your house to represent the devotion of the Church each month.
 - Decide what images, statues or sacramentals you will add to remind your family of the specific devotion.
 - Research and read about the devotion for the month - [monthly Catholic devotions](#).
 - Crafts and ideas for the monthly dedications at [Feasts & Seasons - Shower of Roses Blog](#) try incorporating them into the year.

- Add a candle to your table, Jesus is the light of the world. Through Him we will have a life with Him forever.
 - Start a routine such as before or after dinner, before bedtime. Light the candle and say a prayer as a family to strengthen our friendship with Jesus.
- Have fun spending together and devoting your time to Jesus and growing closer to him.
 - Watch this video to see how a family celebrates the [Sacred Heart of Jesus devotion in June](#).

Pray!

To conclude this lesson, choose a prayer that follows the devotion within this month. A decade of the rosary is another option and meditate on the monthly devotion asking Jesus to help your family walk closer with Him.

- Pray [the Chaplet of Divine Mercy](#) following this video.