

catechesis of the good shepherd lesson plans

catechesis of the good shepherd lesson plans are essential tools for educators and catechists seeking to impart the Christian faith to children in a meaningful and engaging way. Rooted in the Montessori method and inspired by Scripture, these lesson plans emphasize hands-on learning, spiritual formation, and personal discovery. Effective catechesis of the good shepherd lesson plans provide structured yet flexible frameworks that guide children through biblical narratives, liturgical understanding, and prayer experiences. This article explores the core elements of catechesis of the good shepherd lesson plans, offering insights on how to develop, implement, and adapt them for various age groups. Additionally, it covers the materials required, best practices for lesson delivery, and ways to assess spiritual growth through this unique educational approach. The following sections will delve deeper into the foundational principles, detailed lesson components, and practical tips for enriching catechetical sessions.

- Understanding the Catechesis of the Good Shepherd Method
- Key Components of Lesson Plans
- Developing Effective Catechesis of the Good Shepherd Lesson Plans
- Materials and Environment Preparation
- Adapting Lesson Plans for Different Age Groups
- Assessment and Reflection in Catechesis

Understanding the Catechesis of the Good Shepherd Method

The catechesis of the good shepherd is a religious education approach designed for children, focusing on the relationship between the child and God. This method is deeply rooted in the Montessori philosophy, emphasizing respect for the child's spiritual development and encouraging active participation. Catechesis of the good shepherd lesson plans reflect this philosophy by integrating biblical meditation, liturgical time, and sensory experiences that allow children to internalize faith concepts naturally. The approach treats children as capable persons who can understand and engage with complex spiritual themes when presented appropriately. This method fosters a sense of awe, reverence, and personal connection to God.

Historical Background and Foundations

The catechesis of the good shepherd was developed by Sofia Cavalletti in the mid-20th century. It combines Scripture, liturgy, and Montessori principles to create a spiritual environment tailored to children. The lesson plans derived from this method are designed to nurture the child's innate desire

for God and to introduce sacred mysteries through hands-on materials and activities. This foundation ensures that the lessons are both educational and transformative, supporting spiritual growth alongside intellectual development.

Core Philosophy Behind the Lesson Plans

At the heart of catechesis of the good shepherd lesson plans is the belief that children have a natural capacity for spirituality. The lesson plans emphasize allowing children to explore biblical stories and liturgical elements at their own pace. The role of the catechist is to present materials that invite contemplation and discovery rather than deliver rote instruction. This approach helps children develop a personal and living relationship with God, grounded in Scripture and tradition.

Key Components of Lesson Plans

Effective catechesis of the good shepherd lesson plans incorporate several crucial elements that work in harmony to facilitate spiritual learning. These components include Scripture presentations, liturgical education, prayer, and hands-on activities. Each element serves a specific purpose, contributing to a holistic understanding of the Christian faith.

Biblical Presentations

Biblical presentations form the foundation of every lesson plan. These presentations focus on key Scripture passages, often centered on the life of Jesus, parables, and significant Old Testament stories. Children are introduced to these narratives using tactile and visual materials, such as figures, maps, or illustrated booklets, encouraging them to engage actively with the text. The presentations are designed to be repeated and expanded upon over time to deepen understanding.

Liturgical Education

Understanding the liturgical calendar and its significance is another vital component. Lesson plans include activities that teach children about feast days, sacraments, and liturgical colors. This part of the curriculum helps children connect the rhythms of the Church year with the stories and teachings of Scripture, fostering a sense of belonging and participation in the communal faith experience.

Prayer and Meditation

Prayer is integrated into catechesis of the good shepherd lesson plans as a natural expression of faith. Children are encouraged to pray quietly and reflectively, using guided meditation on Scripture or liturgical themes. The lesson plans often include specific prayers, such as the Our Father or Hail Mary, alongside moments of silent contemplation. This nurtures a habit of prayer and personal encounter with God.

Hands-On Activities

The use of hands-on materials distinguishes catechesis of the good shepherd lesson plans from traditional catechetical methods. Materials such as miniature altars, wooden figures, and tactile Scripture story representations allow children to physically interact with the lesson content. These activities support kinesthetic learning and help abstract theological concepts become concrete and accessible.

Developing Effective Catechesis of the Good Shepherd Lesson Plans

Creating lesson plans that align with the catechesis of the good shepherd method requires thoughtful preparation and understanding of both the spiritual and developmental needs of children. Effective lesson plans balance structure with flexibility, allowing the catechist to respond to the unique dynamics of each group.

Setting Clear Objectives

Each lesson plan should begin with clearly defined objectives that articulate what the children are expected to learn spiritually and intellectually. Objectives might include understanding a particular biblical story, recognizing a liturgical symbol, or developing a prayer practice. Clear goals guide the selection of materials and activities, ensuring focused and meaningful sessions.

Sequencing Lessons

Lesson plans should be organized in a logical sequence that builds upon previously learned concepts. For example, early lessons may introduce foundational stories such as the Good Shepherd parable, while later lessons explore the sacraments or the life of Jesus in greater depth. Sequencing helps children form connections between different aspects of the faith and supports gradual spiritual growth.

Incorporating Flexibility and Adaptation

While structure is important, catechesis of the good shepherd lesson plans must remain adaptable to accommodate varying ages, abilities, and interests. Catechists should be prepared to modify presentations or extend activities based on the children's responses and engagement levels. Flexibility ensures that lessons remain relevant and impactful.

Materials and Environment Preparation

The physical environment and teaching materials play a critical role in the success of catechesis of the good shepherd lesson plans. A well-prepared space invites focus, reverence, and learning, while carefully chosen materials support hands-on exploration.

Creating a Sacred Space

The learning environment should be simple, orderly, and aesthetically pleasing to foster a sense of sacredness. A small table or altar with religious symbols such as a crucifix, candles, or a Bible can create an atmosphere conducive to prayer and contemplation. Seating arrangements that allow children to sit comfortably on the floor or at low tables encourage participation and focus.

Essential Materials

Materials used in catechesis of the good shepherd lesson plans are often handmade or crafted to reflect biblical scenes and liturgical themes. Essential items include:

- Wooden figures representing biblical characters
- Maps and timeline charts of biblical events
- Miniature altars and liturgical objects
- Prayer cards and visual aids for liturgical seasons
- Books with illustrated Scripture stories

These materials are integral to the tactile learning experience and help children internalize lessons through multiple senses.

Adapting Lesson Plans for Different Age Groups

Catechesis of the good shepherd lesson plans are designed to be adaptable across a range of age groups, typically divided into three levels: Level I (ages 3-6), Level II (ages 6-9), and Level III (ages 9-12). Each level requires tailored approaches to content and delivery.

Level I: Early Childhood

Lesson plans for Level I focus on simple, concrete presentations using tactile materials and brief narratives. Emphasis is placed on helping young children develop a sense of wonder and connection to God through stories such as the Good Shepherd and the birth of Jesus. Activities are kept short and engaging to match limited attention spans.

Level II: Elementary Age

For children aged 6-9, lesson plans introduce more complex biblical stories and liturgical concepts. Presentations become more detailed, and children are encouraged to participate in discussions and longer prayer sessions. Materials are more varied, supporting deeper reflection and understanding.

Level III: Pre-Adolescence

Lesson plans for older children focus on theological exploration, Scripture study, and liturgical participation. Activities include research, presentations, and service projects that encourage active faith practice. This level supports the transition from simple learning to mature catechesis and personal faith commitment.

Assessment and Reflection in Catechesis

While catechesis of the good shepherd lesson plans emphasize spiritual formation over academic testing, assessment and reflection remain important components. These processes help catechists gauge the effectiveness of lessons and support children's ongoing faith development.

Observational Assessment

Catechists use observational techniques to assess children's engagement, understanding, and spiritual responses during lessons. Noting how children interact with materials, participate in prayer, and articulate their thoughts provides valuable feedback for tailoring future lesson plans.

Encouraging Reflection

Reflection activities, such as group discussions or personal journaling, help children process what they have learned and relate it to their own lives. These moments deepen the internalization of faith concepts and foster a personal connection to the lessons presented.

Feedback and Continuous Improvement

Regular feedback from children, parents, and fellow catechists supports the continuous improvement of catechesis of the good shepherd lesson plans. Incorporating suggestions and adjusting lesson content ensures that the catechetical experience remains relevant, engaging, and spiritually enriching.

Frequently Asked Questions

What is the Catechesis of the Good Shepherd and how does it influence lesson plans?

The Catechesis of the Good Shepherd is a Montessori-based religious education program that focuses on nurturing a child's relationship with Jesus through hands-on, experiential learning. Lesson plans are designed to be child-centered, fostering spiritual growth through activities with specially prepared materials in an atrium setting.

How can I structure a weekly lesson plan for the Catechesis of the Good Shepherd?

A weekly lesson plan typically includes presenting a new scripture passage or liturgical concept using Montessori materials, allowing time for reflection, prayer, and hands-on activities. The plan should be flexible to accommodate different age groups and encourage independent exploration.

What materials are essential to include in a Catechesis of the Good Shepherd lesson plan?

Essential materials include Montessori-style trays with figurines, maps, liturgical calendars, biblical parables, and prayer materials. These tactile items help children engage deeply with biblical stories and liturgical themes in a meaningful way.

How do lesson plans in the Catechesis of the Good Shepherd address different age groups?

Lesson plans are tailored to three main age groups: 3-6, 6-9, and 9-12 years old. Each group has age-appropriate presentations and materials that match their developmental stage, with increasing complexity and depth in biblical understanding and spiritual concepts.

Can Catechesis of the Good Shepherd lesson plans be integrated into traditional classroom settings?

Yes, while Catechesis of the Good Shepherd is designed for a special atrium environment, elements such as hands-on materials, quiet reflection time, and scripture presentations can be adapted for traditional classrooms to enrich religious education.

What are some effective strategies for creating engaging lesson plans in the Catechesis of the Good Shepherd?

Effective strategies include focusing on storytelling with Montessori materials, encouraging child-led exploration, incorporating prayer and silence, and connecting lessons to the liturgical calendar to deepen children's understanding of the Church's rhythms.

Where can I find reliable resources and templates for Catechesis of the Good Shepherd lesson plans?

Reliable resources and lesson plan templates can be found on official Catechesis of the Good Shepherd websites, Catholic educational forums, and through training workshops offered by authorized Catechesis of the Good Shepherd centers and instructors.

Additional Resources

1. *The Catechesis of the Good Shepherd: A Sacred Journey*

This book offers a comprehensive introduction to the principles and practices of the Catechesis of the Good Shepherd. It explores the spiritual and pedagogical foundations of the method, emphasizing the importance of the prepared environment and the role of the catechist. Readers will find practical guidance on implementing lesson plans that nurture the child's relationship with God through scripture and liturgy.

2. *Hands-on Faith: Lesson Plans for the Catechesis of the Good Shepherd*

Designed for catechists seeking ready-to-use materials, this resource provides detailed lesson plans that integrate Montessori principles with Christian formation. Each lesson focuses on hands-on activities that engage children's senses and encourage deep reflection on Bible stories and liturgical themes. The book is an excellent tool for creating a vibrant and interactive religious education environment.

3. *Roots and Wings: Growing in Faith through the Catechesis of the Good Shepherd*

This book emphasizes the spiritual growth of both children and catechists within the framework of the Catechesis of the Good Shepherd. It includes lesson plans that foster contemplation and prayer, helping children develop a personal and meaningful connection with God. The text also offers insights into adapting lessons for various age groups and diverse contexts.

4. *Montessori Meets Scripture: Lesson Plans for the Catechesis of the Good Shepherd*

Focused on the integration of Montessori educational techniques with Christian catechesis, this book provides structured lesson plans that highlight scripture meditation and sacred art. It guides catechists in preparing the atrium environment and materials that support autonomous learning and spiritual discovery. The book is ideal for those looking to deepen children's engagement with biblical narratives.

5. *Journey Through the Liturgical Year: Catechesis of the Good Shepherd Lessons*

This title offers a thematic approach to lesson planning based on the liturgical calendar. It helps catechists prepare children to understand and celebrate the rhythms of the Church's year through scripture, prayer, and ritual activities. The book includes detailed plans for feast days, seasons, and sacramental preparation, making it a valuable resource for year-round catechesis.

6. *Seeds of Faith: Early Childhood Catechesis with the Good Shepherd Method*

Aimed at catechists working with young children, this book presents age-appropriate lesson plans that nurture the beginnings of faith. It focuses on simple yet profound presentations that introduce God's love, the Holy Family, and the parables of Jesus. The resource emphasizes sensory engagement and the development of reverence through hands-on learning.

7. *Living the Good Shepherd Way: Advanced Lesson Planning for Catechists*

This book is designed for experienced catechists who wish to deepen their practice of the Catechesis of the Good Shepherd. It offers advanced lesson plans that challenge children's understanding and invite them into a more contemplative relationship with God. The text includes reflections on spiritual formation and guidance for facilitating group discussions and personal meditation.

8. *Art and Prayer in the Catechesis of the Good Shepherd*

Highlighting the integration of sacred art and prayerful reflection, this book provides lesson plans that use creative expression as a means of catechesis. It encourages children to explore biblical themes through drawing, sculpture, and music within the atrium setting. The resource supports catechists in fostering a prayerful atmosphere that nurtures both creativity and faith.

9. *Faith Foundations: Building Catechesis of the Good Shepherd Lesson Plans*

This practical guide offers a step-by-step approach to developing effective lesson plans within the Catechesis of the Good Shepherd framework. It covers the fundamentals of preparing materials, structuring presentations, and assessing children's spiritual growth. Ideal for new catechists, the book provides templates and examples to facilitate confident lesson planning.

Catechesis Of The Good Shepherd Lesson Plans

Catechesis of the Good Shepherd Lesson Plans: A Comprehensive Guide for Catechists

Catechesis of the Good Shepherd (CGS) is a vibrant and engaging Montessori-based approach to religious formation for children, fostering a deep and personal relationship with God. This comprehensive guide delves into the creation of effective CGS lesson plans, exploring best practices, incorporating recent research on child development, and offering practical tips for catechists of all experience levels. We'll explore how to adapt the method to various age groups and learning styles, ensuring a meaningful and impactful catechetical experience.

"Nurturing Faith: A Practical Guide to Catechesis of the Good Shepherd Lesson Planning"

Outline:

Introduction: Understanding the Philosophy and Methodology of CGS.

Chapter 1: The Prepared Environment: Creating a Sacred Space for Learning.

Chapter 2: Understanding Child Development and its Application in CGS.

Chapter 3: Developing Engaging CGS Lesson Plans: A Step-by-Step Approach.

Chapter 4: Adapting Lessons for Different Age Groups (3-6, 6-9, 9-12).

Chapter 5: Incorporating Montessori Principles into CGS Lesson Plans.

Chapter 6: Assessment and Evaluation in CGS: Observing and Guiding the Child's Journey.

Chapter 7: Addressing Challenges and Troubleshooting Common Issues.

Chapter 8: Resources and Further Learning: Expanding Your CGS Knowledge.

Conclusion: The Long-Term Impact of CGS and its Role in Faith Formation.

Detailed Outline Explanation:

Introduction: This section lays the groundwork by defining Catechesis of the Good Shepherd, explaining its core principles (e.g., the importance of the prepared environment, the role of the catechist as a guide, and the child's inherent goodness), and highlighting its unique approach to religious education.

Chapter 1: The Prepared Environment: This chapter focuses on the crucial role of the environment in fostering a sense of reverence and facilitating the children's interaction with the materials. We will discuss practical considerations such as space design, material selection, and the overall atmosphere conducive to prayer and learning.

Chapter 2: Understanding Child Development: This chapter draws upon recent research in child psychology and developmental stages (Piaget, Montessori, etc.) to explain how children learn and absorb religious concepts at different ages. It will discuss how these developmental insights inform CGS methodology.

Chapter 3: Developing Engaging CGS Lesson Plans: This core chapter provides a practical, step-by-step guide to lesson planning, including outlining lesson objectives, selecting appropriate materials, structuring the lesson flow (presentation, exploration, and reflection), and incorporating storytelling and prayer. Specific examples of lesson plans will be provided.

Chapter 4: Adapting Lessons for Different Age Groups: This chapter addresses the needs of different age groups, showing how to adapt the same general themes to be age-appropriate and engaging for 3-6 year olds, 6-9 year olds, and 9-12 year olds. This will include specific examples for each age group.

Chapter 5: Incorporating Montessori Principles: This chapter will highlight the integral connection between Montessori education and CGS, showcasing how Montessori principles like self-directed learning, hands-on activities, and sensorial experiences enhance the religious formation process within the CGS framework.

Chapter 6: Assessment and Evaluation: This chapter explains how to observe and assess children's learning without formal testing, focusing on qualitative methods of observation and understanding the child's personal journey of faith.

Chapter 7: Addressing Challenges: This chapter offers practical advice for handling common challenges such as classroom management, dealing with difficult children, adapting to diverse learning styles, and addressing parental concerns.

Chapter 8: Resources and Further Learning: This chapter provides a list of recommended resources, including books, websites, and organizations related to CGS, offering pathways for continued professional development and deepening understanding of the method.

Conclusion: This section summarizes the key takeaways and emphasizes the lasting impact of CGS on children's faith development, highlighting the formation of a strong, personal relationship with God and the development of spiritual maturity.

Keywords: Catechesis of the Good Shepherd, CGS, Montessori,

religious education, Catholic education, lesson plans, children's ministry, faith formation, child development, prepared environment, early childhood education, religious curriculum, catechist training, spiritual development, liturgical year, scripture, sacraments, prayer, storytelling

(Chapter Content - Expanded Example: Chapter 3 - Developing Engaging CGS Lesson Plans: A Step-by-Step Approach)

This chapter would provide a detailed, practical guide to creating effective CGS lesson plans. It would cover:

Defining Lesson Objectives: Clearly outlining what children should learn and experience during the lesson, aligning with the overall CGS curriculum and developmental goals.

Selecting Appropriate Materials: Choosing materials that are age-appropriate, engaging, and resonate with the lesson's theme. This includes the careful selection of artwork, scripture passages, and other tangible items.

Structuring the Lesson: Designing a lesson that flows logically, incorporating different stages such as presentation (the catechist's introduction), exploration (the children's interaction with the materials), and reflection (time for prayer and quiet contemplation).

Incorporating Storytelling and Prayer: Using storytelling as a powerful tool to convey religious narratives and integrating meaningful prayers throughout the lesson to foster a sense of connection with God.

Examples of Lesson Plans: Providing detailed examples of lesson plans for different ages and themes, showcasing the practical application of the principles discussed. For example: A lesson plan on creation, the incarnation, or the sacraments.

(Further chapters would follow a similar structure, providing detailed, practical advice and examples.)

FAQs:

1. What is the difference between traditional religious education and Catechesis of the Good Shepherd? CGS uses a Montessori approach, emphasizing hands-on activities, a prepared environment, and observation of the child's spiritual journey, unlike traditional lecture-based methods.

2. What age groups is CGS designed for? CGS programs typically serve children from age 3 through adolescence, with adapted materials and approaches for each age range.
3. How much training is required to become a CGS catechist? Extensive training is usually required, often involving multiple workshops and mentorship opportunities.
4. What materials are needed for CGS? CGS utilizes specially designed materials, including artwork, figurines, and other tactile objects, all carefully chosen to facilitate the children's understanding of faith.
5. How do I find a CGS program near me? Check with your local diocese or parish for CGS programs, or search online for "Catechesis of the Good Shepherd" along with your location.
6. Can CGS be adapted for children with special needs? Yes, the flexible nature of CGS allows for adaptation to meet the specific needs of diverse learners.
7. How is CGS different from other Montessori programs? While sharing the Montessori approach, CGS specifically focuses on religious formation, using the method to foster a deep and personal relationship with God.
8. Is CGS only for Catholic children? While primarily associated with Catholic faith formation, the principles and methods of CGS can be adapted for use in other faith traditions.
9. How can I get involved in my parish's CGS program? Contact your parish religious education director to explore volunteer opportunities or to learn more about the program.

Related Articles:

1. The Prepared Environment in CGS: Creating a Sacred Space for Children: Focuses on the practical aspects of designing and maintaining a CGS classroom.
2. Montessori and Faith Formation: A Synergistic Approach: Explores the connection between Montessori education and spiritual development.
3. Storytelling in CGS: Engaging Children with Biblical Narratives: Discusses the art of storytelling and its importance in conveying religious truths.
4. Assessment in CGS: Observing Children's Spiritual Growth: Details the qualitative methods used to track children's faith development.
5. Adapting CGS for Children with Special Needs: Provides practical tips for inclusive religious education.
6. The Role of the Catechist in CGS: Guiding Children's Spiritual Journey: Highlights the importance of the catechist's role in fostering a supportive learning environment.
7. Incorporating the Liturgical Year into CGS Lesson Plans: Shows how to integrate the church

calendar into CGS lessons.

8. Using Scripture in CGS: Making the Word of God Come Alive: Discusses effective ways to engage children with biblical stories.

9. Creating a CGS At-Home Environment: Supporting Faith Formation at Home: Offers suggestions for parents to reinforce their children's CGS learning experience.

catechesis of the good shepherd lesson plans: The Religious Potential of the Child Sofia Cavalletti, 2021-07-02 This book describes the Catechesis of the Good Shepherd, a Montessori-based style of catechesis that focuses on the child's independent journey to God by working with materials in a specially prepared place called an atrium. Written by Sofia Cavalletti, the Italian scripture scholar who developed the Catechesis of the Good Shepherd, this classic work demonstrates the profound spiritual capabilities of children as brought forth through their engagement in the Catechesis of the Good Shepherd. This book is important for anyone desiring to learn about the Catechesis of the Good Shepherd or the spiritual life of children ages 3-6. Sofia Cavalletti is an internationally known biblical scholar and was a member of the committee that prepared the Directory for Masses with Children. Together with her collaborator, Gianna Gobbi, a Montessori educator, she has traveled throughout the world forming catechists in this essentially oral method and helping to establish catechetical centers modeled on their Centro di Catechesi in Rome.

catechesis of the good shepherd lesson plans: The Good Shepherd and the Child Sofia Cavalletti, Patricia Coulter, Gianna Gobbi, 2021-05-15 Anyone familiar with the Catechesis of the Good Shepherd has probably encountered the early description of this approach to the religious formation of the child in *The Good Shepherd and the Child: A Joyful Journey*. With major contributions by Sofia Cavalletti, Gianna Gobbi, Silvana Montanaro, and Patricia Coulter, this book has long been a "core text" for catechists and also for parents of children in the Catechesis of the Good Shepherd. Now there is a new edition, which reflects the changes in the presentations and the materials that Sofia Cavalletti made in the years before her death in August 2011. The original contributions of the authors are retained in Part I. In Part II, long time catechist and one of the first US catechists to study with Sofia Cavalletti, Rebekah Rojewicz, has carefully outlined the current methods and developments in the work. This includes a selection of the key parables and scripture texts that are presented to the children. She also offers a new Introduction in which she describes the process by which the original authors and founders of the Catechesis of the Good Shepherd came to recognize the child's potential for a relationship with God and learned what nurtures that experience. The original art work by Julie Coulter-English is retained in this new edition.

catechesis of the good shepherd lesson plans: 31 Days to Becoming a Better Religious Educator Jared Dees, 2013-05-21 Creator of the popular website *The Religion Teacher*, Jared Dees shares practical, easy-to-use teaching strategies and exercises for spiritual growth in his book *31 Days to Becoming a Better Religious Educator*. These components are designed to improve the effectiveness of any busy religious educator. Volunteer catechists and professional religion teachers are responsible for two unique and challenging tasks: sharing (and assessing) information and the spiritual formation of their students. This succinct, practical resource helps busy catechists and religion teachers with both tasks and is designed for use either over consecutive days in one month, or by specific themes that encourage personal improvement in areas of discipleship, service, leadership, and overall teaching. Each of the thirty-one days includes a clear title that gives the lesson theme, a quotation from Scripture, an introduction to the exercise, step-by-step actions to take for the day, and spiritual enrichment ideas for the educator.

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worship commonly used in Reformed churches: assemble in God's name; proclaim, give thanks to and go in God's name.

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catechesis of the good shepherd lesson plans: Preaching with Children Ann M. Garrido, 2022-02-02 Preaching in congregations with many children is one of the most difficult challenges many preachers face. Whether you are a priest, deacon, catechist, or prayer leader, this book offers practical help in crafting specific homilies for children. Drawing on insights gleaned within the *Catechesis of the Good Shepherd*, Garrido helps preachers understand key characteristics of childhood and children's spirituality and presents ways to reflect on Scripture through the lens of the young child. Preachers will discover that they are preaching with children, rather than preaching to them.

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catechesis of the good shepherd lesson plans: Praying the Angelus Jared Dees, 2017-03-03 The Angelus is a centuries-old Catholic devotion that recalls the annunciation of Christ's birth by the Angel Gabriel to the Virgin Mary. In *Praying the Angelus*, popular author and speaker Jared Dees reinvigorates the devotion, shares intimately from his own experience of it, shows us how to get started, and enriches the practice with original meditations to reflect on the words of both the Angelus and the Regina Caeli. Jared Dees was twenty-seven and in his fourth year of teaching religion in a Catholic school when he first experienced the Angelus. The creator of The Religion Teacher website allows the devotion to anchor his prayer life and challenge him to daily conversion of heart and will. Dees introduces the Angelus devotion and explores its rich history and significance

for the Church. As spiritual companion and guide, he offers meditations on the words and images of both the Angelus and the Regina Caeli, which is prayed during the Easter season. We find lessons about the power of repetitive prayer, the humility of being a disciple, the importance of admitting time belongs to God, the wisdom of taking time with discernment, and the joy of resting in the Lord's presence. He shares personal stories of the life-change power of the Angelus and guides both newcomers and those already familiar with the prayer to contemplate the mysteries of salvation that lie at the heart of the devotion—the Annunciation, Incarnation, and Resurrection. Named for the opening words of the devotion's first prayer in Latin, The Angel of the Lord declared unto Mary, the Angelus is typically prayed at 6:00 a.m., noon, and 6:00 p.m. each day. Likewise the Regina Caeli is named for the opening lines of its prayer, Queen of heaven, rejoice, alleluia. Praying the Angelus is supported by Dees's website, TheAngelusPrayer.com, where people can gather online to participate in and share this devotion with others.

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