

Family Time 3: The Baptism of Jesus

In today's session your young person read about Jesus' Baptism and the beginning of his ministry. Both of these stories help us to understand that it is through Jesus that God fully reveals his loving plan of Salvation for all human beings.

In the story of Jesus' Baptism, God announces that Jesus is his Son. Help your child understand the loving relationship between God the Father and Jesus Christ, the Son of God. Explain that we become part of that special relationship through our own Baptism.

In the story "Jesus' Ministry Begins," Jesus announced his mission in the synagogue at Nazareth, using the words of the prophet Isaiah.

As you discuss this story, you may want to share some part of your faith story with your child—how you first learned about Jesus and how Jesus has helped you to become his disciple.

One way we can grow in our relationship with Jesus is through meditation, a quiet form of prayer. The prayer below is an ancient and traditional meditation. Teach your child to inhale as the first line is prayed and to exhale as the second line is prayed, then repeat these inhalations and exhalations for the third and fourth lines of the prayer. Practice praying this meditation with your child and encourage him or her to memorize it.

The Jesus Prayer

**Lord Jesus Christ,
Son of the Living God,
Have mercy on me, a sinner.
Amen.**

(Ancient prayer based upon Luke 18:13)