**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 Five (*Faith and Life* Series)**

* ***Students should have access to a Bible in their classes in Grade Five.***
* **In Grade Five, 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.**
* **Teach Questions 74-88 of the *92 Questions* (suggested placement below). Please review Questions 1-73, and 89-92 from Grades 1-4 (Students should know all the *92 Questions* before they finish Grade Five.) (See Appendix 2)**
* **Please also teach the Theology of the Body curriculum. As needed, 5th Grade TOB can take the place of Chp. 3, 18 and 24 or be integrated with related chapters.**

**Chapter 1 I Believe**

L1 Faith is a supernatural gift from God. Faith allows us to believe the truths that God has revealed.

L1 God reveals Himself through creation, Scripture, Tradition and (perfectly) in the Person of Jesus Christ.

L1 Touch upon St. Thomas Aquinas’ *Proofs of the Existence of God.*

L2 Faith is a free gift from God for those who choose to receive it. Man may choose to reject the gift of faith.

L2 God gives man the grace he needs to accept the gift of faith.

L2 By accepting the gift of faith we are called to evangelize, or share it with others. Our love for Jesus and for our neighbor impels us to speak to others about our faith. Each believer is thus a link in the great chain of believers. (*CCC* 166)

L3 The Apostles’ Creed summarizes our Faith, as revealed to us by Christ and His apostles, according to the teaching authority of the Church.

L4 The Creed is our profession of faith.

L4 The Creed identifies Catholics and defines our beliefs in summary form. The Apostles’ Creed and the Nicene Creed contain the same beliefs with different emphases and details.

L4 Sacred Scripture (the Bible) and Sacred Tradition form the foundation of what we believe as Catholics.

L4 The Bible is the written Word of God. We need to listen to God’s Word and respond in mind and heart.

L4 The Bible teaches us Who God is and who we are in relation to Him. (*CCC* 268-271, 205-221, 222-227)

L4 God is the author of Sacred Scripture, and He inspired the prophets, evangelists and other various human authors of the Books of the Bible. (*CCC* 105-107)

L4 The Bible is divided into two main sections - the Old Testament and the New Testament. (*CCC* 120, 121-123, 124-127)

L4 The Pentateuch refers to the first five books of the Bible (Genesis, Exodus, Leviticus, Numbers and Deuteronomy). The Pentateuch is also known as the Law or the Torah. (*CCC* 702)

L4 The major sections of the New Testament are: the four Gospels, the Acts of the Apostles, the Epistles (Letters) and the Book of Revelation. (*CCC* 124-126)

**Chapter 2 The Blessed Trinity**

L1 Man can know by reason alone that God exists.

L1 God is transcendent.

L1 God is the Creator of heaven and earth.

L1 God created man out of love.

L2 Nature describes what something is, while person defines who someone is.

L2 God is all perfect. God’s further attributes are: all holy, almighty (omnipotent), all-knowing (omniscient), all-present (omnipresent), all-loving, all-merciful, eternal and unchanging.

L2 Introduce what the transcendence of God means. (*CCC* 300, 1028)

L3 God is one God (one nature) in three Divine Persons. This mystery is called the Blessed or Holy Trinity.

L3 The mystery of the Holy Trinity is the central mystery of our Faith, because it is the mystery of God in Himself. The Trinity is the source of all goodness and of all other mysteries of the Faith. (*CCC* 249)

L3 The First Person of the Blessed Trinity is the Father, the Second Person of the Blessed Trinity is the Son and the Third Person of the Blessed Trinity is the Holy Spirit. These three Persons are distinct, yet all are one God.

L3 All three Persons are equal and eternal. All three Persons have every perfection and attribute of God.

L4 God has revealed the mystery of the Blessed Trinity, otherwise we would have no knowledge of this mystery.

L4 A mystery of the faith cannot be fully understood and must be accepted in faith because God is trustworthy.

**Chapter 3 Creator of Heaven and Earth**

L1 God is the Creator of heaven and earth (of all things visible and invisible). (*CCC* 253)

L1 God creates out of nothing. He created because He loves us.

L1 God alone is uncreated. He has no beginning and no end (He is eternal). God is the cause of all creation.

L1 Creation is a work of the Trinity.

L2 We can know of the existence of God by looking at the created world.

L3 God, in His providence, cares for and upholds the created world.

L4 God created the world for the service of man. Man must be a good steward of creation.

L3 God gives us all good gifts – the greatest of God’s gifts is His own life, which is called sanctifying grace.

L3 Grace, especially received in the sacraments, is not a right but a gift. God is continually loving us into the fullness of our being.

L4 The created world should remind us of the goodness of God and inspire prayers of praise to God.

L4 Discuss several definitions for prayer. (*CCC* 2559-65)

L4 There are many forms of prayer: Blessing, Adoration, Contrition, Thanksgiving, Supplication/Petition, Intercession and Praise. (*CCC* 2625-2649)

L4 There are many expressions of prayer: vocal (e.g. rosary); meditation (*Lectio divina* on Bible passages); contemplative prayer*.* (*CCC* 2700-2719)

L4 Help the students participate in guided meditative prayer based on Gospel stories, e.g. prayer based on the Parable of the Good Samaritan.

L4 Sometimes there may be difficulties in prayer, but there are ways to overcome these. (*CCC* 2725-45)

**Chapter 4 Realm of Angels**

L1 God created the angels. Angels are persons who are intelligent and who choose to love.

L1 Angels are pure spirits; they do not have bodies.

L1 There are nine choirs of angels.

L1 Angels and men are two different types of created persons.

L2 God tested the angels.

L2 The angels who chose not to follow God are called demons and their leader is Satan.

L2 The demons were sent to hell. They hate God and try to turn man away from Him.

L3 The word *angel* means “messenger.” Angels are God’s messengers.

L3 There are biblical accounts of the angels in both the Old and New Testaments.

L4 Angels are active in the world, even today.

L4 Every human person is given a guardian angel to protect and guard him/her and to help that person get to heaven.

L4 Angels are part of the Communion of Saints.

**Chapter 5 Made in His Image**

L1 We are made in God’s image and likeness, with intellect and free will (two powers of the soul), and God wants us, but does not force us, to live in communion with Him. (*CCC* 1934)

L1 God created us body and soul from the moment of our conception. The soul will never die. The body dies, but will rise again.

L1 Human beings are persons in search of the truth. We are called to do good and to avoid evil. (*CCC* 2104, 1206)

L2 Adam and Eve were the first man and woman; they are our original parents.

L2 Adam and Eve were created in original justice with preternatural gifts: they could not suffer or die; they had all the knowledge necessary to live their lives in Eden; they lived in harmony with God, one another and all creation.

L3 In addition to all the other gifts God gave to Adam and Eve in Eden, He gave them the gift of grace.

L3 Grace is a share in God’s life.

L3 God made us to know, love and serve Him in this life, and be happy with Him in heaven. (*CCC* 1721)

L4 Being made in God’s image means every person has great dignity from the moment of conception until natural death.

L4 God loves and chooses the existence of every person. As a class, pray for the protection of all human life from conception to natural death. (*CCC* 2258-62)

**Chapter 6 The Fall from Grace**

L1 God tested Adam and Eve in order for them to freely choose to love and obey Him or not.

L1 Adam and Eve committed original sin.

L1 Original sin was very grave because Adam and Eve had knowledge of God’s goodness and the consequences of their action. Their sin was a sin of pride and of disobedience.

L2 Through original sin, Adam and Eve lost God’s gifts of grace and original justice.

L2 Original sin and its effects are passed on to all human beings.

L2 One of the effects of original sin is a strong inclination toward sin. This inclination is called “concupiscence.” (*CCC* 400-401)

L3 After sinning, Adam and Eve were banished from Eden.

L3 Adam and Eve were punished for their sins with pain, labor, death and disharmony with God and one another. The gates of heaven were closed by original sin.

L3 God still loved Adam and Eve and promised a Savior. (*cf. Gen. 3: 15)*

L3 Christ redeemed mankind. He won grace for man and dispenses it primarily through the Sacrament of Baptism.

L3 At Baptism, we receive a share in God’s life through sanctifying grace and this is what makes us holy. God dwells in the soul through grace. (*CCC* 2023-2024)

L3 God’s grace helps human beings to live a life of virtue and goodness, to find the truth and to choose the good. As part of the Baptismal commitment, Christians are called to bring Christ to the world through their daily lives. (*CCC 1270)*

L4 Suffering is a result of sin. Sin damages or kills the life of grace in the soul.

L4 God does not cause suffering, but He allows it. God can bring good out of suffering.

**Chapter 7 The Chosen People (Not required during Confirmation years.)**

L1 Many years passed between the promise of a Savior and His coming into the world.

L1 God chose a special people to be His own and to prepare for the coming of the Savior.

L1 Abraham is the father of the chosen people.

L2 God tested Abraham, telling him to sacrifice his beloved son, Isaac.

L2 Abraham passed the test and God told him to spare Isaac.

L2 God promised Abraham numerous descendants, the Promised Land and a blessing for all people through one of his descendants (Jesus).

L3 Isaac married Rebecca and bore twins (Jacob and Esau).

L3 Esau sold his birthright to Jacob for a bowl of stew.

L3 Jacob tricked his father into giving him the blessing intended for Esau.

L4 Jacob married Rachel and Leah and had twelve sons. They were the heads of the twelve tribes of Israel.

L4 God changed Jacob’s name to Israel.

L4 Joseph was sold into slavery in Egypt. God used Joseph to bring the Israelites into Egypt and save them from famine.

**Chapter 8 Moses Leads God’s People (Not required during Confirmation years.)**

L1 The Egyptians eventually enslaved the Israelites (also called Hebrews) and killed their baby boys.

L1 Moses was a Hebrew baby saved from the Nile by Pharaoh’s daughter and adopted by her.

L1 Moses fled Egypt when he killed an Egyptian who had beaten a Hebrew slave.

L2 Moses and Aaron went to Pharaoh to ask for the freedom of the Israelites. Pharaoh refused.

L2 God sent ten plagues upon Egypt as a sign of His power and as proof that Moses spoke on behalf of God.

L2 Pharaoh’s heart was hardened. He should have listened to God’s messenger. Encourage obedience to those who have authority over us.

L3 The tenth plague was the death of the first born. The Israelites celebrated the Passover, which protected them from the tenth plague.

L4 After 430 years of slavery, Moses led the Israelites out of Egypt. As they left they were chased by the Egyptians. God saved the Israelites by allowing them to pass through the Red Sea before the waters closed and drowned the pursuing Egyptians.

**Chapter 9 The Forming of God’s People**

L1 The Israelites complained against God and Moses in the desert.

L1 Because of their disbelief in God’s promise to settle them safely into the Promised Land, the Hebrews (Israelites) wandered about the desert for forty years. (cf. Exodus 13: 17 - 14: 38)

L1 The forty years in the desert prefigures the Christian life between Baptism and the Promised Land of heaven.

L1 In the desert, God provided manna and quail for His people. The manna given to the Hebrews for food in the desert prefigures the Holy Eucharist.

L1 God provided water from a rock that Moses struck with his staff.

L2 God established a covenant with His people at Mount Sinai.

L2 God gave Moses the Ten Commandments for the Israelites (and all people through them).

L2 The Ten Commandments represent God’s covenant with the Israelites and their promise to keep God’s laws. (*CCC* 205-207, 210-211, 2056-2063)

L3 God commanded Moses to build the Ark of the Covenant and to put the Ten Commandments in the Ark. The Ark would be the sign of God’s presence among the Israelites and the focal point of their worship.

L3 Discuss the relationship between the Ark of the Covenant in the Old Testament and the tabernacle within the Catholic Church.

L3 The Israelites made a false god (golden calf) while waiting for Moses to return from Mt. Sinai. God forgave the repentant and punished those who did not repent. God blessed those who were faithful.

L4 The Israelites wanted a human king in order to be like other nations. By doing so they were rejecting God as their King.

L4 King David was Israel’s greatest king. He led the people to worship the one true God. David’s son, King Solomon, was also a great king who built a magnificent temple to the Lord. Unfortunately, his heart turned to foreign gods before his death.

**Chapter 10 The Words of the Prophets**

L1 The prophets spoke God’s word to the Israelites and called them to live their covenant with God faithfully.

L1 All those who are baptized are called to be prophets and speak the truth in Jesus’ name to those around them. Today this is known as evangelization. (*CCC* 897)

L2 The prophets spoke the truth (and were often unpopular). They reminded the people of Israel that they had broken their promises to God.

L2 God punished the Israelites until they repented. When they were faithful to God they were blessed.

L3 The prophets helped the Israelites to prepare for the coming of the Savior. Isaiah was one of those prophets.

L4 Jeremiah was a prophet who predicted the Babylonian exile and also foretold the coming of the Messiah.

L4 The last and greatest of the prophets was John the Baptist.

**Chapter 11 In the Fullness of Time**

L1 Elizabeth and Zechariah were blessed in old age with a child. The child was John the Baptist.

L2 The Annunciation took place when the Archangel Gabriel announced to Mary God’s desire for her to bring the Savior into the world.

L2 When Mary replied to the angel with her *fiat* (“Let it be done to me”), Jesus, true God and true man, was conceived in her womb by the power of the Holy Spirit. (*CCC* 484-486)

L2 Mary is the Mother of God because she is the Mother of Jesus, who is God.

L2 An angel told Joseph that Mary’s baby was the Son of God.

L3 The Visitation took place when Mary, pregnant with Jesus, visited Elizabeth who was pregnant with John the Baptist. Mary stayed for about three months.

L3 Elizabeth and Zechariah named their son John.

L4 Mary was prepared by God to be the Mother of the Savior.

L4 Mary was conceived without original sin and her soul was filled with grace as a special gift from God. This is called the Immaculate Conception.

L4 The Immaculate Conception was proclaimed as a dogma of the Church on December 8, 1854. The Feast of the Immaculate Conception is a Holy Day of Obligation.

L4 Holy Days of Obligation are special days, other than Sundays, when we come together to worship God at Mass and to rest from work. (*CCC* 2180, 2185) The bishops of the various countries are permitted by Rome to establish rules about the observance of Holy Days of Obligation in their particular countries.

L4 Guidelines for the Holy Days of Obligation in the United States are: (*CCC* 2042-2043, 2180)

* Immaculate Conception (December 8) and Christmas (December 25) are always Holy Days of Obligation, regardless of the day of the week on which they fall;
* Solemnity of Mary, Mother of God (January 1), Assumption of Mary (August 15) and All Saints Day (November 1) are normally Holy Days of Obligation, but not when they fall on a Monday or a Saturday, although, even at such times, attendance at Mass is always to be encouraged;
* In some dioceses, the Feast of Ascension Thursday is transferred to the Seventh Sunday of Easter*.* (*CCC 2042-2043, 2180)*
* Even if the days are not obligatory for Mass, they are always ‘solemnities’ in the Church.

**Chapter 12 Born in the City of David**

L1-2 Review the Christmas story including the Annunciation, the census, the nativity in Bethlehem, the presentation in the Temple.

L3 The Incarnation means that God took on a human nature. Jesus is one Person with two natures: divine and human. Thus, we say He is true God and true man.

L3 Jesus is God the Son, our Savior, Who came to reveal the Father to us, to teach us how to live and to open heaven to us. God the Son is the Second Person of the Holy Trinity. (*CCC* 457-459, 461)

L3 God became man so that we might share in His glory.

L4 The Magi came to give reverence and homage to Jesus.

L4 Encourage the children to show reverence when visiting Jesus in Church:

1. Review making the Sign of the Cross with the *right hand* correctly, emphasizing that the words be spoken clearly, especially, “In the name of…” (*CCC* 2157, cf. *CCC* 786).
2. Fold hands during prayer in proper manner.
3. Make a genuflection (touching the floor) on the *right knee* toward the tabernacle because Jesus is present there. (*CCC* 1378)
4. Bow one’s head slightly when hearing or saying the Name of Jesus/Jesus Christ.
5. Review proper manner of sitting, standing and kneeling in church.
6. Quiet and reverence while in church.
7. A proper and regular use of holy water – with the *right hand*.
8. Striking one’s breast during the ‘*Confiteor’* at the words: “through my fault, through my fault, through my most grievous fault.”
9. At the beginning of the Gospel reading, make a ‘cross’ with the right thumb on the forehead, lips and heart and ask God to be “in my mind, on my lips and in my heart.”
10. Bow or kneel when we say “and by the Holy Spirit was incarnate of the Virgin Mary and became man” in the Creed.

L4 Teach the children how to compose ‘Prayers of the Faithful’ for Mass. As a rule, the series of intentions is to be:

a. For the needs of the Church;

b. For public authorities and the salvation of the whole world;

c. For those burdened by any kind of difficulty;

d. For the local community.

Nevertheless, in a particular celebration, such as Confirmation, Marriage, or a Funeral, the series of intentions may reflect more closely the particular occasion. (*General Instruction of the Roman Missal*, #70)

L4 Teach familiarity with how to participate at Exposition, Adoration and Benediction.

L4 Be able to identify the fixtures in a church as well as vessels and vestments used for Mass.

**Chapter 13 The Holy Family**

L1 The years of Jesus’ life after the return from Egypt until his Baptism are called the “hidden life.”

L1 Joseph, Jesus’ foster father, was a carpenter.

L2 Mary is the Mother of Jesus. She lived the life of an ordinary woman in Nazareth.

L2 The Holy Family followed and obeyed the laws of the Jewish religion.

L3 When Jesus was twelve years old, Mary and Joseph took him to Jerusalem for the Passover. Jesus stayed behind at the temple and was found “doing his Father’s business.”

L3 Jesus returned to Nazareth with Mary and Joseph. Emphasize that Jesus was obedient to His parents even though He was God. This is an example of obedience for all of us.

L4 The Holy Family of Jesus, Mary and Joseph is a model for all families.

L4 Discuss the responsibilities of parents toward children and the duties of children toward their parents.

***92 Questions: # 84-88***

**Chapter 14 The Kingdom of Heaven**

L1 For thirty years, Jesus lived in Nazareth with Joseph and Mary. Jesus began His public ministry at age thirty with His Baptism in the Jordan by John the Baptist.

L1 When Jesus was baptized, the Holy Spirit descended upon Him in the form of a dove and the Father said from heaven, “This is my beloved Son, with whom I am well pleased.”

L2 Jesus went into the desert for forty days to fast and pray.

L2 Encourage daily prayer, especially in the morning and evening. Teach the students how to pray in their own words, *spontaneously*. Help the children to simply ‘BE’ in God’s Presence.

L2 Satan tempted Jesus in the desert, but Jesus did not sin. Discuss the importance of renouncing (saying no to) the devil when we are tempted by calling upon the name of Jesus. (*CCC* 434, 538-539)

L2 In order to resist temptation and sin, make a brief Examination of Conscience followed by the Act of Contrition before going to bed each night. (*CCC* 1454 and cf. Glossary of *CCC*)

L2 After forty days Jesus came out of the desert and began preaching the Good News and the call to conversion in the villages of Galilee.

L3 Jesus taught the people about God and the Kingdom of heaven.

L3 Reflect on the love which impelled Jesus to share about the Kingdom of God with those around Him. He desires that we, out of love for Him, also share the Gospel with those around us so they can know, love and serve God, too.

L3 God desires that all human beings go to heaven and gives every human being sufficient grace, but He won’t force anyone to go to heaven.

L3 Jesus taught with parables.

L4 Jesus chose twelve apostles. They were his closest followers and friends. Someday they would carry on His work through the Church.

L4 Jesus came to fulfill the will of God the Father.

**Chapter 15 The Father and I Are One**

L1 Jesus is God the Son, both human and divine. He is the New Adam.

L1 Jesus is the Messiah – long awaited by the Israelites as the Redeemer of God’s People. (*CCC* 436-439)

L1The Israelites expected the Messiah to be a descendent of David, but not God become man.

L2 Jesus performed miracles by His own power as a proof of His divinity.

L3 Jesus revealed His truths to His apostles before He revealed them to anyone else.

L3 Knowledge of Jesus and His teachings changed the lives of the apostles. We are blessed to know Jesus and His teachings as well. If we truly believe in Jesus, it will be reflected in how we live and act toward one another and a desire to share His truth and love with others.

L3 Review the different types of prayers and devotions that reflect the truths of our Faith, e.g. prayers to saints, Stations of the Cross, Divine Mercy Chaplet, rosary, etc*.* (*CCC* 1674)

L4 The Transfiguration reveals Jesus’ divinity and His perfect humanity.

L4 Jesus taught that He is God; He was persecuted for this.

L4 Jesus’ greatest proof of His divinity is the Resurrection.

**Chapter 16 Your Sins Are Forgiven**

L1 Sin is any intentional thought, word, deed, or omission that breaks God’s law. (*CCC* 1849-1851)

L1 A sin of commission is any intentional thought, word, or deed that offends God. A sin of omission is the neglect or refusal to perform good actions that one’s conscience urges one to do.

L1 Sin has personal and social consequences. When we sin, we weaken our friendship with God and with the Church. (*CCC* 1869)

L1 Only God can forgive sins. Jesus was able to show, through miracles, that He is God. Thus, Jesus, as God, forgives sins.

L1 Jesus knew the thoughts of men.

L2 Jesus healed people physically and spiritually.

L2 Jesus is merciful; He is always ready to forgive sins.

L2 People who encounter Jesus are converted.

L2 It is good to go to the Sacrament of Penance frequently, that is at least once a month.

L2 The formula to use in the Sacrament of Penance: (*CCC* 1450-1460)

At the beginning the penitent 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.”*

L3 God calls all to conversion. Conversion is God’s grace at work in us to turn us to Christ by resisting sin and living our life united with Jesus. (*CCC* 1431-1432)

L3 We are to avoid the occasions of sin which are any person, place, or thing that might easily lead us to sin. (*CCC* 1853)

L3 It is the responsibility of each person to form one’s conscience correctly, and to strengthen the will to choose good and avoid evil. (*CCC* 1783-1785)

L4 We are to forgive injuries caused by others in imitation of Christ. This is a Spiritual Work of Mercy.

L4 Forgiving someone is an act of the will, not an act of emotion. We are called to choose to forgive and to act in charity toward others

L4 In imitation of Jesus, we are to forgive our enemies. This is difficult, but can be done through God’s grace.

**Chapter 17 True God and True Man**

L1 Jesus is true God and true man.

L1 Jesus was like us in all things but sin.

L2 Jesus, God the Son, is eternal. The Incarnation is the mystery of God made man.

L2 Jesus was conceived by the Holy Spirit and born of the Virgin Mary.

L2 Jesus is a Divine Person. The union of God and man in Jesus is called the hypostatic union.

L3 Jesus is our model and example in the moral life.

L3 Jesus is the mediator between God and man.

L3 We should obey the will of God.

L4 Jesus is our Savior and our brother in God’s family. Have students reflect on what role different people play in a human family and what role God might be calling them to in His divine family.

L4 God has called us to holiness before the foundation of the world and has a plan for us, our vocation.(cf. Eph. 1: 11) Discuss with the students the idea of a vocation to heaven, holiness, apostolate, a state in life.

L4 The different states in life are: marriage, religious life and priesthood. Remind the students to pray to know one’s vocation in life.

L4 Everyone has a vocation to serve God and others. Teach the children to pray for the needs of others. (*CCC* 1877)

***92 Questions #81-82***

**Chapter 18 Rejected by the Proud (Not required during Confirmation years.)**

L1 Many people did not recognize Jesus as the Savior, the Son of God made man.

L1 Jesus associated with everyone, including sinners and ordinary people.

L1 We are called to imitate Jesus in seeing the good in our neighbors and treating everyone with the respect due to them as children of God and our brothers or sisters. (*CCC* 1931, 1932)

L1 Jesus spoke the truth, but many would not accept it.

L1 Jesus taught that unless a man “eats My Flesh and drinks My Blood,” he does not have life within him. Jesus spoke of the Holy Eucharist.

L2 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, Blood, Soul and Divinity – fully God and fully Man.

L2 Have the students memorize: “The Holy Eucharist is the Body, Blood, Soul and Divinity of Jesus Christ, under the appearance of bread and wine.”

L2 The Holy Eucharist is the source and summit of living the Christian life. (*CCC* 1324) Encourage frequent reception of Holy Communion (at least every Sunday) and visits to the Blessed Sacrament in the tabernacle. Encourage students to speak to Jesus from their hearts when they visit Him.

L2 Receiving Holy Communion deepens a person’s union with God. By receiving Holy Communion, we are also given the power to live and love like Jesus in the world. (*CCC 1397)*

L2 Being properly prepared to receive Holy Communion, a person must: a) be Catholic; b) be free from mortal sin (i.e. to be in the state of grace); c) have fasted from food and drink for at least one hour before receiving Holy Communion; and, d) have the right intention of being united with Jesus Christ.

L2 Water and/or medicine do not break the Eucharistic fast. (*cf. Canon 919 of the Code of Canon Law)*

L2 Practice making an act of reverence before receiving Holy Communion (bow, kneel, genuflect) and receiving Holy Communion properly and with reverence in the hand and on the tongue.

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.

L3 God has a special love for the poor and humble.

L3 When confronted with the truth, man must choose to follow it or not to follow it.

L3 It is the responsibility of everyone to form his/her conscience correctly, and to strengthen the will to choose good and avoid evil.

L3 Many religious leaders in Jesus’ time turned away from Jesus.

L4 When we commit sin, we are turning away from God.

L4 Teach the students to make a brief Examination of Conscience followed by the Act of Contrition before going to bed each night. (*CCC* 2068)

L4 Teach the children to say “I’m sorry, forgive me” to anyone offended.

L4 We can respond to Jesus with love by choosing to be His disciple and following His example of loving and forgiving those who ridiculed, persecuted and hated Him.

**Chapter 19 The Acceptance of the Father’s Will (Not required during Confirmation years.)**

L1 Jesus entered Jerusalem on Palm Sunday.

L1 Jesus foretold His Passion, death and Resurrection.

L2 Jesus celebrated the Last Supper (the first Mass) on Holy Thursday with the apostles. (*CCC* 1323) It was at the Last Supper that Jesus instituted the Sacrament of the Holy Eucharist.

L2 During the Last Supper on Holy Thursday, Jesus changed bread and wine into His Body and Blood, Soul and Divinity. Today the bread and wine are changed into the Body and Blood, Soul and Divinity of Jesus (Transubstantiation) during the Mass at the Consecration through the words and actions of the priest. (*CCC* 1323, 1352, 1353, 1412)

L2 The Consecration is when the priest says the words of Jesus: “This is My Body” and “This is the chalice of My Blood” over bread and wine during the Mass. After the Consecration, there is no more bread and wine. There is only the *appearance* of bread and wine. (*CCC* 1376)

L2 At the Last Supper Jesus also instituted the Sacrament of Holy Orders.

L2 Jesus washed the feet of the apostles to teach them the virtues of humility and service.

L3 Jesus accepted the Father’s will at Gethsemane. Jesus knew every person’s sins. He died for all mankind.

L3 Judas turned Jesus over to the Sanhedrin. The Sanhedrin handed Jesus over to Pontius Pilate, the Roman governor of Judea, and Herod, the governor of Galilee. Jesus was sentenced to death on a Cross.

L4 Jesus accepted the will of the Father and was obedient unto death on the Cross.

L4 Jesus suffered and died for the sins of all men in order to restore grace to mankind.

L4 On the cross, Jesus gave Mary to us to be our Mother.

L4 The Paschal Triduum, which is celebrated from Holy Thursday evening through Evening Prayer on the Easter Vigil, is the most sacred time of the Liturgical Year.

L4 Encourage proper observance of the liturgical season of Lent.

**Chapter 20 The Perfect Sacrifice**

L1 A sacrifice is an oblation or offering to God.

L1 Every sacrifice has a priest, a victim and an altar.

L1 Jesus, as priest and victim, is the perfect sacrifice.

L2 Man could not make up for his sin and restore grace by the sacrifices he offered. Jesus was without sin and, therefore, could offer a pleasing and perfect sacrifice to God.

L2 Jesus, as both God and man, was the perfect mediator between the Creator and His creation.

L2 Jesus opened heaven and redeemed man, offering him grace through Baptism.

L3 Jesus offered Himself to the Father during the Last Supper in the Holy Eucharist and on Good Friday on the Cross, and continues this offering in the Heavenly Liturgy to the Father where we are joined in glory.

L3 Jesus was sacrificed once for all on the Cross. The Sacrifice of the Mass is the same sacrifice as the sacrifice of the Cross offered (perpetuated) in an unbloody manner (with the same priest and same victim).

L3 We are to participate in the Mass, as both a privilege and obligation, offering ourselves in union with Jesus as a sacrifice to the Father.

L4 The Mass is the greatest form of prayer and worship.

L4 Christians have been persecuted throughout the ages, but Mass has always been celebrated, even in times of persecution.

L4 Encourage students to invite people to join them for Mass as a means of sharing the greatest treasure of our Faith with others. This is a beautiful means of evangelization, especially for those who are not Catholics or don’t practice their faith regularly. It gives an opportunity for ongoing conversation. (n.b. It is important to share with the students that non-Catholics should not receive Communion but discuss why, and how this could be an opportunity for them to grow in their understanding of our Faith and perhaps desire a closer relationship with Jesus.)

L4 Teach the proper manner for reading at Mass (whenever this begins in the parish/school).

L4 Review the proper manner for serving at Mass (whenever this begins for boys in the parish).

**Chapter 21 He is Risen**

L1 On Easter Sunday, Jesus rose from the dead and conquered death.

L1 Jesus’ resurrected body was the same body that He had throughout His earthly life, though His resurrected body was glorified.

L1 An angel announced that Jesus had risen from the dead and Jesus appeared to people after the Resurrection.

L2 Redemption is brought about by Christ in His death and Resurrection. Jesus was victorious over sin and death.

L2 Jesus’ Resurrection showed that He is God.

L3 Jesus had a glorified body after the Resurrection. Some of the qualities of a glorified body include:

1. The body is subject to the will.
2. The body is beautiful and spiritual.
3. The body will no longer suffer and die.

L3 We guard our purity and respect and care for our bodies because they are temples of the Holy Spirit. (*CCC* 1004, 2519)

L3 There are various means to preserve purity of thought, word and action. Discuss these possibilities.

L3 Because Jesus rose again, we share in the life of grace. We hope for the resurrection of our bodies at the end of time.

L4 The Easter Vigil Mass teaches us about the new life of Christ offered to us all. Discuss the rich symbolism present in the Easter Vigil Mass and encourage students to attend.

L4 In Baptism we die with Christ and rise with Him, sharing in His life of grace.

**Chapter 22 Jesus Sends the Apostles**

L1 Jesus commissioned the apostles to continue His work through the Church He founded.

L1 On Easter, Jesus breathed the Holy Spirit into the apostles and gave them power to forgive sin. By instituting the Sacrament of Penance, Jesus enabled future bishops and priests have this power, also.

L2 Jesus forgave Peter’s sins and chose him to be His first Pope, the visible head of the Church. The Pope, as successor to Peter, is also the Bishop of Rome.

L2 Papal Infallibility means that the Holy Spirit keeps the Pope from teaching error in matters of faith and morals. (*CCC* 891)

L3 After forty days, Jesus ascended body and soul into heaven.

L3 Jesus promised to send the Holy Spirit.

L3 A novena is a prayer prayed for nine days for a special intention. The concept of ‘novena’ comes from the nine days of prayer by Mary and the apostles between Ascension Thursday and Pentecost Sunday.

L3 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)

L3 The Great Commission is not just for the apostles! Rather, it is a call to all the baptized to share the Good News of God’s saving love with those around them. Discuss with students ways of evangelizing at this age level. (*CCC* 3)

L3 Jesus will come again.

L4 Jesus is present to His Church in His priests, in the Word of God proclaimed, in the People of God gathered in His name and (most perfectly) in the Eucharist.

L4 Jesus is present in our neighbors. We love Christ in them. This can be done through the Spiritual and Corporal Works of Mercy.

L4 Mary’s care for her children on earth is a good example for us to follow. (*CCC* 1932)

L4 Identify examples of God working through the lives of the saints, using human effort to build His Kingdom of justice, peace and mercy on earth.

**Chapter 23 The Giver of Life (Not required during Confirmation years.)**

L1 The Holy Spirit comes to us in many ways.

L1 In Baptism, the Holy Spirit incorporates us into the Body of Christ, the Church, and the Communion of Saints.

L1 We receive a strengthening of the gifts of the Holy Spirit in the Sacrament of Confirmation.

L1 The gifts of the Holy Spirit are wisdom, understanding, counsel, knowledge, piety, fortitude and fear of the Lord.

L2 On Pentecost, the Holy Spirit descended upon the Virgin Mary, the apostles and other disciples gathered in the Upper Room. On this day the Church began its saving mission in the world and this is why Pentecost Sunday is often called the “birthday of the Church.” (*CCC* 726, 731, 1076 and cf. Acts 2:33-36)

L2 The apostles were filled with courage and zeal to preach the good News. They were given the gift of speaking in foreign languages.

L2 On Pentecost, 3000 people were baptized.

L3 Fire, wind and the dove are symbols of the Holy Spirit.

L3 The Holy Spirit, the Third Divine Person of the Blessed Trinity, is the love between the Father and the Son.

L3 God the Holy Spirit was sent by God the Father and God the Son, to dwell within us and help us always to choose what is good and avoid what is evil. (*CCC* 245, 733-736) This is why the Holy Spirit is called the Sanctifier (one who makes us holy).

L4 Through Baptism, we have become temples of the Holy Spirit.

L4 The Holy Spirit has many titles, including Spirit of Truth, Counselor, Comforter, Sanctifier, Advocate and Paraclete.

***92 Questions: # 74-80***

**Chapter 24 The Mystical Body**

L1 Jesus is the founder of the Catholic Church.

L1 Jesus chose the apostles to be the leaders of His Church and taught them more than any other people. He established Peter as the first Pope. The Pope is the Vicar of Christ, the visible head of the Church.

L2 The Church is the Mystical Body of Christ. Jesus is the invisible head of this Body, the Holy Spirit is the soul. We are baptized into this Body as its members.

L3 Sadly, non-Catholic Christian denominations broke away from the Catholic Church.

L3 At the Last Supper, Jesus prayed, “That they may all be one.” (Jn. 17:20) Out of love for our “separated brethren” we are called to pray for and work toward unity with one another. Discuss with students ways of reaching out to those of other faiths and inviting them to explore the Catholic Faith.

L3 Jesus promised to keep the teaching of His Church free from error until the end of the world.

L3 Many Christians believe in the Bible and faith for salvation, though they do not accept the importance of Tradition.

L4 The Communion of Saints is the members of the Church in heaven (Church Triumphant), in Purgatory (Church Suffering) and on earth (Church Militant). Discuss the role of each of the members assisting one another. (See *CCC* 957-958)

L4 Foster devotion to the patron saint of the parish/school. Teach the children to pray to their own patron saint.

**Chapter 25 The Identity of the Church**

L1 Catholics profess their faith by saying the Creed. It is a summary of our Faith.

L1 The Nicene Creed identifies the four marks of the true Church of Christ: one, holy, catholic and apostolic.

L2 Jesus founded one Church and provided Her with one sacrifice.

L2 The public worship of the Church is called liturgy. The Church’s liturgy is made up of the Mass, the sacraments and the Liturgy of the Hours.

L2 Discuss the significance of the Liturgical Calendar: Church seasons of Advent, Christmas, Lent, Easter and Ordinary Time. (cf. Appendix “Celebrating the Church Year”)

L2 There are different rites within the Catholic Church, but all Catholics share one Faith.

L3 The Church is holy because Jesus founded Her and because the Holy Spirit guides Her. The purpose of the Church is to make all its members holy.

L3 The Church is catholic, or universal. This means that the Church serves all people and offers the fullness of the means of salvation.

L3 All Catholics are united in their brotherhood of faith.

L3 The Church is apostolic – the priesthood and papacy can be traced back to the apostles; the teachings of the Church are based upon the teachings of the apostles.

L4 There are many symbols for the Church, including the sheepfold, the vineyard and the ship.

**Chapter 26 The Church Rules**

L1 Because She is the Mystical Body of Christ, the Church is human and divine.

L1 The apostles were given the authority to govern the Church. The Church is governed today by the legitimate successors of the apostles – the Pope and the bishops in union with him.

L1 Christ instituted the sacraments of the Eucharist and of Holy Orders at the Last Supper when He commanded His chosen apostles to offer the sacrifice of the Mass, saying: “Do this in memory of Me”.

L1 Holy Orders consists of three orders or levels: deacon, priest and bishop.

L1 The effects of the Sacrament of Holy Orders are: the men chosen to receive this sacrament are configured to Christ (made like unto Christ) in order to lead the Church to holiness by teaching, sanctifying and shepherding God’s flock. (*CCC* 1581)

L2 Each bishop, as a successor of the apostles, has the power to govern his diocese, teach the true Faith and administer the sacraments.

L2 A bishop is in charge of his diocese (usually, a geographic region). The priests are his helpers and representatives. The bishops share their powers with their priests by ordination so they can teach, govern and administer sacraments in their parishes. The work of a priest is dependent upon his bishop.

L2 The priest is an *“Alter Christus”*, i.e. ‘Another Christ.’ The priest acts “*in persona Christi*,” which means that he acts ‘in the person of Christ’ as head of the Body of Christ. A priest must be a male because he stands in the person of Jesus Christ, who took on a male body at His Incarnation and is the Bridegroom of the Church.

L2 The patron saint of all priests is St. John Vianney.

L2 Students should know the names of the current Holy Father, their diocesan bishop, their parish and their pastor.

L2 Deacons are ordained by a bishop to help with Baptisms, marriages and funerals. They can preach at Mass, offer Benediction and visit the sick. They have a special ministry to the poor.

L3 Saint Peter was the first Bishop of Rome. The Bishop of Rome is the Pope. Today, the Pope is elected by the College of Cardinals.

L3 The Pope governs and teaches the entire Church. The Pope is infallible when teaching on matters of faith and morals.

L4 The precepts of the Church are:

1. Attend Mass and refrain from unnecessary work on Sundays and Holy Days of Obligation.
2. Confess serious sins at least once a year.
3. Receive Holy Communion during the Easter time.
4. Fast and abstain on the days appointed.
5. Contribute to the support of the Church. (traditional 5 precepts *CCC* 2042-2043)
6. Obey the laws of the Church concerning Matrimony. (*CCC* 1621, 1625-1632)
7. Participate in the Church’s mission of evangelization. (*CCC* 3)

L4 The precepts of the Church are binding on all Catholics. While they focus on minimal external observance, the goal of a faithful Catholic is to go beyond the minimum and live the Faith as fully as possible. (*CCC* 2041)

***92 Questions: #83***

**Chapter 27 Teach all Nations**

L1 Jesus sent the Holy Spirit to the Church to preserve it from error.

L1 The Church has the duty of teaching the Faith as Jesus taught it, in truth with certainty.

L2 The teaching authority of Peter and the apostles is passed down to the Pope and the bishops in union with him. This is called the Magisterium, or the teaching office of the Church.

L2 The Magisterium’s duty is to interpret Scripture and Tradition and to safeguard the truths of the Faith.

L2 Scripture is the Word of God written down. Tradition is the Word of God in its entirety.

L3 The Pope is infallible in teaching on faith and morals. Infallibility, or protection from error, is a papal charism.

L3 The bishops are infallible when, in union with the Pope, they teach something that must be held true by all members of the Catholic Church on matters of faith and morals.

L3 Ecumenical councils, or meetings of all bishops, must have papal approval.

L4 The Church has the duty of evangelization – preaching the Good News to all nations and all peoples.

L4 Another name for missionaries is evangelizers. Missionaries do not just share the Gospel in foreign lands, but are called to share it wherever they live. Missionaries are motivated by love: knowing they are loved by Jesus and wanting to share His love with others. Identify situations in the students’ lives that indicate there is still a need for evangelization in the present circumstances of our culture and potential means of evangelizing friends and neighbors.

L4 Some ways to work for peace and justice include:

1. Tithing 10% of your income to the Church,
2. Practicing good stewardship of natural resources,
3. Being involved in pro-life activities,
4. Completing safe and appropriate service projects.

**Chapter 28 Called To Holiness (Not required during Confirmation years.)**

L1 The spiritual life parallels the physical life. From His pierced Heart on the cross, Jesus instituted, and entrusted to the Church, the seven sacraments as a sure way to receive His grace and become holy. (*CCC* 1114, 1122-1123, 1131) This is not a right but a gift.

L1 Have the students memorize the definition of sacrament: “A sacrament is an outward sign, instituted by Christ, to give grace.” (*CCC* 1131)

L1 Have the students find in the Bible the Scriptural foundations of the Sacraments of Initiation (Baptism, Confirmation and Holy Eucharist); the Sacraments of Healing (Penance and the Anointing of the Sick); and the Sacraments of Service/Vocation (Holy Orders, Matrimony). (*CCC* 1212, 1420-1421, 1533-1535)

L1 The Church has the mission to sanctify her members through the sacraments.

L2 In Baptism, Jesus gives us grace, God’s life, to avoid sin and to share His Resurrection, the life He has prepared for us in heaven. Baptism unites us to God and gives us the three theological virtues of faith, hope and charity,

L2 The matter (substance) of Baptism is water. The form of Baptism is the words, “I baptize you in the Name of the Father, and of the Son and of the Holy Spirit.” The primary effects of Baptism are sharing in God’s life through sanctifying grace, forgiveness of sin and becoming a child of God.

L2 Faith, hope and charity are the theological virtues given to human beings by God at Baptism, to help them throughout their entire lives. (*CCC* 1812-13)

L2 Review the Baptismal Promises.

L3 Actual sin is comprised of two types: venial and mortal.

L3 Venial sins do not destroy the life of grace in the soul, but mortal sins do. For a sin to be venial, it does not meet all three conditions for mortal sin. (*CCC* 1855, 1861-1863)

L3 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)

L3 There is need for the Sacrament of Reconciliation before Communion, if one is guilty of mortal sin.

L3 In the Sacrament of Penance, we receive God’s mercy. The effects of the Sacrament of Reconciliation are: a) the forgiveness of sins; b) reconciliation with God and the Church; c) strengthening of the resolve to do good and to avoid sin in the future; and, d) the restoration of the penitent to sanctifying grace, if this grace has been lost through mortal sin. (*CCC* 980, 1468)

L4 When a person receives absolution in the Sacrament of Penance, one recovers sanctifying grace if he/she had lost it through mortal sin. The Sacrament of Penance is the ordinary way that a baptized person recovers grace, if it has been lost through mortal sin.

L4 There are five steps to a good confession: (*CCC* 1491)

1. Examination of Conscience (often based on the Ten Commandments)
2. Sorrow for one’s sins (contrition or attrition) 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)

**Chapter 29 The Mother of God in our Lives**

L1 Mary was the intercessor for the first miracle Jesus performed in Cana.

L1 Jesus gave Mary to be our Mother when He was on the Cross.

L1 Mary is the model and Mother of the Church.

L2 Mary is the New Eve. Mary was always obedient to God’s will and never sinned. Mary is the Immaculate Conception. Mary, under the title of the Immaculate Conception, is patroness of the Diocese of Lincoln and of the United States.

L2 Mary is the Mother of all the living by the order of grace.

L2 At the end of Mary’s earthly life, God assumed her, body and soul, into heaven. The Feast of the Assumption is celebrated on August 15th.

L3 The rosary is a sacramental that we pray while meditating on the mysteries of the lives of Jesus and Mary. Encourage the recitation and praying of the rosary daily.

L3 Encourage devotion to Mary, especially on Saturdays and during the months of October and May.

L3 Clarify the difference between a sacrament and a sacramental. (*CCC* 1667 and 1670)

L3 Sacramentals (holy water, blessed palms, candles, ashes, rosary, medals, scapulars, crucifixes, religious images, statues, etc.) help to enhance one’s spiritual life. (*CCC* 1667-79)

L4 Mary, under the title of Our Lady of Guadalupe (December 12th), is honored as Patroness of the Americas and patroness of unborn babies.

L4 Over the centuries, Mary has appeared to visionaries in the form of an apparition. Examples include Guadalupe in 1531, Lourdes in 1858 and Fatima in 1917.

L4 Mary encourages all to be faithful followers of Jesus.

**Chapter 30 Unto Everlasting Life**

L1 God desires that all human beings go to heaven and gives every human being sufficient grace, but He won’t force anyone to go to heaven. (*CCC* 74, 1742)

L1 The four last things are: death, judgment, heaven and hell.

L1 Death occurs at the end of our earthly lives. It is the separation of the soul from the body. The body will die, but the soul will live forever.

L1 The body will be reunited with the soul at the end of time.

L1 Explain the proper manner of participating in a rosary or wake service and funeral for the deceased.

L2 The particular judgment occurs for each person at the time of death. One must be in a state of sanctifying grace (having the life of God within him/her) to enter heaven.

L2 Those who die in the state of mortal sin without repenting go to hell. We may send ourselves to hell by the choices we make.

L2 If we die in the state of grace, we go to heaven. We may need to spend some time in purgatory first, however.

L3 Eternal Life in heaven is the perfect happiness of being totally united with God, who is Love.

L3 In heaven, we will be with God, the angels and the saints.

L3 Purgatory is a transitory state for those needing purification before entering into heaven. We can pray for the souls in purgatory to relieve their sufferings.

L4 At the end of the world, Jesus will return as the glorious, triumphant King.

L4 Jesus will judge the living and the dead in the general judgment. (*CCC* 678-679)

L4 At the end of time our bodies will be resurrected and reunited with our souls to share in their eternal reward. (*CCC* 336)

**During Confirmation Years also Include:**

***All 92 Questions***

**Call to Celebrate Confirmation Session 1 Journey with the Spirit**

Cover the following points in one or two lessons:

1. The meaning of the Renewal of Baptismal Promises.
2. A covenant is a solemn mutual agreement between God and a person or community.
3. Grace is a share in God’s own life.
4. Original sin brought sin into the world and placed humankind in disordered relationships with God, one another, and creation.
5. God established a covenant Noah, Abraham and Moses
6. Jesus brought us the New and definitive Covenant.
7. We are initiated into the Church through the sacraments.
8. Have the students memorize the definition of sacrament: “A sacrament is an outward sign, instituted by Christ, to give grace.” (*CCC* 1131)
9. Jesus instituted, and entrusted to the Church, the seven sacraments. (*CCC* 1114, 1122-1123, 1131) They are: Baptism, Confirmation, Holy Eucharist, Penance, Anointing of the Sick, Holy Orders and Matrimony.
10. Have the students integrate the Catholic social principles into daily life.

**Call to Celebrate Confirmation Session 2 Believe with the Spirit**

Cover the following points in one or two lessons:

1. The candle as a sign of the Risen Christ and a call to bear witness. Why a candle is received at Baptism and the East Vigil.
2. Faith is based on God’s great gift of revelation. Among other things, revelation tells us that God the Father communicated Himself and His plan for all creation by sending us His own Son, Jesus.
3. Faith has two sides: God’s call and our response.
4. Jesus worked many miracles to help the people believe in Him.
5. Being a member of the Church strengthens and supports our faith.
6. Confirmation is necessary for the completion of the grace of Baptism.

**Call to Celebrate Confirmation Session 3 Gifted with the Spirit**

Cover the following points in one or two lessons:

1. The meaning of the Sign of the Cross and the Laying on of Hands.

2. Through the power of the Holy Spirit, we are filled with God’s life – sanctifying grace.

3. The Holy Spirit is our Advocate

4. Why Jesus promised to send the Holy Spirit.

5. Some titles for the Holy Spirit are: Spirit of Truth, Spirit of Promise, Spirit of Adoption, Spirit of Christ, Spirit of the Lord, Spirit of God and Spirit of Glory.

6. Expand upon the work of the Holy Spirit.

**Call to Celebrate Confirmation Session 4 Empowered by the Spirit**

Cover the following points in one or two lessons:

1. We receive seven gifts of the Holy Spirit at Confirmation: wisdom, knowledge, understanding, counsel, fortitude, piety, fear of the Lord.
2. These gifts are helps, powers, and inclinations to act in ways that will help us grow in our relationship to Jesus, the Son of God, and benefit the community.
3. God gives gifts to benefit the Church’s mission.
4. Christian conversion is a movement toward being and acting as disciples or followers of Jesus.
5. We have a responsibility to evangelize.

**Call to Celebrate Confirmation Session 5 Anointed by the Spirit**

Cover the following points in one or two lessons:

1. The anointing with oil in Baptism: oil of the catechumens, and oil of the sacred chrism.

2. The meaning of processions.

3. The holy oils used in the celebration of sacraments are signs of the power and presence of the Holy Spirit.

4. Anointing signifies being chosen and sealed with the Holy Spirit.

5. In Confirmation, we are anointed for discipleship and mission.

6. What it means to be sealed with the Holy Spirit.

**Call to Celebrate Confirmation Session 6 Sanctified by the Spirit**

Cover the following points in one or two lessons:

1. Intercessory prayer has a significant role in the prayer of the Church. The saints are powerful intercessors.

2. We use incense in the liturgy as a sign of veneration and honor.

3. Everyone who is baptized is called to holiness because in Baptism we put on Christ.

4. Jesus is the best model we have of the holiness of God.

5. Being a Christian involves taking up the cross and living in the Paschal Mystery of dying to sin and rising to new life.

**Call to Celebrate Confirmation Session 7 Guided by the Spirit**

Cover the following points in one or two lessons:

1. Review the meaning of the Penitential Rite at Mass.

2. Practice making an examination of conscience. Conscience is our inner capacity to recognize what is right or wrong.

3. Sin is a turning away from God. Our sins can be mortal or venial.

4. An important work of the Spirit is conversion.

5. Scripture teaches us about forgiveness and reconciliation.

6. We are called to forgive and to reconcile.

**Call to Celebrate Confirmation Session 8 Challenged by the Spirit**

Cover the following points in one or two lessons:

1. The Liturgy of the Word and the Liturgy of the Eucharist together form a single act of worship.

2. Explore the meaning and ritual action of sharing a meal.

3. Explain what the Scripture teaches about the Eucharist.

4. Through Confirmation our bond with the Church is strengthened and we receive the special strength of the Holy Spirit to help us be witnesses.

5. The Eucharist nourishes and strengthens us for mission.

**Grade 5 TOB**



Theology of the Body

5th Grade

(As needed, 5th Grade TOB can take the place of chapters 3, 18, and 24 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.
* Sensitive topics: separate boys and girls for some sensitive concepts like pornography, masturbation, etc. Have a man address the boys, if possible, and a woman address the girls.
* 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.

**Introduction - The Human Drama**

* Have you ever read a really good story or drama? Great dramas follow

a pattern. We are introduced to main characters in the beginning, they face some great difficulty in the middle and they overcome that difficulty by the end. They learn more about themselves along the way and usually come out wiser and stronger when it is all finished.

* Through the gift and insight of the Holy Spirit, Pope St. John Paul II was inspired to help all of us see the full drama of human history from beginning to end. This story is not fiction and it's not just about people who lived long ago. Rather, each one of us is a part of this great drama! To know where we fit into this story, we need to look at the beginning, where we are now and what will happen in the end.
* Like every drama, things can go well or go badly for us. They go well when we understand and cooperate with God's plan, and they go badly when we are ignorant of or resist God's plan.
* Our human story, the story of man (i.e., man in the inclusive sense of man and woman), has three parts (see Appendix C):

1. Original Man includes our first parents, Adam and Eve, to the time of their fall from God's grace;
2. Historical Man (2 sections) includes Fallen Man up to the time of Jesus Christ and Redeemed Man from Christ until the end of time; and
3. Heavenly Man includes what our life will be like in eternity and how that begins even now.

* Pope St. John Paul II came up with this way of looking at our story of human history because he recognized that Jesus looked at it this way in the Gospels.

Jesus referred to:

* + the beginning (i.e., original man; see Mt 19:8);
  + the heart (i.e., historical man; see Mt 5:27-28); and
  + the resurrection (i.e., heavenly man; see Mt 22:30).

**I. Original Man**

***In the Beginning***

* We learn about ourselves from our first parents, Adam and Eve. In fact, to know what it is to be a human being, we need to look back to the beginning. This is what Jesus did when the Pharisees challenged Him about divorce (see Mt. 19:3ff). They only wanted to go back in the story to the time of Moses, but Jesus took them back to the beginning of God's original plan at creation.

The story of Adam and Eve is not just a fairy tale that we've known since we were little. It is, rather, God's revelation so that we can know what His original plan was for the human race. This time in our history is what we have called “original man.”

* As we go through the whole story of Adam and Eve, we see many themes that are "original." In this case original means more than the fact that they were the first people to live. It actually shows us what God's loving plan was for the human race for all time and would have remained if we would not have sinned.

***Original Solitude***

* We use the term *“original solitude”* to describe man’s first experience of being unique among all the other created things and his ability to relate to God and others as one fully aware of himself and his freedom.
* Adam was different from the animals and personally unique because he was made in the image and likeness of God. What does this tell us about our part in the story? We are also made in the image and likeness of God. God created each one of us unique, precious and unrepeatable. There never was and never will be someone exactly like me or like you. God loves you individually and delights in you, and no one can love God in exactly the same way you do.
* Adam was a body and soul composite [God formed man from the clay (material) of the earth and blew into his nostrils the breath (spirit) of life." (Gen 2:7)] We are also body and soul. Our soul can think, choose and love but doesn't just act on its own; the soul expresses itself through the body. The words and actions of our bodies help us to communicate with God and one another to receive and give love and to grow in relationships. We call this the “sacramentality of the body.”
* “Sacramentality” is an outward expression of inward reality. (Consider any of the seven sacraments.)
* Due to the sacramentality of the body, the body outwardly expresses the inward reality of the person (e.g., love and knowledge).
* Adam was created male and Eve was created female. God also created us, body and soul, as either the male sex (masculinity) or the female sex (femininity). Males and females are different from one another but are both inherently good and possess equal dignity. Thus both our identity and our gender are gifts received from God and not simply feelings we have about ourselves or others.
* Adam recognized his relationship as a child of God. We are also children of God. The truth of being a child of God gives us our identity (i.e., who we are). No matter what I think or feel, nothing can ever happen to me to take away my identity as a beloved son or daughter of the Father.
* Adam and Eve were created for each other, yet their union did not erase the need they had to be in relationship with God. Although we are also created for relationship with others, no human person, even in the close relationship of marriage, will ever fill the place in our hearts that is meant to be united to God forever. That means there will always be a bit of loneliness while we are on earth. This loneliness helps us long for the fulfillment of heaven.

***Original Unity***

* *“Original unity”* refers to the unity between Adam and Eve who were in perfect harmony with each other and who knew how to give themselves to each other perfectly.
* In the beginning God did not leave Adam alone. Rather, He created a "suitable partner" for him (cf. Gen 2:18), someone who was just like him in human dignity, but unlike him in how she was formed as a bodily person. This part of the story relates to us as well because we are also created for the special relationship of marriage.
* God created Adam and Eve specifically for each other. Theirs was the first marriage and the plan for all marriages. Thus, marriage can only be between a man and woman. This is because men and women are complementary. It is not possible for two men to get married or for two women to get married because they are not complementary. When things are complementary they fill out and complete each other.
  + Even if someone calls the relationship between two men or two women marriage, it's not marriage because only God can make marriage.
  + Civil laws might say that two men or two women can be married, but these laws do not respect the truth of marriage as God made it from the beginning. We know that civil laws can be wrong and, if they are, they should be changed. (Consider abortion, euthanasia, etc.)
* Every human person has a body that is made for love. This primarily happens in marriage. God calls some, however, to sacrifice the gift of marriage in order to say “yes” to a higher love, to give the total gift of self to Him directly in religious life or to His Church in the priesthood. God fills the heart of the one called in this special way by uniting it to Himself.
* God told Adam and Eve to be fruitful and multiply. (Gen 1:28) Thus, God designed marriage to lead to parenthood. The fullest physical expression of love takes place in the marriage of a man and a woman. From their bond of love comes a new person, their child.

***Original Nakedness***

* *“Original nakedness”* is related to original unity. “Original nakedness” meant Adam and Eve could see the full person, body and soul, without shame. (Shame is wanting to hide something about yourself from another.)
* Shame is a uniquely human experience. (For example, a hippo doesn't feel shame.)
* Though shame has a negative sense since it comes with the feeling of fear and embarrassment, it is also something positive since it seeks to protect and safeguard the value of being a male or a female.
* Healthy shame leads to modesty in what we wear and what we think about.
* Modesty in dress helps others to see that we are more than just our bodies.
* Modesty in thought helps us to see that others are more than just their bodies. Ultimately, modesty shows respect for oneself and one’s own dignity, revealing inner beauty rather than only focusing on external features.

Shamelessness in dress or thought happens when a man or woman stops caring that every person (i.e., oneself and others) are more than just their bodies.

* Though we are fallen and in this life won't return to the state of original nakedness, our own shame can be redeemed by Jesus. Through the virtue of modesty and love we can again begin to see the fullness of the other person.

***Original Holiness and Innocence***

* *“Original holiness and innocence”* refers to harmony with God, harmony with self, harmony between man and woman and harmony with creation. Life in Eden, at the beginning of our story, was so beautiful! Everything was good and everyone was holy.
* We see in the beginning God's original plan for loving relationships in the human family. Adam was a son of God (see Gen 1:26-27, cf. Lk. 3:38). He became the spouse of Eve (see Gen 2:24) and then became the father of Cain, Abel and Seth (see Gen 4:1ff). Eve was likewise Adam's equal and a daughter of God.

She was Adam's spouse and became the mother of all the living. (Gen 3:20)

* This was the pattern for their lives and is the pattern for ours: we first learn to receive love as sons/daughters, then mutually give and receive love as spouses and finally pour out our love in self-giving as parents.

***Original Sin***

• Original sin entered into the world because Adam and Eve failed to trust that God wanted the good for them. Despite the perfect situation God had created for them, they chose to believe the devil's lie that God was keeping something good from them and that they could become their own gods. Their pride and disobedience led to what we call "the Fall" because they fell from God's original plan. Thus began the period in our drama called “historical man.”

**II. Historical Man**

***Fallen and Redeemed***

* Original sin marked the darkest time in our history. With it came mistrust of God, suspicion of one another, blame instead of responsibility, broken relationships, difficult work, suffering and death. The love of God died in the hearts of our first parents and thus began the period of fallen man. Yet in the midst of this tragedy, God did not abandon His children. He promised that He would send a Savior (Gen 3:15), and hope was not extinguished.
* The fulfillment of God's promise was so powerful that it became the very center of history; it changed everything. (It is why we have BC and AD.) God sent His Son, Jesus, to redeem us! God actually *entered* our story as one of us. The period of Redeemed Man could begin.
* By coming to earth as fully human, yet fully God, Jesus bridged the infinite gap between God and man created by the sin of Adam and Eve. His love overcame temptation, suspicion of God and one another, suffering and even death itself. His pierced side on the cross revealed the great love of His Sacred Heart and opened up a fountain of grace and mercy for the whole human race.

***The Role of the Heart***

* With Jesus entering into the scene, our human story now has a hero who will not let us down. The love of His Heart becomes the model and source of grace for our hearts.
* But what is the human heart? In this case, we are not talking about an organ. The human heart is the very center of who and what we are; it's the source of our deepest thoughts, choices and affections (i.e., feelings). It's the origin of where we sin and also the origin of where we encounter the grace of the Holy Spirit.

***General Sinful Areas***

• In Mark 7:21 Jesus talks about how evil can come from our hearts and lead us to sin. He says, “From within people, from their hearts, come evil thoughts, unchastity, theft, murder, adultery, greed, malice, deceit, licentiousness, envy, blasphemy, arrogance, folly. All these evils come from within and they defile.” If we focused on all these bad things, our story would get pretty discouraging. But the fact is, we need to know about some of the bad in order to know how to let Jesus into our hearts so we can join Him in the victorious fight for the good.

***Broken Families***

* An interesting part of our story is the family history of Jesus. We know that His immediate parents were Mary, who was sinless, and St. Joseph, who was a just and holy man who raised Jesus as his own son. This is important because both Mary and Joseph can be models of holy marriage for us in the future. When we look back at Jesus' family tree, however (see Mt 1:1ff), we see a lot of sinful people, too: Judah, who wanted to kill his youngest brother Joseph, but ended up selling him into slavery; King David, who took Uriah's wife and had him killed; Solomon, who had many wives and turned away from God to worship false gods; etc.
* We can see that the family tree of Jesus was not perfect, and our families are not perfect, either. But if Jesus, who is God, chose to come from a broken family tree, then no matter what problems happen in our families, all of us have hope that our families can become holy, too.
* Sometimes we may experience the death of a parent or family member, a divorce or other tragedy. If we are in a situation where our parents are not together or bad things have happened, we still know that every member of our family is a beloved son or daughter of God, the Father, and Jesus will give us the grace and strength to overcome the difficulties that we face.

***Avoiding Abuse or Impure Touches***

* By taking on a human body, Jesus also reminded us that God made our bodies good and a necessary part of who we are as human beings. People should have healthy boundaries when it comes to our bodies. Boundaries are personal rules that help keep everyone safe and comfortable.

Each of us is in charge of the unique body God has given us. No one has the right to touch our bodies without our permission – especially in inappropriate

ways – or to harm us and that includes our friends and relatives. We, too, should not touch others inappropriately or harmfully. If this happens it is called abuse.

* Abuse is different from something simple like slapping someone on the back or getting a light spanking. (Our parents have the responsibility to discipline us justly.) Physical abuse generally involves touching for the purpose of injury or intimidation. Abuse is serious and it can come from people at home, people you know or from strangers.
* Impure touch is touching someone's private parts on purpose, especially out of curiosity or for pleasure. This should not be done by us or others. If it is done by others it can be a type of serious abuse called sexual abuse. You should only let people like doctors touch you in your private areas, and only when needed for medical reasons.
* If someone physically abuses you or tries to touch you in your private areas, you should tell them to stop, get away from them and tell a trusted adult right away, even if the person touching you is someone you know and like or is even a relative.
* It is good to think now of three to four adults you trust that you know would get you the help you need if you are ever in a situation like this.
* If someone touches us in a harmful or inappropriate way, they might threaten us or ask us 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 touching private areas (particularly if it’s an older child or adult), you should always tell a trusted adult right away in order to get help.
* Also remember that if this happens, is not your fault. No one has the right to hurt or scare you! You need to get help and there are many people who care about you and will know what to do. Don't be afraid to seek their help.
* Also, if you know of someone this happens to it should be told to an adult you trust, even if the person it happened to tells you not to tell anyone.
* Most children live in safe and loving environments, but if anything we have talked about should ever happen to you we want you to know what to do and how to get help.
* No one can take away the human dignity God gave us. Even if someone abuses us or touches us inappropriately, we still have dignity as God's children and He will always love us no matter what.

***Use vs. Person***

* Though all sin originates in the human heart, Jesus focused on one area in particular in Matthew 5:28. In this passage He shows how human hearts can be selfish in regard to other people.
* We too can be selfish when we look at people as objects to be used instead of as persons to be loved. This means to only treat people well for what you can get from them rather than treat them with respect because they are children of God just as you are.
  + Sometimes people act like a friend to someone just because they want something. As soon as they get what they want, they no longer act like a friend. That is seeing someone as an object to be used.
  + If we choose to treat people respectfully only because they are smart, attractive, popular or good at sports, then we are giving in to the temptation to use them. If we choose to treat everyone with kindness no matter what gifts and talents they have, we show that we are treating them as persons to be loved.
  + Though we should still recognize and appreciate the gifts people have, we should love them not just because of their gifts but above all because they are persons.
* Whether someone has great natural abilities or many challenging disabilities it does not change the love that God has for them or the fact that they are His beloved son or daughter. By showing respect for those with disabilities, we also show that we recognize them as persons to be loved.

***Respect for our Maturing Bodies***

* Part of loving people at any age is to respect the meaning of their bodies. In these next few years your bodies, and the bodies of your friends, will be changing as they mature. Times of transition can be awkward, so it is even more important than ever that you view others with a sense of love and respect.
* As part of God’s plan, boys and girls mature at different times. The fact that a boy or girl develops more slowly or quickly than others their age is very normal. (Some 5th grade girls start to get taller more quickly than others. Some 5th grade boys get big feet before the rest of their body catches up.) It is important to accept your own body and every other person's body as God designed it to develop and mature.
* We also need to remember that our bodily changes are an amazing gift. God prepares boys and girls to eventually become fathers and mothers. A man's body develops for the power of fatherhood and a woman's body develops for the power of motherhood. These powers are an incredible gift that God entrusts to each one of us and it's important we learn to use these powers well as we live out our part of the story of God's plan.

***Dangers of Pornography***

* It's very important in a story that the characters learn to avoid or overcome dangers. One very dangerous area we need to learn to avoid is pornography.
* Pornography, or “porn,” is pictures or videos of people with little or no clothes on for the purpose of getting you to look at their bodies for pleasure and not for who they are. It is different from paintings or other forms of art that try to show the beauty of the human body because it sees people as objects to be used instead of persons to be loved. It does not respect the dignity of human persons or their bodies.
* Often pornography is used for masturbation. Masturbation is deliberately stimulating the masculine or feminine (sexual) parts of one's body for sexual pleasure. Masturbation is treating yourself and the one you fantasize about like an object instead of a person.
* Pornography is harmful to your brain and can actually become an addiction.
* Our brains are very complex. A good way to look at our brains is to consider it as having two main parts. Our “thinking” brain (i.e., prefrontal cortex) helps us make good decisions. Our “feeling” brain (i.e., limbic system) is responsible for our instincts and feelings of pleasure or pain.

When we see pornography our “feeling” brain releases a chemical causing it to overreact. When this occurs it's hard for the “thinking” brain to work well and realize how bad something is.

* To prevent addiction it is very important to use your "thinking" brain right away if you see or hear something inappropriate. This helps you to make healthy decisions.
* If you unintentionally come across pornography, whether it is on the internet, a phone or other device, it's not your fault, and you haven't broken a commandment. Know that you are loved by our Lord and He is sorry that this happened to you.
* If this happens you should do the following:
  + Call it what it is. Say, "That is pornography" or "That is a bad picture." o Turn it off or turn away.
  + Talk to your mom, dad or a trusted adult so they can help you.
  + Ask your parents to put a filter on all the electronic devices to which you have access so that you can have protection from these sites.
* Pornography can often lead to the habit of masturbation. When viewing pornography or masturbating is deliberate, it is a sin. The “feeling” brain can be very strong in leading to this temptation, especially when exposed to pornography, but can be overcome by the “thinking brain.” In addition to saying a prayer for strength, choosing to do physical exercise or doing an activity that engages your mind is a good way to overcome this temptation. It is also helpful to recognize and avoid situations where you might be tempted and to remember that a temptation is not a sin. If these areas are a difficulty for you it will be important to bring it up honestly in confession so you can get advice and help from the priest and grace from Jesus.
* If you have been exposed to pornography and have come back to it out of curiosity, it's not something you need to or should deal with on your own. Don't be afraid. The same is true of masturbation. If it happens, God still loves you, and your parents still love you and want to help you. Bring it to Jesus' love and mercy in confession. Jesus will also give you the grace to tell a parent or another trusted adult what you have seen so that you can have help to stay pure and be healed of any harm that might have been done.

***Redemption of the Heart***

* It takes effort to make sure that we treat people with respect as persons and not just as objects, but we cannot fully do this on our own. Jesus tells us in the Gospel of Matthew that the laws written on stone (i.e., the 10 Commandments or the "old law") are not enough. Rather, we need a new law of love written in our hearts. This is to fulfill what God spoke to His people long ago by the prophet Ezekiel, "I will give you a new heart and place a new spirit within you, taking from your bodies your stony hearts and giving you natural hearts." (Ez 36:26)
* By His redemption Jesus brought us this grace of a new heart by giving us the Holy Spirit to dwell in our hearts. "The love of God has been poured into our hearts by the Holy Spirit that has been given to us." (Rom 5:5) This grace is made available to us from the time of our baptism. Baptism elevates us to a new status in God's family. We actually become members of the Body of Christ and temples of the Holy Spirit. This grace is further strengthened and renewed in the Sacrament of Confirmation.
* This beautiful grace of redemption in our hearts is a gift for each one of us, but it is also a gift for our whole human family as we journey closer to our final goal of heaven.

**III. Heavenly Man**

***Resurrection of the Body***

* Our human drama began with God's beautiful plan outlined in original man. With the fall and redemption in historical man, we see how struggle entered our story and our hero, Jesus, came to the rescue. However, Jesus wants us to play our part in the story as well. Our own personal chapter is real and has a place in this drama. Jesus shows us, in heavenly man, how our story can have a glorious end if we open our hearts to the grace He offers us. His grace and our acceptance leads to the resurrection of the body.
* Jesus looked to the resurrection of the body to help us see the dignity of the human body and to help us see our own future.
* In Matthew 22:23 the Sadducees, who did not believe in the resurrection, questioned Jesus about the resurrection. Jesus' response affirming that our bodies will rise shows us how important our bodies are: in God's plan of redemption, they are meant to live forever.
* In this passage Jesus gives us a clue of how this will happen. He says, quoting Exodus 3:6 when God spoke to Moses, "'I am the God of Abraham, and the God of Isaac, and the God of Jacob.' He is not the God of the dead, but of the living."
  + He is the God *of people*. That is, God is in relationship with Abraham, etc. It is from our living relationship with God, which begins in this life, that we can have eternal life even in our bodies at the resurrection.

***Marriage and Celibacy Prepare for Union with God***

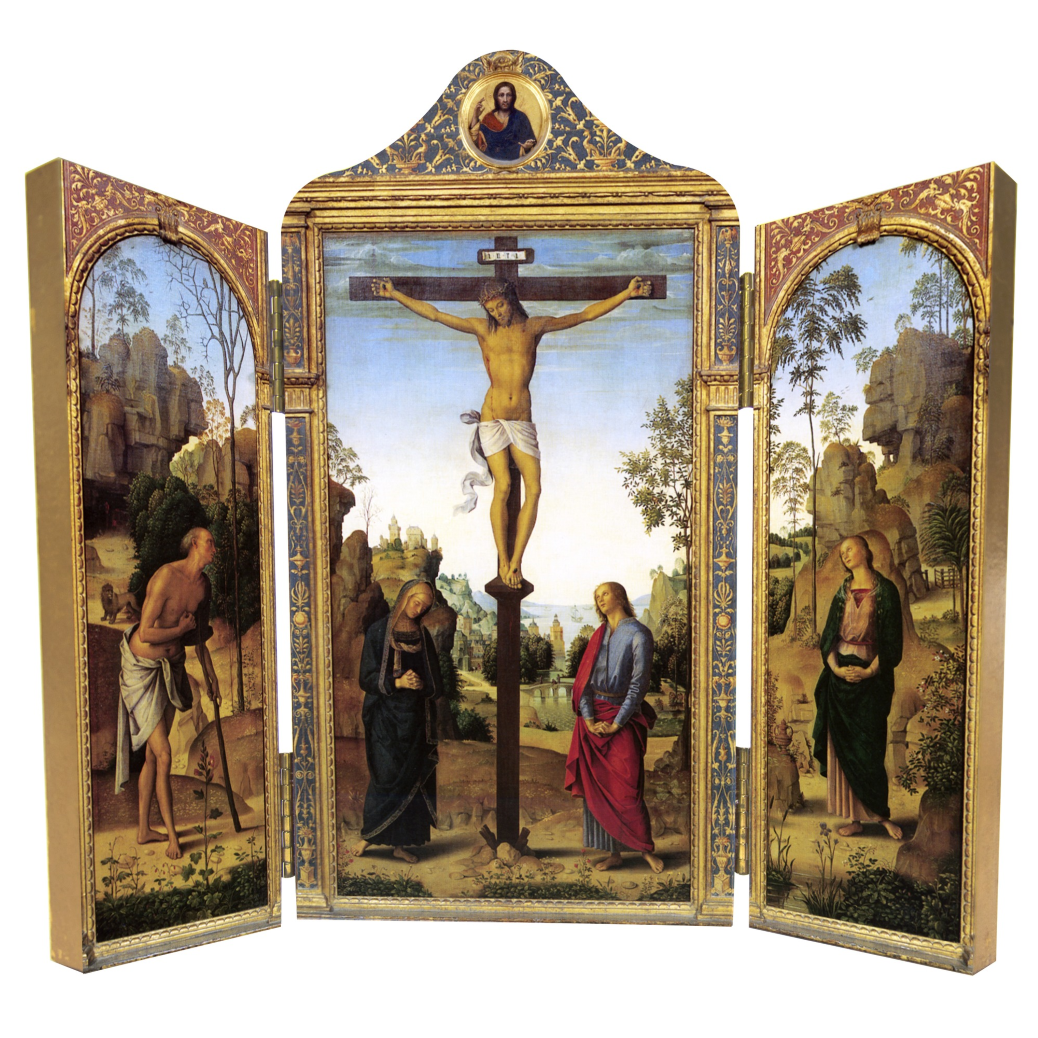
* Jesus also talked about the meaning of marriage on earth. In Matthew 22:30 He shows that marriage and raising children are for this life, but also gives us a hint of what life will be like in heaven.
  + Our bodies will be "spiritualized." That is, our souls will be in perfect harmony with the Holy Spirit, and our resurrected bodies will be in perfect harmony with our souls so that even our bodies will be in union with God. (See “like the angels,” Mt 22:30.)
* Marriage can also be viewed as pointing to heaven. In this life a man and a woman truly become one in marriage. This points us to life in heaven where each person will be one with God. In Scripture Jesus is considered the Bridegroom and the Church is His bride whom He joins to Himself. Our union with Jesus begins in this life and is perfectly fulfilled in heaven.
* Jesus also spoke of the gift of celibacy for the Kingdom, modeled by Jesus on earth and imitated by priests and religious brothers and sisters, as a witness to the union we will have directly with Him in heaven. (cf. Mt 19:10-12)
* Our story, like the story of salvation, has a glorious ending in sight, as long as we persevere and are faithful to the graces we receive in this life.

**Appendices**

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



**Appendix B** – Example of a Triptych



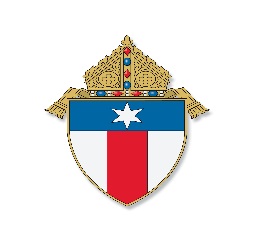
**Appendix 1**

**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

**FIFTH GRADE**

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

Memorare Prayer to the Holy Spirit

Morning Offering

**SIXTH GRADE**

By the time an average student finishes the Sixth 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 Way of the Cross Hail Holy Queen

**SEVENTH GRADE**

By the time an average student finishes the Seventh 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 Divine Praises “Sub tuum praesidium”

**EIGHTH GRADE**

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

Prayer to St. Michael Regina Coeli

Prayer for the Pope

*“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.

**Act of Faith**

O my God, I firmly believe that You are one God in three Divine Persons, Father, Son, and Holy Spirit. I believe that Your Divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths, which the Holy Catholic Church teaches, because You have revealed them, Who can neither deceive nor be deceived. Amen.

**Act of Hope**

O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

**Act of Love**

O my God, I love You above all things, with my whole heart and soul, because You are all-good and worthy of all my love. I love my neighbor as myself for love of You. I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen.

**Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

**Prayer for the Poor Souls in Purgatory**

Eternal rest grant to them, O Lord, and let perpetual light shine upon them. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen

**Morning Offering**

O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and sufferings of this day, in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of Your Sacred Heart: the salvation of souls, reparation for sins, and the reunion of all Christians. I offer them for the intentions of our bishops and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month. Amen.

**The Way of the Cross**

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| --- |
| 1. Jesus is condemned to death |
| 2. Jesus bears His cross |
| 3. Jesus falls the first time |
| 4. Jesus meets His Mother |
| 5. Jesus is helped by Simon |
| 6. Veronica wipes the face of Jesus |
| 7. Jesus falls a second time |
| 8. Jesus speaks to the women |
| 9. Jesus falls a third time |
| 10. Jesus is stripped of His garments |
| 11. Jesus is nailed to the Cross |
| 12. Jesus dies on the cross |
| 13. Jesus is taken down from the cross |
| 14. Jesus is placed in the tomb |

**Hail Holy Queen**

Hail, Holy Queen, Mother of Mercy; our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve! To thee do we send up our sighs, mourning and weeping in this valley of tears! Turn then, most gracious Advocate, thine eyes of mercy toward us; and after this, our exile, show unto us the blessed Fruit of thy womb, Jesus! O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

**The Divine Praises**

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the Name of Jesus.

Blessed be His most Sacred Heart.

Blessed be His most Precious Blood.

Blessed be Jesus in the most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her Holy and Immaculate Conception.

Blessed be her Glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste spouse.

Blessed be God in His Angels and in His saints.

**“Sub tuum praesidium”**

We fly to thy patronage, O holy Mother of God; despise not our petitions in our necessities, but deliver us always from all dangers, O glorious and blessed Virgin. Amen.

**Prayer to St. Michael**

Saint Michael, the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do thou, O prince of the heavenly host, by the power of God, thrust into hell Satan and the other evil spirits who prowl about the world for the ruin of souls. Amen.

**Regina Coeli**

Queen of Heaven, rejoice! alleluia:

For He whom you merited to bear, alleluia,

Has risen, as He said, alleluia.

Pray for us to God, alleluia.

V: Rejoice and be glad, O Virgin Mary, alleluia.

R: Because the Lord is truly risen, alleluia.

Let us pray. O God, who by the Resurrection of your Son, our Lord Jesus Christ, granted joy to the whole world: grant, we beg You, that through the intercession of the Virgin Mary, His Mother, we may lay hold of the joys of eternal life. Through the same Christ our Lord. Amen.

**Responses to the Bishop’s Blessing**

Bishop: The Lord be with you.

**People: And with your spirit.**

Bishop: Blessed be the name of the Lord.

**People: Now and forever.**

Bishop: Our help is in the name of the Lord.

**People: Who made heaven and earth.**

Bishop: May almighty God bless you, + the Father, + and the Son, + and the Holy Spirit.

**People: Amen.**

**Prayer for the Pope**



V: Let us pray for our Sovereign Pontiff (N.)

R: The Lord preserve him and give him life, and make him blessed upon the earth, and deliver him not up to the will of his enemies. 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

**10.** Which Person of the Holy Trinity became man?

The Second Person, God the Son, became man without giving up His divine nature.

CCC 423, 464; 1 Jn 4:2

**11.** What name was given to the Second Person of the Holy Trinity when He became man?

Jesus. CCC 430; Lk 1:31; Mt 1:21

**12.** When the Son became man, did He have a human mother?

Yes. CCC 488, 490, 495; Lk 1:26, 27

**13.** Who was Jesus’ mother?

The Blessed Virgin Mary. CCC 488, 495; Lk 1:30, 31; Mt 1:21-23

**14.** Why do we honor Mary?

Because she is the mother of Jesus and our mother too. CCC 971; Lk 1:48; Jn 19:27

**15.** Who was Jesus’ real father? (careful)

God the Father. CCC 422, 426, 442; Lk 1:35

**16.** Who was Jesus’ foster father?

Joseph. CCC 437, 488, 1655; Mt 1:19, 20; Mt 2:13, 19-21

**17.** Is Jesus God, or is He man, or is He both God and man?

Jesus is both God and man; as the Second Person of the Holy Trinity, He is God; and since He took on a human nature from His mother Mary, He is man.

CCC 464, 469; Jn 1:14, 16; Jn 13:3; 1 Jn 4:2

**18.** What do we call the mystery of God becoming man?

The mystery of the Incarnation. CCC 461, 463; Jn 1:14; 1 Jn 4:2

**19.** On what day did Jesus die on the cross?

Good Friday, the day after the Last Supper. CCC 641; Jn 19:16-40; Mt 27:33-50

**20.** On what day did Jesus rise from the dead?

On Easter Sunday, three days after Good Friday. CCC 1169, 1170; Mt 28:1-6; Mk16:1-8

**21.** When did Jesus ascend into heaven?

On Ascension Thursday, forty days after Easter. CCC 659; Acts 1:9; Mk 16:19

**22.** When did the Holy Spirit descend upon the apostles?

On Pentecost Sunday, fifty days after Easter. CCC 731, 1302; Jn 20:21, 22; Mt 28:19

**23.** What is meant by the Redemption?

Redemption means that Jesus’ incarnation, life, death, and Resurrection paid the price for   
our sins, opened the gates of heaven, and freed us from slavery to sin and death.

CCC 517, 606, 613; Eph 1:7; Rm 4:25

**24.** What did Jesus establish to continue his mission of Redemption?

He established the Catholic Church. CCC 773, 778, 817, 822; Mt 16:18; Rev 21:9

**25.** Why do we believe that the Catholic Church is the one true Church?

Because it is the only Church established by Jesus. CCC 750; Mt 16:18

**26.** Does it matter to which Church or religion you belong?

Yes, in order to be faithful to Jesus, it is necessary to remain in the Church he established.

CCC 846; Mk 16:16; Jn 3:5

**27.** What are the Four Marks of the Church?

One, Holy, Catholic and Apostolic.

CCC 813, 823, 830, 857; Eph 2:20, 4:3, 5:26; Mt 28:19; Rev 21:14

**28.** How does the Church preserve the teachings of Jesus?

Through Sacred Scripture and Sacred Tradition. CCC 78, 81, 82; 2 Tim 2:2; 2 Thess 2:15

**29.** Did Jesus give special authority to one of the apostles?

Yes, to Peter when Jesus said to him, “I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven." CCC 552, 881; Mk 3:16, 9:2; Lk 24:34

**30.** Who speaks with the authority that Jesus gave to St. Peter?

The Pope, who is St. Peter’s successor, the Bishop of Rome and the Vicar of Christ on earth.

CCC 891; Mt 16:18; Jn 21:15-17; 1 Cor 15:5

**31.** What is the name of the present Pope?

Pope Francis. CCC 936; Mt 16:18; Jn 21:15-17

**32.** What is the sacred liturgy?

The Church’s public worship of God. CCC 1069, 1070; Jn 4:23-24

**33.** What attitude should we have when we participate in the sacred liturgy?

We should have the attitude of reverence in our hearts and respect in our actions and appearance. CCC 2097; Heb 12:28

**34.** What is a sacrament?

A sacrament is an outward sign, instituted by Christ, to give grace. CCC 1131; 2 Pet 1:4

**35.** How many sacraments are there?

Seven. CCC 1113; Mt 28:16; Jn 20:22-23; Lk 22:14-20; Jn 7:37-39; Jas 5:14-16;

Heb 5:1-6; Mt 19:6

**36.** What are the seven sacraments; and which ones have you received?

Baptism, Penance, Holy Eucharist, Confirmation, Holy Orders, Matrimony, Anointing of the Sick. We have received Baptism, Penance and Holy Eucharist.

CCC 1113; Mt 28:16; Jn 20:22-23; Lk 22:14-20; Jn 7:37-39; Jas 5:14-16; Heb 5:1-6;

Mt 19:6

**37.** What are the sacraments you can only receive once?

Baptism, Confirmation and Holy Orders. CCC 1272; Eph 4:30

**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

**74.** Which person of the Holy Trinity do you receive in Confirmation?

The Holy Spirit. CCC 1302; Rom 8:15

**75.** What happens in the Sacrament of Confirmation?

The Holy Spirit comes upon us and strengthens us to be soldiers of Christ that we may

spread and defend the Catholic faith. CCC1303, 2044; Jn 14:26; 15:26

**76.** What are the seven gifts of the Holy Spirit?

Wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord.

CCC 1830, 1831; Is 11:2-3

**77.** Before you are confirmed, you will promise the bishop that you will never give up the practice of your Catholic faith for anyone or anything. Did you ever make that promise before?

Yes, at Baptism. CCC 1298; Jos 24:21-22

**78.** Most of you were baptized as little babies. How could you make that promise?

Our parents and godparents made that promise for us. CCC 1253; Mk 16:16

**79.** What kind of sin is it to receive Confirmation in the state of mortal sin?

A sacrilege. CCC 2120; 1 Cor 11:27-29

**80.** If you have committed mortal sin, what should you do before receiving Confirmation?

You should make a good confession. CCC 1310; 2 Cor 5:20; Lk 15:18

**81.** What are the three traditional vocations?

Married life, Holy Orders and the consecrated life.

CCC 1601, 1536, 914; Eph 5:31, 32; Heb 5:6, 7:11; Ps 110:4; Mt 19:12; 1 Cor 7:34-66

**82.** What are the three vows that a consecrated man or woman takes?

Chastity, poverty and obedience.

CCC 915; Mt 19:21; Mt 19:12; 1 Cor 7:34-36; Heb 10:7

**83.** What are the three ranks (degrees) of Holy Orders?

Deacon, priest and bishop. CCC 1554; 1 Tim 4:14; 2 Tim 1:6-7

**84.** For whom did God make marriage?

One man and one woman. CCC 1601, 2360; Gen 1:26-28; Eph 5:31

**85.** Is it possible for two men or two women to get married?

No. CCC 2360, 2357; Gen 19:1-29; Rom 1:24-27; 1 Cor 6:9

**86.** When can a man and woman begin living together?

Only after their marriage. CCC 235; 1 Cor 6:18-20

**87.** What are the three marriage promises a husband and wife make to each other?

Faithfulness, permanence and being open to having children.

CCC 1640, 1641, 1664; Mt 19:6; Gen 1:28

**88.** Why is abortion wrong?

Because it takes the life of a baby in its mother’s womb. CCC 2270; Jer 1:5

**89.** How many commandments are there?

Ten. CCC 2054; Ex 20:1-18; Dt 5:6-21

**90.** What are the Ten Commandments?

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the Lord’s Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor’s wife.
10. You shall not covet your neighbor’s goods. CCC pp. 496, 497; Ex 20:1-18; Dt 5:6-21

**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