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Grateful acknowledgment is herein made to

THE MEMBERS

of our

RELIGION COMMITTEE

who have given generously their time and

talent in developing these guidelines for

use in the Diocese of Arlington

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**"Go, therefore, and make disciples of all nations . . . Teaching  
them to carry out everything I have commanded you."  
(Matthew 28:19-20)**

Catholic education refers to the totality of the Church's efforts to make disciples, to help all believe that Jesus is the Son of God so that believing they might have life in his name, and to educate and instruct them in this life, in order to build up the body of Christ. (*CF. CCC 4*)

An integral part of Catholic Education is catechesis. "Catechesis is an education in the faith of children, young people, and adults which includes especially the teaching of Christian doctrine imparted, generally speaking, in an organic and systematic way, with a view to initiating the hearers into the fullness of the Christian life." (*CCC 5*)

The following Guidelines for Religious Education are structured around a center; the mystery of the Blessed Trinity and of Christ as expressed in the 4 Pillars of the Catechism of the Catholic Church:

1. The Profession of Faith--Creed
2. The Celebration of the Christian Mystery--Sacraments
3. Life in Christ--Commandments and the Moral Life
4. Christian Prayer--Prayer

These guidelines are intended to assist catechists in fulfilling the mission of the Church to educate her children in the fullness of the Catholic Faith: to believe what the Creed teaches; to participate in the liturgical and sacramental life of the Church; to live a life of love for God and neighbor; and to pray to the Father through Jesus, His Son, in the Holy Spirit.

## PRE-K AND KINDERGARTEN

I. **GOAL:** To develop the Roman Catholic Identity of the child--individually, within the family and within the parish.

### II. INSTRUCTIONAL OBJECTIVES:

#### A. Profession of Faith - The Creed

The Catechist will present:

1. Creation: Expand the child's natural sense of awe in the created world. *(CCC 279-324)*
2. God loves us and created us to share life with him in heaven, our true home. *(CCC 355-384)*
3. God makes himself known to us so that we can love him. *(CCC 50-141)*

- **THE BIBLE:**
  - ❖ Old and New Testament Stories
  - ❖ Heroes of the Bible
- **JESUS IS GOD'S SON:**
  - ❖ Stories from the life of Jesus (His teachings, parables, and miracles)
  - ❖ The Holy Family of Jesus, Mary and Joseph as models for us to imitate
- **THE CHURCH (God's family on earth):**
  - ❖ Stories of the Saints -- examples of God's friends
  - ❖ Ministry of Priest, Bishop and Pope

#### B. Celebration of the Christian Mystery - Liturgy and Sacraments

The Catechist will present:

1. The Sacrament of Baptism: *(CCC 1210-1284)*
  - Takes away sin
  - Gives us a share in God's life (Grace)
  - Makes us God's children
  - Makes us part of God's family, the Church
2. An awareness of the Sacraments of Penance, Eucharist and Confirmation as the older students receive them. *(CCC 1285-1470)*

#### C. Life in Christ - Commandments *(CCC 2052-2557)*

The Catechist will present:

1. A community climate permeated by the Gospel spirit of freedom and love.
2. A general study of the commandments as God's rules to help us to be happy and to keep us safe.
3. Age-appropriate virtues:
  - In loving God-
    - ❖ Prayerfulness, Thankfulness, Obedience, A sense of Wonder and Reverence for

- God's creation, Praise for his goodness.
- In loving neighbor-
  - ❖
  - ❖ Respect, Courtesy, Helpfulness.

**D. Christian Prayer: (CCC 2558-2865)**

The child will:

1. Discuss prayer as talking and listening to God:
  - Spontaneous and fixed formula
2. Memorize:
  - Sign of the Cross
  - Our Father (The Lord's Prayer)
  - Hail Mary
  - Genuflection (method and meaning)
  - Grace Before Meals
3. Celebrate: (CCC 1163-1173)
  - Advent (CCC 524)
  - Christmas (CCC 525-530)
  - Lent
  - Easter (CCC 638-658; 1169)

**III. TERMS TO KNOW:**

Alleluia  
 Baptism  
 Bible  
 Church  
 Commandments  
 Creation  
 Eucharist  
 God  
 Grace

Heaven  
 Hero  
 Holy Family  
 Jesus  
 Obedience  
 Parable  
 Prayer  
 Respect  
 Saint/Sainthood  
 "Yes to God"

**IV. PRAYERS TO KNOW:**

Genuflection (Method and Meaning)  
 Grace Before Meals  
 Hail Mary  
 Our Father (The Lord's Prayer)  
 Sign of the Cross

## GRADE 1

- I. **GOAL:** To provide a general introduction to the Catholic Faith. The child will be helped to come to a knowledge of God: Father, Son and Holy Spirit.

## II. INSTRUCTIONAL OBJECTIVES

### A. Profession of Faith - The Creed

The Catechist will present:

1. Introduction to the Trinity (CCC 249-267)
  - God the Father - Creator (CCC 198-242)
  - Creation as a sign of God's love and care for all (CCC 290-308)
  - Original Sin - going against God's Plan (CCC 309-324)
  - God the Son - Savior (CCC 512-686)
    - ❖ An age-appropriate overview of Jesus' life, death, and resurrection
  - God the Holy Spirit - Sent by the Father and Son to guide us (CCC 687-747)
2. Mary, Mother of God (CCC 484-511)
3. Angels (CCC 328-336)
  - Pure spirits who serve God and act as our Guardians
4. The Church (CCC 748-945)
  - Established by Jesus to continue his work and presence in the world
  - God's family
  - The Body of Christ: Many members, different roles
5. A study of the Saints - Heroes and examples for us (CCC 946-959; 828; 1717; 2030; 2683-2684)
6. Heaven as our true home (CCC 1023-1029)

### B. The Celebration of the Christian Mystery - Liturgy and Sacraments

The Catechist will present:

1. An age-appropriate study of the sacraments in general (CCC 1210-1212)
2. Study of the Sacrament of Baptism (CCC 1213-1284)
  - Takes away sin (Original Sin and personal sin)
  - Gives us Grace - a share in God's life
    - ❖ Grace helps us to live a good life here
    - ❖ Grace enables us eventually to live the life of Heaven
  - Makes us children of God
  - Makes us members of the Church

### C. Life in Christ - Commandments (CCC 2052-2557)

The child will understand:

1. The Ten Commandments as rules and guidelines from God, our loving Father, to keep us safe and happy.
2. The two great commands-
  - **FIRST:** Love God with our whole heart, soul, mind, and strength.

- ❖ Virtues to develop: Trust in God's promises, Love and reverence for God
- SECOND: To love our neighbor as we love ourselves (out of love for God)
- ❖ Virtues to develop: Generosity, Treating others as you want to be treated.

**D. Christian Prayer (CCC 2558-2865)**

The child will:

1. Learn that prayer is talking and listening to God:
  - Spontaneous and fixed formulas
2. Memorize and learn the meaning of the following prayers:
  - Sign of the Cross
  - Our Father
  - Hail Mary
  - Glory Be
  - Grace Before Meals
  - Genuflection (method and meaning)
3. Become familiar with the following prayers:
  - Morning Offering (simple version)
  - Prayer to Our Guardian Angel
  - Grace After Meals
4. Celebrate and learn the meaning of the following liturgical seasons: *(CCC 1163-1173)*
  - Advent *(CCC 524)*
  - Christmas *(CCC 525)*
  - Lent
  - Easter *(CCC 638-658, 1169)*

**III. TERMS TO KNOW**

**New to Grade**

Advent  
 Angel  
 Children of God  
 Christmas  
 Easter  
 Faith  
 God the Father  
 God the Son

God the Holy Spirit  
 Guardian Angels  
 Lent  
 Love of God  
 Love of Neighbor  
 Mary, Mother of God  
 Original Sin  
 Sin  
 Trinity

**Cumulative List**

Alleluia  
Baptism  
Bible  
Church  
Commandments  
Creation  
Eucharist  
God  
Grace

Heaven  
Hero  
Holy Family  
Jesus  
Obedience  
Parable  
Prayer  
Respect  
Saint/Sainthood  
“Yes to God”

**IV. PRAYERS TO KNOW**

**New to Grade**

Glory Be

**Cumulative List**

Genuflection (Method and Meaning)  
Grace Before Meals  
Hail Mary  
Our Father (The Lord's Prayer)  
Sign of the Cross

## GRADE 2

I. **GOAL:** To help the child begin to understand the sacramental life of the Church, especially the Sacraments of Penance and the Eucharist.

## II. INSTRUCTIONAL OBJECTIVES:

### A. The Profession of Faith - The Creed

The Catechist will present:

1. A review of the Trinity (*CCC 249-267*)
  - FATHER: Creator (*CCC 198-242*)
  - SON: Redeemer (*CCC 512-686*)
  - HOLY SPIRIT: Sanctifier; Source of Grace (*CCC 682-747*)
2. The original plan of creation
  - Adam and Eve (*CCC 355-384*)
  - Original Sin (*CCC 385-421*)
3. God's plan of redemption and forgiveness of sins (*CCC 410-421*)
  - Old Testament:
    - ❖ Noah, Abraham, Isaac, Moses
  - New Testament:
    - ❖ Mary, Mother of God (Jesus) (*CCC 484-511*)
    - ❖ Jesus, our Redeemer (*CCC 512-586*)
      - Study Jesus' life: His teaching and miracles
      - His mission to save us from sin
      - His suffering, death, resurrection
4. The Church continues Jesus' saving mission (Truth/Grace)
  - Various roles and ministry in the Church:
    - ❖ Pope as the visible head of the Church
    - ❖ Bishops as the successors of the apostles
    - ❖ Priests as the Bishop's representatives in the parish
    - ❖ Deacons as the priests' helpers in the parish
    - ❖ Religious (Sisters, Brothers) who serve the Church
    - ❖ Laity who serve God in the world

### B. Celebration of the Christian Mystery - Liturgy and Sacraments

The Catechist will present:

1. The definition of a Sacrament as an outward sign, instituted by Christ, to give grace (Grace is a share in God's life) (*CCC 1210-1212*)
2. A review of the Sacrament of Baptism. (*CCC 1213-1284*)
3. A detailed study of the Sacrament of Penance/Reconciliation (*1422-1498*)
  - The five steps to a good Confession:
    - ❖ FIRST: Think of your sins
      - Sin: Going against God's will
      - Two kinds of sin: Mortal and Venial

- ❖ **FIRST: Think of your sins**
  - Perfect and Imperfect Contrition
  - Intend not to sin again  
(With the help of God's Grace)
- ❖ **THIRD: Tell your sins to the priest**
  - Know that the priest represents Jesus
  - Know the formula for confession
- ❖ **FOURTH: Receive forgiveness (Absolution)**
- ❖ **FIFTH: Do the penance assigned (To begin to make up for sin)**

4. **A detailed study of the sacrament of the Eucharist. (CCC 1322-1419)**

- **Instituted by Jesus at the Last Supper**
- **Real presence of Jesus in the Eucharist**
- **Preparation for Communion**
  - ❖ **In the state of grace**
    - Live a good life
    - No Mortal Sin
  - ❖ **Pay attention/pray during Mass**
  - ❖ **One hour fast**
  - ❖ **Receive with reverence**
    - (Discuss the two ways of receiving:
      - ✓ On the tongue
      - ✓ In the hand
  - ❖ **Make thanksgiving**

**C. Life in Christ - Commandments (CCC 2052-2557)**

The child will understand:

1. **The Ten Commandments in detail in preparation for reception of first Penance/Reconciliation**
2. **The two great commandments of love and the virtues associated with them:**
  - **Love of God: Charity**
  - **Love of Neighbor: Truthfulness, Sincerity**

**D. Christian Prayer: (CCC 2558-2865)**

The child will:

1. **Review prayer as talking to God:**
  - **Spontaneous and fixed formula**
2. **Maintain the following prayers:**
  - **The Sign of the Cross**
  - **Our Father**
  - **Hail Mary**
  - **Glory Be**
  - **Grace Before Meals**
  - **Guardian Angel Prayer**
  - **Genuflection (method and meaning)**
3. **Memorize and know the meaning of the following:**
  - **Act of Contrition**
  - **Morning Offering (some form)**
  - **Simple Acts of Faith, Hope and Love**

4. Study the parts of the Mass (*CCC 1345-1419*)
  - Liturgy of Word
  - Liturgy of the Eucharist
5. Know the Mass responses
6. Celebrate the following: (*CCC 1163-1173*)
  - Advent (*CCC 524-5*)
  - Christmas (638-58)
  - Lent
  - Easter (*1169*)
  - Mary's months of October and May (*CCC 971, 2678, 2708*)
7. Become familiar with the devotions of Benediction and Adoration of the Blessed Sacrament (*CCC 1378, 1418*)

**III. TERMS TO KNOW**

**New to Grade**

- |                    |                          |
|--------------------|--------------------------|
| Absolution         | Last Supper              |
| Adam and Eve       | Liturgy of the Eucharist |
| Adoration          | Liturgy of the Word      |
| Benediction        | Mass                     |
| Bishop             | Miracle                  |
| Blessed Sacrament  | Mortal Sin               |
| Charity            | New Testament            |
| Communion          | Old Testament            |
| Confession         | Parts of the Mass        |
| Conscience         | Penance                  |
| Contrition         | Pope                     |
| Deacon             | Priest                   |
| Fast               | Purgatory                |
| Father             | Real Presence            |
| Forgiveness of Sin | Redeemer                 |
| Genuflection       | Religious Community      |
| Gospel             | Resurrection             |
| Hell               | Reverence                |
| Holy Communion     | Sacrament                |
| Holy Spirit        | Sacrifice                |
| Joseph             | Sorrow                   |
| Laity              | State of Grace           |
|                    | Venial Sin               |

**Cumulative List**

Advent  
Alleluia  
Angel  
Baptism  
Bible  
Children of God  
Christmas  
Church  
Commandments  
Creation  
Easter  
Eucharist  
Faith  
God  
God the Father  
God the Holy Spirit  
God the Son  
Grace

Guardian Angels  
Heaven  
Hero  
Holy Family  
Jesus  
Lent  
Love of God  
Love of Neighbor  
Mary, Mother of God  
Obedience  
Original Sin  
Parable  
Prayer  
Respect  
Saint/Sainthood  
Sin (Mortal and Venial)  
Trinity  
"Yes to God"

**IV. PRAYERS TO KNOW**

**New to Grade**

Guardian Angel Prayer  
Act of Contrition  
Act of Faith (Simple form)  
Act of Hope (Simple form)  
Act of Love (Simple form)  
Morning Offering (Some form)

**Cumulative List**

Genuflection (Method and meaning)  
Glory Be  
Grace Before Meals  
Hail Mary  
Our Father (The Lord's Prayer)  
Sign of the Cross

## GRADE 3

I. **GOAL:** To help the child come to a deeper understanding of the Church as a community of faith to which he/she belongs by virtue of Baptism.

## II. INSTRUCTIONAL OBJECTIVES:

### A. The Profession of Faith - The Creed

The Catechist will present:

1. A review of the Mystery of the Trinity
  - Three Persons: (CCC 249-267)
    - Father - Creator (CCC 198-242)
    - Son - Became man and died for our sins (Study of the gospels) (CCC 512- 686)
    - Holy Spirit -Sent by the Father and Son to help us become more like God (CCC 682-747)
2. A review of God's plan of salvation
  - Creation (From the Book of Genesis) (CCC 355-384)
  - Original sin of Adam and Eve (Genesis) (CCC 385-421)
  - The Incarnation and Redemption of Jesus (CCC 512-586)
  - The Church continued Jesus' presence and work (748-945)
    - ❖ Pentecost (Acts of the Apostles) (CCC 726, 731-2, 1076)
3. Mary's role in God's plan (CCC 484-511)
  - The principal doctrines concerning Mary:
    - ❖ The Immaculate Conception (CCC 491-2)
    - ❖ Mary as Mother of God (CCC 485, 509, 723)
    - ❖ The Assumption (CCC 966, 974)
4. The structure of the Church community: Parish, Diocese, and Universal Church
  - The Church as the People of God
  - The Church as the Mystical Body of Christ

### B. The Celebration of the Christian Mystery - Liturgy and Sacraments

The Catechist will present:

1. The Sacraments
  - Seven Sacraments are signs established by Jesus to give us grace: His own life and love. (CCC 1113-16; 1123; 1127-29; 1131; 1996-2005)
  - Jesus Christ is the way to the Father in heaven through all of his works of love and salvation but especially through the Sacraments. (CCC 1; 422-29; 1066-67; 1084-89; 1811)
  - Jesus acts through the Holy Spirit in His Church to save His people. (CCC 724-47; 763-68; 858-60; 869; 1076; 1087; 1111-12)
2. Baptism
  - Baptism is the beginning of the child's life in Jesus and in the Church. (CCC 1250-57; 1267-70)
  - Baptism takes away Original Sin and gives us a new life of grace. (CCC 55; 389-400; 402-09; 416-19; 1257; 1262-74; 1279-80)

- **Baptism opens the way to Heaven but must be lived out in acts of love on earth. (CCC 1213-15; 1225; 1253-57; 1272-74; 1877; 1889)**
3. **Penance is the way to return to God's friendship when we sin. (CCC 1422-24; 1440-46; 1468-70)**
    - **Sin is a decision we make to follow our way and not the way of God. Venial Sin weakens God's life (Grace) in our souls. (CCC 1846-51; 1871-76; 1954)**
    - **Serious (mortal) sin separates us from God and His grace. We need to go to Confession as soon as possible to seek God's forgiveness for mortal sin. If we have committed a mortal sin, we cannot receive Holy Communion until this sin is forgiven in Confession.**
  4. **Holy Eucharist (CCC 1323-33; 1337-44; 1355-90; 1406; 1419)**
    - **Holy Eucharist is the Body and Blood of Jesus under the appearance of Bread and Wine. (CCC 1333-36; 1373-81; 1410; 1412; 1418)**
    - **Holy Eucharist nourishes our souls with grace and helps us to love and serve God and others in this life and be happy with Him forever in Heaven. (CCC 1378-81; 1391-1401; 1418)**
    - **The Holy Eucharist sacramentally presents again the Sacrifice of Jesus on Calvary and brings us all its graces. (CCC 601-614; 619-623; 1365-71; 1545; 2020- 21; 2099-2100)**

**C. Life in Christ - Commandments (CCC 2052-2557)**

**The child will understand:**

1. **The Ten Commandments as God's laws of love for Him and our neighbor's**
2. **Virtues to develop:**
  - **Charity**
  - **Justice**

**D. Christian Prayer (CCC 2558-2865)**

**The child will:**

1. **Review prayer as talking and listening to God:**
  - **Spontaneous and fixed formulas**
2. **Maintain all the prayers learned to this point:**
  - **Sign of the Cross**
  - **Our Father**
  - **Hail Mary**
  - **Glory Be**
  - **Grace Before and After Meals**
  - **Act of Contrition**
  - **Morning Offering**
  - **Guardian Angel Prayer**
  - **Simple Acts of Faith, Hope and Love**
3. **Memorize and learn the meaning of the following:**
  - **The Apostles' Creed**
  - **Rosary - (15 Mysteries of the Rosary) (CCC 971, 2678, 2708)**

**III. TERMS TO KNOW**

**New to Grade**

Apostles Creed  
Assumption of Mary  
Confirmation  
Creator  
Creed  
Fifteen Mysteries of the Rosary

Immaculate Conception  
Incarnation  
Justice  
Mystery  
Pentecost  
Redemption  
Rosary

**Cumulative List**

Absolution  
Adam and Eve  
Adoration  
Advent  
Alleluia  
Angel  
Baptism  
Benediction  
Bible  
Bishop  
Blessed Sacrament  
Charity  
Children of God  
Christmas  
Church  
Commandments  
Communion  
Confession  
Conscience  
Contrition  
Creation  
Deacon  
Easter  
Eucharist  
Faith  
Fast  
Father  
Forgiveness of Sin  
Genuflection  
God  
Gospel  
Grace  
Guardian Angels  
Heaven  
Hell  
Hero  
Holy Communion/Eucharist  
Holy Family

Holy Spirit  
Jesus  
Joseph  
Laity  
Last Supper  
Lent  
Liturgy of the Eucharist  
Liturgy of the Word  
Love of God  
Love of Neighbor  
Mary, Mother of God  
Mass  
Miracle  
New Testament  
Obedience  
Old Testament  
Original Sin  
Parable  
Parts of the Mass  
Penance  
Pope  
Prayer  
Priest  
Purgatory  
Real Presence  
Redeemer  
Religious Community  
Respect  
Resurrection  
Reverence  
Sacrament  
Sacrifice  
Saint/Sainthood  
Sin (Mortal and Venial)  
Son  
Sorrow for Sin  
State of Grace  
Trinity

**“Yes to God”**

**IV. PRAYERS TO KNOW**

**New to Grade**

**Apostles' Creed  
Rosary  
Fifteen Mysteries of the Rosary**

**Cumulative List**

**Act of Contrition  
Act of Hope (Simple form)  
Act of Love (Simple form)  
Act of Faith (Simple form)  
Genuflection (Method and Meaning)  
Glory Be  
Grace Before Meals  
Guardian Angel Prayer  
Hail Mary  
Morning Offering (some form)  
Our Father (The Lord's Prayer)  
Sign of the Cross**

**GRADE 4** (Can be presented in grade 6 based on local needs (textbook material) as determined by the director of religious education with pastoral approval.)

**I. GOAL:** To have the student understand that followers of Jesus Christ are called to witness to the Good News of Salvation to others and to help build up the Kingdom of God as we journey to our heavenly goal.

**II. INSTRUCTIONAL OBJECTIVES:**

**A. Profession of Faith - The Creed**

The Catechist will present:

1. God as communicating Himself, His works and a specific set of teachings. *(CCC 1,4,5; 261-265; 288-89; 293-94p 422-29; 561)*
2. God as He is revealed in the Creed, in Scripture and in the teachings of the Church. *(CCC 1-2; 186; 234;768; 771-778; 857; 888-92)*
  - Be familiar with New Testament figures: Twelve Apostles, Four Evangelists.
3. Who we are in relation to God. *(CCC 25-26; 355-58; 396; 1700-09; 2002)*
4. God as creator of all things out of love.
  - Created man and woman in His own image and likeness so that they could respond to His love in love and freedom.
  - Promised to send a Savior after sin and death came into the world through sin. *(CCC 55-58; 385-390- 399-409- 412; 416-19)*
5. The Jews as God's chosen people to be His own and to help prepare for the coming of the Savior. *(CCC 54-65; 72-73; 218; 705-6; 762-63; 2077)*
  - Be familiar with Old Testament figures: Abraham and Sarah, Isaac and Rebecca, Jacob and Rachel, Moses, Miriam, Ruth and Naomi, David, Solomon
6. Mary as chosen by God to be the Mother of the Savior. Mary said "yes" to God. She is our model of faith and obedience to God. *(CCC 148-49; 484-89; 494; 508-11; 773; 2674-79; 2682)*
7. Jesus as God's only-begotten Son, and God's greatest gift of love to us, to be our Savior. *(CCC 410-12; 420-25; 456-61; 1701; 1708-10)*
8. Jesus as the way to the Father and to eternal happiness. *(CCC 456-60; 1023-29; 1030; 1033; 1036; 1718-29)*

**B. The Celebration of the Christian Mystery - Liturgy and Sacraments**

The Catechist will review:

1. The Sacraments
  - Seven Sacraments or signs made by Jesus to give us grace: His own life and love. *(CCC 1113-16; 1123; 1127-29; 1131; 1996-2005)*
  - Jesus Christ, the way to the Father in heaven through all of his works of love and salvation but especially through the Sacraments. *(CCC 1; 422-29; 1066-67; 1084-89; 1811)*
  - Jesus acts through the Holy Spirit in His Church to save His people. *(CCC 724-47; 763-68;*

858-60; 869; 1076; 1087; 1111-12)

2. **Baptism**

- Baptism is the beginning of the child's life in Jesus and in the Church. (CCC 1250-57; 1267-70)
- Baptism takes away Original Sin and gives us a new life of grace. (CCC 55; 389-400; 402-09; 416-19; 1257; 1262-74; 1279-80)
- Baptism opens the way to Heaven but must be lived out in acts of love on earth. (CCC 1213-15; 1225; 1253-57; 1272-74; 1877; 1889)

3. **Penance/Reconciliation is the way to return to God's friendship when we sin. (CCC 1422-24; 1440-46; 1468-70)**

- Sin is a decision we make to follow our way and not the way of God. Venial Sin weakens God's life (Grace) in our souls. (CCC 1846-51; 1871-76; 1954)
- Serious (mortal) sin separates us from God and His grace. We need to go to Confession as soon as possible to seek God's forgiveness for mortal sin. If we have committed a mortal sin, we cannot receive Holy Communion until this sin is forgiven in Confession.

4. **Holy Eucharist (CCC 1323-33; 1337-44; 1355-90; 1406; 1419)**

- Holy Eucharist is the Body and Blood of Jesus under the appearance of Bread and Wine. (CCC 1333-36; 1373-81; 1410; 1412; 1418)
- Holy Eucharist nourishes our souls with grace and helps us to love and serve God and others in this life and be happy with Him forever in Heaven. (CCC 1378-81; 1391-1401; 1418)
- The Holy Eucharist sacramentally presents again the Sacrifice of Jesus on Calvary and brings us all its graces. (CCC 601-614; 619-623; 1365-71; 1545; 2020-21; 2099-2100)

C. **Life in Christ - Commandments**

The student will understand:

1. **Creation of the first man and woman by God**

- God created them to be happy and good (CCC 355-358; 371-74)
- They were tempted by the devil (CCC 396-397)
- They disobeyed God causing Original Sin to come into the world (398-401)
- Original Sin affects the world and everyone in it (CCC 385-90; 402)
- God promised to send a Savior to redeem us (CCC 410-11; 705-06; 2809-10)

2. **The Covenant established by God with his Chosen People and constantly renewed: Noah, Abraham, Moses and David. (CCC 56-58; 705-6; 762; 2574-77)**

3. **The Ten Commandments are a very important part of the Covenant between God and His people. (CCC 2072-74; 2081-82)**

- Through the Commandments, God reaches out in love to His people and tells them how to live so as to be happy and good. (CCC 1724; 1962)
- God promises His people everlasting happiness if they keep the Commandments. (CCC 1724)

4. **Jesus as the perfect fulfillment of the Covenant. He tells us how to build up his Kingdom by following the Ten Commandments and the new Commandments of Love and the Beatitudes. (CCC 1716-1729; 1967-74)**

5. The Virtues to Develop: Hope, simplicity, friendship and patience.

#### D. Christian Prayer - Prayer

The student will learn that:

1. Prayer is lifting our hearts and minds to God. *(CCC 2559-65; 2607-15; 2621)*
2. Acts of Faith, Hope and Love are expressions of our belief, trust and love of God. *(CCC 2095-2098)*
3. Following the Commandments and the Beatitudes helps us to live in a Covenant relationship with God. *(CCC 1724; 2564)*
4. The Bible contains many examples of prayer (e.g., Psalms 23 (Trust in God), 51 (Forgiveness), 84 (Desire for Heaven), 112 (A Happy Life), 136 (Thanksgiving), 148 (Praising God)).
5. Intercessory prayer is prayer on behalf of another. It knows no boundaries and can even be done for one's enemies. *(CCC 2634-36; 2647)*
6. The Blessed Mother, Mary, and the Saints show us how to pray, and pray for us as intercessors. *(CCC 971; 2635-36; 2673; 2675-77; 2682)*
7. Our words and actions must show others that we are followers of Jesus and help to build up his Kingdom. *(CCC 3; 520-521; 2085)*

### III. TERMS TO KNOW

#### New to Grade

Ark of the Covenant	Prophet
Covenant	Salvation History
Holy Trinity	Savior
Kingdom of God	Tabernacle
Manna	Witness
New Covenant	

#### Cumulative List

Absolution	Bible
Adam and Eve	Bishop
Adoration	Blessed Sacrament
Advent	Charity
Alleluia	Children of God
Angel	Christmas
Apostles Creed	Church
Assumption of Mary	Commandments
Baptism	Communion
Benediction	Confession

Conscience  
Contrition  
Creation  
Creator  
Creed  
Deacon  
Easter  
Eucharist  
Faith  
Fast  
Father  
Forgiveness of Sin  
Genuflection  
God  
Gospel  
Grace  
Guardian Angel  
Heaven  
Hell  
Hero  
Holy Communion  
Holy Family  
Holy Spirit  
Immaculate Conception  
Jesus  
Joseph  
Justice  
Laity  
Last Supper  
Liturgy of the Eucharist  
Liturgy of the Word  
Love of God  
Love of Neighbor  
Mary, Mother of God  
Mass  
Miracle

Mysteries of the Rosary  
Mystery  
New Testament  
Obedience  
Old Testament  
Original Sin  
Parable  
Parts of the Mass  
Penance  
Pope  
Prayer  
Priest  
Purgatory  
Real Presence  
Redeemer  
Redemption  
Religious Community  
Respect  
Resurrection  
Reverence  
Rosary  
Sacrament  
Sacrifice  
Saint/Sainthood  
Sin (Mortal and Venial)  
Son  
Sorrow for Sin  
State of Grace  
Trinity  
“Yes to God”

#### IV. PRAYERS AND CONCEPTS TO KNOW

##### New to Grade

Acts of Faith, Hope and Love (Standard form)  
How to Say the Rosary  
Ten Commandments  
Two Commandments of Love  
Parts of the Mass  
Examination of Conscience  
Spiritual and Corporal Works of Mercy

##### Cumulative List

**Act of Contrition**  
**Act of Faith (Simple Form)**  
**Act of Hope (Simple Form)**  
**Act of Love (Simple Form)**  
**Apostles' Creed**  
**Fifteen Mysteries of the Rosary**  
**Genuflection (Method and Meaning)**  
**Glory Be**  
**Grace Before Meals**  
**Guardian Angel Prayer Fifteen**  
**Hail Mary**  
**Morning Offering (Some form)**  
**Our Father (The Lord's Prayer)**  
**Rosary**  
**Sign of the Cross**

## GRADE 5

I. **GOAL:** To have the student come to a more thorough understanding of the Sacraments, the Liturgy, and the Creed.

## II. INSTRUCTIONAL OBJECTIVES:

### A. Profession of Faith - The Creed

The Catechist will present:

#### 1. The Trinity

- In the Profession of Faith, one accepts God's word and professes belief in the Trinity: Three persons in one divine nature. *(CCC 261-26)*
- The Father is the 1st person of the Trinity--creator of heaven and earth *(CCC198-242)*
- Jesus Christ is the 2nd Person of the Trinity
  - ❖ Jesus' Passion, Death, Resurrection, and Ascension is called the Paschal Mystery. *(CCC 571)*
  - ❖ Though He was sinless (and could never sin), Jesus took upon Himself our sins and died to save us. Because He is God, Jesus could give His life for each one of us personally and individually, and His sacrifice redeemed the whole world. *(CCC 604-608)*
  - ❖ The Holy Spirit is the 3rd Person of the Trinity
  - ❖ The Holy Spirit works in each of us and in the Church through Scriptures, the sacraments, the teaching authority of the Church, Christian works of charity, the spiritual and corporal works of mercy, prayer, etc. *(CCC 687-747)*

#### 2. The Church

- The Church is the presence of Jesus Christ in the world today.*(CCC 748-810)*
- The Church and every Christian has the responsibility to spread the Gospel message to the world. *(CCC 849-856)*
- The Church is One, Holy, Catholic and Apostolic, and possesses the fullness of God's revelation and the fullness of the means of salvation. *(CCC 811-870)*
- The Church follows the example of Christ in His concern for insuring the worth, dignity and value of every human person.

#### 3. Saints

- Mary is a powerful intercessor for us. *(CCC 964-975)*
- Mary's relationship to the Church and Marian Feasts
  - ❖ Mary as the Mother of the Church
  - ❖ Our Lady of Guadalupe as Patroness of the Americas
  - ❖ Mary's importance in bringing Christ into the world
  - ❖ Immaculate Conception
  - ❖ Assumption
- The children should learn about the lives of the saints because they are examples of faith, models of virtue and intercessors on our behalf.

#### 4. Bible Content

- Four evangelists
- "Covenant" – in both Old and New Testament
- Bible as the "library of written word of God"
- New Testament and Gospels – stories of Christ, Mary and Apostles

- Bible Stories
- Parables
  - ❖ Good Samaritan
  - ❖ Prodigal Son

## B. The Celebration of the Christian Mystery - Liturgy and Sacraments

The Catechist will develop a deeper understanding of:

### 1. Liturgy

- The term "liturgy" refers to the official (public) prayers and celebrations of the Church. (CCC 1187-1199)
- Through the liturgical year, we recall how the history of salvation unfolds and culminates in Jesus Christ, and is reflected in the lives of the saints whom we celebrate as part of the Church's year. (CCC 1168-1173)
- The Mass is divided into two major parts; the Liturgy of the Word (CCC 1349) and the Liturgy of the Eucharist. (CCC 1346) The Mass is one action which sacramentally represents Christ's Paschal Mystery. (CCC 1350-1355)

### 2. The Seven Sacraments:

#### Baptism

- frees us from original sin (CCC 390) (as well as any actual sins we may have committed before Baptism) and
- restores us to friendship (sanctifying grace) with God. (CCC 1213)
- may only be received once in a person's life. (CCC 1272)
- sacramental signs of Baptism are:
  - ❖ water (CCC 1278) and
  - ❖ the Trinitarian formula (I baptize you in the name of the Father....) (CCC 1262, 1266)

#### Confirmation

- strengthens our baptismal commitment
- helps us to profess our faith with courage and conviction in spite of obstacles. (CCC 1285-1292)
- sacramental signs of Confirmation are
  - ❖ laying on of hands, (CCC 1299)
  - ❖ anointing with Chrism and the words of Confirmation. (CCC 1293-1296)

The Holy Eucharist is Christ truly present in the Eucharist, body, blood, soul and divinity under the appearance of bread and wine. The Eucharist is the

- sacramental re-enactment of Jesus' sacrifice on Calvary,
- Bread of Life given to us in Holy Communion for our spiritual nourishment and growth.
- Sacramental signs:
  - ❖ bread
  - ❖ wine
  - ❖ words of Consecration. (CCC 1333) (CCC 1412)

#### Penance/Reconciliation:

- sacrament in which Jesus calls us to repentance by forgiving our sins and reconciling us to God and one another. (CCC 1422)
- sacramental signs of Penance/Reconciliation are
  - ❖ expression of sorrow and confession of sins to the priest,
  - ❖ words of absolution and doing the assigned penance. (CCC 1491)

#### Anointing of the Sick:

- continues the healing work of Jesus. *(CCC 1504)*
- sacramental signs of Anointing of the Sick are:
  - ❖ laying of hands on the sick,
  - ❖ anointing with the oil of the sick and the
  - ❖ sacramental words. *(CCC 1510)*
- most often recommended to be preceded by the sacrament of Penance/Reconciliation and concluded with the reception of Holy Eucharist (when the recipient is able)

#### Matrimony:

- Sacrament in which a baptized man and a baptized woman enter into a permanent, life-long covenant with each other,
- publicly promising to love one another for the rest of their lives and to accept children lovingly from God. *(CCC 1652-1654)*
- The bond between a Christian husband and wife cannot be dissolved because it is a living sign of the ever-faithful love that God has for all people and that Christ has for the Church. *(CCC 1638, 1644, 1645)*
- The sacramental signs of Matrimony are:
  - ❖ free, personal consent of the couple (an act of the will)
  - ❖ formula of the wedding vows. *(CCC 1623)*

#### Holy Orders:

- Sacrament in which God calls certain men to share in the ministry of the ordained priesthood in the Sacrament of Holy Orders. *(CCC 1536)*
- gives a man a share in the priesthood of Christ, enables him to act in the person of Christ when celebrating the sacraments and the mysteries of faith. *(CCC 1581)*
- The sacramental signs of Holy Orders are:
  - ❖ imposition of hands
  - ❖ prayer of consecration by the Bishop.
- Three degrees of Holy Orders: diaconate, priesthood and episcopacy *(CCC 1536)*

3. The Sacraments of Initiation: Baptism, Confirmation and Holy Eucharist.
4. The Sacraments of Healing: Penance/Reconciliation and the Anointing of the Sick.
5. The Sacraments of Vocation: Matrimony and Holy Orders.

#### C. Life in Christ - Commandments

The student will:

1. Understand that every member of the Church has a vocation to holiness, to be a saint by cooperating with God's grace and being more like Christ *(CCC 767-768)*
2. Understand and review the Ten Commandments as a basis for daily examination of conscience.
3. Review the Beatitudes. *(CCC 1716)*
4. Review the Corporal and Spiritual Works of Mercy. *(CCC 2447)*

5. Study and develop the virtues of cheerfulness, perseverance, industriousness and orderliness. (CCC 1807-1808)

**D. Christian Prayer - Prayer**

The student will:

1. Recognize the Sign of the Cross, the Gloria, the Glory Be, and the Mass itself, as prayers of praise to the Trinity.
2. Learn the Devotional practices of Eucharistic Exposition, Benediction and visits to the Blessed Sacrament.
3. Review various forms of prayer and be encouraged to practice daily spontaneous and fixed formula prayer.
4. Celebrate Advent, Christmas, Lent, Easter, Saints' Feast days.

**I. TERMS TO KNOW**

**New to Grade**

Anointing of the Sick	Matrimony
Beatitudes	Matter (Sacramental)
Corporal Works of Mercy	Paschal Mystery
Diaconate	Priesthood
Episcopacy	Reconciliation
Exposition of the Blessed Sacrament	Revelation
Feast Day	Sacraments of Healing
Fixed Formula Prayer	Sacraments of Initiation
Form (Sacramental)	Sacraments of Vocation
Fortitude	Sacramental Sign
Holy Orders	Salvation History
Intercessor	Sanctifying Grace
Justice	Sin (Mortal and Venial)
Liturgical Year	Spiritual Works of Mercy
Liturgy	Spontaneous Prayer
Magisterium	Vocation
Marks of the Church - One, Holy, Catholic and Apostolic	Vow
	Works of Mercy

**Cumulative List**

Absolution	Alleluia
Adam and Eve	Angel
Adoration	Apostles Creed
Advent	Ark of the Covenant

Assumption of Mary  
Baptism  
Benediction  
Bible  
Neighbor  
Blessed Sacrament  
Charity  
Children of God  
Christmas  
Church  
Commandments  
Communion  
Confession  
Confirmation  
Conscience  
Contrition  
Covenant  
Creation  
Creator  
Creed  
Deacon  
Easter  
Eucharist  
Faith  
Fast  
Father  
Forgiveness of Sin  
Genuflection  
God  
Gospel  
Grace  
Guardian Angel  
Heaven  
Hell  
Hero  
Holy Communion  
Holy Family  
Holy Spirit  
Holy Trinity  
Immaculate Conception  
Incarnation  
Jesus  
Joseph  
Justice  
Kingdom of God  
Laity  
Last Supper

Lent  
Liturgy of the Eucharist  
Liturgy of the Word  
Love of God & Love of Neighbor  
Manna  
Mary, Mother of God  
Mass  
Miracle  
Mysteries of the Rosary  
Mystery  
New Covenant  
New Testament  
Obedience  
Old Testament  
Original Sin  
Parable  
Parts of the Mass  
Pentecost  
Penance  
Pope  
Prayer  
Priest  
Prophet  
Purgatory  
Real Presence  
Redeemer  
Religious Community  
Respect  
Resurrection  
Reverence  
Sacrament  
Sacrifice  
Saint/Sainthood  
Salvation History  
Savior  
Sin (Mortal and Venial)  
Son  
Sorrow for Sin  
State of Grace  
Tabernacle  
Trinity  
Witness  
"Yes to God"

**IV. PRAYERS AND CONCEPTS TO KNOW**

**New to Grade**

**Benediction  
Divine Praises  
Eucharistic Exposition and Benediction  
Hail Holy Queen (Salve Regina)  
Memorare**

**Cumulative List**

**Act of Contrition  
Acts of Faith, Hope and Love (Standard form)  
Apostles' Creed  
Examination of Conscience  
Fifteen Mysteries of the Rosary  
Genuflection (Method and Meaning)  
Glory Be  
Grace Before Meals  
Guardian Angel Prayer  
Hail Mary  
How to Say the Rosary  
Morning Offering (Some form)  
Our Father (The Lord's Prayer)  
Parts of the Mass  
Sign of the Cross  
Spiritual and Corporal Works of Mercy  
Ten Commandments  
Two Commandments of Love**

**GRADE 6** (Can be presented in grade 4 based on local needs (textbook material) as determined by the director of religious education with pastoral approval.)

**I. GOAL:** To have the student understand that God's saving actions and His love are manifested in salvation history and fulfilled in Jesus.

**II. INSTRUCTIONAL OBJECTIVES:**

**A. Profession of Faith - The Creed (CCC 185-1050)**

The Catechist will present:

1. The scriptures as the inspired account of God's relationship with mankind. (CCC 203-277)

2. Creation and the promise of a Redeemer as signs of the goodness and love of God. (CCC 279-327; CCC 355-379)

3. Salvation history as the initiative of God in revealing Himself to His people and their response. (CCC 203-260)

- Adam and Eve are the first parents of the human race. (CCC 410-412)
- Adam and Eve disobeyed God and committed the Original Sin (CCC 396-412).
  - ❖ God promised Adam and Eve a redeemer.
- God chose Abraham to be the Father of His Chosen People. Abraham is the Father of all believers, a model of faith and trust. (CCC 144-146)
- Through the patriarchs (Abraham, Isaac, Jacob, etc.), God fulfilled His plan for His chosen people. (CCC 61; 705-710)
- Moses' role in furthering God's relationship with His People. (CCC 205-211)
  - ❖ Moses was chosen by God to lead the Israelites out of slavery in Egypt.
- The Exodus as a central event in the history of Israel. (CCC 1164-1167)
- The Covenant of Sinai (which includes the Ten Commandments) is the irrevocable bond between God and His Chosen People. (CCC 2052-2063; 2077)
- Israel grew through the various leaders called by God (Joshua, Judges, Kings, etc.). (CCC 758-762)
- The prophets had an important role as God's messengers to speak to the Chosen People for Him. (CCC 702)

4. The lives of the holy men and women of the Old Testament and the lives of saints as role models to imitate. (CCC 946-959; 2683-2684)

**B. Celebration of the Christian Mystery - Liturgy and Sacraments (CCC 1066-1690)**

The Catechist will develop a deeper understanding of:

1. The Passover and Exodus by the Hebrew people as links to a deeper appreciation of the Mass and the Sacraments of Baptism and Holy Eucharist. *(CCC 1322-1323; 1217-1222)*
2. The need for personal conversion which is supported by the sacramental graces in the Sacrament of Penance/Reconciliation, especially when received often. *(CCC 1422-1470)*
3. The Mass as the source and summit of Christian life
  - sacrifice of Calvary
  - memorial of the death and resurrection of Jesus
  - sacred meal
  - pledge of eternal life
  - source of saving grace. *(CCC 1324-1405)*
4. The meaning of transubstantiation and the real presence of Jesus in the Eucharist. *(CCC 1413)*

C. Life in Christ - The Commandments and the Moral Life *(CCC 2052-2550)*

The student will understand that:

1. Like Israel of old, the People of God have a responsibility to give witness to God's love and goodness in our own lives.
  - Students should develop a commitment to the service of others, and to moral responsibility. *(CCC 863; 2083-2086; 1749-1794)*
2. Mary and the saints were faithful to their covenant relationship with God. *(CCC 966-969, CCC 946-959)*
  - Obeying the Commandments is an essential part of our covenant relationship with God.
3. The Ten Commandments are part of the body of truths which Catholics know by heart *(CCC 496-497)*; doctrines for us from God.
4. The Israelites are our ancestors in the faith. They are God's chosen people. *(CCC 62-64; 218; 238; 2085)*
5. Virtue is the habit of doing good.
  - Some recommended age appropriate virtues to develop are presence of God, understanding, sociability and audacity. *(CCC 1803-1811)*

D. Christian Prayer *(2761-2855)*

The student will learn that:

1. Scripture is a valuable source of prayer and meditation. *(CCC 2585-2589, 2653-2654)*
2. The Holy Sacrifice of the Mass fulfills the four purposes of prayer - Adoration, Contrition, Thanksgiving, and Supplication. *(CCC 2623-2643)*
3. A devotional life is a good way to grow in prayer. *(CCC 2697-2699)*
4. One's patron saint can be a model to imitate and an intercessor and guardian. *(CCC 1717;*

2030; 2156; 2683-2684)

5. The Rosary and Stations of the Cross are tried and true ways to prayerfully reflect upon the life of Jesus and Mary. (CCC 971; 2678; 2708; 571-153)

## II. TERMS TO KNOW:

### New to Grade

Abraham  
Chosen People  
City of David  
Exodus  
Generosity  
Israel  
Israelites  
Judges  
Moses  
Mysteries of the Rosary  
Passover  
Patriarch  
Patron Saint  
People of God

Perseverance  
Profession of Faith  
Responsibility  
Rosary  
Scripture  
Sinai  
Solomon  
Stations of the Cross  
Supplication  
Temple  
Thanksgiving  
Tower of Babel  
Tree of Life  
Witness  
Yahweh

### Cumulative List

Absolution  
Adam and Eve  
Adoration  
Advent  
Alleluia  
Angel  
Anointing of the Sick  
Apostles Creed  
Ark of the Covenant  
Assumption of Mary  
Baptism  
Beatitudes  
Benediction  
Bible  
Bishop  
Blessed Sacrament  
Charity  
Children of God

Christmas  
Church  
Commandments  
Communion  
Confession  
Confirmation  
Conscience  
Contrition  
Corporal Works of Mercy  
Covenant  
Creation  
Creator  
Creed  
Deacon  
Diaconate  
Easter  
Episcopacy  
Eucharist

Exposition of the Blessed  
Sacrament  
Faith  
Fast  
Father  
Feast Day  
Fixed Formula Prayer  
Forgiveness of Sin  
Form (Sacramental)  
Fortitude  
Genuflection  
God  
Gospel  
Grace  
Guardian Angel  
Heaven  
Hell  
Hero  
Holy Communion  
Holy Family  
Holy Orders  
Holy Spirit  
Holy Trinity  
Immaculate Conception  
Incarnation  
Intercessor  
Jesus  
Joseph  
Justice  
Kingdom of God  
Laity  
Last Supper  
Lent  
Liturgical Year  
Liturgy  
Liturgy of the Eucharist  
Liturgy of the Word  
Love of God  
Love of Neighbor  
Magisterium  
Manna  
Marks of the Church - One,  
Holy, Catholic and Apostolic  
Mary, Mother of God  
Mass  
Matrimony  
Matter (Sacramental)  
Miracle  
Mysteries of the Rosary  
Mystery  
New Covenant

New Testament  
Obedience  
Old Testament  
Original Sin  
Parable  
Parts of the Mass  
Paschal Mystery  
Penance  
Pentecost  
Pope  
Prayer  
Priest  
Priesthood  
Prophet  
Purgatory  
Real Presence  
Reconciliation  
Redeemer  
Redemption  
Religious Community  
Respect  
Resurrection  
Revelation  
Reverence  
Rosary  
Sacrament  
Sacramental Sign  
Sacraments of Healing  
Sacraments of Initiation  
Sacraments of Vocation  
Sacrifice  
Saint/Sainthood  
Salvation History  
Sanctifying Grace  
Savior  
Sin (Mortal and Venial)  
Sinai  
Solomon  
Son  
Sorrow for Sin  
Spiritual Works of Mercy  
Spontaneous Prayer  
State of Grace  
Tabernacle  
Trinity  
Vocation  
Vow  
Witness  
Works of Mercy  
"Yes to God"

### III. PRAYERS AND CONCEPTS TO KNOW

#### New to Grade

Planning Prayer Service  
Stations of the Cross  
Idea of Christian Service as Act of Charity

#### Cumulative List

Act of Contrition  
Acts of Faith, Hope and Love  
(Standard form)  
Apostles Creed  
Benediction  
Eucharistic Exposition and  
Benediction  
Examination of Conscience  
Fifteen Mysteries of the Rosary  
Genuflection (Method and  
Meaning)  
Glory Be

Grace Before Meals  
Guardian Angel Prayer  
Hail Mary  
Hail Mary Queen (Salve Regina)  
How to Say the Rosary  
Memorare  
Morning Offering (Some Form)  
Our Father (The Lord's Prayer)  
Parts of the Mass  
Sign of the Cross  
Spiritual and Corporal Works of Mercy  
Ten Commandments  
Two Commandments of Love

## GRADE 7

I. **GOAL:** To have the student understand that God's saving action in salvation history culminates in the person and ministry of Jesus Christ and in the eternal life He offers us.

## II. INSTRUCTIONAL OBJECTIVES:

### A. Profession of Faith - The Creed

The Catechist will help the student to:

1. Recognize that Jesus is both God and man: the Second Person of the Blessed Trinity, with two natures, divine and human, and He is the fulfillment of the promises of the Old Testament. *(CCC 51-73; 702-730)*
2. Understand that the New Testament is a witness of the ministry and teaching of Jesus and the life of the early Christian Church. *(CCC 124-141)*
3. Understand that the Gospels are unique sources for the life and teaching of Jesus, and that they faithfully hand on what Jesus, the Son of God, really did and taught for the sake of our salvation. *(CCC 124-141)*
4. Know that, in addition to the Gospels, the New Testament is composed of the Acts of the Apostles, the Apostolic Letters (St. Paul, St. Peter, St. John, St. James, Jude, Hebrews) and the Book of Revelation.
5. Appreciate and understand central themes in the life and teachings of Jesus: Kingdom of God, Beatitudes, Messianic fulfillment, Paschal Mystery. *(CCC 422 ff.)*
6. Understand that the New Testament is a proclamation of the early Church's belief that Jesus is Lord, and that He died and rose again for our salvation. Belief in Jesus leads to eternal life. *(CCC 748 ff.)*
7. Understand that the preaching of Jesus demands a response of faith on the part of His hearers. *(CCC 142-184)*
8. See faith as a virtue, a gift of God by which we accept as true all that He has revealed to us in Scripture and Tradition, and a personal response and commitment to the Triune God. *(CCC 143, 150, 153-156)*
9. Understand that through the Paschal Mystery, Jesus showed His love and perfect obedience to the Father's will, and brought the Old Covenant to completion and established the New. *(CCC 571-572; 1067, 2175)*
10. Recognize that the Holy Spirit was given to the Church at Pentecost and remains present in the Church always. *(CCC 731-732; 737-747)*
11. Recognize that the Church is the Mystical Body of Christ and the People of God which extends Christ's saving work through the sacraments, her preaching and teaching, her life of witness, charity and service. *(CCC 781-795; 831; 858-860; 863-865)*

### B. The Celebration of the Christian Mystery - Liturgy and Sacraments

The Catechist will develop a deeper understanding of:

1. The various parts of the Mass and by participating in planning a Mass, come to a better appreciation of the richness of the liturgical celebration. *(CCC 1145-1158; 1345-1355)*
2. All seven sacraments in terms of their essential components (matter and form) and their effects in the lives of those who receive them. *(CCC 1210-1666)*
3. The necessity of grace to avoid sin, do good and gain eternal life.

**C. Life in Christ - The Commandments and the Moral Life**

The student will:

1. Recognize that Christian charity and service to others is an integral part of living out our baptismal call to communion with God. This challenges us to live and act with justice and love towards God and our neighbor. *(CCC 1691-1695)*
2. Appreciate the dignity and worth of each human person, born and unborn, as created by God and made in his image and likeness, with a spiritual, immortal soul united to a body. Both body and soul are destined to participate in the life of the Trinity. *(CCC 1700-1715; 355-357; 362-366; 997-1004)*
3. Recognize Christ's call to work towards a world built on peace and justice for all peoples by promoting and protecting the dignity of everyone as a child of God. Christ's call also demands responsible stewardship of the earth. *(CCC 1928-1948; 2415-2418)*
4. Recognize that sin damages, and in the case of mortal sin, destroys our relationship with God. Every sin also harms others and oneself. We sin when we disobey God and His Law, whether by thought, word, action or omission. Serious sin, that is, completely turning away from God, is called "mortal." Less serious sin is called "venial." *(CCC 1849-1876)*
5. Recognize that the lives of Mary and the saints offer us a model of how we are called to live as followers of Jesus. *(CCC 954-957; 967-970; 972)*

**D. Christian Prayer**

The student will learn to:

1. See how the Scriptures portray Jesus at prayer, both publicly and privately. *CCC 2599-2606, 2746-2751)*
2. Develop a love and reverence for the Scriptures as the Word of God and a foundation for one's life of prayer. Be able to relate the message of Scripture to one's own life.
3. Understand that prayer is a covenant relationship with God brought about through Christ and the Holy Spirit; it is a communion of our hearts with the Trinity. *(CCC 2559-2565)*
4. See that prayer is the soul of faith, the heart of the liturgy, and that it helps us to be moral. Without prayer, our faith can dry up. *(CCC 2655, 2558-2565)*
5. Know that prayer includes meditation, contemplation, vocal prayer, liturgical worship, song and other forms of communing with God. The greatest prayer is the Mass. The Bible

devotes thousands of passages to prayer, the most unique of which is the Our Father because it comes to us from the Lord Himself. (CCC 2697-2724; 2685-2696; 2761-2776)

6. See in the lives of Mary and the saints that we have examples of how prayer helps one to live the Gospel message. Mary and the saints are models of Christian prayer. (CCC 2763-2684)

### III. TERMS TO KNOW:

#### New to Grade

Abortion  
Book of Revelation  
Contemplation  
Discipleship  
Euthanasia  
Meditation

Messiah  
Mystical Body of Christ  
Parable  
Prophecy  
Soul  
Stewardship

#### Cumulative List

Abraham  
Absolution  
Adam and Eve  
Adoration  
Advent  
Alleluia  
Angel  
Anointing of the Sick  
Apostles Creed  
Ark of the Covenant  
Assumption of Mary  
Baptism  
Beatitudes  
Benediction  
Bible  
Bishop  
Blessed Sacrament  
Charity  
Children of God  
Chosen People  
Christmas  
Church  
City of David  
Commandments  
Communion  
Confession  
Confirmation  
Conscience  
Contrition  
Corporal Works of Mercy

Covenant  
Creation  
Creator  
Creed  
Deacon  
Diaconate  
Discipleship  
Easter  
Episcopacy  
Eucharist  
Exodus  
Exposition of the  
    Blessed Sacrament  
Faith  
Fast  
Father  
Feast Day  
Fixed Formula Prayer  
Forgiveness of Sin  
Form (Sacramental)  
Fortitude  
Generosity  
Genuflection  
God  
Generosity  
Gospel  
Grace  
Guardian Angels  
Heaven  
Hell

**Hero**  
**Holy Communion**  
**Holy Orders**  
**Holy Spirit**  
**Holy Trinity**  
**Immaculate Conception**  
**Incarnation**  
**Intercessor**  
**Israel**  
**Israelites**  
**Jesus**  
**Joseph**  
**Judges**  
**Justice**  
**Kingdom of God**  
**Laity**  
**Last Supper**  
**Lent**  
**Liturgical Year**  
**Liturgy**  
**Liturgy of the Eucharist**  
**Liturgy of the Word**  
**Love of God**  
**Love of Neighbor**  
**Magisterium**  
**Manna**  
**Marks of the Church - One,  
Holy, Catholic and Apostolic**  
**Mary, Mother of God**  
**Mass**  
**Matrimony**  
**Matter (Sacramental)**  
**Miracle**  
**Moses**  
**Mysteries of the Rosary**  
**Mystery**  
**New Covenant**  
**New Testament**  
**Obedience**  
**Old Testament**  
**Original Sin**  
**Parable**  
**Parts of the Mass**  
**Paschal Mystery**  
**Passover**  
**Patriarch**  
**Patron Saint**  
**Penance**  
**Pentecost**  
**People of God**  
**Perseverance**

**Pope**  
**Prayer**  
**Priest**  
**Priesthood**  
**Profession of Faith**  
**Prophet**  
**Purgatory**  
**Real Presence**  
**Reconciliation**  
**Redeemer**  
**Redemption**  
**Religious Community**  
**Respect**  
**Responsibility**  
**Resurrection**  
**Revelation**  
**Reverence**  
**Rosary**  
**Sacrament**  
**Sacraments of Healing**  
**Sacraments of Initiation**  
**Sacraments of Vocation**  
**Sacramental Sign**  
**Sacrifice**  
**Saint/Sainthood**  
**Salvation History**  
**Sanctifying Grace**  
**Savior**  
**Scripture**  
**Sin (Mortal and Venial)**  
**Sinai**  
**Solomon**  
**Son**  
**Sorrow for Sin**  
**Spiritual Works of Mercy**  
**Spontaneous Prayer**  
**State of Grace**  
**Stations of the Cross**  
**Supplication**  
**Tabernacle**  
**Temple**  
**Ten Commandments**  
**Thanksgiving**  
**Tower of Babel**  
**Tree of Life**  
**Trinity**  
**Vocation**  
**Vow**  
**Witness**  
**Works of Mercy**  
**Yahweh**

**“Yes to God”**

**IV. PRAYERS AND CONCEPTS TO KNOW:**

**New to Grade**

**Prayer to the Holy Spirit  
The Angelus  
The Prayer of St. Francis of Assisi  
The Regina Coeli**

**Cumulative List**

**Act of Contrition  
Acts of Faith, Hope and Love (Standard form)  
Apostles Creed  
Benediction  
Eucharistic Exposition and Benediction  
Examination of Conscience  
Fifteen Mysteries of the Rosary  
Genuflection (Method and Meaning)  
Glory Be  
Grace Before Meals  
Guardian Angel Prayer  
Hail Mary  
Hail Holy Queen (Salve Regina)  
How to Say the Rosary  
Idea of Christian Service as Act of Charity  
Memorare  
Morning Offering (Some Form)  
Our Father (The Lord's Prayer)  
Parts of the Mass  
Planning Prayer Service  
Rosary  
Sign of the Cross  
Spiritual and Corporal Works of Mercy  
Stations of the Cross  
Ten Commandments  
Two Commandments of Love**

## GRADE 8

I. **GOAL:** To have the student understand the meaning of the Church, its mission in the world, and their responsibility to participate in that mission.

### II. INSTRUCTIONAL OBJECTIVES:

#### A. Profession of Faith - The Creed

The Catechist will help the student to:

1. Show how God prepared for the institution of the Church by calling together the community of Israel in the Old Testament, by the life and teachings of Jesus and the gift of the Holy Spirit at Pentecost. *(CCC 751-780; 709-716)*
2. Understand the Church as the institution founded by Christ to continue His saving work to all the world, to teach, govern and sanctify the world. *(CCC 748-80; 814; 816; 830-31; 838)*
3. Appreciate the characteristics of the early Church as described in the Acts of the Apostles and the Apostolic Letters (i.e., unity in faith and teaching, fraternal charity, devotion to prayer, and the celebration of the Eucharist), and see these as a model for the Church in every age. *(CCC 782ff.)*
4. Review the doctrine of the Trinity and how the whole Trinity is involved in the work of creation, redemption and sanctification. *(CCC 232-267)*
  - God the Father is the First Person of the Trinity. He is usually associated with the work of creation.
  - Understand that Christ, the Second Person of the Trinity, is perfect God and perfect man, and as such, He is the fullest expression of what it means to be truly human. We are made in the image of God. *(CCC 422-423; 444; 464-69; 1698, 1701)*
  - Recognize the Holy Spirit, the Third Person of Trinity, as the gift of strength and inspiration in the life of Christ, the Church and the individual Christian. The Holy Spirit is the Protector, the Advocate, and the source of unity of the Church as illustrated through the Apostolic Succession, Papal Primacy and the Magisterium. *(CCC 85-87; 737-41; 857-62; 880-82; 888-92)*
5. Understand the hierarchical nature of the Church and the relationship between the Church Universal and the Diocese and the parish. *(CCC 871-887)*
6. Understand what is meant by the Communion of Saints: throughout the history of the Church, there have been saints, holy men and women, who love God and are with Him in Heaven. They serve as examples of faith, models of virtue, and intercessors on our behalf. *(CCC 946-62)*
7. Explain the dogmas concerning Mary and what is meant by sainthood. *(CCC 487-511; 963-75; 828; 946-59)*
8. Explain the Four Last Things: Death, Judgment (Particular and General), Heaven and

Hell. (CCC 1020-1041)

**B. The Celebration of Christian Mystery - Liturgy and Sacraments**

The Catechist will help the student:

1. Understand that all men and women have a vocation to holiness, which can be lived out in specific ways: Marriage, the single life, the priesthood and religious life. (CCC 826; 1533-36; 1548-49; 1551-52; 1554; 1593; 1638-39; 1658, 1721; 1728; 2013-14; 2028-29)
2. Grow in understanding and appreciation of the Mass, especially the Real Presence of Jesus in the Eucharist, the celebration of the sacraments, and other liturgical expressions. Review the Mass as:
  - the highest prayer
  - the re-presentation of Christ's sacrifice on Calvary
  - the Real Presence of Jesus in the Eucharist
  - a communal meal. (CC 1323; 1348-49; 1357-58; 1374-76; 1382; 1391-92; 1396; 1113; 1167-1679)
3. Understand the structure of the liturgical year and how it revolves around the Paschal Mystery (the Passion, Death and Resurrection of Christ). (CCC 1163-73; 1104)
4. Review each of the seven sacraments and what a sacrament is in general: A visible sign instituted by Christ to give grace. (CCC 1114-34; 1213-1666)
5. Understand that genuine prayer involves a consciousness of God's presence in one's life. Review all the prayers the student should have learned up to this point. (CCC 2559-61; 2565; 2590)

**C. The Life in Christ - Commandments and the moral life**

The student will:

1. Understand that Christ's Sermon on the Mount, which contains the Beatitudes, is the model for Christian life and service and the fulfillment of the Old Law. (CCC 1966; 2763; 1983; 1716-19)
2. Review the spiritual and corporal works of mercy and how one can fulfill them. (CCC 2447-48; 2444)
3. Come to realize that the moral life (that is, how we should act) is based upon:
  - the Ten Commandments
  - the Beatitudes
  - the Sermon on the Mount
  - the two great commandments of love of God and love of neighbor.

These all provide a direction and orientation for one's life and help to answer moral questions and dilemmas. (CCC 2056-74; 1716-199; 1966; 2763; 1983; 1965-74)

4. Understand that the lives and example of the saints show us how to live and practice the Commandments and Christ's law of love.

#### D. Christian Prayer - Prayer

The student will:

1. Understand that Jesus teaches us how to pray with hearts open to God's will, with attentiveness, perseverance, patience and humility.
2. Understand the ways in which we come to encounter Christ through prayer, the liturgy, the Scriptures, the community of the Church - its life and teachings. *(CCC 131-33; 1071; 1082; 763-64; 776; 2625; 2614-15)*
3. Understand that the liturgy provides a great richness of prayer:
  - The Lord's Prayer summarizes the Gospel.
    - ❖ It sums up the prayers of the Mass
    - ❖ Directs us to the reality of the Lord's coming. *(CCC 2761-2776)*
  - There are seven petitions in the Lord's Prayer that encompass the whole of the Gospel: *(CCC 2777 ff)*
    - ❖ Honor the holiness of God's name by responding to the call to holiness in our lives
    - ❖ Work to make God's kingdom present
    - ❖ Do the Father's will
    - ❖ Ask for the daily bread of God's will, the Eucharist and for the needy
    - ❖ Forgive and be forgiven
    - ❖ Beg salvation from evil and sin
    - ❖ Pleads for strength in the face of temptation.
4. Recognize that reading the Bible is a valuable way of enriching one's personal prayer and helping one participate more actively in the liturgy.
5. Recognize the need for personal prayer.
  - Be able to describe some of the various forms of prayer: Blessing and adoration; petition; prayer of intercession; thanksgiving and praise. *(CCC 2626-2649)*
  - Review vocal prayer (fixed formula and spontaneous), mental prayer, meditation and contemplation. *(CCC 2700-2724)*
6. See that Mary is a model of prayerful obedience and loving self-offering for the Church to imitate. The most common form of Marian prayer is the Hail Mary. Other prayers, such as the rosary, litanies, and hymns honor Mary and seek her assistance. *(CCC 2673-2679; 971)*
7. Know that prayer is absolutely necessary, for prayer and the Christian life are inseparable. When we persevere in love, it is always possible to pray. *(CCC 2742-2745)*

#### III. TERMS TO KNOW:

##### New to Grade

Acts of the Apostles  
Apostolic Letters

Apostolic Succession  
Assumption

**Canonization**  
**Celibacy**  
**Chastity**  
**Communion of Saints**  
**Diocese**  
**Dogma**  
**Ecumenism**  
**Friendship**  
**Hierarchy**  
**Hope**  
**Liturgy of the Hours**  
**Moderation**

**Modesty**  
**Moral Life**  
**Morality**  
**Papal Primacy**  
**Religious Consecration**  
**Sermon on the Mount**  
**Transubstantiation**  
**Vice**  
**Virtue**

**Cumulative List**

**Abortion**  
**Abraham**  
**Absolution**  
**Adam and Eve**  
**Adoration**  
**Advent**  
**Alleluia**  
**Angel**  
**Anointing of the Sick**  
**Apostles Creed**  
**Ark of the Covenant**  
**Assumption of Mary**  
**Baptism**  
**Beatitudes**  
**Benediction**  
**Bible**  
**Bishop**  
**Blessed Sacrament**  
**Book of Revelation**  
**Charity**  
**Children of God**  
**Chosen People**  
**Christmas**  
**Church**  
**City of David**  
**Commandments**  
**Communion**  
**Confession**  
**Confirmation**  
**Conscience**  
**Contemplation**  
**Contrition**  
**Corporal Works of Mercy**  
**Covenant**  
**Creation**  
**Creator**

**Creed**  
**Deacon**  
**Diaconate**  
**Discipleship**  
**Easter**  
**Episcopacy**  
**Eucharist**  
**Euthanasia**  
**Exodus**  
**Exposition of the**  
**Faith**  
**Fast**  
**Father**  
**Feast Day**  
**Fixed Formula Prayer**  
**Forgiveness of Sin**  
**Form (Sacramental)**  
**Fortitude**  
**Generosity**  
**Genuflection**  
**God**  
**Gospel**  
**Grace**  
**Guardian Angels**  
**Heaven**  
**Hell**  
**Hero**  
**Holy Communion**  
**Holy Family**  
**Holy Orders**  
**Holy Spirit**  
**Holy Trinity**  
**Immaculate Conception**  
**Incarnation**  
**Intercessor**  
**Israel**

Israelites  
Jesus  
Joseph  
Judges  
Justice  
Kingdom of God  
Laity  
Last Supper  
Lent  
Liturgical Year  
Liturgy  
Liturgy of the Eucharist  
Liturgy of the Word  
Love of God  
Love of Neighbor  
Magisterium  
Manna  
Marks of the Church - One,  
Holy, Catholic and Apostolic  
Mary, Mother of God  
Mass  
Matrimony  
Matter (Sacramental)  
Meditation  
Messiah  
Miracle  
Moses  
Mysteries of the Rosary  
Mystery  
Mystical Body of Christ  
New Covenant  
New Testament  
Obedience  
Old Testament  
Original Sin  
Parable  
Parts of the Mass  
Paschal Mystery  
Passover  
Patriarch  
Patron Saint  
Penance  
Pentecost  
People of God  
Perseverance  
Pope  
Prayer  
Priest  
Priesthood  
Profession of Faith  
Prophet

Prophecy  
Purgatory  
Real Presence  
Reconciliation  
Redeemer  
Redemption  
Religious Community  
Respect  
Responsibility  
Resurrection  
Revelation  
Reverence  
Rosary  
Sacrament  
Sacramental Sign  
Sacraments of Healing  
Sacraments of Initiation  
Sacraments of Vocation  
Sacrifice  
Saint/Sainthood  
Salvation History  
Sanctifying Grace  
Savior  
Scripture  
Sin (Mortal and Venial)  
Sinai  
Solomon  
Sorrow for Sin  
Soul  
Spiritual Works of Mercy  
Spontaneous Prayer  
State of Grace  
Stations of the Cross  
Stewardship  
Supplication  
Tabernacle  
Temple  
Ten Commandments  
Thanksgiving  
Tower of Babel  
Tree of Life  
Trinity  
Vocation  
Vow  
Witness  
Works of Mercy  
"Yes to God"



**IV. PRAYERS AND CONCEPTS TO KNOW:**

**New to Grade**

**Be able to write personal petitions for liturgical use  
Be able to see the Psalms as prayers that express our human needs**

**Cumulative List**

**Act of Contrition  
Acts of Faith, Hope and Love (Standard form)  
Angelus  
Apostles Creed  
Benediction  
Eucharistic Exposition and Benediction  
Examination of Conscience  
Fifteen Mysteries of the Rosary  
Genuflection (Method and Meaning)  
Glory Be  
Grace Before Meals  
Guardian Angel Prayer  
Hail Mary  
Hail Holy Queen (Salve Regina)  
How to Say the Rosary  
Idea of Christian Service as Act of Charity  
Memorare  
Morning Offering (some form)  
Our Father (The Lord's Prayer)  
Parts of the Mass  
Planning Prayer Service  
Prayer of St. Francis of Assisi  
Prayer to the Holy Spirit  
Regina Coeli  
Rosary  
Sign of the Cross  
Spiritual and Corporal Works of Mercy  
Stations of the Cross  
Ten Commandments  
Two Commandments of Love**

## THE SACRAMENT OF CONFIRMATION

**Preface:** Preparation for Confirmation should aim at leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit -His actions, His gifts, and His bidding- in order to be more capable of assuming the apostolic responsibilities of Christian life. To this end, catechesis for Confirmation should strive to awaken a sense of belonging to the Church of Jesus Christ, the universal Church -as well as the parish community. (CCC 1309)

- I. **Goal:** The student should realize the added strength received in Confirmation as his/her baptismal promises are sealed in receiving the gift of the Holy Spirit, which binds them more closely to the Church and deepens their commitment to be a witness for Jesus to spread and defend the Faith.

*Introduction: Since Confirmation deepens one's commitment to Christ and His Church, it is presumed that the student, through his/her previous years of instruction, has a knowledge of the Catholic Faith as it is professed in the Creed, celebrated in the Liturgy and Sacraments, lived by following the Commandments and the moral life, and enlivened by a life of prayer.*

### II. Instructional Objectives

#### A. Profession of Faith - The Creed:

The Catechist will help the student:

1. Be familiar with persons who answered God's call in their lives (e.g., the Patriarchs, the Prophets, Mary, the Apostles).
2. Recognize that the effect of Confirmation is the full outpouring of the Holy Spirit as once granted to the Apostles on the day of Pentecost. (CCC 1302)
  - See God as our loving Father who sends us the Holy Spirit through Jesus. (CCC 689; 729)
  - Recognize the sending of the Spirit as the fulfillment of Christ's promises. (CCC 705-706; 728-730)
  - Be aware of the Holy Spirit as the guide and sanctifier of the Church on earth. (CCC 737-741)
3. Recognize the Church as a community of persons who, led by the Holy Spirit, continue the saving presence of Christ in the world.

#### B. Celebration of the Christian Mystery - Liturgy and Sacraments:

The student will:

1. Recognize that Confirmation brings an increase and deepening of baptismal (sanctifying) grace. Together with the Eucharist, it completes our initiation into the faith and life of the Church by making us full members of the Body of Christ. (CCC 1303; 1306)
2. Understand that like Baptism, which it completes, Confirmation is given only once and imparts on the soul an indelible spiritual mark called the "character" of the sacrament. (CCC 1304-1305; 1285)
3. Know that the sacramental grace given in Confirmation allows those confirmed to spread and defend the faith by word and action as true witnesses of Christ.

4. Grow in his/her understanding of the liturgy of Confirmation within the context of the Mass. *(CCC 1293-1301)*
5. Identify and understand the sacramental signs of Confirmation. *(CCC 1299-1300)*
6. Learn the Gifts and Fruits of the Holy Spirit as described in 1 Cor. 12 and Gal. 5:13-26. *(CCC 1830-1832)*
7. Emphasize that fruitful reception of the sacraments means that the person is in the state of grace. Therefore, before receiving the sacrament of Confirmation, one should receive the sacrament of Reconciliation (Penance) in order to be cleansed for the gift of the Holy Spirit. *(CCC 1310)*

**C. Life of Christ - Commandments and the Moral Life:**

The student will:

1. Review the Beatitudes and Christ's New Commandment to love as found in Mt. 5-7 and Lk. 6:17-49. *(CCC 1716-1724; 1965-1974)*
2. Relate the Corporal and Spiritual Works of Mercy to the mission of a confirmed Catholic and our accountability as disciples of Christ who will judge us on our words and actions. *(Mt. 25:31-46).*
3. Be encouraged to practice the Corporal and Spiritual Works of Mercy in the student's family, parish, school and community.
4. See their Christian obligation to answer God's call to build the Kingdom of God by striving to be holy themselves and by working to establish Christ's peace and justice in the world.
5. Study the lives of the saints as models of faith and virtue, and in particular, the life of the saint chosen for Confirmation.
6. Study contemporary persons who have worked to improve human conditions in the world as models of faith (e.g., Pope John Paul II, Mother Teresa, Archbishop Oscar Romero, Dorothy Day, contemporary martyrs, etc.).

**D. Prayer:**

The Catechist will strive to:

1. Encourage the practice of daily prayer as a means to becoming more like Christ and to give public witness to Him in word and action.
2. Recommend a day of retreat in preparation for the sacrament of Confirmation.
3. Use alternate prayer forms: e.g., a novena to the Holy Spirit, Benediction, etc.
4. Understand that the liturgy provides a great richness of prayer.
5. Know that prayer includes meditation, contemplation, vocal prayer, liturgical worship, song and other forms of communing with God. The greatest prayer is the Mass. The Bible

devotes thousands of passages to prayer, the most unique of which is the Our Father because it comes to us from the Lord Himself. (CCC2697-2724; 2685-2696; 2761-2776)

6. See in the lives of Mary and the saints that we have examples of how prayer helps one to live the Gospel message. Mary and the saints are models of Christian prayer. (CCC 2763-2684)

### III. TERMS TO KNOW

#### Final Cumulative List

Acts of the Apostles	Creation
Abortion	Creator
Abraham	Creed
Absolution	Deacon
Adam and Eve	Diaconate
Adoration	Diocese
Advent	Dogma
Alleluia	Easter
Angel	Ecumenism
Anointing of the Sick	Episcopacy
Apostles Creed	Eucharist
Apostolic Letters	Euthanasia
Apostolic Succession	Exodus
Ark of the Covenant	Exposition of the Blessed Sacrament
Assumption	Faith
Assumption of Mary	Fast
Baptism	Father
Beatitudes	Feast Day
Benediction	Fixed Formula Prayer
Bible	Forgiveness of Sin
Bishop	Form (Sacramental)
Blessed Sacrament	Fortitude
Book of Revelation	Friendship
Canonization	Generosity
Celibacy	Genuflection
Charity	God
Chastity	Gospel
Children of God	Grace
Chosen People	Guardian Angels
Christmas	Heaven
Church	Hell
City of David	Hero
Commandments	Hierarchy
Communion	Holy Communion
Communion of Saints	Holy Family
Confession	Holy Orders
Confirmation	Holy Spirit
Conscience	Holy Trinity
Contemplation	Hope
Contrition	Immaculate Conception
Corporal Works of Mercy	Incarnation
Covenant	Intercessor

Israel  
Israelites  
Jesus  
Joseph  
Judges  
Justice  
Kingdom of God  
Laity  
Last Supper  
Lent  
Liturgical Year  
Liturgy  
Liturgy of the Eucharist  
Liturgy of the Hours  
Liturgy of the Word  
Love of God  
Love of Neighbor  
Magisterium  
Manna  
Marks of the Church: One,  
Holy, Catholic and Apostolic  
Mary, Mother of God  
Mass  
Matrimony  
Matter (Sacramental)  
Meditation  
Messiah  
Miracle  
Moderation  
Modesty  
Moral Life  
Morality  
Moses  
Mysteries of the Rosary  
Mystery  
Mystical Body of Christ  
New Covenant  
New Testament  
Obedience  
Old Testament  
Original Sin  
Papal Primacy  
Parable  
Parts of the Mass  
Paschal Mystery  
Passover  
Patriarch  
Patron Saint  
Penance  
Pentecost  
People of God

Perseverance  
Pope  
Prayer  
Priest  
Priesthood  
Profession of Faith  
Prophet  
Prophecy  
Purgatory  
Real Presence  
Redeemer  
Redemption  
Redemption  
Religious Community  
Religious Consecration  
Respect  
Responsibility  
Resurrection  
Revelation  
Reverence  
Rosary  
Sacrament  
Sacramental Sign  
Sacraments of Healing  
Sacraments of Initiation  
Sacraments of Vocation  
Sacrifice  
Saint/Sainthood  
Salvation History  
Sanctifying Grace  
Savior  
Scripture  
Sermon on the Mount  
Sin (Mortal and Venial)  
Sinai  
Solomon  
Son  
Sorrow for Sin  
Soul  
Spiritual Works of Mercy  
Spontaneous Prayer  
State of Grace  
Stations of the Cross  
Stewardship  
Supplication  
Tabernacle  
Temple  
Ten Commandments  
Thanksgiving  
Tower of Babel  
Transubstantiation

**Tree of Life**  
**Trinity**  
**Vice**  
**Virtue**  
**Vocation**  
**Vow**  
**Witness**  
**Works of Mercy**  
**Yahweh**  
**"Yes to God"**

#### **IV. PRAYERS TO KNOW**

##### **Final Cumulative List**

**Act of Contrition**  
**Act of Faith (Simple Form)**  
**Act of Hope (Simple Form)**  
**Act of Love (Simple Form)**  
**Acts of Faith, Hope and Love (Standard form)**  
**Apostles Creed**  
**Benediction**  
**Eucharistic Exposition and Benediction**  
**Examination of Conscience**  
**Fifteen Mysteries of the Rosary**  
**Genuflection (Method and Meaning)**  
**Glory Be**  
**Grace Before Meals**  
**Guardian Angel Prayer**  
**Hail Mary**  
**Hail Holy Queen (Salve Regina)**  
**How to Say the Rosary**  
**Idea of Christian Service as Act of Charity**  
**Memorare**  
**Morning Offering (Some Form)**  
**Our Father (The Lord's Prayer)**  
**Parts of the Mass**  
**Planning Prayer Service**  
**Prayer to the Holy Spirit**  
**Rosary**  
**See the Psalms as Prayers That Express our Human Needs**  
**Sign of the Cross**  
**Spiritual and Corporal Works of Mercy**  
**Stations of the Cross**  
**Ten Commandments**  
**The Angelus**  
**The Prayer of St. Francis of Assisi**  
**The Regina Coeli**  
**Two Commandments of Love**  
**Write Personal Petitions for Liturgical Use**

## P-R-A-Y-E-R-S

### **Sign of the Cross**

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

### **Our Father (The Lord's Prayer)**

**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.**

### **Guardian Angel Prayer**

**O Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side, to light, to guard, to rule, to guide. Amen.**

### **Grace Before Meals**

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

### **Grace After Meals**

**We give you thanks, almighty God, for these and all your gifts which we have received through Christ our Lord. Amen.**

### **Act of Contrition**

**O my God, I am heartily sorry for having offended You and I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, to do penance, and to amend my life. Amen.**

### **Morning Offering**

**O Jesus, through the Immaculate Heart of Mary, I offer You my prayers, works, joys and suffering 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 sin, 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.**

### **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 that the Holy Catholic Church teaches, because You have revealed them who can neither deceive nor be deceived.

#### **Act of Hope**

O my God, relying on Your infinite goodness 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.

#### **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 the love of You. I forgive all who have injured me and ask pardon of all those whom I have injured.

#### **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; 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 thence He shall 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**

##### **Joyful Mysteries (Recited on Mondays and Thursdays)**

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding in the Temple

##### **Sorrowful Mysteries (Recited 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**

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary in Heaven

##### **The Stations of the Cross**

1. Jesus is condemned to death.
2. Jesus carries his cross.
3. Jesus falls the first time.
4. Jesus meets his Mother.

5. Jesus is helped by Simon of Cyrene.
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 clothes.
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.

**The Angelus**

V. The angel of the Lord declared unto Mary.  
 R. And she conceived of 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.

**Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by 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.

**Regina Coeli (Queen of Heaven)**

(Prayer at Eastertime instead of Angelus)

Queen of heaven, rejoice, Alleluia.

For He whom you did deserve 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 Our Lord is truly risen, Alleluia!

Let us pray. O God, it was by the Resurrection of Your Son, our Lord, Jesus Christ, that you brought joy to the world. Grant that through the intercession of the Virgin Mary, His Mother, we may attain the joys of eternal life. Through Christ, our Lord. Amen.

### **Hail, Holy Queen**

**Hail, holy Queen, mother of mercy, our life, our sweetness, and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this valley of tears. Turn, then, O most gracious advocate, your eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet virgin Mary. Pray for us, O holy Mother of God.**

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

### **Divine Praises**

**Blessed be God. Blessed be His holy name. Blessed be Jesus Christ, true God and true man. Blessed by 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.**

### **Prayer to St. Michael**

**St. Michael, the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O prince of the Heavenly hosts, by the power of God, cast into Hell Satan and all the other evil spirits who prowl about the world seeking the ruin of souls. Amen.**

### **Prayer of St. Francis**

**Lord, make me an instrument of Your Peace. Where there is hatred, let me sow love. Where there is injury, pardon. Where there is doubt, faith. Where there is despair, hope. Where there is darkness, light, and where there is sadness, joy.**

**O Divine Master, grant that I may seek not so much to be consoled, as to console; To be understood, as to understand; To be loved, as to love; For it is in giving that we receive--It is in pardoning that we are pardoned; and it is in dying that we are born to Eternal Life.**

## VIRTUES APPENDIX

It is our goal to make it easier for teachers to pass on "the Faith". The enclosed appendix is an effort in this direction. May we suggest that you use this section as an aid to teaching these virtues, etc. as they appear in your teacher's guide so that students will learn and live them more easily.

### OUTLINE OF VIRTUES AND GRACES

Grade	Pre-K & K	Prayer, Thankfulness, Obedience, Sense of Wonder and Reverence in God's Creation, Praise God, Respect/Courtesy & Helpfulness
Grade	1	Faith and Trust in God's Providence
Grade	1, 2, 3	Love and Reverence for God (Charity), Generosity
Grade	2	Sincerity/Truthfulness
Grade	3	Justice/Fairness, Fortitude
Grade	4	Hope, Simplicity, Friendship, Patience
Grade	5	Cheerfulness, Perseverance, Industriousness, Orderliness
Grade	6	Sociability, Presence of God, Understanding, Audacity
Grade	7	Humility, Moderation, Modesty, Respect for Others
Grade	8	Prudence, Integrity, Loyalty, Optimism

### ALPHABETICAL LIST OF VIRTUES AND GRADE LEVEL AT WHICH COVERED

	Obedience, Pre K & K
Charity, 1,2,3	
Cheerfulness, 5	
Faith, 1	
Fortitude, 3, 6	
Friendship, 4	
Generosity, 1,2,3	
Hope 4	
Humility, 7	
Industriousness, 5	
Integrity 8	
Justice, 3	
Love, 1	
Loyalty, 8	
Moderation, 7	
Modesty, 7	

**Optimism/Hopefulness 8**  
**Orderliness, 5**  
**Patience, 4**  
**Perseverance, 5**  
**Praise God, Pre K & K**  
**Presence of God, 6**  
**Prudence, 8**  
**Respect for Others, 7**  
**Reverence for God, 1**  
**Simplicity, 4**  
**Sincerity, 2**  
**Sociability, 6**  
**Thankfulness, Pre K & K**  
**Trust in God's Providence, 1**  
**Truthfulness, 2**  
**Understanding, 6**  
**Wonder & Awe at Creation, Pre K & K**

## VIRTUES:

### Pre-K and Kindergarten

VIRTUE: PRAYER-There are four kinds of prayer: Praise, Thanksgiving, Sorrow, and Petition. (For Grades Pre-K through 3)

Prayer is the virtue by which you talk and listen to God. "It is the life of the new heart. It is the remembrance of God often awakened by the memory of the heart: "We must remember God more often than we draw breath."<sup>1</sup>

### SCRIPTURE/READINGS:

Mt. 11:25-26; Mk 14:36; Ep 3:16-17; Lk 7:36-50, 19:1-10; Mt 26:40; 1 Th 5:17; Ep 5:20, 6:18; Jn 15:16-17; Rm 8:14-17; Mt 14:13-21. The Children's Book of Virtues, by William J. Bennett, A Child's Prayer. p. 63.

### PRACTICES:

- Think about how good and loving God is to you as you pray your morning and night prayers. (Thank God for all he has given and done for you and tell him you are sorry for offending him.)
- Tell Jesus you love him everyday. Listen as he tells you that he loves you, too. (Praise God because he is so wonderful and loves you so much.)
- If you have problems in school, ask Jesus to help you. (Jesus wants us to ask for anything that we need.)
- Jesus went outside to the garden to talk to his "Abba", Daddy. Each day you can talk to and listen to God while you're outside playing with your toys, pet or riding your bike. (Thank God for all the toys, pets and friends. Praise him for the gift of himself.)
- If there are problems at home, talk to Jesus about them and ask his help. (Jesus tells us to ask and we will receive. He wants us to ask him for what we need.)

## VIRTUE: THANKFULNESS

Thankfulness is a virtue by which you express your thanks to God for all that he has done and given to you. You should be thankful for your eyes to see with, your ears to hear with, your nose to smell with, your mouth to speak with, and your hands to do kind things for your mom and dad with.

### SCRIPTURE:

Lk 17:11-19; Lk 22:14-19; Rm 1:8-9; 1 Cor 1:4-4; 2 Cor 1:11; Ps 100; Ps 136.

### PRACTICE:

- Thank Jesus for his many gifts to you everyday.
- Remember to say "thank you" to anyone who helps you or gives you anything: mom, dad, brothers,

sisters, relatives, teachers, friends, etc.

- Thank your parent/s each time they spend time with you.
- Just as Jesus gave thanks to his Father at the Last Supper, thank your parent for every meal he/she prepares for you, even for the lunch that you take to school.
- A great heart is a grateful heart so remember to thank your parents each time they take you to practice and cheer you on during sports, dance, music, etc.

### **VIRTUE: OBEDIENCE**

Obedience is a virtue by which you have a respectful and enthusiastic willingness to do what one in authority tells you to do. A good attitude concerning obedience helps you to grow spiritually.

### **SCRIPTURE:**

Lk 2:51-52; Ps 143:10; Rm 8:14; 17.

### **PRACTICE:**

- Do you think Jesus did what Mary and Joseph asked Him to do? How did He do what He was asked to do?
- When you obey those over you, you are actually obeying God and His laws of love. When you don't "feel" like doing what you are asked, hop to it and do it anyway.
- When your parents tell yo to do something, do it right away, cheerfully.
- Discuss some respectful ways you can respond to those who love you, who are in authority over you and who tell you to do something: mom, dad, grandparents, teachers, baby-sitter, scout leader, coach, etc.
- Respecting someone means doing what you are asked to do when you are asked to do it. How can you make your attitude a better one?

### **VIRTUE: A SENSE OF WONDER IN GOD'S CREATION**

A Sense of Wonder in God's Creation is a virtue which causes us to look at all that God has created and be filled with awe. Look at the world, sun, moon, stars, oceans, trees, flowers, butterflies, fish, puppies, cats and God's masterpiece, people, and know how great God is.

### **SCRIPTURE/OTHER READINGS**

Ps 150; Ps 135; Ps 100; Ps 98; Ps 67. Book of Psalms, Arch Books.

### **PRACTICE:**

- When you pray your morning prayers, tell God He is great and wonderful for sharing all of His creation with you.

- Spend some time each day just looking very quietly at and enjoying the trees, flowers, butterflies, sky, sun, squirrels, snow, birds, rain and people, then whisper a thank you prayer to God.
- Memorize the first two stanzas of Psalm 100 and pray it often.
- Tell your mom and dad that you love them each day.

**VIRTUE: PRAISE GOD FOR HIS GOODNESS**

Praise God for His Goodness is a virtue which causes us to be awed by God's kindness and generosity to all of his people. God has given us so much and all we need to do is to cooperate with his graces.

**SCRIPTURE:**

Ps 8; Dn 3:52-57; Ps 117; Ps 67; Ep 1:3-10; Ps 111; Ps 148; Dn 3:57-88, 56; Ps 150.

**PRACTICE:**

- Just as Jesus went about doing good things, you need to do the same.
- Put your toys away when you're finished playing with them.
- Hang up your clothes when you take them off without being told.
- Offer to help set the supper table, or do the dishes.
- Help put the groceries away after mom or dad do the shopping.
- Take good care of your school materials and anything that is given to you for your use.

**VIRTUES: RESPECT/COURTESY AND HELPFULNESS**

Respect, Courtesy and Helpfulness: God created everyone to be like him therefore we should respect all his creatures. By respect, courtesy and helpfulness, we mean we should be kind and helpful to everyone.

**SCRIPTURE/OTHER REFERENCE:**

Lk 6:27-35; Lk 19:15-17; Lk 19:35-43; Lk 13:10-13; Mk 9:33-37. The Christmas Witch by Steven Kellogg.

**PRACTICE:**

- Ask Jesus to help you treat other people with love.
- Do something kind for your mom/dad.
- Share your toys with other children.
- When playing sometimes let others go first.

- Once in a while let your brother or sister sit by the window when traveling by car/van.
- Help your brother or sister put their toys away.
- Try not to fight with your brothers, sisters or friends.

<sup>1</sup> - *Catechism of the Catholic Church*

## Grade 1

### VIRTUES: FAITH AND TRUST IN GOD'S PROMISES

FAITH AND TRUST IN GOD'S PROMISES is a virtue by which we believe and trust "the very word of God who cannot lie."<sup>2</sup>

#### SCRIPTURE/OTHER READINGS:

Rm, 4:18-25; Jn 10:22-30; Heb 12:1-2; 2 Cor 5:6-9.

The Children's Book of Virtues, by William J. Bennett, "The Sermon of the Birds" and "Someone Sees You".

#### PRACTICE:

- Tell your mom/dad that you feel safe in their arms and that is how we should feel in God's love.
- God kept His promise to Abraham to make Him the Father of many nations. Think of ways in which God has kept His promises to you.
- At your Baptism you received the gifts of Faith, Hope and Love. Ask God to strengthen your faith and hope.
- Pray each day, "Jesus, I believe in you. I hope in you and I love you."
- Listen to or read the Bible Stories to know God in His words and deeds and then speak and do as He did.

### VIRTUE: LOVE AND REVERENCE FOR GOD/CHARITY

"God's Love has been poured into our hearts by the Holy Spirit who has been given to us."<sup>3</sup> Charity is the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God. Jesus says: "As the Father has loved me, so have I loved you, abide in my love." He continues: "This is my commandment, that you love one another as I have loved you." Charity is the greatest of virtues. Jesus asks us to love as he does, even our enemies, to make ourselves the neighbor of those farthest away, and to love children and the poor as Christ Himself.<sup>4</sup>

#### SCRIPTURE:

Mt 25:40-45, 5:44, 22:37-39; Rm 5:5, 8:28; Jn 3:16, 13:34-35; 1 Cor 13:1-13, Lk 10:27-37; Mk 9:37.

#### PRACTICE:

- Daily tell God that you love Him above everyone and everything else.
- Jesus wants us to love our enemies. Pray for anyone who hurts you.
- Spend time and help those who are not as fortunate as you are.
- Jesus talked to and helped people who were not considered important or popular. We should try to imitate him. Play with the boy/girl who is alone at play time.

- God gave you your talents. Use your talents for others. What are they?
- How can you be more generous with your time and talents?

**VIRTUE: GENEROSITY**

Generosity is a virtue by which one willingly and unselfishly, shares one's self, talents, and time with other people. "It is one of the twelve fruits of perfection that the Holy Spirit forms in us as the first fruits of eternal glory."<sup>5</sup>

**SCRIPTURE/OTHER READING:**

Mt 5:1-12; Gal 5:22-23; Lk 6:36-38, 19:1-10.

The Children's Book of Virtues, by William J. Bennett, "The Lion and the Mouse," p. 76, "The Legend of the Dipper," p. 77, "God Make My Life a Little Light," p.87

**PRACTICE:**

- Jesus gave Himself to us in bread and wine in Eucharist to be with us always. Share your snack/lunch with someone in school who is hungry.
- Think of some ways you can freely give of your talents and time: kindness, charity, helpfulness, thoughtfulness, courtesy, understanding, compassion and unselfishness to those in your family and your friends.
- How can you share your talents with someone who is in need of patience, self-control, joy or gentleness?
- Do to others as you would like them to do to you. Say only kind things that will build people up. Be patient, I'm just learning. Smile, so I know you're friendly.

<sup>2-5</sup> *Catechism of the Catholic Church*

**Grade 2**

**VIRTUES: SINCERITY/TRUTHFULNESS**

Sincerity and Truthfulness are virtues "which consist in showing oneself true in deeds and truthful in words."<sup>6</sup>

**SCRIPTURE/OTHER READINGS**

Jn 18:37, 1:14, 8:12, 8:32, 16:13; Mt 5:37.

The Children's Book of Virtues, by William J. Bennett, "The Indian Cinderella," p. 88, "The Honest Woodman," p.101.

**PRACTICE:**

- Read Scripture each day to find one good deed that Jesus performed for someone else.
- Ask Jesus to help you to always be honest, tell the truth and do good deeds.
- Tell the truth and be honest about daily happenings no matter how difficult this may be. A lie will not make you a better person.
- Be sincere and honest when you ask God's forgiveness in the Sacrament of Reconciliation and when you hurt your neighbor. Although it's hard to say, "I'm sorry," Jesus will help you if you ask Him.
- Pardon others who hurt you as you want God to forgive you. When we forgive others, we strengthen our friendship with God, with others, and with ourself.
- How and where can you be more forgiving?

<sup>6</sup> *Catechism of the Catholic Church*

### Grade 3

#### **VIRTUE: JUSTICE/FAIRNESS**

Justice or Fairness is a cardinal virtue by which we give to God what is owed and we give to every person as each one needs.

#### **SCRIPTURE:**

Ex 20:1-17, 15:11; Mk 14:22-25; Lk 19:8, 19:10-17, 7:36-50.

#### **PRACTICE:**

- Attend Mass each Saturday evening or Sunday. We owe God praise, love and thanksgiving.
- Pray your morning and night prayers and grace before and after meals.
- Share your toys, food, time, etc. with those in need.
- Play fair in sports or other games.
- Think of other ways you can be just and fair with God and others.

#### **VIRTUE: FORTITUDE**

Fortitude is a cardinal virtue which "ensures firmness in difficulties and constancy in the pursuit of the good."<sup>7</sup>

#### **SCRIPTURE:**

Jn 2:13-25, 16:33, Ps 16:2, 23:6, 27:13; Mt 5:1-10.

#### **PRACTICE:**

- Be strong in doing what is right.
- Do and say what Jesus would say or do, even if you are tempted to do something that is wrong.
- Before saying or doing something, get into the good habit of asking yourself this question: Would Jesus say or do what I am about to say or do?
- When you are fearful, give your fear to the Lord.

<sup>7</sup> *Catechism of the Catholic Church*

#### Grade 4

**VIRTUE: HOPE** - "Rejoice in your hope, be patient in tribulation." (Rom 12:12)

**Hope** is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the grace of the Holy Spirit. (CCC #1817)

**SCRIPTURE/READINGS:**

Titus 3:6-7; Cf. Gen 17:4-8, 22:1-18; Rom 4:18; Rom 5:5; Heb 6:19-20; 1 Thess 5:8; Rom 12:12; Cf. Rom 8:28-30; Mt 7:21; Mt 10:22; 1 Tim 2:4.

**PRACTICES:**

- Each day turn to God many times with the aspiration, "I trust in you."
- Keep in mind that life is short and eternity is long; organize your day and your life around your final goal.
- Jesus is with us each moment of each day, in our happy times and in our sad ones. Share with Him the details of life and ask for His help in all things.
- Spread joy and happiness to friends and family, because of a firm awareness of God's presence and help.
- God has given you people to help you in your troubles - parents, teachers, priests, good friends. Ask for help when you need it from those who are wise and prudent.

**RESOURCE:** Prayer of St. Teresa of Avila

"Hope, O my soul, hope. You know neither the day nor the hour. Watch carefully, for everything passes quickly, even though your impatience makes doubtful what is certain, and turns a very short time into a long one. Dream that the more you struggle, the more you prove the love that you bear your God, and the more you will rejoice one day with your Beloved, in a happiness and rapture that can never end. (quoted in CCC #1821)

**VIRTUE: SIMPLICITY**

**Simplicity** is the virtue by which a person is free from duplicity or guile. It is honest and sincere. A sincere person ensures that his normal ways of acting - his speech, the way he dresses, the way he behaves - is consistent with what his real motives are; he allows other people to know him accurately: he is what he seems. (CB, p. 213)

**SCRIPTURE/READINGS:**

Matt 6:22; Matt 18:2-3; 1 Sam 16:7; John 1:47; Matt 7:15; Matt 10:16.

**PRACTICES:**

- Think about how God became man as a little baby - how simple a life He led while on earth - and try not to want everything that is advertized on T.V.
- Speak to Our Lord in prayer in an open, honest, and simple way.
- Jesus, Mary, and Joseph were natural and simple in their obedience to the laws and regulations of their time - paying the temple tax, waiting in line for the Presentation, working in simple, lowly jobs. Try to practice obedience in daily life in a natural and simple way, without any protest or argument.
- Mary asked Jesus for a miracle at Cana. Turn to Mary in time of need; she can still obtain miracles from her Son. This can be done simply and naturally.
- Be honest and open with parents, brothers and sisters, teachers, priests and others who can help you. Admit when you have a problem or need help or don't know the answers.

### VIRTUE: FRIENDSHIP

**Friendship** is the virtue by which people who already know each other through shared interests in work or leisure and have regular personal contact with each other which stems from mutual rapport - each interests himself or herself in the other person and in his or her improvement. There is no friendship where there is no virtue. (*CB, p. 230*)

### SCRIPTURE/READINGS:

John 15:13-15; John 13:24; John 11:3; John 21:6; Matt 11:28; Sir 6:14-15; cf 2 Cor 2:13; St. Thomas, Summa Theologia II-II, 23, 1, Acts 10:38.

### PRACTICES:

- Remember each day that Jesus is our best friend. He loves us to the point of giving his life for us. He wants our happiness most of all - even more than we do. Visit Him in the Blessed Sacrament and tell Him you love Him and need Him.
- Ask Our Lord to help you to develop good friendships - with classmates, in the neighborhood, among family members. He understands friendship best and can help you to select good friends and to build a relationship.
- Be cheerful and joyful throughout the day. You will attract many friends that way.
- Don't be afraid to speak up if a friend is doing something wrong. But do it in a courteous way. St. Francis de Sales said that we have to be indignant towards evil while at the same time being as polite as possible towards our neighbor.
- Be a good listener. That means not always talking or "having one better" in a conversation.

### VIRTUE: PATIENCE

**Patience** is the virtue whereby a person bears present difficulties calmly, in a situation where he senses some

difficulty or some good which is difficult to achieve. (*CB*, p. 55)

**SCRIPTURE/READINGS:**

John 5:1-16; Jas 5:7; cf Matt 18:23; Luke 13:6-9; cf Hos 9:10; cf Jer 8:13; cf 2 Pet 3:9; John 15:20; 1 Cor 13:4; 1 Cor 13:7; Matt 11:28-30.

**PRACTICES:**

- Think about the sufferings of Jesus on the cross when you are sick or have some ache or pain. Ask Jesus to help you to be patient in suffering.
  
- Delay having a snack or treat for a few minutes and offer the penitential act for the souls in purgatory or for someone who may be suffering from lack of food or warm clothing somewhere in the world.
  
- Count to 5 when something or someone irritates you - at school or in the family - and then respond cheerfully and kindly to the situation.
  
- Finish a project - a homework assignment, practicing a musical instrument, or a chore which has been given to you at school or home - doing the last parts of it as well as the first parts.
  
- Spend 5 minutes in prayer in Church before Our Lord in the Blessed Sacrament. If this is not possible, spend 5 minutes of quiet prayer in your room.

**REFERENCES:**

CB = Character Building by David Isaacs, Four Courts Press, 1984, Republic of Ireland

HV = The Heart of Virtue by Donald deMarco, Ignatius Press, 1996, San Francisco

## Grade 5

**VIRTUE: CHEERFULNESS** - "Health is the condition of wisdom and the sign of cheerfulness"  
(Emerson, quoted in *The World Book Dictionary* 1969, Doubleday)

**Cheerfulness** is the virtue by which a person raises the spirits of others by giving comfort and encouragement or putting him in high spirits by giving him joy. It is shown by a smiling face and sparkling eyes.

### **SCRIPTURE/READINGS:**

Phil 4:4; Luke 2:4; Luke 2:10-11; Luke 13:17; John 20:20; Is 49:13; Ps 71:7; John 16:22; 1 Cor 3:11; Luke 8:50; Gal 6:2; Luke 1:46-47; 2 Cor 7:4; Neh 8:10; Sir 30:23.

### **PRACTICES:**

- Make an effort to smile at others - even if you don't feel like it sometimes.
- Try to lift up the spirits of your friends if they are down - perhaps saying something cheerful or telling a joke.
- If someone says something hurtful or mean to you, try to turn it around into a joke or to say something pleasant back to them.
- Try not to have resentful or uncharitable thoughts about others at school or in the family. Try to make an excuse for what they have done, if it is hurtful or mean; forgive them in your heart.
- Carry out chores and other work, like homework, with a positive attitude, offering each task for the souls in purgatory or for the conversion of a soul, or for the change of heart of a sinner.

**RESOURCE:** (from C. Burke, Authority and Freedom in the Church, p. 143)

"As Chesterton suggests, it is joy not because we are in the right place, but because we are in the wrong place. We were lost, but Someone has found us and is leading us home. It is joy not because we are alright - we are not- but because Someone can put us right. Christian joy comes from facing up to the one really sad fact of life, which is sin, and countering it with a joyful fact that is even realer and stronger than sin: God's love and mercy."

## **VIRTUE: PERSEVERANCE**

**Perseverance** is the virtue by which we stick to our purpose or aim, never giving up what one has set out to do. Theologically it means continuing in a state of grace leading finally to eternal salvation.

### **SCRIPTURE/READINGS:**

Mark 14:50; St. Augustine, *On the gift of perseverance*, "Receive the Faith and persevere in it to the end of your life."; cf Mat 11:30; Luke 18:1-8; cf Ex 34:6; Joel 2:13; Luke 1:4; 2 Mac 6:18-31; Rev 2:10; Matt 25:21-23.

### **PRACTICES:**

- Work diligently on homework, finishing it to the last small point necessary.

- Think about the Gospel story of the woman who kept asking the judge for her rights in the middle of the night. Because she persevered, he gave in to her. You can do the same with prayer - keep asking for what you need, even if it may seem to take a long time to get the answer.
- Try to make a resolution to improve - in just one area, such as picking up your clothes in your room, or tidying up a bookcase and keeping it that way.
- Go to receive the Sacrament of Penance frequently. This sacrament gives graces to help strengthen your spiritual and moral life.
- Work to improve study habits by doing something extra (not assigned by the teacher) each week - such as read a short story or do an extra math problem.
- Remember to say night prayers just before bed each evening. Make a brief Examination of Conscience and say an Act of Contrition.

### VIRTUE: INDUSTRIOUSNESS

**Industriousness** is the virtue by which one is hardworking and diligent, carrying out one's jobs, whether large or small, in a zealous and assiduous manner.

### SCRIPTURE/READINGS:

cf Mark 6:2-3; Matt 13:55; John Paul II, Encyclical, *Laborem exercens*, 27; Second Vatican Council, *Lumen Gentium*, 41; also *Gaudium et Spes*, 67; Mark 7:37; Col 3:17; Gen 2:15; 1 Cor 4:12; 1 Thess 3:8.

### PRACTICES:

- Think of Jesus as a carpenter's apprentice, under St. Joseph, and then as a carpenter after the death of his foster father. He "did all things well" and was very industrious. We can imitate Him by setting about our tasks with enthusiasm.
- In the Gospel story of Martha and Mary, Jesus points out that Mary has "chosen a better part", because she was listening to Our Lord. Try to make your work a prayer by offering it to God and by doing it well for the love of God.
- Jesus spent 30 of his 33 years on earth doing normal ordinary tasks, not seeking to be noticed or praised for each job. Try to work quietly and not always to look for praise or to be noticed.
- The word "diligent" comes from the verb *diligo*, which means to love, to appreciate, to choose something after careful consideration and attention. A person who works diligently does not rush into things. He or she does work thoughtfully and lovingly. Try to put love into a chore which you don't like doing.
- Try to avoid putting off jobs or wasting time. Time is precious, because it is the treasure you can use to gain heaven.
- Remember to say the Morning Offering each day so that everything will be sanctified.

**RESOURCE:** "When we contemplate our Lord, we have a better understanding of the obligation that is ours to work well. We cannot pretend to sanctify badly done work. We have to learn to find God in our human occupations, to help our fellow citizens, and to contribute towards raising the standards of the whole of society and of creation." (Second Vatican Council, Lumen Gentium, #41)

**VIRTUE: ORDERLINESS**

**Orderliness** is the virtue by which one is able to organize one's life in a systematic, step-by-step plan based on the goals which reflect God's plans.

**SCRIPTURE/READINGS:**

Mark 12:13-17; John 19:36; Luke 16:1-13; Phil 2:15; Luke 10:38-42; John Paul II, Apostolic Exhortation, Christifideles Laici, 30; Matt 6:33.

**PRACTICES:**

- Think about the passages in the gospels in which Our Lord points out that we must seek first the Kingdom of God and then everything else will be given to us, and that the lilies of the field neither sow or reap, but that God cares for them and they are arrayed better than Solomon in all his riches. Try to make God the beginning and end of everything you do, by saying a short prayer, e.g., "This is for you, Lord."
- Make time for some quiet time spent with Our Lord in prayer. A few minutes spent in this way, rather than taking away from time for other things, actually makes what you do more effective and sanctifies it.
- Organize your closet, or your drawers or desk or shelves. This will make your life easier, because you will save time when you try to find things.
- Do your homework before you watch T.V. or listen to the radio. Then you will be sure to have enough time and energy to do your work well.
- Plan ahead when you have a project to do for school and get the materials needed in plenty of time - books, poster board, markers, clay, etc.
- You will be truly happy if you put God first, then others, then yourself. You can remember this with the word JOY (Jesus - Others - Yourself)

## Grade 6

### VIRTUE: PRESENCE OF GOD

**Presence of God** is the virtue by which one is able to find God in his or her ordinary life, the midst of the work, out in the street, in the people around during the day and in prayer. When fully developed this virtue means that there is never a moment of the day in which God is not present to us.

#### SCRIPTURE/READINGS:

Exodus 40:34-35; Exodus 19:9; cf Mark 9:7; Matt 17:8; John Paul II, Encyclical Redemptor Hominis, 7; St. Alphonsus Liguori, How to converse continually and familiarly with God; 1 Cor 10:31

#### PRACTICES:

- Make sure that there are reminders of God, Our Lady, and the saints around you at home, in your room, on your desk, your walls, and even as bookmarks in your school books. Each time you see one of these reminders, say a short prayer.
- Begin the day with the Morning Offering, say grace at meals, and end the day with night prayers.
- Try to think what Jesus, Mary or the saints would do in a particular situation you are in - perhaps an argument with classmates, a discussion that has gotten into dangerous topics that could be an occasion of sin, watching a T.V. show or listening to music that is not beneficial to your soul. Ask for the grace to imitate them.
- If you feel alone or frightened, remember your Guardian Angel and the presence of God.
- Offer each subject at school or chore at home for some intention - for the Holy Father, for priests, for an increase in vocations to the priesthood and religious life, for the conversion of sinners, for the poor and homeless, etc.

### VIRTUE: SOCIABILITY

**Sociability** is the virtue by which one is able to get along well with people, show an interest in them and communicate well with them. It has to do with a kind of unselfish solidarity based on love of one's neighbor, rather than mere utilitarian motives.

#### SCRIPTURE/READINGS:

Mark 2:13-17; John 11:11; cf Mark 11:3; cf Luke 2:51; cf Matt 9:7; cf Luke 7:11; cf John 19:26-27; cf Luke 5:19; Matt 11:28-30; Mark 8:2.

#### PRACTICES:

- Make an effort to talk to someone in the class who is not one of your regular friends. Find out what are his or her hobbies, interests, and talents.
- Join a group - such as a sport team or dance class or service group - and get to know people who are not in your family or your class.

- Practice being a good conversationalist by asking questions and then really listening to the answers given.
- If you notice that someone has hurt feelings - in the family or in your class - be kind to that person and try to cheer him or her up.
- Think of how Jesus was friendly to everyone and ask Him to give you the grace to be a good friend.
- Pray for your friends and family members every day.

### **VIRTUE: UNDERSTANDING**

**Understanding** is the virtue by which one is able to recognize and comprehend with a degree of sympathy and compassion the difficulties of the position or situation in which another finds himself. It also means being able to comprehend more deeply the truths of the Faith.

#### **SCRIPTURE/READINGS:**

cf Isa 11:1-2; Ps 143:10; Rom 8:14, 17; Gal 5:22-23; Catechism of the Catholic Church 1830-1832; 815; 821; 1939.

#### **PRACTICES:**

- Realize that everyone is different - made that way by God. Try to understand someone you are having trouble getting along with. Pray for that person.
- Ask for the grace to understand the topics you are learning in religion class so that they will not just be some words to memorize or write down, but that they will be very meaningful to you.
- Parents, teachers, and other adults have difficulties of their own sometimes - headaches, worries, tiredness. Try to understand if you feel you are not being treated as you would like and pray for the adult.
- Ask the Holy Spirit to help you in your studies - Math, Science, English, etc.
- Your vocation at this time is to be a student. It is important that you do your best and offer your work and your talents or sufferings to God. In this way you show understanding for God's plan for you.

### **VIRTUE: FORTITUDE**

**Fortitude** is the virtue by which one has confidence to speak up or take on a task which may seem daunting or impossible, after he or she has assessed the facts and taken into account the possible risks, and has decided that a genuine good can be achieved. (*CB, p. 198*)

#### **SCRIPTURE/READINGS**

Matt 10:24-33; Mark 11:27-33; John 9:26-27; John 18:38; Luke 12:1-3; cf Matt 23:27; Matt 5:37; John 14:6; cf

**John 1:14; 17; cf John 18:37; cf John 8:44; cf John 3:42 ff.**

**PRACTICES:**

- It is not easy to speak up when someone is doing something wrong or using offensive speech, but with the grace of God it is possible. Pray for God's help when you are in a situation in which you should be bold and speak up.
  
- Read the passages in the Gospel in which Jesus had to go against the crowd, against the popular thinking of the day and try to imitate Him when you are with your friends or your family members.
  
- Turn off the T.V. or radio when there are scenes or discussions which would offend Jesus if He were watching or listening with you.
  
- Don't be afraid to tell your friends that you pray or that you believe in God.
  
- Make the effort to get to Mass every Sunday and to Confession frequently, even if it means inconveniencing someone in the family to take you there.

## Grade 7

**VIRTUE: HUMILITY** "One grain of pride suffices to overthrow a mountain of holiness." St. John of the Cross

**Humility** is the virtue by which a person recognizes his own inadequacy, qualities and abilities, and presses them into service, doing good without attracting attention or expecting the applause of others. (*CB, p. 205*)

### **SCRIPTURE/READINGS:**

Luke 18:9; Matt 15:21-28; 1 Cor 12:3; 1 Cor 1:4; Luke 7:1-10; Sir 35:17; Jas 4:6; Matt 6:16; cf Matt 6:5; cf Matt 6:2; Luke 11:46; Matt 23:11; Gal 6:2; Luke 11:52; Ps 33:19; Luke 22:27; 1 Thess 2:7-8.

### **PRACTICES:**

- Humility is the opposite of pride. Pride is essentially competitive. Do I try to beat others at sport or in grades in school, just to show that I am better than they are? Ask the Holy Spirit to help you to see in what ways you could work on humility.
- In conversations try to let the other person tell his stories, talk about himself or herself, share his or her concerns. Listening well and caring about another person's situation is part of humility.
- Think about the Blessed Virgin Mary. She was the most perfect human being ever created, yet she was very humble. She was surprised when the angel appeared to tell her she would be the Mother of God. Ask Our Lady to help you to develop the virtue of humility.
- Pride is a fundamental fault shared by human beings, resulting from Original Sin (a sin of pride and disobedience). Someone has said that our pride will die 24 hours after we do. Write down 3 ways in which you could work during the next week to develop the virtue of humility.
- Not wanting to obey others is part of pride. Try to be truly obedient and pleasant about it during the next week.

## **VIRTUE: MODERATION**

**Moderation** is the virtue by which a person is able to distinguish between what is reasonable and what is self-indulgent and make reasonable use of his or her senses, time, money, efforts and so on in accordance with true and upright principles. (*CB, p. 115*)

### **SCRIPTURE/READINGS:**

Luke 16:19-21; Second Vatican Council, Gaudium et Spes, 41, 63; Matt 6:33; John 19:23; Luke 7:36-50; 2 Cor 9:12; Phil 3; 8; cf Col 3:5; Luke 12:34; Amos 6:1; 4-7; Luke 16:19-31; Acts 20:25; 1 Tim 6:10-16; Rom 12:2.

### **PRACTICES:**

- Plan what you will buy when you are out shopping, rather than buying on impulse.
- We live in a consumer society and receive many advertisements - on T.V., radio, in magazines - to get us to buy the latest thing. Try to evaluate some of these advertisements and see by what means they try to get you to buy. How do they persuade you?

- There are extremes in fashion. To practice moderation you could try to wear styles that are modest and show good taste, rather than ones that are the most extreme of what is fashionable.
- Watching T.V. and listening to CD's or the radio can get out of control. Try to limit the amount of time spent doing these and use the time saved to study, to read a good book, or to learn a hobby.
- Remember that everything that you have comes from God and that the end of your life is the salvation of your soul. Can you think of 3 aspects of your daily life in which you could practice moderation and which would help you to have a better grasp of your relationship with God?

### **VIRTUE: MODESTY**

**Modesty** is the virtue by which a person does not draw undue attention to himself or herself. He or she is self-assured, but not self-absorbed. He or she is temperate in dress, language, and deportment and has a strong sense of the value of his privacy. He or she knows that being a person is fundamentally incompatible with being an object for public consumption. Modesty is, as it were, his body's conscience. (*HV, p. 168*)

### **SCRIPTURE/READINGS:**

cf 1 Cor 6:13-15; 17, 20; Sir 24:24; 1 John 2:16; cf Matt 5:8; Phil 4:8; Matt 26:41; Ps 50:10; cf Eph 5:2-5.

### **PRACTICES:**

- Try to remember that everything you have is from and for God. We must administer whatever God has given in such a way that we glorify Him to the best of our ability. Make a list of 3 abilities or talents you have and think of some ways in which you can use them to serve God in the next week.
- Think about the clothes you wear and imagine what effect they can have on others - either for good or not. Have a discussion with your classmates about the styles that are in fashion and determine whether they are modest or not.
- Many of the T.V. shows offend against the virtue of modesty by displaying people not properly dressed or by displaying aspects of relationships which should be private. Think about what effect watching these shows could have on a young person's virtue of modesty. How can such shows be avoided?
- Modesty is the safeguard of the virtue of purity. Say a prayer each day for the ability to develop the virtue of purity.
- Modesty also controls ones emotions. If you find that you get very angry or are inclined to be impatient, stop and ask for the grace to be moderate.

### **VIRTUE: RESPECT FOR OTHERS**

**Respect for others** is the virtue by which we always act in a way that will benefit ourselves and others, and avoid any action which would hurt ourselves or others. Underlying this virtue is the realization that each person is made in the image and likeness of God and has an immortal soul which will live for all eternity.

**SCRIPTURE/READINGS:**

Second Vatican Council, Lumen Gentium, 11:31; John 15:16; Genesis 1:1, 27; Gen 12; Second Vatican Council, Gaudium et Spes, 12; John 15:12; 1 Cor 13:1; Matt 5:38-48; John 13:34-35; cf Matt 25:31-40; Matt 20:28.

**PRACTICES:**

- Parents, teachers, priests and others with special authority deserve respect at all times. Make an effort to show respect in a special way to one of these who has an influence on your life.
  
- Each person deserves respect as a child of God. Think of a way that you can show respect to someone who would not normally get respect - e.g., a homeless person, someone who is dying, someone who is new to your class.
  
- Everyone is different and must be treated differently. Do you realize that some classmates are not as talented in some subjects, but may be specially skilled in another field? Get to know a classmate and find out his strengths.
  
- God has shown great respect for all of us by giving us free will and the ability to think and choose. Do you use your intelligence and abilities to serve God and other people? Plan a project in which you can serve others and God during the next week.
  
- Pray for the grace to be able to respect others as Jesus would respect them.

**REFERENCES:**

CB = Character Building by David Isaacs, Four Courts Press, 1984, Republic of Ireland

HV = The Heart of Virtue by Donald deMarco, Ignatius Press, 1996, San Francisco

## Grade 8

### VIRTUE: PRUDENCE

**Prudence** is the virtue by which one directs oneself and one's affairs according to the right reason, giving thought to one's actions and their consequences. A prudent person weighs favorable and unfavorable possible outcomes and then decides how to act in light of God's plan.

#### SCRIPTURE/READINGS:

Matt 10:16; Matt 7:15; Luke 2:47; cf Rom 8:6; Luke 1:37; Luke 19:11-28; Luke 12:54-59; Phil 4:8; Wis 2:24; Ps 143-4; Job 14:2; Jas 1:9-10; Matt 6:34.

#### PRACTICES:

- Prudence is the mother of virtues and guides every good habit. Can you think why that would be so? Name something you do that requires prudence and good judgment in your life.
- Many people may give you advice on some aspects of your life - what courses to take, what schools to attend, what sports to get involved in, etc. Pick one of these and work out how you could make a prudent decision.
- Being prudent involves being able to get sufficient information to make the right decision. Where can you go to get information that will help you to be prudent?
- Prudence is one of the four cardinal virtues. You can ask for God's help when you have to make a decision about how to act or not in a particular situation.
- Think about the Blessed Virgin Mary. She has been called the Seat of Wisdom. How would she act in a difficult situation you may find yourself in? How would she decide, if she were in your place?

### VIRTUE: INTEGRITY

"TO BE DEVELOPED"

### VIRTUE: LOYALTY

**Loyalty** is the virtue by which a person accepts the bonds implicit in his relationship with others - friends, relatives, superiors, his or her country, etc. - so that, as he or she defends and reinforces the system of values which these represent. (*CB, p. 133*)

#### SCRIPTURE/READINGS:

Matt 5:37; Jer 4:2; cf Matt 23:13-32; John 1:47; John 14:6; John 8:44; cf John 3:11; cf Acts 1:8; Luke 16:20; Jas 1:8; Luke 1:47; Philem 9:13; Prov 18:19; Gal 6:2; Rev 2:10.

#### PRACTICES:

- It is good to think about those whom we owe loyalty. Make a list of who these people are in your life and think of one example in which you could be loyal to one of these.

- When a discussion among your friends turns critical of someone who is not there, how can you show your loyalty? What are some ways of defending the person?
- Think of Jesus as He was on the cross after He had been betrayed by His closest friends. What did He do about His betrayers? How can you imitate Him when people let you down.
- Do you need to be loyal to a friend who is doing something wrong - for example, shoplifting, or disobeying his parents? What should you do in such a case? Would it be disloyal to try to get the friend to improve? Or to talk about the friend to a parent, a priest, or a teacher?
- How can you show loyalty to God, or to your Catholic faith if someone attacks them or criticizes them or criticizes you because of them? Think about the Apostles and early Christians. They lived in times very much like ours and were loyal to God and the Faith - even to the point of death at times. Ask for the grace to be able to defend your Faith whenever required.

### VIRTUE: OPTIMISM/HOPEFULNESS

**Optimism/Hopefulness** is the virtue by which one tends to look on the bright side of things. He or she can identify the positive elements in every situation, as well as the difficulties, and then take advantage of the favorable aspects. The obstacles are faced in a sportsmanlike and cheerful manner. (*CB, p. 45*)

### SCRIPTURE/READINGS:

cf Matt 14:13-21; cf Matt 28:28; Phil 4:13; Rom 8:31; Phil 2:15; cf John 16:22; Prov 25:20; Phil 4:4.

### PRACTICES:

- When things look really bad and life is difficult, think about how Jesus bore His sufferings. Ask Him for help to see the bright side of each situation.
- Try to have a sporting spirit when there are problems or difficulties to be overcome. Ask for help from a parent, teacher, or priest, if you are not able to solve your problems yourself.
- If there is a difficult project you need to complete, write down a schedule of activities leading to its accomplishment and stick to the schedule until it is completed. Get help where required.
- Realize that God can bring good even out of difficult situations. Also realize that most difficult situations are temporary. Life is short and eternity is long. This can help to get a perspective on events.
- Part of the economy of salvation is that your sufferings can be offered up for the conversion of sinners, for the souls in purgatory, or for some other good in the Communion of Saints. Also, the souls in purgatory can help you, if you pray to them. The saints in heaven can also help you. Keep in mind that you are never alone in this life.

### REFERENCES:

CB = **Character Building** by David Isaacs, Four Courts Press, 1984, Republic of Ireland

**HV = The Heart of Virtue by Donald deMarco, Ignatius Press, 1996, San Francisco**

## GLOSSARY

**AARON:** the brother of Moses. God made Aaron Moses' spokesman.  
Aaron was the one who made the golden calf while Moses was up on Mt. Sinai.

**ABEL:** Adam and Eve's second son. He was murdered by his brother, Cain.

**ABORTION:** The deliberate and direct murder of the unborn child in the womb of his/her mother.

**ABSOLUTION:** The words said by the priest in the Sacrament of Penance that take away our sins.

**ABRAHAM:** The father of God's chosen people, the Jews.

**ABSTINENCE:** A form of penance such as refraining from eating meat.

**ACT OF CONTRITION:** A prayer in which we tell God we are sorry for our sins.

**ACTS OF THE APOSTLES:** A book of the New Testament written by St. Luke which tells about the history of the early Church during the time of the Apostles and St. Paul.

**ACTUAL GRACE:** Supernatural help from God in which He inspires us to do good and avoid evil.

**ACTUAL SIN:** Sin that we commit ourselves.

**ADAM:** The first man created by God.

**ADORATION:** Giving praise and honor. Adoration is due to God alone.

**ADVENT:** The liturgical season of four weeks before Christmas, during which we prepare for the birth of Jesus.

**ALLELUIA:** Taken from Hebrew meaning "all praise to the God who is". In the Liturgy of the Mass it is repeated as an expression of joy or thanksgiving.

**ALTAR:** A table specifically dedicated to God for the offering of sacrifices. The Holy Mass is usually offered on an altar.

**AMEN:** Yes! This is so.

**ANGEL:** God's special messengers. Pure spirits created by God to praise Him and to help God's people. The word "angel" means messenger.

**ANNUNCIATION:** A Church feast which celebrates the Angel Gabriel's message to Mary that she was to be the Mother of God.

**ANOINTING:** An act of putting oil on someone as a sign that God is giving His strength, power, or healing to him/her.

**ANOINTING OF THE SICK:** The sacrament instituted for the spiritual and bodily strengthening of Christians who are gravely ill.

**APOSTASY:** The act by which a baptized person, after possessing the true Christian faith, totally rejects it.

**APOSTLES:** The 12 men chosen by Jesus to be the first leaders (bishops) of His Church. Jesus sent the apostles to build up the Kingdom of God in His Name.

**APOSTLES' CREED:** A brief statement of fundamental Christian beliefs, formerly attributed to the Apostles themselves. (See "Prayers" appendix for the text of the Apostles' Creed.)

**APOSTOLIC LETTERS:** One of the divisions of writings coming from the Roman Curia. An apostolic letter may be drawn up in the Pope's name, or signed by the Pope, or an encyclical (written by the Pope).

**APOSTOLIC SUCCESSION:** The unbroken chain of bishops from the apostles to the present day.

**ARK:** The boat built by Noah before the flood.

**ARK OF THE COVENANT:** The golden chest containing the Ten Commandments which was carried by the Hebrews during their desert journey to the Promised Land.

**ASCENSION:** When Jesus went up to Heaven 40 days after His resurrection from the dead.

**ASH WEDNESDAY:** The day on which Lent begins and we receive ashes as a reminder to do penance and to live our lives more like Jesus.

**ASSUMPTION:** The taking up of the body and soul of Mary to Heaven.

**ATHEISM:** The denial of the existence of God.

**AVARICE:** Greed. An excessive desire for wealth.

**BAPTISM:** The sacrament which takes away original sin. It gives us the new life of grace, makes us children of God, and members of the Church.

**BAPTISM BY BLOOD:** The possibility of salvation for those who have not received the sacrament of Baptism, but have died as martyrs for Christ.

**BAPTISM OF DESIRE:** The possibility of salvation for those who, through no fault of their own, do not know about the necessity of the sacrament of Baptism in order to enter heaven.

**BEATIFIC VISION:** The act of understanding by which those in heaven see and know God clearly and immediately--as fully as human beings can know.

**BEATITUDE:** The promise of true happiness made by Jesus to those who follow Him faithfully.

**BEATITUDES:** The eight blessings pronounced by Our Lord at the beginning of His Sermon on the Mount (Matthew 5:3-10).

1. "Happy are those who know they are the poor in spirit; the kingdom of heaven belongs to them!"

2. "Happy are those who mourn; God will comfort them!"
3. "Happy are those who are humble; they will receive what God has promised!"
4. "Happy are those whose greatest desire is to do what God requires; God will satisfy them fully!"
5. "Happy are those who are merciful to others; God will be merciful to them!"
6. "Happy are the pure in heart; they will see God!"
7. "Happy are those who work for peace; they will be called God's children!"
8. "Happy are those who are persecuted because they do what God requires; the kingdom of heaven belongs to them!"

**BETHLEHEM:** The town where Jesus was born. Also known as the City of David.

**BIBLE:** The Holy Book that God gave us. It tells about God, His chosen people, the Savior He sent, and the early days of the Church. It is divided into the Old and New Testaments.

**BISHOP:** A leader of the Church who holds the place of an apostle. The bishops are the fathers and shepherds of our souls who rule over an area called a Diocese.

**BLASPHEMY:** The sin of speaking about or to God in a scornful or irreverent way.

**BLESSED SACRAMENT:** The Eucharistic presence (Body and Blood of Jesus) reserved in the Tabernacle in an especially worthy place in the church.

**BLESSING:** A prayer asking God to care for someone or something.

**BODY OF CHRIST:** The Eucharist.

**CAIN:** Adam and Eve's first son. He murdered his brother Abel.

**CALVARY:** The hilltop in Jerusalem where Jesus died.

**CANAAN:** Name given to the promised land of the Hebrews.

**CAPITAL SINS:** The seven principal vices from which all others flow: pride (excessive love of self), covetousness (excessive greed), lust (uncontrolled desire for sexual pleasure), anger, gluttony (uncontrolled desire for food and drink), envy (discontent over the good fortune of others) and sloth (excessive laziness or carelessness--especially in the spiritual life).

**CARDINAL:** A special title given to a bishop.

**CARDINAL VIRTUES:** The 4 chief moral virtues. Taken from the Latin for "hinge", they are the virtues on which all the others depend. They are prudence, justice, temperance, and fortitude.

**CATHOLIC:** A member of the family of God who believes in Jesus and follows the pope and bishops. The word "catholic" means universal or for everyone.

**CELIBACY:** The law in the Western Church forbidding those who are married to be ordained to the priesthood and forbidding those in Holy Orders from marrying. The purpose of this law is to enable those who are ordained to serve God and the Church with a greater singleness of purpose.

**CHARITY:** A supernatural gift which enables us to love God above all else and to love our neighbor out of love for God.

**CHASTITY:** The virtue of ordering our sexual powers in accord with the sixth and ninth commandments.

**CHILDREN OF GOD:** A term describing what we become as a result of receiving a share in God's life (Grace) at Baptism.

**CHOSEN PEOPLE:** The Jews of the Old Testament who were chosen by God to bring the Savior into the world.

**CHRISM:** A special oil blessed by a bishop and used in the sacraments of Baptism, Confirmation and Holy Orders.

**CHRIST:** A Greek title meaning "anointed one". This title was given to Jesus.

**CHRISTIAN:** A baptized follower of Jesus Christ.

**CHRISTMAS:** A Church feast on which we celebrate the birth of Jesus.

**CHURCH:** The group of followers of Jesus who believe the same faith, receive the sacraments, and obey the Pope.

**CHURCH MILITANT:** The members of the Church on earth.

**CHURCH SUFFERING:** The souls in Purgatory.

**CHURCH TRIUMPHANT:** The saints in Heaven.

**CITY OF DAVID:** Another name for Bethlehem.

**CLERGY:** Those persons in the Church who have received the sacrament of Holy Orders: deacons, priests, and bishops.

**COMMANDMENTS:** God's laws of love--Love for God and neighbor. The Ten Commandments are:

1. I am the Lord your God; you shall not have strange gods before me.
2. You shall not misuse the name of the Lord your God.
3. Remember to keep holy the Sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not tell lies against your neighbor.
9. You shall not want to take your neighbor's wife or husband.
10. You shall not want to take your neighbor's possessions.

**COMMUNION:** Means "one with". In Communion we receive Jesus.

**COMMUNION OF SAINTS:** All people, living and dead, who are followers of Jesus. (The Church Militant,

**Suffering and Triumphant)**

**CONFESSION:** Telling one's sins to the priest in the Sacrament of Penance.

**CONFIRMATION:** Sacrament where Jesus strengthens those who have been baptized with the Holy Spirit so they can more firmly spread and defend the Faith by their words and deeds.

**CONSCIENCE:** A judgment that an action is right or wrong based on God's laws.

**CONSECRATION:** The part of the Mass when the priest changes the bread and wine into the Body and Blood of Jesus.

**CONTEMPLATION:** A higher form of affective prayer, above meditation, in which the mind and will are engrossed in sincere concentration on God and love for Him.

**CONTRITION:** Being sorry for our sin.

**CORPORAL WORKS OF MERCY:** The seven acts of compassion and love by which we care for our neighbor's physical needs: to feed the hungry, give drink to the thirsty, clothe the naked, shelter the homeless, visit the imprisoned, visit the sick, bury the dead.

**COVENANT:** A contract between two persons. In the Old Testament, the important covenant was the agreement made between God and the people of Israel. Jesus made a new and eternal Covenant between us and God.

**COVET:** To desire too strongly to possess things which do not belong to us.

**CREATION:** The world, animals, plants, humans, angels--all things made by God from nothing.

**CREATOR:** The one who made everything from nothing--God.

**CREED:** The prayer of faith in which we profess what we believe.

**CULPABLE IGNORANCE:** Not knowing something that one ought to know.

**CURSING:** The sin of expressing hope that evil or harm will happen to someone or something.

**DAVID:** The second king of Israel, the son of Jesse.

**DEACON:** An ordained minister who serves God and the Church by helping the priests and bishops.

**DECALOGUE:** The Ten Commandments.

**DETRACTION:** The sin of telling something that is true, but harmful to another person's reputation without sufficient reason.

**DEVILS:** Those angels who refused to serve God and do His will. They try to lead us away from God.

**DIACONATE:** The degree of Holy Orders made up of Deacons.

**DIOCESE:** An area made up of many parishes and ruled by a Bishop. We live in the Diocese of Arlington.

**DIVINE OFFICE:** The prayer of the Church using psalms, hymns, and readings. It is called the Liturgy of the Hours because parts of it are prayed at different times of the day.

**DIVINE PRAISES:** A litany of praises said after Benediction of the Blessed Sacrament.

**DISCIPLES:** Followers of Jesus.

**DOCTORS OF THE CHURCH:** A title officially given by the Church since the Middle Ages to certain writers of great learning and holiness who have distinguished themselves by their defense, explanation and preservation of the doctrine of the Church.

**DOGMA:** A truth directly proposed by the Church for our belief as an article of Divine Revelation.

**ECUMENICAL COUNCIL:** The gathering of all the world's bishops together with the Pope for a special reason.

**ECUMENISM:** Term referring to the fostering of unity among all Christians.

**EDEN:** The beautiful Garden in which God put Adam and Eve when He created them.

**EASTER:** The day we celebrate the Resurrection of Jesus.

**ENCYCLICAL:** A letter written by the pope to teach the Church about matters of faith, morals, or Church discipline.

**ENVY:** The sin of being resentful or saddened by another's success.

**EPISCOPACY:** The bishops of the Church as a body.

**EUCCHARIST:** The real Body and Blood of Jesus under the appearances of bread and wine.

**EUCCHARISTIC FAST:** Abstinence from food and drink one hour before receiving Holy Communion. Water and medicine do not break the Eucharistic fast. The aged and sick may receive the Eucharist even if they have taken something during the previous hour.

**EUTHANASIA:** The direct and deliberate painless killing or hastening of death for one in great pain. It is a serious sin.

**EVANGELICAL COUNSELS:** The good actions taught and practiced by Jesus. They are poverty, chastity, and obedience.

**EVANGELIST:** The four writers of the Gospels: St. Matthew, St. Mark, St. Luke, and St. John.

**EVE:** The first woman created by God. Eve was the wife of Adam.

**EX CATHEDRA:** A Latin phrase which means literally "from the chair of authority". This is the term used

to indicate when the Pope is speaking infallibly.

**EXODUS:** Name given to the journey of the Jews from Egypt to the Promised Land. It is also the name of the second book of the Old Testament, which tells about this journey.

**EXORCISM:** The special and powerful ceremony of the Church by which the devil, or his evil influence, is driven away from a person. All Catholics are exorcised at Baptism.

**EXPOSITION OF THE BLESSED SACRAMENT:** The ceremony in which the Sacred Host is placed in a monstrance on the altar for adoration.

**FAITH:** A gift from God by which we believe in God and trust in His word.

**FATHER:** The name Jesus used for God to show that God cares for all people as a loving parent; the First Person of the Trinity.

**FATHERS OF THE CHURCH:** Saintly writers of the early centuries who are recognized by the Church for their holiness and scholarship.

**FALSE WITNESS:** Giving untrue testimony about another; lying about someone.

**FAST/FASTING:** Doing penance by eating less food than usual.

**FATHER:** Term used to refer to the First Person of the Blessed Trinity.

**FEAST/FEASTDAY:** One of several days set aside by the Church for giving special honor to God, Mary, the saints, or sacred mysteries and events. Their purpose is to remind us of the important mysteries and persons of our faith.

**FIXED FORMULA PRAYER:** The recitation of a fixed formula or memorized prayer, such as the Our Father, Hail Mary, etc.

**FLATTERY:** False praise.

**FORGIVENESS:** The act of pardoning someone who has done something wrong.

**FORM (of a Sacrament):** The proper words to be used for a Sacrament in order for it to be celebrated validly.

**FORTITUDE:** The moral virtue which enables us to confront difficulties or dangers with courage and hope.

**FRAUD:** The sin of deceiving another in order to deprive him/her of something he/she rightfully owns.

**FREE WILL:** The ability to make a choice.

**FRUITS OF THE HOLY SPIRIT:** The 12 signs of a healthy Christian life. They are: charity, joy, peace, patience, kindness, goodness, continence, mildness, fidelity, long-suffering, modesty, and chastity.

**GABRIEL:** The angel who came to Mary and announced to her that she would be the mother of Jesus.

**GENERAL JUDGMENT:** The judgment of the entire human race at the end of the world.

**GENEROSITY:** Virtue practiced by one who acts unselfishly and cheerfully for the benefit of others.

**GENTILES:** People who are not Jews.

**GENUFLECTION:** A sign of reverence we make when we are in front of the tabernacle. We genuflect by touching the right knee to the ground.

**GIFTS OF THE HOLY SPIRIT:** Blessings we receive at Baptism and Confirmation to help us live and act as Christians. The 7 Gifts of the Holy Spirit: Wisdom, Understanding, Knowledge, Counsel, Fortitude, Piety and Fear of the Lord.

**GOD:** The Supreme Being who is infinitely perfect.

**GOD THE FATHER:** The first Person of the Blessed Trinity.

**GOD THE HOLY SPIRIT:** The third Person of the Blessed Trinity.

**GOD THE SON:** The second Person of the Blessed Trinity who became man in order to save us from our sins.

**GOOD FRIDAY:** The Friday before Easter when we remember Jesus' death on the cross.

**GOOD NEWS:** The message of God's saving love for us as told to us by Jesus.

**GOOD SAMARITAN:** Someone who helps others in need.

**GOOD SHEPHERD:** A name for Jesus because He takes care of us like a shepherd cares for his sheep.

**GOSEL:** One of the 4 accounts of the life, death, and Resurrection of Jesus in the New Testament. (Matthew, Mark, Luke, John) Gospel comes from 2 words: "god" and "spell"--"good news".

**GOSSIP:** The sin of useless and worthless talk about others.

**GRACE:** A gift from God which gives us a share in His Divine Life.

**GUARDIAN ANGEL:** A special angel given to each of us by God to help us.

**HEAVEN:** Eternal life and happiness with God forever. Heaven is for those who have died in the state of grace.

**HEBREWS:** Another name for the people of Israel.

**HELL:** The place where someone goes who has turned away from God by mortal sin. It is eternal separation from God.

**HERESY:** The willful denial of a truth of the Faith.

**HERO:** A person idealized or held in esteem for superior qualities and deeds. The Saints are examples of our heroes.

**HIERARCHY:** A ranking of those in authority. In the Church the hierarchy is the Pope and the Bishops under him. It is their duty to teach, govern, and sanctify in Christ's name.

**HOLY:** Being like God; all people are called to holiness.

**HOLY COMMUNION:** The bread and wine that are changed into the Body and Blood of Jesus at Mass.

**HOLY DAYS OF OBLIGATION:** A special feast, besides Sunday, when Catholics are required to participate at Mass and refrain from work. The six Holy Days of Obligation are:

1. Solemnity of Mary, Mother of God (January 1)
2. Ascension Thursday (During the Easter season - 40 days after Easter)
3. Assumption of Mary (August 15)
4. All Saints Day (November 1)
5. Immaculate Conception (December 8)
6. Christmas (December 25)

**HOLY EUCHARIST:** The sacrament in which Jesus comes to us in the form of bread and wine--the Body and Blood of Jesus.

**HOLY FAMILY:** Jesus, Mary and Joseph.

**HOLY ORDERS:** The sacrament by which Jesus gives a man the grace and spiritual power to celebrate Mass, forgive sins, and make others holy.

**HOLY SPIRIT:** The third Person of the Blessed Trinity.

**HOMILY:** The explanation of God's Word by the priest or deacon at Mass.

**HONOR:** To respect and reverence someone or something.

**HOPE:** The supernatural gift given to us at Baptism that helps us trust that God will give us what we need to be able to share life with Him in heaven.

**HYPOSTATIC UNION:** The mystery that in Christ the divine and human natures are united in the second Person of the Blessed Trinity.

**IDOLATRY:** Giving honor and worship to a creature instead of God.

**IMMACULATE CONCEPTION:** The doctrine that Mary, the mother of Jesus, was from the instant of her conception free from all stain of sin. This feast is celebrated on December 8.

**IMPIETY:** The sin of lacking reverence or proper respect for God.

**IMPURITY:** Sexual pleasure in thought or action that is against the 6th or 9th commandments.

**INCARNATION:** The truth that God the Son became man.

**INDEFECTIBILITY:** The truth that the Catholic Church will last until the end of the world.

**INDULGENCE:** The taking away of the punishment that our sins deserve. We can do this on earth through our prayers, penance, and good works, or we can make up for our sins in Purgatory.

**INFALLIBILITY:** The truth that the Catholic Church, by the power of God, is kept free from teaching any error in faith (what we must believe) and morals (how we are to act). Only the Pope, and the Bishops in union with the Pope can teach us infallibly.

**INITIATION:** Becoming a part of the Church. The sacraments of Baptism, Confirmation and Eucharist are the Sacraments of Initiation.

**INSPIRATION:** The special help which God gave to those who wrote the books of the Bible. They were inspired by God to write the truths He wanted written.

**INTERCESSION:** The praying by one person on behalf of another.

**INTERCESSOR:** Someone who pleads or prays for another.

**INVALID MARRIAGE:** A marriage that in the eyes of God did not take place because something essential was missing from it at the time the couple exchanged their vows. For example, if the couple did not intend marriage in accord with God's plan—life-long mutual love, fidelity, or openness to children.

**ISAAC:** The only son of Abraham and Sarah. To test Abraham's faith God ordered that he kill Isaac. Abraham was ready to obey, but God stopped him. Isaac became the father of Jacob and Esau.

**ISAIAH:** One of the great prophets of the Old Testament. He foretold many things about the coming of Jesus.

**ISRAEL:** The new name that God gave to Jacob. The Jewish people were named after him.

**ISRAELITES:** The descendants of the patriarch Jacob (Israel); later called the Jews.

**JERUSALEM:** The city David conquered after becoming king. King Solomon built the first temple in Jerusalem. Jesus taught in Jerusalem and it is here that He was crucified, died and rose again.

**JESSE:** The father of King David.

**JESUS:** The Son of God; the second Person of the Trinity who became man and died for our sins.

**JEWS:** The people who follow the traditions of the Old Testament and are still awaiting the Messiah.

**JOHN THE BAPTIST:** The last and the greatest of the prophets before Jesus.

**JORDAN RIVER:** The main river of Israel. Jesus was baptized in the Jordan by His cousin John the Baptist.

**JOSEPH:** The foster father of Jesus and husband of Mary.

**JOSEPH:** The favorite of Jacob's 12 sons whose envious brothers sold him into slavery in Egypt, but he saved the chosen people from famine.

**JOSHUA:** The man who took Moses' place and led the Hebrews into the Promised Land.

**JUDEA:** The southern part of Israel where Jerusalem and Bethlehem are located.

**JUDGES:** The non-hereditary rulers of the Israelites, for example, Gideon and Sampson.

**JUSTICE:** Giving to each what is due to them; being fair.

**KINGDOM OF GOD:** In this world, God's Kingdom is His Church; in the next world, it is heaven.

**LAITY:** The members of the Church who have not been ordained or who do not belong to a religious community.

**LAST SUPPER:** Jesus' last meal with the Apostles where He changed the bread and wine into His Body and Blood and commanded the Apostles to do the same. The Last Supper was the First Mass.

**LAW:** A rule that tells us how to act.

**LECTERN:** The reading desk from which Scripture is read.

**LENT:** A 40 day period of preparation before Easter where we follow Jesus more closely by giving special time to prayer, good deeds and penance.

**LITANY:** A prayer which consists of statements or petitions alternating with a response, such as "St. Joseph, pray for us".

**LITURGICAL YEAR:** The annual cycle of the Church year during which the principal mysteries of our Faith are celebrated.

**LITURGY:** The official worship of the Church.

**LITURGY OF THE EUCHARIST:** The second and most solemn part of the Mass where Jesus becomes present and the actual Sacrifice takes place and where we receive Christ in communion.

**LITURGY OF THE HOURS:** See the "Divine Office."

**LITURGY OF THE WORD:** the first part of the Mass in which God's Word is read and then explained to us in the homily.

**LOVE OF GOD:** The greatest command given to us by Christ; it summarizes the first three commandments.

**LOVE OF NEIGHBOR:** The second great command given to us by Christ; a summary of the last 7 commandments.

**MAGISTERIUM:** The official teaching authority of the Church, which is exercised by the pope alone and by

**the bishops in union with the pope.**

**MANGER:** The wooden box used to feed animals. Mary used a manger for baby Jesus' bed.

**MANNA:** The name given by the Hebrews to the bread God sent them from Heaven while they were wandering in the desert.

**MARKS OF THE CHURCH:** The four special signs that point out the true Church of Jesus Christ. These are found in the Nicene Creed as one, holy, catholic, and apostolic. Only in the Catholic Church can all four of these marks be found.

**MARTYR:** A follower of Jesus who dies as a witness to the Faith.

**MARRIAGE:** The sacrament where a baptized man and woman become husband and wife. God gives them His grace to love and help one another and their children.

**MARY:** The Mother of Jesus and therefore, the Mother of God.

**MASS:** The sacrifice of Jesus on the Cross offered by the priest in our Church. It is also the sacred meal in which we receive Jesus.

**MATTER (of the Sacraments):** Part of the outward sign of the Sacraments. It is the material or action of a sacrament that can be perceived by the senses.

**MEDIATOR:** Someone who is a "go-between" for others. Jesus is the one true mediator between God and mankind.

**MEDITATION:** A type of mental prayer where one reflects on a particular subject in order to stir the will to make acts of faith, love, etc., and to form resolutions to better one's life.

**MEMORIAL:** The recalling or remembrance of a past event.

**MENTAL PRAYER:** Prayer said interiorly, uniting our heart and mind with God while reflecting on His holy truths.

**MERCY:** Loving care and forgiveness.

**MESSIAH:** The promised Savior of the people of Israel.

**MINISTER:** To serve others or the name of one who serves others.

**MIRACLE:** An event that takes place outside of the ordinary working of nature's laws. A miracle is something only God can do.

**MISSIONARY:** One who brings the Catholic Faith to others.

**MODERATION:** A virtue possessed by one who is able to distinguish between what is reasonable and what is self-indulgent in accord with upright principles.

**MODESTY:** A virtue whereby one recognizes the value of his/her own privacy and respects that of others.

**MONSIGNOR:** An honorary title given by the Pope to particular priests in recognition of their service to the Church.

**MONSTRANCE:** A beautiful holder for the Host used in benediction.

**MORALITY:** Term referring to whether a human action is right or wrong.

**MORAL LAW:** The law of right and wrong for humans.

**MORAL LIFE:** Term referring to the aspect of one's life dealing with right and wrong.

**MORNING OFFERING:** A prayer we say at the beginning of each day and in which we offer all we think, do and say to God.

**MORTAL SIN:** A serious offense against the law of God which destroys the life of grace in a person's soul.

**MISSION:** The work a person is sent to do. The mission of the Church is to teach truth and dispense grace in Jesus' name.

**MISSIONARY:** A person who brings the message of Jesus to others.

**MOSES:** A great prophet of the Old Testament who led the Israelites out of slavery in Egypt. God gave Moses the Ten Commandments on Mount Sinai.

**MURDER:** The sin of deliberately taking the life of an innocent person.

**MYSTERIES OF THE ROSARY:** The events in the lives of Jesus and Mary upon which one is to meditate when reciting the Rosary. (See "Prayers" appendix)

**MYSTICAL BODY:** The Church with Christ as the head and the faithful as the members. It is called "mystical", meaning spiritual, and reminds us of the supernatural character of the Church.

**MYSTERY:** A truth we cannot fully understand, but we believe because God has told us it is true.

**MYSTICAL BODY OF CHRIST:** Another name for the Church which emphasizes the union of all the members working for the good of the whole Body.

**NATIVITY:** Another word for human birth. We celebrate the nativity of Jesus on Christmas, December 25.

**NATURAL LAW:** The basic moral law which God has placed in human nature and which we can discover by reason.

**NATURE:** What a thing is; what it is able to do.

**NAZARETH:** The town where Jesus lived with Mary and Joseph.

**NEW COVENANT:** The law of Jesus Christ which has fulfilled and infinitely surpassed the Old Covenant of

**Moses.**

**NEW TESTAMENT:** The second and most important section of the Bible. It has 27 books and tells us about the life, teachings, death, and Resurrection of Jesus Christ.

**NICENE CREED:** The Profession of Faith we say at every Sunday Mass.

**NOAH:** The man God saved in the ark when He sent the great flood to cleanse the earth of sin.

**NOVENA:** Nine days of public or private prayer for some special occasion or intention.

**OATH:** Calling on God to witness that what we say is true.

**OBEDIENCE:** To do what we are told; to live according to God's laws.

**OBLATION:** The offering of something in the act of worship.

**OCCASION OF SIN:** Any person, place or thing that would tempt us to sin.

**OFFERTORY:** The part of the Mass where bread and wine are brought to the altar to become the Body and Blood of Jesus.

**OLD TESTAMENT:** The first section of the Bible which tells us about creation, the fall of man, and God's preparation of the Chosen People for the coming of the Redeemer. It is composed of 46 books.

**OMISSION:** Not to do something that we should have done.

**ORDAINED:** To be given a special role; bishops, priests and deacons are ordained to do the work of God in the sacrament of Holy Orders.

**ORDINARY TIME:** The liturgical season of the Church between Pentecost and Advent. It is marked by the liturgical color of green, which symbolizes hope.

**ORIGINAL SIN:** The first act of disobedience to God committed by Adam and Eve, our first parents. Because of original sin, the human race was separated from God, denied entrance into heaven and born without Grace.

**PAGAN:** A person who does not believe in the one, true God.

**PAPAL PRIMACY:** The supreme and universal authority of the Pope over the whole Church.

**PARABLE:** A story that has a special lesson to learn. Jesus often taught by using parables.

**PARACLETE:** A title for the Holy Spirit. It means someone who pleads on behalf of someone else. The Holy Spirit pleads for us before God.

**PARISH:** A community of Catholics who gather in the same Church to pray together. A parish is led by a pastor.

**PARTICULAR JUDGMENT:** The individual judgment of each person by Christ at the moment after death.

**PARTS OF THE MASS:** The two major divisions of the Mass: the Liturgy of the Word and the Liturgy of the Eucharist.

**PASCHAL MEAL:** Another term for the Eucharist.

**PASCHAL MYSTERY:** Refers to the suffering, death, and Resurrection of Jesus by which we are saved from our sins.

**PASSION:** The suffering of Jesus.

**PASSOVER:** The ancient Jewish ceremonial supper which recalls the Exodus from Egypt.

**PASTOR:** The priest who leads the people of a parish.

**PATRIARCH:** A title given to the founding fathers of the Jewish people in the Old Testament: Abraham, Isaac, Jacob and Joseph.

**PATRON SAINT:** A special saint chosen to intercede for a particular person or group.

**PENANCE:** The sacrament in which all sins committed after Baptism are forgiven. It is also something done to make up for sin.

**PENTECOST:** The coming of the Holy Spirit to the Apostles 50 days after Jesus' Resurrection.

**PEOPLE OF GOD:** A title for the Church which reminds us that the Church is a visible community of people chosen by God to be His own.

**PERSEVERANCE:** A virtue whereby one persists in the achievement of a goal set for oneself--despite difficulties.

**PERSON:** An individual being with an intellect and a free will.

**PETER:** The leader of the apostles. Jesus made him the first pope.

**PHARAOH:** A ruler in ancient Egypt.

**PHARISEES:** A Jewish group at the time of Jesus that was concerned about following the Jewish law very strictly and forgot about the law as love of God and others.

**PILGRIM CHURCH:** A title for the Church which reminds us that we are pilgrims, people on a spiritual journey to heaven. It reminds us that life on earth is only a temporary thing and heaven is our true home.

**PLAGUES:** A disastrous evil or affliction.

**POPE:** The chief leader and supreme teacher of the Catholic Church; he takes the place of Jesus on earth.

**PRAISE:** The kind of prayer that tells God how great and good He is.

**PRAYER:** The raising of one's mind and heart to God; talking to God.

**PREACHING:** Sharing the good news with others.

**PRECEPT:** A rule or command.

**PRECEPTS OF THE CHURCH:** The Seven Laws of the Church are:

1. Celebrate Christ's resurrection every Sunday (or Saturday evening) and on holy days of obligation by taking part in Mass and avoiding unnecessary work.
2. Lead a sacramental life. Receive Holy Communion frequently and the sacrament of Penance, or Reconciliation, regularly. We must receive Holy Communion at least once a year at Lent-Easter. We must confess within a year, if we have committed serious, or mortal sin.
3. Study Catholic teaching throughout life, especially in preparing for the sacraments.
4. Observe the marriage laws of the Catholic Church and give religious training to one's children.
5. Strengthen and support the Church: one's own parish, the worldwide Church, and the Holy Father, the Pope.
6. Do penance, including not eating meat and fasting from food on certain days.
7. Join in the missionary work of the Church.

**PRIEST:** An ordained minister of the Church who serves God and the people by preaching God's word and administering the sacraments.

**PRIESTHOOD:** The body of those who are priests.

**PROFESSION OF FAITH:** A declaration of the firmness of one's belief.

**PROPHECY:** God's message to His people.

**PROPHET:** A messenger chosen by God to speak to His people for Him.

**PROVIDENCE:** The virtue by which one directs oneself and one's affairs according to right reason, giving thought to one's actions and their consequences. A prudent person weighs favorable and unfavorable possible outcomes and then decides how to act in light of God's plan.

**PRUDENCE:** The moral virtue which helps the intellect choose the best means for attaining its ends.

**PSALMS:** Prayer-poems and hymns inspired by God in the Old Testament.

**PURGATORY:** A place of suffering after death which purifies our souls and helps them to make up for sins committed while they were alive.

**RASH JUDGMENT:** The sin of judging another's behavior as wrong without enough evidence.

**REAL PRESENCE:** The term which expresses our belief that Jesus is really and truly present in the Holy Eucharist.

**RECONCILIATION:** Making peace; restoring friendship between two or more persons.

**REDEEM:** To free someone from slavery by buying freedom for the person. Jesus redeemed us from slavery to sin and the devil by His death and resurrection.

**REDEEMER:** Title given to Jesus since He freed us from sin.

**REDEMPTION:** The act of Christ (His passion-death-resurrection) which repaid the infinite debt of mankind to God, restored grace, and opened heaven for the human race.

**RELIGIOUS COMMUNITY:** A group of men or women who make vows, or solemn promises to follow Jesus through prayer and service.

**RELIGIOUS CONSECRATION:** The act whereby one dedicates himself/herself to God through the religious vows of poverty, chastity, and obedience.

**REPENT:** To turn away from sin and to turn back to God.

**RESPECT:** To think highly of someone and show respect for them.

**RESPONSIBILITY:** Virtue by which one accepts the consequences of his/her actions.

**RESURRECTION:** When Jesus rose from the dead on Easter Sunday.

**REVELATION:** The truths of the Faith which God has made known to us through Scripture and Church Tradition.

**REVERENCE:** The respect that is due to God and others because they are in God's image.

**RITE:** A distinction within the Church according to the manner in which the Liturgy is celebrated. There are nine such rites in the Church--among which are the Roman (Latin) and Byzantine Rites.

**ROSARY:** A special prayer honoring Mary, the Mother of God.

**SABBATH:** A day of rest and worship; celebrated on Saturday by the Jews and Sunday by Christians.

**SACRAMENT:** An outward sign, instituted by Jesus Christ, to give us grace.

**SACRAMENTS OF INITIATION:** Baptism, Eucharist, and Confirmation.

**SACRAMENTAL GRACE:** The supernatural help we receive from God through the sacraments which helps fulfill the purpose of the particular sacrament. For example, Matrimony helps the couple to be good spouses and good parents.

**SACRAMENTAL SIGNS:** The form and matter of a sacrament which determine its validity.

**SACRED:** Holy or divine.

**SACRIFICE:** Something that is offered to God. At Mass we offer Jesus to the Father as a sacrifice for our sins.

**SACRIFICE OF THE MASS:** The greatest worship the Church gives to God. The priest offers God the most precious gift we have: the Body and Blood of Jesus Christ.

**SACRILEGE:** A serious mistreatment of people, places, or things that have been consecrated to God.

**SAINT:** A holy person who loved God very much on earth and now lives with Him in heaven.

**SALVATION:** Being saved; living with God in heaven.

**SALVATION HISTORY:** The story of how God has entered human history in order to save us.

**SANCTIFYING GRACE:** The life of God in our souls by which we are made the adopted children of the Father, brothers and sisters of Christ, and temples of the Holy Spirit.

**SANCTITY:** Holiness

**SANCTUARY LAMP:** A special light that always burns by the tabernacle to let us know that Jesus is there in the Eucharist.

**SAUL:** The first King of Israel who was good at first, but then turned away from God.

**SAVIOR:** Jesus is our Savior because He saved us from sin and death by His death and resurrection.

**SCANDAL:** The sin of giving bad example which leads another into sin.

**SCRIPTURE:** A word used for the Bible - both the Old and New Testaments. The word literally means writing and is used for the written word of God.

**SECOND COMING:** The return of Jesus at the end of the world as He promised at His ascension.

**SELF-DENIAL:** The act of giving up something we desire for a higher motive.

**SENSUS FIDELIUM:** A Latin phrase which means "the sense of the faithful". This refers to what has been believed and practiced by the faithful throughout the life of the Church.

**SERMON ON THE MOUNT:** The sermon preached by Christ in the first few months of His ministry which sounds the keynote of His new teaching. It can be found in Matthew 5:1-7:29.

**SERVE:** To do what God wants us to do; to do God's work.

**SEVEN GIFTS OF THE HOLY SPIRIT:** 7 supernatural powers received at Baptism and strengthened at Confirmation: wisdom, understanding, knowledge, counsel, fortitude, piety, and fear of the Lord.

**SIN:** Any wrong that we do; going against the will of God. Sin turns us away from God.

**SINAI:** A mountain near the Red Sea where God gave Moses the Ten Commandments.

**SLANDER:** The sin of saying something false about another which harms his or her reputation.

**SOLOMON:** The third King of Israel; the son of David and Bathsheba. He was known for his wisdom and built the Temple in Jerusalem.

**SON OF GOD:** A title of Jesus which reminds us that He is both God and man; Divine and human.

**SORROW FOR SIN:** Being sorry for and turning away from the sins one has committed.

**SOUL:** The spiritual part of the human person which enables us to know and to choose freely. Our soul lives forever and makes us be in God's image.

**SPIRITUAL WORKS OF MERCY:** The seven acts of compassion and love by which we care for our neighbor's spiritual needs: to admonish the sinner, instruct the ignorant, counsel the doubtful, comfort the sorrowful, bear wrongs patiently, forgive all injuries, pray for the living and the dead.

**SPONTANEOUS PRAYER:** A type of prayer which comes to one's lip because of a situation in which one finds oneself; praying in one's own words rather than with a fixed formula.

**STATE OF GRACE:** Being free of mortal sin and possessing God's grace.

**STATIONS OF THE CROSS:** A devotion in honor of the passion of Our Lord which consists in moving from one to another of the 14 crosses (or stations) and praying and meditating before each one (See "Prayer" appendix)

**STEALING:** The sin of taking something from someone that doesn't belong to you. It is against the 7th commandment.

**STEWARDSHIP:** Caring for God's creation; acting as His representative.

**SUICIDE:** The sin of taking one's own life. A serious sin against the 5th commandment. (If someone commits suicide without full knowledge and freedom, his/her responsibility before God is lessened.)

**SUPERNATURAL:** Something that is above the powers of man or of nature. A supernatural event is done only by God.

**SUPERSTITION:** Belief that creatures possess powers that only God has.

**SUPPLICATION:** A prayer of petition.

**SYNAGOGUE:** Place where Jewish people meet to pray and study.

**SYNOD:** An assembly or meeting of members of the clergy.

**TABERNACLE:** The special place in our Church where the Blessed Sacrament is kept.

**TEMPERANCE:** The moral virtue which enables us to control our passions and desires.

**TEMPLE:** The center in Jerusalem where the Jews worshipped God.

**TEMPTATION:** The urge to commit sin. We are tempted in 3 ways: by the world, the flesh and the devil.

**Temptations are not sinful in themselves; only by giving in to them do we commit sin.**

**TEN COMMANDMENTS:** The laws given to us by God.

**THANKSGIVING:** A prayer of thanks to God for all He has given us.

**THEOLOGICAL VIRTUES:** The virtues of Faith, Hope, and Charity which are infused into our soul at Baptism. They are called theological because they come from God and are directed back to Him.

**TOWER OF BABEL:** Tower built by the proud people who thought they could do things without God's help. God confused their language and they had to abandon their tower.

**TRADITION:** The entire body of Christ's teachings that was preached by the apostles and passed down from one generation to another without alteration.

**TRANSUBSTANTIATION:** The complete change of substance of the bread and wine into the Body and Blood of Christ at the Consecration of the Mass.

**TREE OF LIFE:** A tree in the middle of the Garden of Eden. Whoever ate of its fruit would live forever.

**TREE OF KNOWLEDGE OF GOOD AND EVIL:** A tree in the Garden of Eden from which God forbade Adam and Eve to eat as a test of their love and obedience.

**TRIBE:** The families of Jacob's 12 sons.

**TRINITY:** The mystery of God; that He is three persons in one divine nature.

**TRUTH:** When what we say is the way things really are.

**USURY:** The sin of taking excessive interest for a loan of money.

**VENERATE:** To give honor and respect to someone. We venerate the saints and Mary because of their example and their holiness. This is different from homage and worship, which is given to God alone.

**VENIAL SIN:** A small or slight offense against the will of God.

**VESTMENT:** Literally means "clothing". In the Church it refers to the special garments worn by the bishops, priests and deacons when exercising their official priestly duties.

**VIATICUM:** Holy Communion given to someone in danger of death.

**VICAR:** Someone who acts for or in the name of another person. In the Church, the Pope is the vicar of Christ on earth.

**VICE:** An evil habit that leads to sin. It is the result of repeated sinful acts.

**VIRTUE:** From the Latin meaning "strength". A virtue is a good habit which enables a person to perform good actions easily and to avoid bad actions.

**VOCAL PRAYER:** Prayer said with spoken words alone or with others.

**VOCATION:** A call from God to serve Him in a specific way. Marriage, priesthood, religious life, and committed single life are all vocations.

**VOLUNTARY DOUBT:** The sin of willfully doubting some religious truth when there is enough reason to believe it.

**VOW:** A solemn promise made to God of something good and pleasing to Him.

**WITNESS:** To tell others about Jesus by words and actions.

**WORSHIP:** Giving honor, praise, and sacrifice to God.

**YAHWEH:** God's name which He revealed to Moses. In Hebrew it means "I AM".

**"YES TO GOD":** A phrase used to denote assent and submission to God's will.