**GRADES K-8 RELIGIOUS EDUCATION**

**Goals**

***All teachers should strive to do their part to ensure that the goals of the Diocesan religion curriculum are faithfully imparted to students. This requires each teacher to be a faithful witness to a life of holiness in addition to diligently imparting the truths of the Faith. As Pope Paul VI so aptly stated, “Modern man listens more willingly to witnesses than to teachers, and if he does listen to teachers, it is because they are witnesses.”*** *(****Evangelii Nuntiandi, 41)***

Upon successful completion of the Grades K-8 Religious Education Program in the Diocese of Lincoln, the student will be able to:

1. Demonstrate a living, loving relationship with Jesus and His Church and witness to his/her faith by word and example.
2. Demonstrate knowledge of the truths of the Catholic Faith as outlined in the Creed and adequate for a personal Profession of Faith.
3. Recognize the Church founded by Christ and Her role in the mystery of salvation.
4. Demonstrate an appreciation for the Bible as the Word of God by using it with facility for study and for prayer.
5. Show an appreciation for the worship of God in personal and liturgical prayer, especially for the Holy Sacrifice of the Mass, expressed in personal participation.
6. Demonstrate an appreciation of the supreme worth of sanctifying grace, and of the Church's seven sacraments, expressed in a worthy and frequent reception of the sacraments of Penance and Eucharist.
7. Evangelize by the ability to speak about Jesus to peers, family members and the wider community as well as by the witness of making choices that cause others to ponder the goodness of God.
8. Make conscientious moral judgments in accord with Catholic moral principles.
9. Identify and carry out the positive and negative commands of the Decalogue, the moral teachings of Jesus Christ and those prescriptions expressed in the Beatitudes and the Precepts of the Catholic Church.
10. Recite from memory the prayers learned grade-by-grade and be able to explain the Faith these prayers express.
11. Exhibit the development of specific, good habits of prayer, penance, charity and virtue.
12. Demonstrate an openness of heart to respond to the vocation to which God is calling, recognizing the dignity of the priesthood, the beauty of religious life and the responsibility of forming faithful families through matrimony along with the importance of being married in the Church.

**SACRED SCRIPTURE**

**Content Standard**

Students in the Diocese of Lincoln will understand Sacred Scripture as the inspired Word of God and that it teaches “solidly, faithfully, and without error that truth which God wanted put into the sacred writings for the sake of our salvation” (Vatican II Constitution *Dei Verbum # 11*). The Old Testament lays the foundation for the fullness of God’s Truth manifested in the Person of Jesus Christ in the New Testament. Sacred Scripture, along with Sacred Tradition, handed down to us from the apostles, comprises Divine Revelation and is faithfully interpreted by the Magisterium of the Catholic Church.

**Rationale**

All Scripture is the inspired Word of God. The Church has always venerated the Scriptures as well as the Body of the Lord - both to nourish and govern the whole Christian life. Since Jesus is the Word of God made Flesh, study of the Word is essential for Christian life. God’s Word is the source of all revelation as written in Scripture and contained in the Tradition of the Church. “Ignorance of Scripture is ignorance of Christ.” (St. Jerome)

**Performance Standards**

The teachers will provide a catechesis that:

1. incorporates Sacred Scripture as the “Speech of God as it is put down in writing under the breath of the Holy Spirit.” *(CCC 81*)
2. conveys the tenet that Tradition and Sacred Scripture are bound closely together and communicate one with the other for both of them flow out of the same divine wellspring and come together to form one thing: Divine Revelation. *(CCC 80)*
3. illustrates that the Old and New Testaments together fulfill God’s plan for our salvation. *(CCC 140*)
4. emphasizes that the Gospels are the “heart of Scripture” because they are our principal source for the life and teachings of Jesus Christ. *(CCC 125)*
5. explains that there is power in the Word of God: a power that serves the Church as support, as well as a power that offers Her members strength for their faith, for their souls, and a lasting font of eternal life. *(CCC 131)*
6. encourages using Scripture as a means of prayer, including instruction on the process of *Lectio Divina*. (*CCC 2653, 2708*)

**GRADE Two** **(*Faith and Life* Series)**

* **In Grade Two, the teacher will provide the catechesislisted below. *All points in black are covered in the scope and sequence of the textbook and all points in red are in addition to the textbook but organized thematically with textbook chapters.***
* **Content and chapters may be taught in any order as long as all of the material is presented.**
* **Note an added emphasis on evangelization throughout the curriculum.**
* **Please teach Questions 38-73 and 91 of the *92 Questions* (suggested placement below). Review Questions 1-9 and 92 from Grade 1. (See Appendix 2)**
* **Please also teach the Theology of the Body curriculum. As needed, 2nd Grade TOB can take the place of Chp. 13 and 14 or be integrated with Chp. 4.**

**Chapter 1 Our Heavenly Father**

L1 God is our Father in heaven. We are His children. He is all good, all knowing and all holy.

L1 God created each person and loves each person.

L1 We show respect for all people, regardless of their race, color, sex, or creed, simply because they are children of God and all people are made in God’s image. (*CCC* 356-361, 374)

L2 Each person has a soul which gives him life. The soul lives forever.

L2 God created us body and soul. Our soul gives life to our body, and the soul thinks and chooses using its powers of intellect and will.

L2 People can freely choose to do good or bad.

L3 God is everywhere and He watches over mankind.

L4 God inspired men to write the different books of the Bible to tell us His message. The Bible is God’s Word. (*CCC* 81, 101, 102, 135)

L4 The Bible teaches us Who God is and who we are. (*CCC* 279, 286-290)

L4 The Bible consists of two sections that reveal salvation history: a) The Old Testament (before Jesus) and b) the New Testament (from the time of Jesus). (*CCC* 120-129) The readings at Mass come from the Bible.

L4 The Gospels are part of the New Testament and are about the life and teachings of Jesus. The four Gospel writers are Matthew, Mark, Luke and John. (*CCC* 120, 125-127)

L4 The Bible is one of the ways that God speaks to people; Church Tradition is another way.

**Chapter 2 The Blessed Trinity**

L1 God is eternal. He has no beginning and no end.

L1 Before Creation God was neither unhappy nor alone.

L1 God created freely.

L2 There are three Persons in one God: God the Father, God the Son (Jesus Christ) and God the Holy Spirit. (*CCC* 253)

L2 The mystery of one God in three Person is call the Holy Trinity or Blessed Trinity.

L2 The three Persons are equal and eternal. They are all wise, all powerful and all holy.

L3 With the Son and the Spirit, God the Father created heaven and earth. He is the First Person of the Blessed Trinity.

L3 God the Son is the Second Person of the Blessed Trinity. He came down from Heaven to become our Savior, Jesus Christ. He taught us about God, died for our sins and rose from the dead.

L3 Teach the children to bow their head slightly when hearing the name of Jesus/Jesus Christ.

L3 The Holy Spirit is the Third Person of the Blessed Trinity. He helps us to pray, be good and love God.

L4 The Sign of the Cross reminds us of our faith in the Blessed Trinity.

L4 Practice making the Sign of the Cross with the right hand correctly, emphasizing that the words be spoken clearly, especially, "In the name ….” Practice proper and regular use of Holy Water, with the *right hand*.

L4 Practice proper ways to fold hands during prayer.

**Chapter 3 God the Creator**

L1 God created to reveal His love for others.

L1 God the Father freely created all things from nothing. All creation reflects the glory of God and teaches us about the wisdom of God.

L1 Through creation man can have knowledge of the existence and beauty of God.

L2 Through the order of the world man can know about the wisdom and providence of God.

L3 God created all things for the enjoyment of His creatures.

L3 Man's response to God for His creation should be to give God praise and glory.

L3 It is the responsibility of all people to practice stewardship: care for the gifts God has given.

L3 A sacrilege is any **irreverence** toward persons, places and things which are sacred (dedicated to God).

L4 Through man’s rational soul, he can express his love and praise for God through words, song and poetry; as well as actions and gestures.

L4 All creation gives praise to God through its very nature. Man, however, can also choose to give praise to God.

**Chapter 4 God Made Us (This chapter could potentially be integrated with TOB.)**

L1 God made man, who lived in the Garden of Eden.

L1 He made Eve to be the helpmate of Adam.

L1 Adam and Eve are the first man and woman.

L2 Adam and Eve were created by God in a wonderful relationship with Him and with each other. (*CCC* 374-378, 384)

L2 Adam and Eve had original justice, which meant that they were never sick or hurt, would not die, did not have an inclination to sin, knew everything they needed to know to live, had all the food they needed and lived in harmony with one another and the animals. They lived in the presence of God.

L2 Adam and Eve also had the supernatural gift of grace, which is a share in God's life.

L2 Grace is a gift from God that helps us to be holy. Grace is needed to do good and to avoid evil. (*CCC* 1999, 2021-2024)

L3 We first received sanctifying grace when we were baptized. (*CCC* 1999, 1266)

L3 God created all other people in the world, too. He made everyone in His image and likeness, yet each person is also unique and distinct from anyone else.

L3 All people are created to know, love and serve God, and to be happy with Him forever in heaven. (*CCC* 1721)

L3 God gives everyone special gifts to use for the good of others.

L4 God has given each of us a guardian angel to guide and protect us. (*CCC* 336)

L4 The holy angels are powerful beings who are pure spirits, who give glory to God without ceasing and who serve as His messengers. (*CCC* 329-331)

L4 Teach the children to have a special devotion to their guardian angel. Practice the Prayer to the Guardian Angel.

**Chapter 5 God is Offended**

L1 Angels are created pure spirits. They are intelligent and free.

L1 Some of the angels created by God fell from grace. We call the fallen angels devils or demons.

L1 The good angels that serve God are with God and carry out His work on earth.

L2 God tested Adam and Eve. Their test was to not eat of the fruit of the Tree of Knowledge of Good and Evil.

L3 In the beginning, Adam and Eve were obedient to God.

L3 Eve was tempted by the devil who was disguised as a serpent. She was tempted to disobey God by eating the forbidden fruit.

L3 Eve ate the fruit, then gave it to Adam, and he ate the fruit, too. This was the original sin. It was a free and intentional act of disobedience.

L3 Satan and the other fallen angels are in hell. Satan and the demons try to tempt us to do evil. God does not want any human being to go to hell. (*CCC* 391-395, 1037)

L4 Making the choice to disobey God is a sin.

L4 Adam and Eve's sin caused the loss of original justice and grace for all mankind. Without grace, man cannot go to heaven.

L4 Though Adam and Eve sinned, God still loved them and promised that He would send a Savior to open the gates of heaven.

L4 God hates sin, but loves the sinner. We, too, should hate sin, but love the sinner. (*CCC* 211, 1850)

***92 Questions: #38-43***

**Chapter 6 Becoming a Child of God**

L1 Original sin, committed by Adam and Eve, is passed on to all human beings, except Mary. (*CCC* 397-406)

L1 Adam and Eve disobeyed God and lost a share in God’s life (sanctifying grace) and the ability to go to heaven. As a result, we, the descendants of Adam and Eve, are also born without sanctifying grace. (cf. Genesis 3: 15)

L2 Jesus instituted the Sacrament of Baptism when He made the command to go and baptize all nations. (cf. Matt. 28: 19-20)

L2 Baptism is the first sacrament that we receive. (*CCC* 1212, 1213)Baptism washes away original sin and gives the gift of sanctifying grace, making it possible for us to go to heaven.

L2 Baptism makes us children of God and members of His family, the Church.

L2 At baptism, the Blessed Trinity comes to live in our souls; this is the life of God in our soul. It is sanctifying grace. (*CCC* 2023-2024)

L3 We can be baptized only *once* because we are marked with a sacramental character (indelible mark), which means that we are known by God as His adopted children, that we share in the priesthood of Christ and that we are temples of the Holy Spirit. (*CCC* 1265-1268, 1272)

L3 As baptized Christians, we strive to keep our souls free from sin.

L3 The grace received at Baptism is necessary to be able to go to heaven.

L3 Everyone can be baptized; as Christians we have a mission to invite others to accept Baptism, the gift of salvation.

L4 Most Catholics are given a saint's name, a patron saint.

L4 Foster devotion to the patron saint of the parish/school.

L4 Saints are those honored for living like Jesus and serving God faithfully in this life. They are united with God forever in heaven.

***92 Questions: #44 - 46***

**Chapter 7 Obeying God Our Father**

L1 God promised Adam and Eve that He would send a Savior.

L1 For many years, God prepared the world for the coming of the Savior. He did this through Noah, Abraham, David, the prophets and many holy people.

L1 Because of original sin, many people became very sinful in their actions, forgetting about God’s promise.

L2 Noah was called by God to build an ark in order to save His creation and Noah’s family from the great flood.

L2 Noah responded faithfully out of obedience to God.

L2 In the flood, all that was evil was washed from the earth and new life came forth. This prefigures Baptism.

L3 Abraham was called by God to be the father of God’s nation. Abraham and Sarah, his wife, were elderly when Isaac, their son, was born.

L3 God tested Abraham by asking him to sacrifice his beloved son. God stopped Abraham who was ready to make this sacrifice and blessed him for his obedient love.

L4 David was a simple shepherd called by God to become the king of His nation. David fought a giant named Goliath in order to save God’s nation, then David became king.

L4 Mary, Joseph and Jesus are descendants from the family of David.

**Chapter 8 God Gives Us His Laws**

L1 God's Chosen People became slaves in Egypt. Moses was sent by God to deliver these slaves.

L1 Through Moses, God gave the Ten Commandments to His Chosen People. This is known as the Old Covenant. (*CCC* 205-207, 210-211, 2056-2063)

L2 The Ten Commandments are grouped under the two Great Commandments:

1. To love God. (Commandments 1-3)
2. To love neighbor. (Commandments 4-10)

L2 Discuss the meaning of the first three Commandments and practice reciting.

L3 Discuss the meaning of Commandments 4, 5 and 8 and practice reciting.

L4 Discuss the meaning of Commandments 6 and 9, 7 and 10 and practice reciting.

L4 God reveals how to live human life correctly through the Ten Commandments. (*CCC* 2070-2073)

L4 Through Baptism, the Ten Commandments become God’s laws for us, too.

L4 Introduce the nightly practice of the Examination of Conscience based on the Ten Commandments. (*CCC* 2072, 1776, 1786)

**Chapter 9 I Choose to Love God**

L1 Review the Ten Commandments.

L1 Jesus is the one who summarized the Ten Commandments into the Two Great Commandments of love of God and love of neighbor. (*CCC* 2055)

1. “Love the Lord your God with all your heart, all your mind, all your soul and all your strength.”
2. “Love your neighbor as yourself.”

L2 Prayer and worship are forms of responding to God with love. As Catholics, participating at Mass on Sunday is one of the greatest ways we can worship God in community.

L2 Prayer is talking and listening to God. Conversation with God also shows our love for Him.

L3 Love of neighbor is expressed in charity (kindness to others).

L3 Virtue is a habit of doing good. (*CCC* 1803)

L3 Virtues that help us to love our neighbor are: kindness, helpfulness, obedience, cheerfulness, sharing, truthfulness and prayer for others.

L4 Man chooses to do what is right or wrong. He has free will.

L4 Choosing to do something bad on purpose is a sin, which weakens God’s grace in our souls and turns us away from God.

L4 There are two kinds of personal (actual) sin: mortal and venial.

**Chapter 10 Preparing for Our Savior**

L1 In original sin, man could not merit (earn) heaven for himself.

L1 God promised to send a Savior, His own Son, Jesus Christ.

L1 God prepared His people for the coming of the Savior, using the help of the prophets.

L2 God Chose Mary to be the Mother of His Son.

L2 Original sin, committed by Adam and Eve, is passed on to all human beings, except Mary. (*CCC* 397-406) Mary is the Immaculate Conception. She was without sin and is full of grace.

L3 God sent the Angel Gabriel to ask Mary to be the Mother of Jesus. This event was the Annunciation.

L3 Mary agreed by giving her *fiat*: “I am the handmaid of the Lord; let it be done to me according to Your word.”

L4 Advent means ‘coming.’ Advent is the time to prepare for and to celebrate the coming of Jesus at Christmas and at the end of time.

L4 Review Advent traditions.

**Chapter 11 The Savior is Born**

L1 In obedience, Joseph and Mary traveled to Bethlehem.

L1 Jesus was born in the poverty of a manger.

L2 The first people to learn about Jesus were poor shepherds.

L2 Angels came to proclaim the birth of the Lord to these Jewish people, who were full of faith.

L3 From far away, three wise men followed a star to the place of Jesus’ birth.

L3 The wise men, who were gentiles (not of the Jewish faith), brought gifts for Jesus that were fit for a king.

L3 Jesus came to save all peoples of every land. The shepherds and the wise men were the first to evangelize, or share the Good News (Gospel) with, others that the Savior had come.

L4 Joseph took Jesus and Mary and fled to Egypt to escape the evil plans of King Herod. He was jealous of Jesus and wanted to kill Him.

L4 The Holy Family lived in Egypt until Herod was dead.

L4 Let us thank God for the gifts that He has given us, especially the gift of Jesus. (*CCC* 2337-38, 2648)

**Chapter 12 The Holy Family**

L1 When Herod died, the Holy Family returned from Egypt to live in Nazareth.

L1 St. Joseph is the husband of Mary and the foster-father of Jesus. He is a carpenter and a great saint. We can pray to St. Joseph for our own fathers and ask him to watch over and protect our families.

L2 Mary is the Mother of Jesus and the wife of Joseph.

L2 Mary had an important role in the Holy Family.

L2 Mary is our heavenly mother who loves and watches over all her earthly children. We can turn to Mary whenever we are in need and she will be there for us. (*CCC* 501, 969)

L3 Jesus was the son of Mary and foster-child of Joseph. His real father is God.

L3 Jesus lived obediently with Mary and Joseph whom He loved dearly.

L3 Jesus knew what God, His Father, wanted of Him, and He was obedient.

L3 Although Jesus was God, He teaches us by His example that we should always be obedient to our parents and those in charge of us. (*CCC* 532)

L4 The Holy Family is a model for all Christian families and is made up of Jesus, Mary and Joseph. We celebrate the Feast of the Holy Family on the Sunday after Christmas.

L4 We help our family to be holy by loving and serving one another, even when it is hard.

**Chapter 13 Good News**

L1 At the beginning of the public ministry of Christ, Jesus went to the Jordan River to be baptized by John the Baptist.

L1 At the Baptism of Jesus, the Holy Spirit descended on Him in the form of a dove, and God the Father spoke from heaven: “This is My Beloved Son, with whom I am well pleased.”

L1 Jesus went into the desert for forty days to prepare for His public ministry.

L2 After Jesus was tempted by the devil in the desert, He began to preach the Good News (Gospel) of salvation.

L2 Every baptized person is called to imitate Jesus in evangelizing, sharing the Gospel, with others. We do this by talking freely about our love for Jesus and by our good example in how we treat others. (*CCC* 850-851)

L2 Jesus chose twelve disciples to be His apostles.

L2 Using parables, Jesus taught about the coming of the Kingdom of God.

L3 Relate the parable of the Mustard Seed.

L4 Relate the parable of the Buried Treasure.

**Chapter 14 Jesus Our Teacher**

L1 In the parable about the Good Samaritan, Jesus taught what it truly means to love our neighbor.

L2 Jesus taught the law of love, and called us to love God and neighbor. The story of the Good Samaritan teaches us who our neighbor is: everyone.

L2 Man can love God through loving his neighbor.

L3 Jesus taught us ways that we can care for the bodily needs of others. These ways are the Corporal Works of Mercy:

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

L4 The Corporal Works of Mercy are to be lived by all people. Carrying out the Works of Mercy with joy and love is a way to evangelize by drawing others to see the goodness of Jesus in our actions.

L4 Discuss ways by which people in the parish provide service to others.

L4 Have the children participate in service activities, when and where it is safe and appropriate to do so.

L4 Present Jesus’ teaching about the sheep and the goats at the Last Judgment.

**Chapter 15 Let Us Pray**

L1 In His instruction to His disciples, Jesus taught us *how* to pray. (*CCC* 2765)

L1 In the ‘Our Father,’ Jesus taught us *what* to pray.

L1 Help the children to obtain a spirit of prayer through the parable of the Pharisee and the tax collector.

L2 Teach the meaning of the words in the Our Father and introduce the petitions of the Our Father.

L3 Prayer is conversation with God, and we should talk with Him every day. (*CCC 2559)*

L3 Stress the importance of daily prayer (especially in the morning and in the evening).

L3 Help the children to pray in their own words, *spontaneously*. Help the children to simply ‘BE’ in God’s Presence.

L3 The two types of prayer are vocal and mental prayer.

L3 There are different forms of prayer:

1. Adoration/Praise
2. Thanksgiving
3. Supplication/Petition
4. Intercession
5. Contrition

L4 God hears man’s prayers and responds according to His will. (*CCC* 1127, 2737)

L4 Spend time memorizing, as needed: Our Father, Hail Mary, Glory Be, Prayer to the Guardian Angel, Act of Contrition.

L4 Sacramentals are sacred signs (material objects, prayers, or actions) that people use to help themselves and others become holy, e. g. pictures, statues, rosaries, holy water, blessed palms, candles, ashes, medals and crucifixes. (*CCC* 1667-1678)

***92 Questions #91***

**Chapter 16 We Believe**

L1 Jesus’ first public miracle was the changing of water into wine at the wedding at Cana.

L1 Mary interceded for the bride and groom.

L1 Miracles evoke faith.

L2 Jesus was able to calm a storm at sea (nature miracle).

L2 When Jesus calmed the storm, His disciples learned that He had power even over nature, and their faith increased.

L3 Offer an understanding of ‘miracle’, using the story of the Multiplication of the Loaves and Fishes.

L3 This miracle leads to the Bread of Life discourse, referring to Jesus present in the Eucharist.

L4 Jesus' miracles also directly healed people: the blind, the paralyzed, the sick and the hurt (healing miracles).

L4 Jesus was even more powerful than death, demonstrated by the raising of Jairus' daughter from the dead.

L4 One of the most powerful ways Jesus works miracles today is through the sacraments. God gives us His life, sanctifying grace, in the sacraments.

L4 Jesus instituted all seven of the sacraments. (*CCC* 1114)

L4 Students should memorize the definition of sacrament: “A sacrament is an outward sign, instituted by Christ, to give grace.” (*CCC* 1131)

**Chapter 17 Asking Forgiveness**

L1 When man breaks God's laws intentionally, he sins. Sin is choosing to do evil that offends God, and hurts us and others as well. (*CCC* 1849-1850, 1871-1872)

L1 There are two types of sins: mortal and venial. Venial sins do not destroy the life of grace in the soul, but mortal sins do. (*CCC* 1855, 1861-1863)

L1 For a sin to be mortal, there are *three* conditions: (*CCC* 1857)

1. The bad thought, word, or deed must be serious in itself. (*CCC* 1858)
2. One must know the sin is serious. (*CCC* 1859)
3. One must freely choose to commit the sin anyway. (*CCC* 1859)

L1 God hates sin, but loves the sinner. We, too, should hate sin, but love the sinner. (*CCC* 211, 1850)

L1 God does not stop loving us, even if we have sinned. God is all-loving and all-merciful and always ready to forgive us if we are sorry. (*CCC* 211, 218-220)

L2 Sin can be commission (that is, something bad that is done), or omission (that is, something good that we should do, but we do not do it). However, sin is never an accident because it always involves a choice.

L2 Review the story of the Prodigal Son.

L3 By sinning, man turns away from God. Sin offends God.

L3 God always calls us back to Him. We must respond by being sorry for our sins and asking forgiveness. This is called contrition.

L3 Teach the meaning of the words in the Act of Contrition.

L4 God’s mercy is greater than any sin.

L4 The way to lose sanctifying grace (God’s life in our souls) is by committing mortal sin, and the ordinary way that persons who commit mortal sin can recover sanctifying grace is through the Sacrament of Confession, by which they are absolved from their sins. (*CCC* 1440, 1861)

L4 By confessing our sins and seeking His forgiveness, we are reconciled with God.

***92 Questions: #47-52***

**Chapter 18 Jesus Forgives**

L1 Jesus cured the sick in body. He also forgave sins (cured the sick in soul).

L1 Jesus will forgive sin when the sinner is sorry for having offended Him. No sin is too big for God to forgive. (*CCC* 982, 1446)

L1 There should be a hatred for sin because it offends God’s love, and because it could cause “the loss of heaven and the pains of hell.”

L2 Only God can forgive sins. Jesus is God.

L2 Jesus made the disciples His first priests and gave them the power to forgive sins. God forgives sins through them, as the priests act in the person of Jesus. Jesus instituted the Sacrament of Penance (confession) on Easter night.

L2 When a priest forgives sin it is called the Sacrament of Penance. This sacrament removes both mortal and venial sins*.* (*CCC* 1493)

L2 When a person guilty of mortal sin confesses with true sorrow and receives absolution from a priest, the penitent’s sins are truly forgiven and the gift of grace is restored.

L3 There are five steps to make a good confession: (*CCC* 1480, 1491)

1. Examination of Conscience
2. Sorrow for one’s sins (contrition) and purpose of amendment (a firm resolve, with God’s grace, to avoid sin)
3. Confession of one’s sins (mortal in kind and number; venial) to a priest in the Sacrament of Penance
4. Receiving absolution from the priest
5. Penance (prayers or actions to help make up for the damage of sin)

L3 The formula for absolution is: “I absolve you from your sins in the name of the Father and of the Son and of the Holy Spirit. *Amen.*”

L4 Jesus gave us the Sacrament of Penance to forgive our sins and to give us grace to do good and avoid future sins*.* (*CCC* 982, 1446, 1468)

L4 Grace gives us a share in God’s life and it helps us to be stronger against sin.

L4 The priest is bound by the seal of confession, meaning that he can tell our sins to no one.

***92 Questions: #57-61***

**Chapter 19 The Sacrament of Penance**

**The children must receive the Sacrament of Penance before receiving First Holy Communion** (***cf. Canon 914).* Students should not disclose sins or moral faults in class. The appropriate context for the disclosure of sins is the Sacrament of Penance.**

L1 A mistake, a temptation and a sin are different things.

L1 The first step to a good confession is an examination of conscience.

L2 The second step to a good confession is sorrow or contrition.

L2 There are two types of contrition: perfect and imperfect. Perfect is when one is sorry for sin because one is truly sorry for having offended God. Imperfect is when one is sorry for sin because of fear of God’s just punishment.

L2 Along with contrition is the purpose of amendment, which means you decide not to sin again.

L3 The third step to a good confession is to receive the sacrament: the confessing of sins to a priest and making the Act of Contrition.

L3 We may go to confession behind the screen or face to face (with the priest’s permission).

L3 Introduce the rite for Penance. (cf. *CCC* 1450-1460) The formula to use in the Sacrament of Penance is:

To begin, the penitent makes the Sign of the Cross and says: *Bless me, Father, for I have sinned.*

*It has been \_\_\_\_\_\_ since my last confession.*

*My sins are \_\_\_\_\_* (the penitent states mortal sins in kind and number and any other venial sins). *I am sorry for these and all my sins.*

The priest advises and then gives a penance.

The penitent makes an *Act of Contrition.*

The priest gives absolution.

Priest: *“Give thanks to the Lord for He is good.”*

Penitent: *“His Mercy endures forever.”*

Priest: “*The Lord has freed you from your sins. Go in peace.”*

Penitent: *“Thanks be to God.”*

L4 The fourth step to a good confession is to receive absolution from the priest.

L4 The fifth step is to do the assigned penance.

L4 A penance helps the sinner to make up for offenses against God and neighbor.

**Chapter 20 Making Up for Our Offenses**

L1 Relate the story of Zacchaeus.

L1 The purpose of amendment which is part of confession means that the person, with God’s grace, will try not to sin again.

L2 Jesus redeemed us from our sins and atones for our sins with God by His death on the Cross.

L3 Forgiveness is when our relationship is made right with another after one is offended and the other says they are sorry.

L3 It is important to say, “I’m sorry, forgive me” to anyone offended.

L3 Penance is making up for our sins, or a removal of our punishment. Doing penance is to help restore the damage caused by our sins. (*CCC* 1460, 1485-1498)

L4 Receiving the Sacrament of Penance frequently gives us the grace to overcome sin.

L4 We should also do regular penance to overcome sin.

L4 Penance should be done out of love for Christ.

**Chapter 21 The Good Shepherd**

L1 Jesus knew that He would die for the sins of mankind.

L1 On Palm Sunday, Jesus rode into Jerusalem as the Messianic King.

L1 Jesus was not to be a king of this world, but to be the Savior and lead people to heaven.

L2 Jesus is our Good Shepherd, who nourishes us, guards us, calls us back from sin and leads us to heaven. We are His sheep who are cared for by Jesus and follow Him.

L3 Jesus nourishes man’s soul in the sacraments; the sacraments strengthen man spiritually.

L3 Jesus guards man from sin and evil and calls man back to His love when man sins.

L4 Jesus is our model of love and goodness. (*CCC* 1694, 1698)

L4 Jesus is the way to heaven. Man must become like Him, especially in the virtues of obedience, humility, forgiveness, prayerfulness and mercy.

L4 Jesus lays down His life for the lives of all people in the world.

L4 The lives of the saints illustrate how to live like Jesus.

**Chapter 22 The Last Supper**

L1 The Jews celebrate the feast of Passover annually, commemorating the exodus from Egypt.

L1 At the Last Supper, on the night before he died, Jesus changed the Jewish Passover into the Mass. This was the first Mass. (*CCC* 1323)

L1 Review the story of the Passover and the Last Supper and have the children be able to retell the two in their own words.

L2 Jesus instituted the Holy Eucharist at the Last Supper.

L2 With the words of Jesus, bread and wine were changed into His Body, Blood, Soul and Divinity, really and truly present under the appearance of bread and wine. (*CCC* 1323)

L2 At the Last Supper, the apostles received Jesus into their souls, sacramentally. This event was the First Communion.

L3 The sacrament of Christ’s Body and Blood is the Holy Eucharist.

L3 Jesus gave the power to the apostles (and through them to every priest) to change bread and wine into His Body and Blood when He said, "Do this in memory of Me."

L4 The miracle of the Multiplication of the Loaves and Fish prefigured the Eucharist.

L4 Jesus is the Living Bread from heaven.

***92 Questions #69-70***

**Chapter 23 Jesus Dies for Us**

L1 After the Last Supper, Jesus and the disciples went to the Garden of Olives, where Jesus experienced the Agony in the Garden.

L1 Jesus prayed and accepted the will of God.

L2 Jesus was arrested. He was condemned to death by Pontius Pilate.

L2 Jesus was scourged, crowned with thorns, made to carry His Cross and was crucified. (*CCC* 1096, 1362-1365)

L3 When Jesus was crucified He prayed for the forgiveness of the sins of mankind, which included mine. (*CCC* 1432)

L3 On the Cross, Jesus gave Mary to all mankind to be the Mother of God's children.

L3 Jesus was obedient to His Father unto death.

L4 Jesus died upon the Cross and opened the gates of heaven.

L4 Discuss the significance of the Feast of the Sacred Heart (Third Friday after Pentecost).

L4 The death of Jesus bought back man’s friendship with God.

L4 Review the Stations of the Cross.

L4 Discuss the liturgical celebrations of Holy Week: Palm Sunday, Holy Thursday, Good Friday and the Easter Vigil.

**Chapter 24 He Is Risen, Alleluia!**

L1 The Sunday after Jesus died, women went to the tomb of Jesus, but it was empty.

L1 Angels told the women that Jesus was risen.

L2 The women told the disciples who disbelieved, even though Jesus predicted His own death and Resurrection.

L2 Share Scripture stories of encounters of disciples with the Risen Lord.

L3 Jesus appeared to the disciples in the upper room. He ate with His disciples to verify that He was not a ghost.

L3 Jesus gave His apostles (and all future priests) the power to forgive sins on Easter Sunday night.

L4 Jesus gave His apostles His peace. Jesus' peace comes to all who receive Him into their lives.

L4 During Easter, we celebrate Jesus’ Resurrection and the grace He won for us by overcoming sin and opening the gates of heaven. The fact that Jesus loved us so much that He would do this for us is so great we call it the Good News (Gospel) and it should be shared with everyone!

L4 At Easter the Paschal Candle is lit to signify Christ, the Light of the World.

**Chapter 25 The Holy Mass**

L1 We celebrate Mass in obedience to the Commandments and to follow Jesus' instruction, "Do this in memory of Me."

L1 At the Last Supper, Jesus instituted the Eucharist and the priesthood.

L1 The power to consecrate the Eucharist has been passed on to all validly ordained priests.

L2 The Paschal Mystery is the Passion, Death, Resurrection and Ascension of Jesus Christ, true God and true man.

L2 The Mass re-presents the sacrifice of Jesus on the Cross to the Father. It is not the same sacrifice offered over and over again, but one time for all, made sacramentally present on the altar. We participate at the one, saving Paschal Mystery every time we are at Mass. Distinguish the difference between represents and re-presents.

L2 Jesus, through the priest, makes present His one sacrifice at every Mass*.* (*CCC* 1382)

L3 The Mass is the greatest prayer, the center of the Church’s life. (*CCC* 1343)

L3 Mass is celebrated by the whole community on Sunday, the day of the Resurrection.

L4 Mass is the perfect prayer because it is the prayer and sacrifice of Jesus. Mass includes praise and thanksgiving, petition and intercession.

L4 We are called to actively participate in Mass.

L4 Review the Third Commandment, including the obligation of attending Mass on Sunday.

L4 In addition to Sunday, the Holy Days of Obligation in the United States are: Mary, Mother of God (Jan. 1), the Ascension (40 Days after Easter), the Assumption (Aug. 15), All Saint’s Day (Nov. 1), the Immaculate Conception (Dec. 8) and Christmas (Dec. 25). (*CCC* 2042-2043, 2180)

***92 Questions #71-73***

**Chapter 26 What We Do at Mass**

L1 We gather as a parish family at Mass to celebrate the Paschal Mystery: the Passion, Death, Resurrection and Ascension of Jesus. (*CCC* 1362, 1372)

L1 At Mass, we gather to listen to God’s Word, celebrate what Jesus has done for us and receive His gift of the Holy Eucharist, which is His Body, Blood, Soul and Divinity. (*CCC* 1348-1355, 1408)

L1 The Mass has two main parts: Liturgy of the Word and Liturgy of the Eucharist. (*CCC* 1348, 1408)

L1 Define the Introductory Rites.

L1 We strike our breast during the ‘*Confiteor’* at the words: “through my fault, through my fault, through my most grievous fault.”

L2 Define the Liturgy of the Word and discuss the various parts, especially focusing on spoken/sung responses.

L2 The Liturgy of the Word is an important opportunity to receive God’s message to us today and respond in love. (*CCC* 1153-1154)

L2 At the beginning of the Gospel reading, make a ‘cross’ with the right thumb on the forehead, lips, and heart, asking God to be “in my mind, on my lips and in my heart.”

L3 Define the Liturgy of the Eucharist and discuss the various parts, especially focusing on spoken/sung responses.

L3 The bread and wine become the Body, Blood, Soul and Divinity of Jesus when a Catholic priest or bishop, during Mass, says the words that Jesus said at the Last Supper.

L3 Recognize the key items used at Mass: ciborium, chalice, paten, cruets, missal and priest vestments. Identify the location of the tabernacle, altar, lectern (ambo) and baptismal font in the church.

L4 Define the Concluding Rite and review the overall structure of the Mass.

L4 Teach the proper manner of sitting, standing and kneeling in church. Review the importance of being quiet and reverent while in church.

**Chapter 27 Jesus Comes to Us**

L1 The Consecration is the part of the Mass when the bread and wine become the Body and Blood of Jesus. The consecrated bread and wine are no longer bread and wine but are really the Body, Blood, Soul and Divinity of Jesus, even though they still have the form/appearance of bread and wine. (*CCC* 1376)

L1 Only unleavened wheat bread and pure grape wine can be used at Mass, because this is what Jesus used at the Last Supper.

L1 Transubstantiation means ‘change of substance.’ God, through the priest, changes bread and wine into the Body, Blood, Soul and Divinity of Jesus.

L1 Transubstantiation occurs at the time of the Consecration at Mass.

L1 Review the acclamations sung/said at Mass after the Consecration.

L2 Jesus comes to man through Holy Communion. Receiving Holy Communion deepens a person’s union with God.

L2 Make an act of reverence (bow, genuflect, kneel) before receiving Holy Communion.

L2 Teach the proper way to receive Holy Communion on the tongue (tipping head back slightly and extending the tongue flat) and in the hand (forming a throne for Jesus with the dominant hand resting beneath the non-dominant hand, stepping to the side and placing Jesus in the mouth with the dominant hand, checking for crumbs before folding hands again).

L2 Holy Communion *must* be received on the tongue when receiving at a Mass in the Extraordinary Form or when receiving Holy Communion from the Holy Father.

L2 When Holy Communion is given by ‘intinction’ (the priest or extraordinary minister of Holy Communion dips the Sacred Host into the Precious Blood), one *must* receive Holy Communion on the tongue.

L2 The Eucharist is heavenly food for the soul.

L2 Have the children *m*emorize*: “The Holy Eucharist is the Body, Blood, Soul and Divinity of* *Jesus Christ under the appearances of bread and wine.”*

L3 Jesus beckoned the children to come to Him.

L3 Once we have received our First Holy Communion, we participate more fully as members of the Catholic Church. (*CCC* 1396)

L3 Teach students how to make visits to the Blessed Sacrament and a Spiritual Communion when they are outside of Mass.

L4 Jesus waits for man to come to Him in the Eucharist.

L4 Jesus, as God, is present everywhere. However, when we refer to the *Real Presence*, we are referring to Jesus’ substantial, incarnate presence in the Holy Eucharist - Body and Blood, Soul and Divinity - fully God and fully Man.

L4 Jesus is entirely present in every part of the Eucharist (even the smallest crumb or tiniest drop).

***92 Questions: #63-65***

**Chapter 28 Jesus, My Lord and My God**

L1 The first step of a worthy Communion is to have a healthy soul in the state of grace.

L1 Anyone who is aware of having committed mortal sin must receive absolution in the Sacrament of Penance before he/she receives Holy Communion. (*CCC* 1415)

L1 Only Catholics may receive Holy Communion becausereceiving Holy Communion shows that the person is an official member of the Catholic religion.

L1 When Catholics receive only the consecrated Host, or only from the Chalice, they are receiving the entire Christ, i.e. the Body, Blood, Soul and Divinity of Jesus.

L2 We are to fast from all food and drink for at least one hour prior to the reception of Holy Communion. Water and/or medicine do not break the Eucharistic fast. (cf. Canon 919 of the Code of Canon Law)

L2 We should actively participate in the Mass out of love for Jesus.

L3 We should consider Whom we are about to receive in Holy Communion and to receive Him reverently with the intention of being united with Jesus Christ.

L4 We should thank Jesus for the gift of Himself in Holy Communion. This is called making a thanksgiving after Communion.

L4 Discuss the significance of Holy Thursday and the Feast of Corpus Christi.

***92 Questions: #66-68***

**Chapter 29 Jesus Returns to the Father**

L1 After the Resurrection, Jesus remained on earth for forty days.

L1 Jesus gave His apostles the power to forgive sins.

L1 Jesus commissioned His apostles to evangelize, to share the Good News of His love. This command was not only meant for the apostles, but for everyone who loves Jesus and has been baptized. We are to share the Gospel with those around us so they, too, can have the joy of knowing and loving Jesus.

L2 Jesus appeared to the apostles on the shore after the Resurrection.

L2 Meeting Jesus causes us to respond with joy and love, like the apostles. We can meet Jesus each day through prayer, visits to the Blessed Sacrament and treating Him with love in our neighbors.

L3 Jesus asked Peter three times if he loved Him to make up for his three-fold denial. Jesus told Peter to feed His sheep.

L3 Jesus chose Peter to be the first Pope and the apostles to be the first bishops of the Church.

L4 Jesus returned to the Father in heaven; this is called the Ascension. We celebrate the Ascension of Jesus into heaven forty days after Easter.

L4 At His Ascension into heaven, Jesus gave the Great Commission to His apostles to go to all nations, to teach, to preach the Good News and to baptize. (Mt. 28:16-20)

L4 Jesus promised to be with His Church always and He promised to send the Holy Spirit.

L4 Jesus will come again to judge the living and the dead.

**Chapter 30 The Coming of the Holy Spirit**

L1 After the Ascension, the apostles stayed in the upper room with Mary, preparing for the coming of the Holy Spirit.

L1 The time between the Ascension and Pentecost was the first novena. A novena is a prayer or prayers said for a period of nine days to God, to Mary, or to one of the saints. Novenas show our faith and love for God by waiting and trusting in His intercession.

L1 After nine days, the Holy Spirit came; this is called Pentecost.

L1 We celebrate Pentecost fifty days after Easter.

L2 After the Holy Spirit descended at Pentecost upon the apostles, they preached about Jesus, and three thousand people were baptized.

L2 Pentecost is called the birthday of the Church.

L3 God the Holy Spirit is the Third Person of the Holy Trinity.

L3 The Holy Spirit comes to man at Baptism and thereafter lives in the souls of those who are in God’s grace*.* (*CCC* 733-736)

L3 The Holy Spirit helps us to do good and to avoid evil. He helps us to pray and to love. He gives us grace. (*CCC* 736) We can rely on His power to share the Gospel with others, just as the apostles did at Pentecost.

L4 There are seven sacraments: Baptism, Penance, Eucharist, Confirmation, Matrimony, Holy Orders and Anointing of the Sick.

L4 Review the definition of a sacrament: “A sacrament is an outward sign, instituted by Christ, to give grace.” (*CCC* 1131)

**Chapter 31 God's Family - The Church**

L1 The Church is the Mystical Body of Christ here on earth. Today there are Catholic Christians in every part of the world.

L1 Jesus made Peter the head of the Church. Today, the Pope has Peter's job.

L1 The Pope is the visible head of the Church and is called the Vicar of Christ.

L2 The Pope and bishops teach in Jesus’ name.

L2 The bishop is the head of the diocese. The pastor is the head of the local parish. Students should be able to name their bishop and pastor(s).

L2 Priests receive powers from the bishop and are his helpers. They can forgive sins and consecrate the Eucharist.

L3 Religious sisters and brothers give their entire lives to Jesus out of love for Him. They promise to spend their lives doing God's work.

L3 Their apostolates include: prayer, teaching, hospital work and serving the poor.

L4 Those who have not received Holy Orders are called ‘the laity.’ The laity also have an important role in the Church.

L4 The laity together with the Pope, bishops, priests and religious form the Church – like a body with many parts.

L4 Each person is called to serve the Church in a unique way.

L4 God has a special vocation, or calling, for your life. It is important to begin praying to ask God to know your vocation and to say yes to it so you can live the happiest life possible for you.

**Chapter 32 Mary, Our Mother**

L1 Mary was with the apostles at Pentecost.

L1 At the end of Mary’s life, she was assumed (body and soul) into heaven. This is called the Feast of the Assumption which is celebrated on August 15 and is a very special holy day.

L1 Mary is the Queen of heaven and earth. She always leads us to her Son, our Lord Jesus Christ the King. (*CCC* 963-75)

L2 Jesus gave Mary to us to be our Mother when He was dying on the Cross. Mary is the Mother of the Church. (*CCC* 466, 495, 509, 494, 511, 411, 501, 963-70)

L2 Mary is the model for all Christians, because she is the Mother of Jesus and because she always did God’s will with faith and trust. (*CCC* 494)

L2 Mary intercedes on our behalf especially in times of need or temptation. (*CCC* 2617-19, 2622, 2673-79, 2682, 2683-84, 2692)

L3 Mary has a special love for children.

L3 Mary appeared in many places around the world over the years. One place she appeared to children is at Fatima, Portugal.

L3 Mary asks for sacrifices for sinners and that men pray the rosary.

L4 Today, millions of people have a devotion to Mary and pray the rosary.

L4 Devotion to Mary is shown especially on Saturdays and during the months of October and May.

L4 Introduce an understanding and recitation of the rosary. (*CCC* 2678, 2708, cf. *CCC* 1674)

**Chapter 33 Jesus is Always Present**

L1 Jesus promised to be with the Church always.

L1 He is with the Church through the Holy Spirit, whom He sent with the Father. He is with the Church in the sacraments and most especially in the Eucharist.

L1 The consecrated Host is the Body and Blood of Christ even after Mass, when the Host is reserved in the tabernacle. Jesus is present sacramentally in the tabernacles of Catholic churches. A special candle is kept burning, called a sanctuary lamp, to remind us that He is present.

L2 To receive Jesus in Communion is a tremendous gift. Jesus gives us grace, love and mercy in the sacraments of Penance and the Holy Eucharist. God wants us to receive these sacraments frequently. (*CCC* 2837, 149)

L2 Jesus waits for man to visit Him in the Blessed Sacrament; graces can be received by such visits.

L2 The more we love Jesus in the Holy Eucharist, the more we will love and serve others. (*CCC* 1397)

L3 Because Jesus is in the Blessed Sacrament, it is right to worship the Lord in the Eucharist. Review how to make a Spiritual Communion and visits to the Blessed Sacrament.

L3 The Catholic Church offers special times of Eucharistic worship called adoration and Benediction. For adoration, the Sacred Host is placed in a vessel called a monstrance (meaning ‘to show’ – like demonstrate) and placed on the altar. For Benediction (meaning ‘blessing’), the priest or deacon raises the monstrance in the Sign of the Cross to give the people Jesus’ blessing.

L4 Man is called to be reverent in the presence of the Lord. Reverence includes church etiquette, such as genuflecting, silence in church and devotion and attention at Mass.

L4 As Catholics, we respectfully genuflect toward Jesus in the tabernacle when entering and leaving church. Make a genuflection (touching the floor) on the right knee toward the tabernacle because Jesus is present there*.* (*CCC* 1378 and the Glossary of *CCC* under Genuflection)

***92 Questions: #62***

**Chapter 34 Heaven, Our Home**

L1 Death is a consequence of original sin. At death, our bodies and souls are separated. Our soul will live forever because it is spiritual.

L1 When we die, we need to be in the state of sanctifying grace to go to heaven. (*CCC* 1129)

L1 Heaven is the eternal reward of the just.

L1 Purgatory is the transitional state of purification for those who have died in the friendship of God but are not yet ready for heaven (either they have venial sins or have not done sufficient penance in this life).

L1 Hell is for those who choose to reject God and do not have His life in their souls (i.e. by mortal or original sin).

L2 At the end of the world, man's body will be reunited with his soul. This is called the resurrection of the body.

L2 The body will be resurrected with different qualities:

* It will be the same body we have now, but glorified.
* It will not be limited by space and time.
* It will not suffer or die again.
* It will be beautiful and glorious.
* It will have a spiritual nature.

L3 Man's life on earth determines his eternal state, and therefore, he should love God and abide by His laws.

L4 Heaven is our eternal home, and if man lives according to God's love and laws, he will be happy in this life and the next.

L4 In heaven, we will be in the presence of God, Mary and the saints, as well as our loved ones who have gone before us and who are in heaven.

L4 Explain that the saints include all the human beings who are with God in heaven, including any relatives or friends who may be in heaven. Some of the people in heaven have been canonized saints, but most of the saints are not canonized. (*CCC* 1721, 1024)

***92 Questions: #53-56***

**Grade 2 TOB**



Theology of the Body

2nd Grade

(As needed, 2nd Grade TOB can take the place of chapters 13 and 14 in the *Faith and Life Series*)

***Helpful tips***

* It is best to develop a relationship with your students before entering too deeply into sensitive topics. It is important to build trust and rapport first. However, by covering TOB topics in the first semester, they can be referenced throughout the year, especially the dignity of the human person.
* Parent outreach is vital for student formation. Let parents know early in the year the content of the curriculum, communicate ahead of time when sensitive topics will be addressed and encourage parent/child discussion through assignments.

**I. In the Beginning When God Created…**

***Uniqueness of Each Human Person***

* God the Father, God the Son and God the Holy Spirit are three Divine Persons who love each other, but are only one God.
* Out of love God made human persons in His image and likeness. Since He is good, He made us good. Since He is loving, He made us able to love both Him and others.
* God loves us completely, body and soul. He will *never* stop loving us or reject or abandon us.
* Each human person is created unique, precious and unrepeatable. That means there is not, and never will be, someone exactly like you and there is not, and never will be, someone exactly like your neighbor.
* Though we are all human beings, there is a way each person reflects God unlike anyone else, and He loves and delights specifically in each of us.
* Since each person is uniquely created in God's image and likeness, he or she has an identity.
* Identity is "*what* and *who* I am."
* What am I? I am a human being.
* Who am I? I am a unique human person and a beloved child of God.

***Sacramentality of the Body***

* A human person is bodily and spiritual.
* God made us bodily; this means that every human person has a body which we can see.
* God made us spiritual; this means that every human person has a soul which we cannot see.
* Our bodies express our souls. These work together so that we can think, choose and feel. We can think with the mind, choose with the will and feel with the senses and emotions.
* You cannot see what is going on in another person's heart, mind or feelings (soul) except through their body. For example, you can tell when someone is sad through their tears or happy through their smile.
* By giving us bodies God gave us a way to give and receive love. This allows us to form relationships with others. For example, when I hug a family member, I give love to them. When a friend talks with me or my brothers or sisters play with me, I receive love from them.

**II. God Created them Male and Female**

***Dignity as Male and Female***

* Even though everyone has a body, God also makes bodies different in a special way.
* Boys and girls are different genders. Boys are the male sex and girls are the female sex. It is good to be a boy and it is good to be a girl.
* It is a gift to be the sex God made you, whether male or female. This affects how you love and it is good. Males and females love differently but they complement one another.
* Though we are different as male and female, God made us equal in dignity because we are persons created in His image and likeness.
* Human dignity means we have great value as a person, a value which must always be respected and will never go away.
* This means that every girl must be respected and every boy must be respected because both have dignity.

***Appropriate Touch***

* One of the important ways we respect one another is by having rules about personal space. For example, we keep our hands and feet to ourselves because we respect the unique body of every person around us.
* This does not mean we can never touch someone, but touches should always be appropriate and respectful. Examples include touches that encourage us and cheer us up, like a hug from our dad or a high five from a friend.
* Some touches are accidents and we should apologize if we bump into someone or knock them down.
* There are also unsafe touches, like hitting, kicking and pushing, or any touch that makes us feel uncomfortable, confused, sad or hurt.
* One example of an unsafe touch is if someone hurts you on purpose, especially an adult or older child. Even someone you know or someone you are related to may touch you in this way. If this happens it is called abuse, and you should tell a trusted adult right away. (Have the children identify three or four trusted adults in their lives, people they know will be good to them and help them with important things if they need help. Consider having them write these down to keep privately for themselves.)
* Another example of an unsafe touch is if someone touches the parts of your body that make you male or female. We call these your private body parts, or “private parts.” (Think of what you usually cover up with a bathing suit.) The only time you should give permission for someone to touch those parts is to keep you clean and healthy (like a doctor or your parents).
* The Big 3 Rules: NO-GO-TELL – You are in charge of the special, unique body God has given you. No one has the right to touch you without your permission. If someone does touch your private parts without your permission you should say, "NO! I don't like that! Stop!" GO away from them as fast as possible and TELL a trusted adult right away. If the first adult you go to can’t help you, tell another trusted adult until you find someone who will listen to you. You should tell a trusted adult *anytime* someone touches you in a way that makes you feel uncomfortable, confused, sad or hurt.
* Unsafe touches are sometimes called secret touches. But touching should never be a secret, especially if someone wants you to keep it a secret. If someone asks you to keep something secret that makes you feel uncomfortable or that you know is wrong, especially unsafe touching, you should tell a trusted adult right away.
* No one can take away the human dignity God gave us. Even if someone harms us or touches us inappropriately, we still have dignity as God's children and He will always love us no matter what.

***Respect for the Individual***

* Another way we respect each other and treat each other with dignity is to never say or do mean things to each other that make the other person feel bad.
* Sometimes we can all be tempted to make fun of someone or to treat other people badly. We must work very hard to resist those temptations because it is disrespectful to other people as well as God. We don’t like it when people say or do mean things to us so we shouldn’t do so to them. This follows the Golden Rule of Jesus, “Do to others what you would want them to do to you.” (Mt. 7:12)
* When someone does or says mean things, we should ask them to stop, even if it’s an older child, a friend or a family member. If they don’t stop, we should tell a teacher at school, a parent or one of our trusted adults.
* God also wants us to help other people who are being picked on or treated badly, and adults always need to know about those things because they can help in ways children cannot. For this reason when we hear or see someone say or do something mean to someone else, we should tell him or her to stop. We should also tell a teacher, our parents or another trusted adult.

***Marriage and Family***

* Though males and females are different, both are equally necessary for the human family.
* It is because God created our bodies different—male and female—that a man and a woman can be a special gift to one another and get married.
* Marriage is a sacred bond or covenant relationship between a man and a woman. [Review covenant.] Because of this bond they are called to help one another become holy and to raise a family.
* Sometimes people will say it is okay for a man to marry a man and a woman to marry a woman, but this is not a marriage. Even if laws of our country say it is all right, we know that some laws can be wrong. (Think of slavery: this used to be legal but is not anymore because it was wrong.)
* We may know people who are confused about real marriage; they may even be people in our family. While this can be confusing for us, it is important for us to know the truth. It is also very important that we still treat them with respect and love. The best thing we can do for people who don’t understand God’s plan for marriage and family is to pray for them.
* Families are called to reflect the love of the Persons in the Trinity.

When we see the love among a father, a mother and a child we get a little glimpse of the love that the Father, Son and Holy Spirit have for one another.

* + Illustration: two triangles, the top being the Trinity, the bottom being an inverted triangle showing the father, mother and child. (See Appendix A)
  + Just as the Person of the Holy Spirit comes from the love of the Father and Son, in a similar way, you come from the love of your father and mother.
* God’s plan is that every child has a mother and a father. In fact, God chose your mom and dad just for you!
* While no human family will be perfect, God helps all families to love one another even in difficult situations. For example, sometimes mothers and fathers don't get along. Also, it sometimes happens that they are not able to live together. Even in these situations our parents still love us, and above all God still loves us and will take care of us.

**III. Jesus Restores Fallen Man [man in the inclusive sense, i.e. man and woman]**

***Historical Man - Human Sinfulness***

* The first family, Adam and Eve, started as a perfect reflection of God's love. They were in a state of grace and had a perfect trust in God and each other. (Gen 2:25)
* What went wrong? Because of the suggestion of the devil, Adam and Eve doubted God's goodness. (Gen 3:1-5)
* They gave into this lie, choosing to believe it, and stopped trusting in God and His plan for them.
* They tried to make their own plan without God. They disobeyed God and ate the fruit of the tree of the knowledge of good and evil. (Gen 3:6)
* The result was that they had a broken relationship with God and with each other.
* Sin is not just the breaking of a rule, it is the breaking of a relationship.
* Their relationship with God and each other was hurt, and they felt shame. When someone feels shame he or she wants to hide from another.
  + [Read Gen 3:7-8. Verse seven speaks of Adam and Eve hiding from each other; verse 8 speaks of them hiding from God.]
* We are all born with this wounded relationship with God. For this reason we all know how shame feels.

***Redemption through Jesus***

* God wants to heal our wounded relationship with Him and our wounded relationships with each other.
* God sent us His Son, Jesus, to heal us. Jesus shows us the perfect relationship with God the Father.
* Unlike Adam and Eve, Jesus entrusted Himself completely to His Father during His whole life and even on the cross!

Jesus made it possible for human persons to entrust themselves to God once again because He had perfect love and trust in the Father. We entrust ourselves to God and His love especially through the sacraments.

* At Baptism Jesus makes us sons and daughters of God through the power of the Holy Spirit. (Gal. 4:4-7)
* After baptism if we hurt our relationship with God or one another through sin, Jesus forgives us and heals us in the Sacrament of Penance.
* Jesus also gives us His Body and Blood in the Eucharist to help us be better sons and daughters of the Father.
* As our Friend and Helper, Jesus is with us every day giving us the grace we need to entrust ourselves to God the Father. For example, if I get in a fight with a sibling, I can ask Jesus to show me how to be loving instead. If I am worried about something, I can pray to God and trust Him to help me.
* Jesus also helps to restore our trust in one another. For example, if we get into a fight with one of our friends, Jesus shows us how to forgive so that we can be friends again.

***Respect for the Human Body***

* God created every human person. For this reason we know that every person's body is special and sacred.
* It may happen that some part of our body or mind does not work the way God designed it. This happens because this world isn’t perfect. For example, we can get sick or hurt or have a disability. This may be temporary or permanent, but it does not change the love that God has for us or the fact that we are His beloved sons and daughters. If others get hurt or sick or have a disability, we, all the more, need to show them the love and respect they deserve.
* We should take good care of our bodies. For example, we should wash our hands before we eat, take a bath often and brush our teeth.
* We should also dress in clothes that keep the private parts of our bodies covered. This is called modesty.
* We need to take care of what goes into our bodies. When we eat and drink good things we stay healthy. If bad things go into our bodies (e.g., germs: bacteria, viruses), they hurt us. We may need a doctor to help heal us.
* In the same way we need to be careful of what goes into our minds through our senses. If we look at and hear beautiful and good things, we keep our minds healthy. If we look at or hear bad and ugly things, they can stay in our brains and can hurt our minds. If this happens we need to talk to our parents and may need to talk to a priest in confession to help us be healed.
* Our sight and hearing are especially sensitive. For example, if we see pictures or videos showing the human body in a disrespectful way on television or in digital media we should close our eyes, turn away and tell an adult so that the image doesn't stay in our mind.
* If we hear bad words in music, we should change the station or leave the room. If we hear someone teasing another or talking about him or her in a bad way, we should tell the person to stop saying what they are saying or we should walk away.

***Thinking and Feeling Brain***

* Part of how our body and soul work together is through our thinking and our emotions. God gave us brains, which not only help us to think but also help us to feel things. There are many amazing parts of our brain but the main two parts we can call the “thinking” brain and the “feeling” brain. Our “thinking” brain helps us make choices based on what we know is right; our “feeling” brain helps us to feel excited or curious about things we experience through our senses.
* It is very important that our “thinking” brain rather than our “feeling” brain stays in charge of our actions. For example, if I see fireworks exploding, my “feeling” brain gets very excited and may tell me to get closer to them as they go off. However, my “thinking” brain knows that I need to stay back so I don’t get hurt. We need to practice following our “thinking” brain to help keep our bodies and our souls safe in many situations.

**VI. Called to a Life of Virtue**

***Learning Virtue***

* God gave us the gift of free will to choose what is good.
* To be fully happy, God calls us to live lives of virtue. A virtue is a habit of doing good.
* Like all habits, virtues take practice and effort before we can become good at them.
* The greatest virtue is love and love should be a part of every other virtue.
* Living a life of virtue can be hard at times, but with God's help and grace, especially through the sacraments, we can do it.

***Virtue Focus***

• Virtues on which to focus include:

* Respect – treating others the way that God would want us to treat them

(e.g., using kind words, talking politely)

* Self-respect – Appreciating the gift and dignity of who you are (that is, knowing you are made in God's image and saying “no” when someone wants to do something bad to you)
* Modesty – being appropriate in appearance, speech and action (e.g., keeping private parts of your body covered, showing in your words and actions that you respect the bodies of others). o Self-control – keeping guard of your words and actions even when you feel angry or excited (e.g., being careful of what you watch in media, keeping track of when and how you touch others)
* Moderation – balancing the use of good things such as time (e.g., paying attention to how much screen time we have, making sure it is not taking too much of our time)
* Trust – Having confidence in God's love and others' care for you (e.g., turning to God when you have concerns, turning to adults when you need help)

**Appendices**

**Appendix A** – The Family as a Reflection of the Trinity



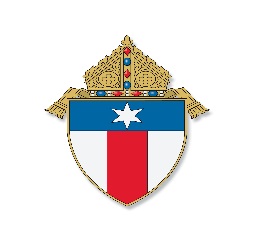
**Appendix 1**

**TEACHING PRAYER AND PRAYERS**



**OFFICE OF RELIGIOUS EDUCATION**

**Diocese of Lincoln**



**INTRODUCTION**

Prayer is understood as the lifting up of the mind and heart to God in adoration, contrition, thanksgiving and supplication. Prayer is when we consecrate all our time and attention to God alone. Just as communication is essential to any relationship, so conversation with God is essential to a relationship with God. Also, as with conversation, we must learn how to listen in prayer as well as speak. All must make time for prayer. We pray because Jesus prayed, for the reasons He prayed and the way He taught us to pray. We teach prayer to others because Jesus taught His disciples to pray and we want them to have a living relationship with God.

**Here are some general principles to bear in mind when teaching prayer:**

***Ways to pray: simply talking to Jesus, the Father or Holy Spirit from the heart, adoring Jesus in the Eucharist, especially when exposed on the altar, Lectio divina with Scripture, examination of conscience.***

* 1. Prayer is learned by praying. It is important to take time for prayer when you meet for religious instruction.
  2. Explain the proper motivation for prayer: because God loves us, because we love God and because we are aware of the Divine Indwelling. God starts the conversation and waits for our response.
  3. Provide the proper atmosphere for prayer: silence, stillness, proper posture and certain places and times of the day that are best for prayer.
  4. Encourage the students to pray about what is important to them.
  5. Make religion function throughout the day by means of prayer: an offering of the whole day in the morning, short phrases that can be memorized and prayed during the day, blessings at meals, an act of thanksgiving and contrition in the evening.

**Here are some suggestions on how to teach particular prayers:**

* 1. Introduce the prayer in a way that arouses interest, then explain the occasion or context of the prayer.
  2. Teach the meaning of the prayer, of individual words and phrases, by using synonyms or paraphrasing.
  3. Teach an appreciation for the prayer by the richness of its content, or by using stories, pictures, or dramatization.
  4. Teach the prayer “word perfect,” that is, pronounce the words slowly and distinctly. Make sure the meaning is understood before you work on memorization. Use flashcards for memorization drills and involve the parents in listening to the prayers at home.

**PRAYERS BY GRADE LEVEL**

The following list of prayers was compiled in response to a request for guidance regarding the form of prayers to be taught, and the age level at which the students could be expected to commit the prayers to memory. There is no reason why a teacher may not teach these prayers earlier than what is scheduled. This list and schedule is meant to serve as a guide.

**KINDERGARTEN/FIRST GRADE**

By the time an average student finishes the First Grade, he or she should be able to repeat from memory the following prayers:

The Sign of the Cross Our Father

Hail Mary Glory Be

Grace Before Meals Grace After Meals

**SECOND GRADE**

By the time an average student finishes the Second Grade, he or she should be able to repeat from memory the following prayers in addition to the ones listed in the previous grade:

Act of Contrition Prayer to the Guardian Angel

Responses at Mass

**THIRD GRADE**

By the time an average student finishes the Third Grade, he or she should be able to repeat from memory the following prayers in addition to the ones listed in the previous grade:

The Apostles’ Creed Responses to the Bishop’s Blessing

The Mysteries of the Rosary How to Pray the Rosary

Prayer for the Poor Souls in Purgatory

**FOURTH GRADE**

By the time an average student finishes the Fourth Grade, he or she should be able to repeat from memory the following prayers in addition to the ones listed in the previous grade:

Angelus Act of Faith

Act of Hope Act of Love

*“Nothing should be left untried that can train children from early childhood in good morals and in the earnest practice of Christianity. To this end nothing is more effective than pious instruction in Christian doctrine. Children should be entrusted only to good and God-fearing teachers.”*

- Saint John Leonardi, from a letter written to Pope Pius V

**FORM OF PRAYERS**

When teaching prayers and helping the students to commit them to memory, it is recommended that any confusion about which prayer forms should be taught be resolved in favor of the forms found below.

**Sign of the Cross**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**Our Father**

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen.

**Hail Mary**

Hail Mary, full of grace, the Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

**Grace Before Meals**

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.

**Grace After Meals**

We give Thee thanks for all Thy benefits, Almighty God, Who live and reign forever and ever; and may the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

**Act of Contrition**

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because I dread the loss of heaven and the pains of hell, but most of all because they offend Thee, my God, who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

**Act of Contrition** (alternate form)

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

**Act of Contrition** (shorter form)

Lord Jesus Christ, Son of God, have mercy on me, a sinner.

**Prayer to the Guardian Angel**

Angel of God, my guardian dear, to whom God’s love commits me here; ever this day be at my side, to light and guard, to rule and guide. Amen.

**Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of Your faithful, and kindle in them the fire of Your love. Send forth Your Spirit and they shall be created, and You shall renew the face of the earth. Let us pray. O God, who did instruct the hearts of the faithful by the light of the Holy Spirit, grant that by the gift of that same Spirit, we may be truly wise and ever rejoice in His consolation. Through Christ our Lord. Amen.

**Apostles’ Creed**

I believe in God, the Father Almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord; who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

**Mysteries of the Rosary**

|  |  |
| --- | --- |
| **The Joyful Mysteries**  *(Prayed on Mondays and Saturdays)*  1. The Annunciation  2. The Visitation  3. The Birth of Our Lord  4. The Presentation in the Temple  5. The Finding of the Child Jesus  in the Temple | **The Luminous Mysteries**  *(Prayed on Thursdays)*  1. The Baptism in the Jordan River  2. The Miracle at the Wedding at Cana  3. The Proclamation of the Kingdom of God,  and The Call to Conversion  4. The Transfiguration  5. The Institution of the Holy Eucharist |
| **The Sorrowful Mysteries**  *(Prayed on Tuesdays and Fridays)*  1. The Agony in the Garden  2. The Scourging at the Pillar  3. The Crowning with Thorns  4. The Carrying of the Cross  5. The Crucifixion | **The Glorious Mysteries**  *(Prayed on Sundays and Wednesdays)*  1. The Resurrection  2. The Ascension  3. The Descent of the Holy Spirit  4. The Assumption  5. The Crowning of the Blessed Virgin Mary |

**The Angelus**

V: The Angel of the Lord declared unto Mary

R: and she conceived by the Holy Spirit.

*"Hail Mary . . ."*

V: Behold the handmaid of the Lord.

R: Be it done unto me according to Thy word.

*"Hail Mary . . ."*

V: And the Word was made flesh

R: And dwelt among us.

*"Hail Mary . . ."*

V: Pray for us, O holy Mother of God*,*

R: That we may be made worthy of the promises of Christ.

Let us pray.

Pour forth; we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ, Thy Son, was made known by the message of an Angel, may by His Passion and cross be brought to the glory of His Resurrection. Through the same Christ our Lord. Amen.

**Appendix 2**

***92 Questions***

**1.** Who made us?

God. CCC 355; Gn 1:1, 26-27; Gn 2:7, 21-22

**2.** Why did God make us?

To know, love and serve Him in this life; and to be happy with Him forever in heaven.

CCC 1, 358; Deut 10:12-15; Jn 17:3

**3.** Why are humans more important than animals and the rest of creation?

Because men and women are created in the image and likeness of God.

CCC 2417, 2418; Gn 2:19-20; 9:1-4

**4.** How many Gods are there?

One. CCC 253; Ex 3:14; Jn 8:58

**5.** How many Persons are there in God? What are their names?

There are three persons in God: God the Father, God the Son and God the Holy Spirit.

CCC 252, 254, 255; 1 Cor 12, 4-6; 2 Cor 13:13; Eph 4:4-6

**6.** Is the Father God?

Yes. CCC 253, 262; Ex 3:6; Ex 4:22

**7.** Is the Son God?

Yes. CCC 253, 262; Jn 8:58; Jn10:30

**8.** Is the Holy Spirit God?

Yes. CCC 253, 263; Jn 14:26; Jn 15:26

**9.** What do we call the mystery of three persons in one God?

The Blessed or Holy Trinity. CCC 249, 251; Mt 28:19

**38.** When you were born, did you have sanctifying grace (a share in God’s life)?

No. CCC 403, 1250; Col 1:12-14

**39.** Why are we not born with sanctifying grace?

Because we are born with original sin which is the loss of sanctifying grace.

CCC 403, 1250; Gn 3:23

**40.** Was any human person conceived without original sin?

Yes, Mary at her Immaculate Conception. CCC 491, 492; Lk 1:28

**41.** What was the original sin?

Adam and Eve were tempted by the devil; and they chose to distrust God’s goodness and to  
disobey His law. CCC 397; Gen 3:1-11; Rm 5:19

**42.** Is there really a devil?

Yes. CCC 391; 1 Jn 5:19; 1 Pet 5:8

**43.** Is it easier to be bad or to be good?

It is easier to be bad, because original sin has left us with an inclination to sin called

concupiscence. CCC 409, 1264, 2516; Rom 7:15-18

**44.** When did you receive sanctifying grace for the first time?

At Baptism. CCC 1265; 2 Cor 5:17

**45.** What did Baptism do for you?

It gave me a share in God’s life for the first time, made me a child of God and took away   
original sin. CCC 1266, 1279; 2 Cor 5:17; 2 Pet 1:4; Gal 4:5-7

**46.** How long do you remain a child of God?

Forever. CCC 1272, 1274; 1 Pet 1:3, 4

**47.** Can you lose a share in God’s life after Baptism?

Yes. CCC 1861; Mk 3:29

**48.** How can you lose sanctifying grace (a share in God’s life)?

By committing mortal sin. CCC 1861; Gal 5:19-21; Rom 1:28-32

**49.** What are the two kinds of personal sin (sin we commit ourselves)?

Venial and mortal sin. CCC 1855; 1 Jn 5:16, 17

**50.** Which is worse?

Mortal (deadly) sin. CCC 1855, 1874, 1875; 1 Jn 5:16

**51.** What three things are necessary to commit a mortal sin?

1. You must disobey God in a serious matter.

2. You must know that it is wrong.

3. You must freely choose to do it anyway.

CCC 1857; Mk 10:19; Mk 3:5-6; Lk 16:19-31

**52.** What happens to you if you die in a state of mortal sin?

You go to hell. CCC 1035, 1472, 1861, 1874; 1 Jn 3:14-15; Mt 25:41-46

**53.** Is there really a hell?

Yes, it is the place of eternal separation from God. CCC 1035; Is 66:24; Mk 9:47, 48

**54.** What happens if you die with venial sin on your soul?

You go to Purgatory where you are purified and made perfect.

CCC 1030, 1031, 1472; 1 Cor 3:15; 2 Mc 12:46

**55.** What happens to the souls in Purgatory after their purification?

They go to heaven. CCC 1030; 2 Mc 12:46

**56.** Is there really a heaven?

Yes; it is the place of eternal happiness with God.

CCC 1023, 1024; 1 Jn 3:2; 1 Cor 13:12; Rev 22:4

**57.** Can any sin, no matter how serious, be forgiven?

Yes, any sin, no matter how serious or how many times it is committed can be forgiven.

CCC 982; Mt 18:21, 22

**58.** How can a mortal sin be forgiven?

Through the Sacrament of Confession. CCC 1446, 1497; 2 Cor 5:20, 21

**59.** What three things must you do in order to receive forgiveness of sin in the Sacrament of Confession?

1. You must be truly sorry for your sins.

2. Confess all mortal sins in kind and number committed since your last confession.

3. You must resolve to amend your life. CCC 1448; Rom 8:17; Rom 3:25, 26

**60.** Who has the power to forgive sin?

Jesus Christ through a Catholic priest. CCC 1461, 1495; Jn 20:23; 2 Cor 5:18

**61.** How often should you go to confession?

You should go immediately if you are in a state of mortal sin; otherwise, it is recommended to go once a month. CCC 1457, 1458; Lk 6:36

**62.** Where in the church building is Jesus present in a special way?

In the tabernacle. CCC 1379; Ex 40:34; Lk 22:19; Jn 13:1

**63.** True or False. When you receive Holy Communion, you receive a piece of bread that signifies, symbolizes, or represents Jesus.

False. CCC 1374, 1413; Mt 26:26 ff

**64.** What, or Whom, do you receive in Holy Communion?

The Body, Blood, Soul and Divinity of Christ. CCC 1374, 1413; 1 Cor 11:24 ff.

**65.** When is the Host changed from bread to the Body and Blood of Christ?

It is changed by the words of the priest at the consecration during Mass.

CCC 1412, 1413; Mk 14:22 ff, Lk 22:19

**66.** Should you receive Holy Communion in the state of mortal sin?

No. If you do, you commit the additional mortal sin of sacrilege.

CCC 1385, 1457; 1 Cor 11:27-29

**67.** What is sacrilege?

It is the abuse of a sacred person, place, or thing. CCC 2120; 1 Cor 11:27-29

**68.** If you are in a state of mortal sin, what should you do before receiving Holy Communion?

You should go to confession as soon as possible. CCC 1385, 1457; 2 Cor 5:20

**69.** Who offered the first Mass?

Jesus Christ. CCC 1323; Mk 14:22-24

**70.** When did Jesus offer the first Mass?

On Holy Thursday night, the night before He died, at the Last Supper.

CCC 1323; Mt 26:26-28

**71.** What is the Sacrifice of the Mass?

It is the sacrifice of Jesus Christ on Calvary, made present when the priest repeats the words of consecration spoken by Jesus over the bread and wine at the Last Supper.

CCC 1364, 1413; Heb 7:25-27

**72.** How do we participate in the Sacrifice of the Mass?

By uniting ourselves and our intentions to the bread and wine, offered by the priest, which become Jesus’ sacrifice to the Father. CCC 1407; Rom 12:1

**73.** Is it a mortal sin for you to miss Mass on Sunday or a Holy Day through your own fault?

Yes. CCC 2181; Ex 20:8

**91.** What are the four main kinds of prayer?

The four main kinds of prayer are adoration, thanksgiving, petition and intercession.

CCC 2628, 2629, 2634, 2638, 2639; Ps 95:6; Col 4:2; Jas 5:16; 1 Jn 3:22

**92.** How often should we pray?

Every day. CCC 2742; Lk 18:1