

PARISH CCD RELIGIOUS EDUCATION CURRICULUM

Grades 1-8



Diocese of Lincoln – Nebraska

Diocesan Parish Religious Education Program

2014

This curriculum is designed to correspond, chapter by chapter, with the *Faith and Life Series* published by Ignatius Press but in a manner that condenses the material to make it more manageable for CCD teachers.

The content of the *Faith and Life Series* textbooks while very good is designed for five religion classes per week, which is obviously far more than a CCD teacher can reasonably teach in one class. To address this issue the Parish CCD Curriculum offers three to six points that a teacher can focus on for a given chapter. Referenced in each point of the curriculum is the lesson number where the content and instructional ideas for each class may be found. For example, while chapter seven in the sixth grade teacher's manual lists ten points/objectives, the Parish CCD Curriculum limits it to five. Here is an illustration from the Parish CCD Curriculum:

Faith and Life Series

Grade 6

Following Christ

Chapter 7 The Cross and True Riches

1. Self-denial means sacrificing our own will or something we desire, for the sake of the Kingdom of God. L1
2. The doctrine of the Cross calls us to die to our sinful ways, so that we may live in Christ. L2
3. Penance is something done to make up for our sins. L3
4. Fasting and abstinence are forms of penance. Fasting is eating less food than usual or no food at all. Abstinence is avoiding eating certain food, such as meat. L3
5. The two penitential seasons in the Church's liturgical year are Advent and Lent. On Fridays, Catholics practice voluntary penance. L4

L1 means that the objective and the means of developing it are found in lesson 1 of chapter 7 in the 6th grade teacher's manual. L4 means the information is found in lesson 4. Hopefully, the smaller number of points/objectives will enable CCD teachers to prepare for class more peacefully and to teach our students in greater depth.

The objectives are not meant to limit the teacher, but rather to assist in providing a focus on the most important material to be taught in a limited amount of time.

Chapter 1 God is Our Father

*In Grade One, the teacher will provide the following Catechesis:
Please cover questions 1-9 and 92 of the 92 Questions.*

1. God is our Heavenly Father, who created us because He loves us. L1
2. God shows that He loves us by taking care of us and giving us good things. L1
3. We should thank God for the good things He gives us. L3
4. When we talk to God in prayer, we can use our own words, and we can pray the Our Father. L4
5. We should love everyone in the family of God. L4

92 Questions: #1, 2, 3

Chapter 2 Heaven is Our Home

1. Heaven is God's home, the place of perfect happiness. L1
2. Saints and angels live with God in Heaven. L1, L2
3. The earth is our temporary home. If we love God, after we die we will go to Heaven to live with God forever.. L2
4. The Sign of the Cross reminds us of who God is and what Jesus did to open the gates of Heaven for us. L3
5. Angels and Saints come down to earth to worship during the Mass. L4

92 Questions #92

Chapter 3 God Watches Over Everything

1. God is in all places. He is all powerful, all knowing, and all good. L1
2. God is our Creator. God can make things out of nothing. L2, L3
3. Angels are invisible spirits created by God to be His helpers. L4
4. The bad angels who turned away from God are called devils. L4

Chapter 4 God's Special Gifts

1. Every human person has a body and a soul. L1
2. The body will die but the soul will live forever. L2
3. Man is the only earthly creature with a soul that will live forever. L2
4. To be happy with God forever in Heaven: we must know, love, and serve God in this world. L3
5. Everyone has a guardian angel who helps us to know, love, and serve God. L4

Chapter 5 Adam and Eve

1. Adam and Eve were the first man and woman. God created them. L1
2. Adam and Eve lived in the Garden of Eden; they were happy and at peace. L1
3. The best gift God gave Adam and Eve was grace, His own life in their souls. L3
4. Grace makes man become a child of God and His friend. L4

Chapter 6 A Sad Story

1. Sin is saying no to God by thinking, saying, or doing something bad. L1
2. Adam and Eve committed the first sin on earth. The devil tempted Adam and Eve, and he tempts us too. L1
3. Because of their sin, Adam and Eve lost God's grace, Heaven, and their happy life in the Garden of Eden. L2, L3
4. Because of Adam and Eve's sin, we are all born with Original Sin and without grace. L3
5. God still loved Adam and Eve. He promised to send a Savior. L4

Chapter 7 A Time of Waiting

1. To be obedient to God means to always do what God asks. L1, L2
2. God called Noah to build an ark. Noah obeyed and his family was protected during the flood. L1
3. Abraham trusted and obeyed God even though it was difficult. L2
4. Faith is the gift that helps us to believe all God tells us. L3

Chapter 8 Getting Ready for the Savior

1. The prophets were holy men who prepared people for the coming of the Savior. L1
2. Moses was the first prophet and through him God gave us the Ten Commandments. L2, L3
3. The Ten Commandments are God's law for each of us. They teach us how God wants us to live. L3
4. John the Baptist was the last prophet; he prepared the people for the Savior. L4
5. John the Baptist's baptism did not take away Original Sin. It was just a sign that people were sorry for their sins and a way of preparing for the Savior. L4

Chapter 9 Mary Hears Some Wonderful News

1. Immaculate Conception: Mary was prepared by God to give birth to the Savior. L1
2. Annunciation: Mary said yes to God and is a model for us to follow. L2
3. Visitation: Mary went to help Elizabeth. L3
4. The Rosary is Mary's special prayer; she wants us to say it each day. L4

Chapter 10 The Savior is Born

1. Jesus was born in a stable in Bethlehem and laid in a manger. L1, L2
2. Angels told the shepherds about Jesus' birth. L2
3. Jesus is the Second Person of the Blessed Trinity. He is the Son of God made man. L3
4. Jesus was born to save us from sin and to open the gates of Heaven. L3
5. To worship God means to love Him and praise Him. L3

Chapter 11 The Three Wise Men Arrive

1. Jesus came to save everyone. L1
2. The wise men came to worship Jesus, and to kneel before Him and offer gifts. L1, L4
3. We can kneel before Jesus and worship Him in the Blessed Sacrament. L2
4. We can offer Jesus our prayers, works, joys, and sufferings each day. L3, L4

Chapter 12 Jesus Grows Up

1. Saint Joseph took Jesus and Mary to Egypt to protect them from Herod. L1
2. Saint Joseph was Jesus' foster-father. He protected and provided for his family. L2
3. The fourth commandment teaches us to honor our father and mother. L3, L4
4. Through the example of His own family life, Jesus teaches us to love our parents, to help them, to learn from them, and to obey them. L4

Chapter 13 Jesus Begins His Work

1. Jesus taught people about God's love for man. L1
2. Jesus had a special love for children. L2
3. Jesus called the twelve Apostles to help share His message. L3
4. Saint Peter was the head of the Apostles. His successor is the Pope. L4
5. The Apostles' successors are the Bishops. Priests help the bishops. L4

Chapter 14 Jesus Tells the Good News

1. The Good News tells of God's love for everyone. L1
2. Jesus and His Apostles taught the Good News by word and deed. L2
3. The Good News is in the Bible and is called the Word of God. L3
4. The first part of the Bible, which tells of God's preparing His people for Jesus' coming, is called the Old Testament. L3
5. The second part of the Bible, which begins with Jesus' life, is called the New Testament. L3
6. The Gospels are part of the New Testament which tell us what Jesus said and did. L4

Chapter 15 Jesus Does Wonderful Things

1. Jesus performed miracles to show He is the Son of God and that He loves all people. L1
2. Jesus performed miracles of feeding, healing, and forgiving. L1, L3, L4
3. Today, Jesus still feeds, heals, and forgives through the Sacraments. L1, L4

Chapter 16 We Believe in Jesus

1. To believe means to accept that what someone says is true. L1
2. Faith is the gift from God that helps us to believe all that God tells us. L1
3. The healing of the blind man and the healing of the centurion's son teach us about faith. L2, L3
4. Jesus desires that we have faith in Him. Faith helps us to please God and obtain Heaven. L4

Chapter 17 The Best Gift of All

1. At the Last Supper, Jesus changed the bread and wine into His Body and Blood. L1
2. The Apostles received from Christ the power to change bread and wine into the Body and Blood of Jesus. L2
3. Today, priests have the power to change the bread and wine into the Body and Blood of Jesus at the Mass. L2
4. Holy Communion is a special gift because Jesus comes to live in us. L3

Chapter 18 Jesus Dies For Us

1. Jesus suffered and died for the sins of man. He was beaten, teased, crowned with thorns, made to carry His Cross, and crucified. L1, L2
2. Jesus suffered to make up Adam's sin and our sins, and to open the gates of Heaven. L4
3. Jesus was different from Adam in that: L4
 1. Adam disobeyed God; Jesus obeyed God.
 2. Adam gave us Original Sin; Jesus took away Original Sin.
 3. Adam closed the gates of Heaven; Jesus opened the gates of Heaven.
 4. Adam offended God; Jesus pleased Him.
4. Mary stood at the foot of the Cross and suffered with Jesus. Jesus gave us Mary to be our mother. L3

Chapter 19 Jesus Was Raised to New Life

1. Jesus' body remained buried for three days. L1
2. The Resurrection is Jesus' rising, body and soul, from the dead. L1
3. We celebrate the Resurrection on Easter Sunday and every Sunday at Mass. L1
4. Jesus' Resurrection makes it possible for us to go to Heaven to be with God. L3
5. Mary was taken to Heaven, body and soul. This is called the Assumption. L4
6. At the end of time, our bodies will be resurrected and reunited with our souls. L4

Chapter 20 Jesus Begins the Church

1. Jesus wanted His work to continue on earth after His Ascension so He founded the Catholic Church to give us His grace. L1
2. The Church is the group of baptized persons who profess the Catholic Faith and worship God together. L2
3. The Apostles were the first leaders and bishops of the Church. Peter was the head of the Apostles. L3
4. The Pope is the leader of all the bishops and the entire Church. L4

Chapter 21 Jesus Goes Back to Heaven

1. Jesus spent forty days with the Apostles after His Resurrection. L1
2. Jesus gave the Great Commission to His Apostles to preach and baptize. L2
3. Jesus promised to send the Holy Spirit after He would return to the Father. L3
4. The Ascension is Jesus' rising into Heaven. L3
5. Jesus will come in glory at the end of time. L4

Chapter 22 The Holy Spirit Comes

1. The Holy Spirit is God, the Third Person of the Blessed Trinity. L1
2. The Holy Spirit descended on the Apostles and Mary on Pentecost, filled them with grace, and helped the Apostles to remember and understand all that Jesus taught them. L1, L2
3. The Holy Spirit gave the Apostles the grace to do the work of God courageously. L2, L3
4. The Holy Spirit helps the Pope and bishops to teach the truth about God. L4
5. At Baptism, the Holy Spirit comes into our souls and fills them with grace and the love for God. L4

Chapter 23 The Blessed Trinity

1. There is only one God. L1
2. There are three Persons in God: L1
 1. God the Father
 2. God the Son
 3. God the Holy Spirit
3. The three Persons are distinct, equal, and have no beginning and no end. L2
4. The mystery of the three Persons in One God is called the Blessed Trinity. L2
5. The Second Person of the Blessed Trinity became man and is called Jesus. L2
6. The Sign of the Cross reminds Catholics of the mystery of the Blessed Trinity and of the sacrifice of Jesus. L4

92 Questions: #4-9

Chapter 24 God Give You His Life

1. Jesus instituted the Sacrament of Baptism to take away Original Sin. L1, L2
2. Baptism allows us to go to Heaven and makes us children of God and members of the Church. L3
3. The Church is God's family. L3
4. A priest or deacon baptizes with the words, "I baptize you in the Name of the Father and of the Son and of the Holy Spirit. Amen. L4

Chapter 25 Many Gifts from God

1. God has given us many gifts. L1
2. One of the best ways to thank God for His gifts is to be reverent at Mass. L2
3. Liturgy of the Word and Liturgy of the Eucharist: At every Mass we hear God's word and offer ourselves with Jesus to the Father. L3
4. The Emmaus story. L3
5. To change the bread and wine into Christ's Body and Blood, the priest says, "This is my Body. This is My Blood." L4

Chapter 26 Our, Mother Mary

1. The Blessed Virgin Mary is the Mother of God. Jesus gave His Mother, Mary, to be our mother. L1
2. The Immaculate Conception means that Mary was conceived without sin. L1
3. Mary's being taken up to Heaven, body and soul, is called the Assumption. L1
4. A person who goes without something for the love of God makes a sacrifice. L4
5. Mary appeared to the Children at Fatima and asked them to make sacrifices. L4

Chapter 27 Following Jesus

1. We can be a follower of Jesus by doing what He showed us to do. L1, L2
2. As a boy, Jesus obeyed His parents, prayed, told the truth, shared, loved God, and helped His parents. L2
3. To "take up our cross" means to do good things for other people and to follow Jesus' teaching, even when it is hard. L2
4. Prayer is talking to God. L3
5. Children can offer sacrifices of love to God. L4

Chapter 28 Jesus Will Come Again

1. God made us to know, love, and serve Him in this life and to be happy with Him in the next. L1
2. Heaven is our true home. L2
3. When Jesus comes again, He will take the good people to Heaven, and the souls of all the people who died will be joined to their bodies. L3
4. To go to Heaven, we must be in the state of grace when we die. L4

Faith and Life Series Grade 2 Jesus our Life

In Grade Two, the teacher will provide the Catechesis listed below.

Please cover questions 38-73 and 91 of the 92 Questions. Please review questions 1-9 and 92 from Grade 1.

Chapter 1 Our Heavenly Father

1. God is our Father who made us. L1
2. God has given us a soul that loves, chooses right from wrong and will live forever in Heaven. L2
3. God is in Heaven and everywhere. He knows everything and watches over us. L3
4. We can learn about God in the Bible. L4

Chapter 2 The Blessed Trinity

1. There is only one God. There are three Persons in God. L2
2. The mystery of the three Persons in one God is called the Blessed Trinity. L2
3. God the Father created Heaven and Earth. He is the First Person of the Trinity. L3
4. God the Son is the Second Person of the Trinity. He came down from Heaven to become our Savior Jesus Christ. He taught us about God, died for our sins, and rose from the dead. L3
5. The Holy Spirit is the Third Person of the Trinity. He helps us to pray, be good, and love God. L3

Chapter 3 God the Creator

1. We call God "the Creator of Heaven and earth" because He made Heaven and earth out of nothing. L1
2. God created the world out of love and for our enjoyment. L1, L3
3. Creation can teach us that God is powerful, beautiful, good, and wise. L1, L2
4. Man has been entrusted with the stewardship of creation. L3

Chapter 4 God Made Us

1. God made the first man and the first woman. They are called Adam and Eve. They lived in the Garden of Eden. Later on, God made all the other people in the world. L1, L3
2. God gave Adam and Eve a special gift called grace. Grace is God's life in us. It makes us God's children. L2
3. Adam and Eve had original justice. They were completely happy. L2
4. God wants all His children to know Him, to love Him, and to serve Him in this life and to be happy with Him forever in Heaven. L3
5. God has given each of us a Guardian Angel to guide and protect us. L4

Chapter 5 God is Offended

1. Angels are created spirits without bodies who are God's servants and messengers. L1
2. Sin is disobedience to God's laws. L1
3. Angels who sinned and fell from grace are called devils. L1
4. Adam and Eve, after being tempted by the devil, sinned. This is called the original sin. L3
5. Adam and Eve's sin caused the loss of original justice and grace for all mankind. Without grace, man cannot go to Heaven. L4
6. Though Adam and Eve sinned, God still loved them and promised to send a Savior Who would still make it possible for man to go to Heaven to live with God. L4

92 Questions: #38-43

Chapter 6 Becoming a Child of God

1. Baptism is the Sacrament that makes us Christians, adopted children of God, and members of Christ's Church. L2
2. At Baptism, original sin and personal sin are washed away and grace is infused into the soul. L2
3. Baptism makes it possible for us to please God and to go to Heaven. L2
4. At Baptism, the Trinity comes to live in our souls; this is the life of God, grace. L2
5. People who were faithful and good and went to Heaven when they died are called Saints. L4

92 Questions: #44 - 46

Chapter 7 Obeying God Our Father.

1. Noah responded faithfully when God asked Him to build an ark in order to save His creation. L2
2. Abraham responded faithfully when God asked him to sacrifice his beloved son, Isaac. God blessed him for his obedient love. L3
3. God called David to be the king of His nation. David fought Goliath and became king. L4
4. Mary, Joseph, and Jesus are descendants from the family of David. L4

Chapter 8 God Gives Us His Law

1. Abraham's descendants became slaves in Egypt. Moses was sent to deliver his people. L1
2. God gave the Israelites the Ten Commandments so they could be happy and serve Him faithfully. L2
 - a. The first three commandments tell us how to love God. They are:
 1. I am the Lord your God, you shall not have strange gods before Me.
 2. You shall not take the name of the Lord your God in vain.
 3. Keep Holy the Lord's day. L3

- b. The next seven commandments tell us how to love and respect other people. They are:

- 4) Honor your father and mother.
- 5) You shall not kill.
- 6) You shall not commit adultery.
- 7) You shall not steal.
- 8) You shall not bear false witness against your neighbor.
- 9) You shall not covet your neighbor's wife.
- 10) You shall not covet your neighbor's goods. L3

Chapter 9 I Choose to Love God

1. The first Great Commandment Jesus gave is to love God with all your heart, all your soul, all your strength, and all your mind. L1
2. The second Great Commandment Jesus gave us is to love your neighbor as yourself. L1
3. An action that is wrong and done on purpose is a sin. An accident is not a sin. L4
4. Mortal sins are very bad, big sins which kill the life of grace in our soul. L4
5. Venial sins are small sins that make God sad and lead us to commit bigger sins. L4

Chapter 10 Preparing for our Savior

1. God wants all His children to be happy in heaven forever. L1
2. God promised to send a Savior, His own son, Jesus Christ. L1
3. God chose Mary to be the mother of His Son, the Savior. Mary was without sin and full of grace. This is called the Immaculate Conception. We celebrate the Feast of the Immaculate Conception on December 8. L2
4. God sent the angel Gabriel to ask Mary to be the mother of Jesus. This event is called the Annunciation which is celebrated on March 25. L3
5. Advent is the time of year when Christians prepare to celebrate the Savior's coming. L4

Chapter 11 A Savior is Born

1. Jesus was born in Bethlehem in a manger on Christmas day more than two thousand years ago. L1
2. Jesus Christ is the Second Person of the Blessed Trinity, true God and true man. Review from Ch. 2 L3
3. The Son of God became man to save us from our sins. Review from Ch.2 L3
4. The first people to learn about Jesus were poor shepherds. L2
5. Wise men followed a star to the place of Jesus' birth and they brought Him gifts. L3
6. Joseph took Jesus and Mary and fled to Egypt because Herod wanted to kill the baby Jesus. L4

Chapter 12 The Holy Family

1. God is Jesus' Father. L3
2. Saint Joseph is the foster-father of Jesus and the husband of Mary. He was a carpenter and he is a great Saint. L1
3. Mary is the mother of Jesus and the wife of Joseph. She is the greatest of all the Saints. L2
4. The members of the Holy Family are Jesus, Mary, and Joseph. L3
5. All Christians belong to the Holy Family because through Baptism Jesus is our brother, Mary is our Mother, and we can ask St. Joseph to be our friend and protector. L4

Chapter 13 Good News

1. Jesus was baptized by John; and the Holy Spirit came upon Him. L1
2. Jesus was baptized so that all people would know that Jesus was the Son of God. L1
3. Jesus went to the desert for forty days. When He came out of the desert, He began to preach the Good News of salvation. L1, L2
4. Jesus chose 12 men to be His disciples and to help Him teach the Good News to others. L2
5. The parable of the mustard seed and the parable of the buried treasure are two stories which Jesus used to teach people about the Kingdom of God. L2, L4

Chapter 14 Jesus our Teacher

1. The story of the Good Samaritan teaches us to love our neighbor. L1
2. Jesus told us to love our neighbor. When we love our neighbor, we are really loving Jesus. L2
3. The seven Corporal Works of Mercy are:
 1. Feed the hungry.
 2. Give drink to the thirsty.
 3. Clothe the naked.
 4. Shelter the homeless.
 5. Visit the sick.
 6. Visit the imprisoned.
 7. Bury the dead. L3

92 Questions #91

Chapter 15 Let Us Pray

1. Prayer is lifting our hearts and minds to God. L1
2. Jesus taught the disciples to pray the Our Father. L1
3. The petitions of the Our Father. L2
4. God always hears our prayers and will answer them in the best way because He loves us. L4

Chapter 16 We Believe

1. Jesus can work miracles because He is God and God can do all things. He worked miracles so that people would have faith and believe that He was the Son of God. L1
2. The first public miracle was the changing of water into wine at the wedding feast of Cana. L1
3. Jesus calmed a storm at sea. L2
4. Jesus multiplied the five loaves and two fishes to feed 5000. L3
5. Jesus' miracles also directly healed people: the blind, the paralyzed, the sick, and the hurt. L4

Chapter 17 Asking Forgiveness

1. Sin is a sad thing because it makes us lose God's life of grace in us. L1
2. When we sin we are breaking God's laws, turning away from Him, and hurting ourselves and others. L1
3. God does not stop loving us when we sin. God always forgives us when we are sorry. L1
4. In the story of the Prodigal Son, the father represents God. L2
5. To receive God's forgiveness, we must be sorry for our sins and ask forgiveness. L3

92 Questions: #47-52

Chapter 18 Jesus Forgives

1. The Sacrament of Penance is the Sacrament in which we confess our sins to a priest, our sins are forgiven, and grace is restored to our soul. L2, L4
2. The Sacrament of Penance is also called Confession or Reconciliation. L2
3. Jesus made the disciples His first priests and gave them the power to forgive sins. God forgives sins through them, as the priests act in the person of Jesus. L2

92 Questions: #57-61

Chapter 19 The Sacrament of Penance

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

1. The five steps to a good confession are:
 - a. Examine your conscience.
 - b. Be sorry for your sins.
 - c. Decide not to sin again.
 - d. Confess your sins to a priest.
 - e. Do the assigned penance. L1, L2, L3, L4
2. The three effects of the Sacrament of Penance are:
 - a. Sins are forgiven.
 - b. Grace is restored to the soul.
 - c. Strength is given to be a good Christian. L4

Chapter 20 Making Up for Our Offenses

1. In the story of Zacchaeus, Zacchaeus made up for his sins by repaying people four times the amount of money he took from them. L1
2. Forgiveness is when our relationship is made right with another after one is offended and the other says they are sorry. L3
3. Penance is making up for our sins, or a removal of our punishment. It restores what was lost due to sin. L3
4. An act of penance can be a prayer, a work of mercy, a service to a neighbor, an act of self-denial, or the acceptance of our cross. L4

Chapter 21 The Good Shepherd

1. Practicing virtues helps us to be more like Jesus. L4
2. To be obedient means to do what pleases God and to obey cheerfully. L4
3. To be truthful means to tell the truth and to never lie. L4
4. To be forgiving means to love your enemies and forgive those who hurt you. L4
5. To be prayerful means to say your daily prayers and to be mindful of God's presence. L4
6. To be merciful is to be kind to everyone, helpful and generous. L4

Chapter 22 The Last Supper

1. Jesus celebrated the Last Supper on the Jewish feast of Passover. At the Last Supper, Jesus instituted the Eucharist. L1, L2
2. When a priest says the words of Jesus, bread and wine are changed into Jesus' Body, Blood, Soul, and Divinity. L2
3. The consecration is the prayer in which the priest repeats Jesus' words saying, "This is My Body, which is given up for you . . . This is the chalice of My Blood . . . which will be poured out for you and for many for the forgiveness of sins." L2
4. The Sacrament of Christ's Body and Blood is called the Holy Eucharist. L3
5. Jesus gave the power to the Apostles (and through them to every priest) to change bread and wine into His Body and Blood when He said, "Do this in memory of Me." L3

92 Questions #69-70

Chapter 23 Jesus Dies for Us

1. After suffering the agony in the garden, being scourged, crowned with thorns, and made to carry the cross, Jesus was crucified on a hill called Calvary. L1, L2, L3
2. From the Cross, Jesus gave Mary to be our Mother. L3
3. Jesus died upon the Cross and opened the gates of Heaven to restore our friendship with God. L4

Chapter 24 He Is Risen, Alleluia!

1. On Easter Sunday, women went to Jesus' tomb. An angel announced to them that Jesus had risen from the dead. L1
2. Mary Magdalene was the first disciple to see Jesus. L2
3. Jesus appeared to the disciples in the upper room. They knew He was not a ghost because they could touch Him and He ate with them. L3
4. Jesus gave His apostles His peace. Jesus' peace comes to all who receive Jesus into their lives. L4

Chapter 25 The Holy Mass

1. At the Last Supper, Christ gave the Church the gifts of the Eucharist and the priesthood. L1
2. The Mass is the same sacrifice of Jesus on the Cross, offered to the Father for our sins, and made present to us in the Liturgy. L2
3. We celebrate Mass on Sunday because this is the day that Jesus rose from the dead. L3
4. Mass is offered to God to worship Him, thank Him, make up for our sins, and ask for His help. L4
5. The Mass is the perfect prayer. L4

92 Questions #71-73

Chapter 26 What We Do at Mass

1. The four major parts of every Mass are:
 - a. Introductory Rites.
 - b. Liturgy of the Word.
 - c. Liturgy of the Eucharist.
 - d. Concluding Rites. L1, L2, L3, L4
2. During the Consecration, the priest changes bread and wine into Christ's Body, Blood, Soul, and Divinity. We offer ourselves to God. L3
3. The ciborium hold the Body of Jesus and the chalice holds the Blood of Jesus. The plate is called the paten and the table is called the altar.
4. We go to Mass to be fed with God's Word in the readings and Eucharist, and to receive God's grace. L1, L2, L3, L4

Chapter 27 Jesus Comes to Us

1. During the Consecration, the bread and wine become the Body, Blood, Soul, and Divinity of Jesus. This change is called transubstantiation. L1
2. The priest is the minister of the Sacrament of the Eucharist. L1
3. The priest says, "This is My Body." and "This is the chalice of My Blood." to change the bread and wine into the Body, Blood, Soul, and Divinity of Jesus. L1
4. The Eucharist is food for the soul because it gives us God's life, it makes us grow as children of God, and it helps us to do what is right. L2
5. We should receive Holy Communion reverently on the tongue or in the hand. L4

92 Questions: #63-65

Chapter 28 Jesus, My Lord and My God

1. The five steps for receiving Holy Communion worthily are:
 - a. Have a healthy soul free from serious sin.
 - b. Fast for one hour before Holy Communion.
 - c. Know Whom we are receiving.
 - d. Receive Him reverently.
 - e. Thank Jesus for coming to us in Holy Communion. L1, L2, L3, L4
2. We should offer ourselves to God before Holy Communion. L2
3. We receive Jesus when we receive Holy Communion and He stays with us for a little while after Holy Communion. L3
4. Receiving Holy Communion is the greatest thing we will ever do in this life. Ch.27-L2

92 Questions: #66-68

Chapter 29 Jesus Returns to the Father

1. After the Resurrection Jesus remained on earth and taught His disciples for forty days. L1
2. After the Resurrection Jesus gave His Apostles the power to forgive sins and told them to evangelize and baptize. L1
3. Jesus promised to send them the Holy Spirit. L4
4. The event of Jesus rising into the sky and going up to Heaven is called the Ascension. L4
5. Jesus will come again at the end of time. L4

Chapter 30 The Coming of the Holy Spirit

1. The Holy Spirit is the Third Person of the Blessed Trinity. L1
2. The Blessed Trinity is the mystery of one God in Three Persons. Ch. 2 L2
3. The day on which the Holy Spirit came to the Apostles is called Pentecost. L3
4. The seven Sacraments are:
 - a. Baptism.
 - b. Penance.
 - c. Eucharist.
 - d. Confirmation.
 - e. Matrimony.
 - f. Holy Orders.
 - g. Anointing of the Sick. L4

Chapter 31 God's Family – The Church

1. The Pope has Saint Peter's job as the visible head of the Church. L1, L2
2. Bishops have the job of the Apostles and represent Jesus teaching the Faith. A bishop is the head of the diocese. L1, L2
3. The priest's job is to help the Bishop. The Bishop gives the priest power to say Mass, hear Confessions, and administer the Sacraments. L2
4. Religious pray for the world and do good works such as running schools and hospitals or serving the poor. L3
5. The laity also has an important role in the Church. They love each other, help each other become holy, and help others to know Christ. L4

Chapter 32 Mary, Our Mother

1. Mary was assumed into Heaven. L1
2. Mary is our Mother. Mary is our Queen. L2
3. At Fatima, Mary asked the children to pray and sacrifice. L3
4. There are Joyful, Luminous, Sorrowful, and Glorious Mysteries of the Rosary. L4

Chapter 33 Jesus Is Always Present

1. Jesus is with the Church through the Holy Spirit, in the Sacraments, in the teachings of the Pope and most especially in the Eucharist. L1
2. We know Jesus is present in the Church because the sanctuary lamp is lit. L1
3. During Adoration and Benediction the priest places Jesus in the Monstrance. The rest of the time Jesus is in the Tabernacle in the Church. L1
4. Jesus waits for us to visit Him in the Blessed Sacrament; graces can be received by such visits. L2
5. We are called to be reverent in the presence of the Lord. Such reverence includes church etiquette, such as genuflecting, silence in church, and devotion and attention at Mass. L4

92 Questions: #62

Chapter 34 Heaven, Our Home

1. The souls in Heaven are happy because during their life, they chose to do good and love God. Now they are in their real home, loving God, and worshiping Him. L1, L4
2. The souls in Purgatory are happy because even though they are not with God yet, they know that they will be someday, as soon as their souls have been made clean from sin. L1
3. The souls in hell are sad because they are not with God.
4. Souls go to hell because in their lifetime, they freely chose to disobey God and did not love Him, and were not sorry for that. The souls in hell choose hell. L1
5. A saint is someone who is in Heaven. L4

92 Questions: #53-56

Faith and Life Series Grade 3 Our Life with Jesus

In Grade Three, the teacher will provide the Catechesis listed below.

Please cover questions 10-31 of the 92 Questions. Please review questions 1-9, 38-73 and 91-92 from Grades 1 and 2.

Chapter 1 God Loves Us

1. God made us in His image and likeness. L1, L2
2. God made us to know Him, to love Him, and to serve Him in this life, and to be happy with Him forever in Heaven. L1
3. God is perfect in every way. There is nothing bad in God. All good is in Him. L1
4. God is eternal and infinite. He knows our thoughts. L1
5. God the Father, God the Son, and God the Holy Spirit are the three Persons in one God. L3
6. God desires that we know Him and pray to Him. L4

Chapter 2 God Created the World

1. God created the world because He wanted to share His life with us. L1
2. Man and woman are made in His image and likeness. L2
3. Free will is the power to choose good and avoid evil. L3
4. Sin is doing something wrong on purpose and turning away from God. L3
5. God desires that all of us go to Heaven so that we may be happy with Him forever. L4

Chapter 3 Learning About God

1. From the world around us and by the use of our reason, we can know God exists. L1
2. God reveals Himself to us more directly when He sends His only Son. L2
3. God reveals Himself in the Bible. L4
4. The Bible is made up of the Old Testament and the New Testament. L4
5. The Pope and the bishops teach and guide the Church today. L4

92 Questions #28

Chapter 4 The Promise of a Savior

1. God created angels. Some of the angels refused to serve God and became evil. L1
2. Because of Adam and Eve's sin, all people inherited Original Sin. L2
3. Even though Adam and Eve sinned, God promised to send a Savior one day. Jesus is the Savior. L2
4. Through Baptism, we receive sanctifying grace so that we can go to Heaven. L3, L4
5. Our free will enables us to choose God and obey Him. L3, L4

Chapter 5 Abraham: the Father of God's People

1. After the Fall, not everyone remained faithful to God while waiting for the Savior. Many forgot God and worshiped false gods. L1
2. God gave Abraham the great gift of faith. L1
3. God called Abraham to leave his homeland in faith, and promised that his descendants would live in the land of Canaan. L2
4. God tested Abraham's faith by having him move to a faraway country, making him wait a long time to have a child, and asking him to sacrifice his son. L2, L3
5. God did not really want Abraham to sacrifice Isaac but to show that he loved God above all else. L3

Chapter 6 The Prophet Moses

1. God chose Moses to free His people from slavery. L2
2. God sent plagues to show that He is the one true God and to punish Pharaoh for not letting the Israelites go free. L3
3. God provided for His people by protecting them from the Egyptians, giving them water in the desert, and leading them on their journey. L4
4. God gave Moses the Ten Commandments that would make His people happy and holy. L4

Chapter 7 God's Laws of Love

1. God gave us the commandments because He loves us; and if we obey them, they will nourish our souls and help us to live in right relation with God and others. L2
2. The first three commandments help us to love God. L2
3. The next seven commandments help us to love our neighbor. L2
4. Jesus said that the first and greatest commandment is to love the Lord your God with all your heart, with all your soul, and with all your mind. L3
5. Jesus said that the second greatest commandment is to love your neighbor as yourself. L3
6. If we follow God's commandments, God promises us eternal joy with Him in Heaven. L4

Chapter 8 King David

1. Saul was the first king of Israel. He did not remain faithful to God. L1
2. David taught his people the importance of prayer, to trust God always, and that with God's help and strength we can do anything. L2
3. The Psalms are prayers of praise and love that were written by David. We hear them at Mass. L3
4. David was like Jesus in that: L4
 1. they were both shepherds- David of sheep, Jesus of men
 2. they both taught people about God and how to pray
 3. they were both willing to lay down their lives for their people
 4. they both listened to their Father in Heaven

Chapter 9 Loving God Most of All

1. The First Commandment tells us not to put anyone or anything above God. L2
2. Some examples of false gods or things people are tempted to put above God are money, clothes, toys, friends, and pleasure. L2
3. Superstition is believing that created things have powers that only God possesses. L2
4. The Second Commandment tells us to speak about God in a reverent way. L3
5. Saying God or Jesus' name when we are surprised or angry are ways of breaking the Second Commandment. L3

Chapter 10 The Lord's Day

1. The Third Commandment tells us to keep holy the Lord's Day. L2
2. The greatest gift we can give to God on Sundays is to go to Mass. L2
3. At Mass we offer ourselves to God. L2
4. We have a serious obligation to go to Mass on Sundays and Holy Days of Obligation. The Holy Days of Obligation are: L3
 - a. Christmas
 - b. All Saints' Day
 - c. The Immaculate Conception
 - d. The Assumption
 - e. The Ascension
 - f. Mary the Mother of God
 - g. On Sundays we should rest from work and school, spend time with family and friends, and do acts of charity for others. L4

Chapter 11 Obedience and Love

1. The Fourth Commandment tells us to honor our father and mother. L1
2. To honor someone means to love, respect and obey them. L1, L2
3. We should honor our parents because they gave us life and care for us. They feed us, clothe us, teach us good things, and work hard to help us know God. L2
4. The Fifth Commandment teaches us not to kill innocent human life. L4
5. We must respect all human life because life is sacred and precious to God. L4
6. A baby's life is sacred even before he or she is born, when still inside the mother. L4

Chapter 12 Purity and Truth

1. The Sixth and Ninth Commandments teach us to respect our bodies and the bodies of others. L1
2. Our bodies are sacred because they are temples of the Holy Spirit. God's life dwells in our souls. L1
3. To covet means to want what is not ours. L3
4. The Seventh and the Tenth commandment teach us not to take or want what is not ours. L3
5. To respect someone's property means not to take what isn't yours, not to break or damage what isn't yours, and to replace or pay for property that is accidentally broken or damaged. L3
6. The Eighth Commandment teaches us not to lie or cover up our mistakes. L4

Chapter 13 God's Tender Mercy

1. God's merciful love is endless. It is greater than any sin man can commit. God can forgive any sin and wants to reconcile man to Himself. L1
2. Jesus taught man about the forgiveness of sins through healing, stories, and through the forgiving example of His life. L2
3. Peter and Mary Magdalene are examples of repentant sinners who were shown mercy and compassion. L2
4. Mortal sins are very serious sins that kill God's life in our souls. L4
5. Venial sins are smaller sins that diminish God's life in our souls and make us inclined to commit mortal sins. L4

Chapter 14 Meeting Jesus in Confession

1. When we sin, we always offend God. L1
2. To prepare to make a good Confession we: L2
 - a. Ask the Holy Spirit to help us remember all our sins
 - b. Make an examination of conscience
 - c. Reflect on how sorry we are
 - d. Make up our minds not to sin again
 - e. Pray the Act of Contrition
3. Seven steps to making a good Confession are: L3
 - a. Make the Sign of the Cross
 - b. Tell the Priest how long it has been since my last confession
 - c. Confess my sins
 - d. Receive my penance
 - e. Say an Act of Contrition
 - f. Say Amen after receiving absolution
 - g. Do my penance.
4. Penance is the prayers or actions which help us make up for the wrong we have done. L3
5. The effects of the Sacrament of Confession are: L2, L3
 - a. we receive forgiveness for our sins
 - b. we receive healing for our souls
 - c. we receive God's life in our souls
 - d. we receive grace to help us avoid future sins

Chapter 15 The Christ Child is Born

1. The Annunciation: God, through the angel Gabriel, invited Mary to be the mother of His Son. Mary said, "Yes" and conceived by the power of the Holy Spirit, yet remained a virgin. God became man. L2
2. The Immaculate Conception: Mary, from the first moment of her life, was free from Original Sin. L3
3. The Incarnation: Jesus was born of the Virgin Mary to redeem man. L4
4. Jesus was born in a stable in Bethlehem. He wished to be poor so He could teach us to be humble and not to try and find happiness in money and the pleasures of the world. L4

Chapter 16 Jesus Grows in Age and Wisdom

1. When Jesus was young He lived with His family in Nazareth. He was likely trained in carpentry by Joseph. L2
2. At age 30 Jesus, though he was sinless, was baptized by John the Baptist and began His public life. L2
3. In His baptism, Jesus was anointed by the Holy Spirit and was prepared for His mission of salvation. L3
4. Baptism makes me a child of God and prepares me for my mission: to love God and neighbor, and to reach my final goal of Heaven. L4

Chapter 17 Signs and Wonders

1. Jesus performed many miracles to show that He is the Savior of the world. L1
2. Many of Jesus' miracles were to prepare man for the Sacrament of the Eucharist. L3
3. Jesus preached parables to explain the Kingdom of God and to foster conversion. L4
4. Many people did not love Jesus and could not accept His message because of their pride. L4

Chapter 18 The Last Supper, Our First Mass

1. Jesus celebrated the Passover with His Apostles. This is referred to as the Last Supper. L1
2. Jesus taught His Apostles a lesson in service and humility by washing the Apostles' feet. L2
3. At the Last Supper, Jesus instituted the Sacrament of the Eucharist. L3
4. Transubstantiation is when the bread and wine are changed into the Body and Blood of Jesus, and He is wholly present, Body, Blood, Soul, and Divinity in the Host and in the contents of the chalice. L3
5. The effects of Holy Communion are:
 - a. Our souls are cleansed from venial sin
 - b. We become more Christ-like
 - c. We receive grace to grow in love and virtue

Chapter 19 Jesus Gives His Life for Us

1. Jesus goes to the garden of Olives to pray, suffers agony, and is arrested. L1
2. Jesus receives cruel treatment and an unjust judgment. L2
3. A sacrifice is something offered to God. L4
4. Jesus offered Himself as a sacrifice to God on the Cross so we could receive God's life within us and become God's children. L4
5. Jesus' passion teaches us the value of suffering and sacrifice. L4

92 Questions: #19, 23

Chapter 20 Offering Gifts of Love

1. People in the Old Testament burnt or destroyed their sacrifices to show God that they were giving the sacrifice completely to Him. L1
2. Jesus was the perfect gift from God and the perfect sacrifice to God. L2
3. The Sacrifice of the Cross and the Sacrifice of the Mass are one and the same. We participate in the Sacrifice of Jesus on Calvary by going to Mass. L3
4. God asks us to offer our lives and our hearts as sacrifices during the Mass. L3

Chapter 21 The Holy Mass

1. Catholics are obliged to attend Mass every Sunday and on Holy Days of Obligation. L2
2. Introductory Rites (Sign of the Cross, Kyrie, and Gloria). L2
3. The Liturgy of the Word consists of the readings from Sacred Scripture and the homily. L3
4. Jesus comes into our hearts at Mass. He teaches us through the readings. L4
5. The Mass is the greatest prayer. L4

Chapter 22 Offering Jesus to the Father

1. During the offertory the gifts are brought forward to the altar. L1
2. At Mass we unite our prayers with the angels and the saints who are present around the altar. L2
3. The Body and Blood of Christ are offered up to the Father as one perfect Sacrifice. L3
4. We are called to unite ourselves with Christ in this offering to the Father. L3
5. After Mass, Jesus remains truly present in the Eucharist and is reserved in the tabernacle. L4

Chapter 23 The Bread of Life

1. A sacred meal is a meal in which a sacrifice is eaten after it has been offered to God. L1
2. The purpose of a sacred meal is to bring people closer to each other and to God. L1
3. In the Old Covenant, the Passover lamb was the sacrifice which became food for the sacred meal. L1
4. In the New Covenant, Jesus, the Lamb of God is the sacrifice which becomes food for the sacred meal. L2
5. We eat this sacred meal at Mass when we receive Holy Communion. L2

Chapter 24 Jesus Comes to Us in the Holy Eucharist

1. The miracle multiplication of the loaves and fishes helped prepare people for the Holy Eucharist. L1
2. To receive Jesus in Holy Communion worthily we must:
 - a. be free from mortal sin
 - b. fast from food or drink for one hour
 - c. know whom we receive in the Eucharist. L2
3. To receive Holy Communion unworthily is a mortal sin. It kills the life of grace in our soul. We must ask forgiveness for this in the Sacrament of Confession. L2
4. In Holy Communion we are united with Jesus; and we should pray to Him. L3
5. When we receive Holy Communion, we receive grace and become more like Jesus: generous, forgiving, and kind. L4

Chapter 25 Jesus Rises in Splendor

1. Jesus rose from the dead on the third day after His Crucifixion. L1
2. On Easter Sunday, we celebrate the miracle of the Resurrection of Jesus, and rejoice because Jesus' death on the Cross destroyed death. L3
3. Jesus appeared to His disciples over the next forty days. L4
4. Jesus forgave Peter and made him Pope. L4

92 Questions #20-21

Chapter 26 The Coming of the Holy Spirit

1. The Holy Spirit descended on the Apostles and Mary at Pentecost, ten days after Jesus' Ascension. L1
2. Peter preached the Good News and three thousand people were baptized. L2
3. The Holy Spirit lives in us too. He came to live in us at our Baptism. L3

92 Questions #22

Chapter 27 God's Family on Earth

1. Jesus founded the Church and gave her leaders to carry on His work. L1
2. The Pope is the Vicar of Christ. He represents Jesus on earth. L2
3. The Bishops are the Apostles' successors who preach, teach, and care for the faithful. L2
4. Martyrs are those who died for God. L4
5. Religious brothers and sisters are those who dedicate their whole lives to loving and serving God. L3

92 Questions #24-27, 29-31

Chapter 28 Our Life in the Church

1. Sacraments are outward signs instituted by Christ to give us grace. L1
2. Sacraments are important to the life of faith because they give us the grace to please God, making it easier to keep the Commandments and resist temptation. L1
3. The matter and form used for each sacrament tell us what grace God is working in our souls. L1
4. Name the Seven Sacraments and tell what they do for our souls. L2, L3, L4

Chapter 29 Mary, Our Mother and Queen

1. Jesus gives Mary to us to be our mother. L1
2. Mary's greatest desire is to do God's will. L1
3. The Immaculate Conception was God's special gift to Mary through which she was free from sin, including Original Sin, from the first moment her life began inside her mother. L2
4. The angel Gabriel said, "Hail, Mary, full of grace" because Mary came into this world, and remained throughout her life, full of grace. L2
5. Mary has appeared in Guadalupe, Fatima, and Lourdes to give people special messages. L3
6. We should ask Mary to pray for us because Jesus always listens to His mother. L4

Chapter 30 The Communion of Saints

1. People who live with God in Heaven after they die are called saints. L1
2. The saints got to heaven because they: L2
 - a. Loved God
 - b. Obeyed His commands
 - c. Accepted trials and suffering
 - d. Always asked forgiveness when they sinned
3. Purgatory is the place for people who loved God and died in friendship with Him but still need to be purged of venial sins they committed. L3
4. We can help souls in Purgatory to get to Heaven sooner by praying for them, offering sacrifices for them, and having Masses said for them. L3
5. The saints in Heaven, the souls in Purgatory and the members of the Church on earth belong to the Communion of Saints. L3

Faith and Life Series Grade 4 Jesus Our Guide

Students should have access to a Bible in their classes in Grade Four and in all subsequent grade levels.

In Grade Four, the teacher will provide the Catechesis listed below.

Please cover questions 32-37 and 89-90 of the 92 Questions. Please review questions 1-31, 38-73, and 91-92 from Grades 1-3.

Chapter 1 The Fall of Man

1. God created us in His image to love Him. L1
2. Original sin: Adam and Eve were tempted and chose to disobey God. L2
3. By sinning, Adam separated himself from God's love and lost grace. As Adam's descendants, we are born without sanctifying grace. L3
4. God does not abandon us because of our sin, but promised to send us a Redeemer. L4

Chapter 2 The World's First Murder

1. A sacrifice is the offering up to God of something that is valuable to us. L1
2. Abel, prefigured Christ and offered his best lamb. Cain gave crops from his field, but not the best he had to offer. L2
3. Cain was jealous and slew Abel. L2
4. The Fifth Commandment teaches us that life is precious and that we must never hurt or kill people. L2
5. God would bring forth a Savior through the lineage of Seth. L4

Chapter 3 Turning Away from God

1. The world was filled with very sinful men, and God decided to flood the world. The flood prefigured Baptism. The ark prefigured the Church. L1, L2
2. God made a covenant with Noah. L3
3. The descendants of Noah built a great city and grew prideful. When they decided to build a tower to reach the Heavens, God confused their language in order to show them from whom their talents truly came. L4

Chapter 4 Turning Away From God

1. God called Abram to trust and to leave his homeland. L1
2. God made a covenant with Abraham. L2
3. God tested Abraham to allow him to choose to be faithful. L3
4. Abraham, in faith, took Isaac to sacrifice him at God's command. L3
5. Issac prefigures Christ the Son of God. L4

Chapter 5 God Prepares a People for a Savior

1. Isaac married Rebekah. Esau and Jacob were their children. L1
2. Esau lost his birthright because he did not value it as much as Jacob did. L1, L2
3. God taught Jacob that tricking other people was wrong by allowing Laban to trick Jacob and letting him see how it felt to be the victim of a trick. L3
4. God changed Jacob's name to Israel to symbolize the new life he would begin. The descendants of Jacob are called Israelites, Hebrews, or Jews. L4

Chapter 6 Joseph Goes to Egypt

1. Jacob had twelve sons and one daughter. His son, Joseph was his favorite. L1
2. Joseph's brothers were envious of him because of the love their father showed him, the beautiful coat he had, and his marvelous dreams. They sold him into slavery. L1, L2
3. God brought good out of the brothers' wrongdoing and Joseph's suffering. L2
4. Joseph was a good and just leader in Egypt. He made sure the people did not go hungry and were treated fairly. L4

Chapter 7 The People of Israel Go to Egypt

1. Joseph's brothers first came to Egypt to buy grain because of the famine. L1
2. The land they came from they called Canaan; today we call it Israel. L1
3. Joseph did not reveal his identity to his brothers at first to test them and to make sure that Benjamin was alive and safe. L1
4. God allowed Joseph to be sold into slavery so that through Joseph God could save His chosen people from the coming famine. L3
5. Joseph forgave his brothers, saved them, and gave them the best of gifts. In these ways he prefigures Christ. L3
6. God told Jacob (Israel) in a vision to go to Egypt; and after many years, God would bring Israel's descendants out of Egypt and back to Canaan. L4

Chapter 8 God's People Suffer in Egypt

7. The Israelites became slaves in the land of Egypt because Pharaoh feared them. L1
8. Moses' mother placed him in a basket and sent him down the Nile. Pharaoh's daughter adopted Moses. L2
9. Moses went to the land of Midian in order to escape punishment for killing an Egyptian. L3
10. God remembered His covenant with Abraham and sent Moses to free His people. L3
11. God revealed His name as "I am" to Moses in the burning bush. L4

Chapter 9 God Saves His People

1. Moses asked Pharaoh to let God's people go; and when Pharaoh refused, God sent signs and plagues. L1
2. The Israelites were saved from the tenth plague when they celebrated the Passover. L3
3. God led them on a path through the Red Sea, which He parted so that they could walk through it. When the Egyptians tried to follow, the water closed in on them and they drowned. L4
4. The crossing of the Red Sea points to the Sacrament of Baptism.

Chapter 10 Great Things Happen on the Way to the Promised Land

1. God gave the Israelites manna from Heaven to eat on their way to the Promised Land. L1
2. God made covenant with Israel on Mt. Sinai and gave them the Ten Commandments. L2
3. God instructed the people to make the Ark of the Covenant to hold the Ten Commandments and serve as a sign of God's presence. L4
4. The Israelites greatest failing was that they did not trust God enough. After forty years of wandering in the desert, they were ready to enter the Promised Land. L4

Chapter 11 Life in the Promised Land

1. Joshua trusted God and led the Israelites into the Promised Land by crossing the Jordan River. L1
2. Samson sacrificed himself so that he could save the Israelites from the Philistines. L2
3. Ruth trusted God and through her descendants came King David. L4

Chapter 12 A King for God's People

1. Samuel was called by God and followed His will. L1
2. The Ark of the Covenant was captured because the Israelites were using it like a good luck charm instead of with faith. L2
3. The Israelites asked God for a king and by doing so rejected God as their king. L3
4. Saul was made king, but later stopped following God's will. God rejected him as king and gave the kingdom to David. L4

Chapter 13 King David

1. David loved God, followed His will, and defeated Goliath. L2
2. David trusted, loved, and obeyed God. Saul did not. L2
3. Saul became jealous of David, who was now a commander in his army. L3
4. David became King and made Jerusalem his capital. He brought the Ark of the Covenant into his city after offering sacrifices to God. L4
5. David sinned greatly but God forgave him. L4

Chapter 14 King Solomon and the Promise of a New King

1. Solomon was granted great wisdom by God, and with it he was able to judge rightly. L1
2. Solomon built a great Temple to God which housed the Ark of the Covenant. L2
3. As Solomon grew older he let his many wives draw him into idolatry. L3
4. Isaiah used his gift of prophecy to warn God's people to repent and to tell them about the Messiah. L4
5. The Messiah or Savior would be different from Solomon because He would be poor, rejected, beaten, and killed. He would be a suffering servant and would always be faithful to God.

Chapter 15 The Final King

1. Israel became divided because of sin and was invaded by foreigners. They were taken into captivity but were eventually released and returned to Israel awaiting their Savior. L1
2. John the Baptist was the greatest of all the prophets; he helped the people prepare for the Savior, the final King. L2
3. John baptized Jesus. L3
4. Many Israelites had a hard time accepting Jesus as King because he was poor and did not seek or accept worldly power. L4

Chapter 16 An Invitation to Heaven

1. The soul is the spiritual part of us which never dies and enables us to live, understand, and be free. L2
2. Free will is the soul's power to choose to do or not to do something. L2
3. God gives us the gift of free will to choose to love Him and follow His
4. Commandments. L3
5. God wants us to obey the Ten Commandments because we love Him. L3
6. The two Great Commandments are to love God with all our heart, soul, strength, and mind; and to love our neighbor as ourselves. L4

Chapter 17 Road Signs Along the Way

1. The First Commandment teaches us to worship God, not money or things. L1
2. The Second Commandment tells us to use God's name with respect, not as a swear word or when we are surprised, and to speak to Him with respect. L2
3. Prayer is talking to God. We should pray every day. L2
4. The Third Commandment tells us to go to Mass every Sunday and every Holy Day of Obligation. L3

92 Questions #89-90

Chapter 18 Loving Others

1. The Fourth Commandment tells us to honor our father and mother. L2
2. We honor our father and mother by obeying them, speaking respectfully to them, helping them, and praying for them. L2
3. Besides our parents, we should obey teachers, priests, and people our parents have put in charge of us, such as babysitters. L2
4. The Fifth Commandment is *You shall not kill*. L3
5. Jesus asks us to forgive those who have hurt us. L4

Chapter 19 Growing in Love

1. The Sixth and Ninth Commandments protect marriage and families. L1
2. The Sixth and Ninth Commandments forbid unfaithfulness in marriage, and impure thoughts and desires. L1
3. The Seventh Commandment tells us we must never steal. L2
4. The Eighth Commandment teaches us to tell the truth. L3
5. When we have sinned, we must go to Confession and make reparation for our sins. L4

Chapter 20 Jesus, Our Guide

1. Jesus is the Son of God, the Second Person of the Blessed Trinity, true God and true man. L1
2. Jesus is one Divine Person with two natures – one divine and one human. L1
3. Jesus performed miracles so people would believe His teachings and know that He is God. L2
4. Jesus is the only way to perfect joy and union with God in Heaven. L4

Chapter 21 “For This I Have Come into the World”

1. To redeem means to buy someone back from slavery. L1
2. Jesus' death on the Cross was a perfect sacrifice. L2
3. Jesus sweated blood, was scourged, and died a very painful death for us. L2
4. Jesus remained on earth for forty days after His Resurrection. L4
5. Jesus sent the Holy Spirit to His followers after His Ascension. L4

Chapter 22 The Perfect Sacrifice

1. People have always offered sacrifices to God for reasons of petition, thanksgiving, and atonement. L1
2. Sacrifices of atonement consisted of blood sacrifices. L1
3. Jesus would become the perfect sacrifice by offering Himself to the Father on the Cross. L2
4. Today Christ's sacrifice is made present in the Mass. L3
5. The sacrifice of the Mass is the same sacrifice as Christ's sacrifice on Calvary. L3

92 Questions #32-33

Chapter 23 Bread From Heaven

1. The Israelites received manna in the desert; Jesus multiplied the loaves to feed the multitudes; and Jesus is the Bread that comes down from Heaven. L1
2. Jesus gave the apostles this Bread at the Last Supper and gives it to us at every Mass. L2
3. Jesus is truly and wholly present in the Eucharist. L4
4. To receive the Eucharist worthily means to have a soul free from mortal sin, to fast for one hour beforehand, and to know and believe Whom we are receiving. L4

Chapter 24 Mistakes Along the Way

1. Original sin was the first sin committed by Adam. It consisted of disobedience caused by pride. L1
2. The effects of Original Sin are still with us; and we must form our conscience to judge correctly what is right and wrong. L1, L2
3. There are two types of actual sin: mortal and venial. L3, L4
4. We can sin by thought, word, deed, or omission. L4

Chapter 25 Turning Back to God

1. Penance and Reconciliation are other names for the Sacrament of Confession. L1
2. Five steps to a good Confession are: L3
 - a. make and examination of conscience,
 - b. be sorry for sins,
 - c. intend to avoid sin in the future,
 - d. confess sins to a priest,
 - e. do your penance.
3. Penance is a good work that makes up, in part, for what we have done wrong. L4
4. A near occasion of sin is a person, place, or thing that puts us in danger of sinning. L4
5. When we confess our sins to a priest, it is really Jesus who forgives us. L4

Chapter 26 The Holy Spirit

1. The Holy Spirit is the love between the Father and the Son. The love is so real and complete that it is a Divine Person. L2
2. The Holy Spirit comes to live in us at our Baptism. L2
3. The Holy Spirit spoke through, or inspired, the writers of Sacred Scripture. L3
4. Mary became the Mother of Jesus by the power of the Holy Spirit. L3
5. At Confirmation the Holy Spirit gives an increase of strength to do God's will and to follow Him. L3

Chapter 27 The Church of Christ

1. The Mystical Body of Christ, the Church, includes us on earth, those in purgatory,
2. and those in Heaven. L1
3. God's people in the Old Covenant were the Israelites. God's people in the New Covenant are those who belong to His Church. L1
4. Jesus put Peter and the Apostles, and their successors, the Pope and bishops, in charge of the Church. L3
5. The special gift of the Holy Spirit that keeps the Pope's teaching free from error when he teaches about faith and morals is called infallibility. L3
6. We should encourage others who are not Catholic to seek the fullness of truth
7. found in the Catholic Church. L4

Chapter 28 Channels of Grace

1. Grace is a gift from God; it is a share in God's own life; and it helps us love Him and our neighbors and get to Heaven. L1
2. The normal way we receive grace is through the Sacraments. L2
3. Review the seven Sacraments. L3

92 Questions #32-37

Chapter 29 Our Mother, Mary

1. Mary is the New Eve. L1
2. The Immaculate Conception is the special gift God gave to Mary in keeping her free from sin from the first moment of her life. L2
3. God's taking Mary, body and soul to Heaven at the end of her life is called the Assumption. L2
4. Mary is our mother and intercedes with her Son for us so that we will follow Jesus. L3
5. At the wedding at Cana Mary asked Jesus to help when the wine ran out, and Jesus turned water into wine. Mary said, "Do whatever He tells you." L4

Chapter 30 We Reach Our Goal

1. At the end of our lives, we will be judged by Jesus. This is the Particular Judgment. L1
2. Persons who die in a state of perfection go to Heaven. L1
3. Persons who die in friendship with Jesus, but still have venial sin on their conscience, go to Purgatory. L1
4. Persons who die without God's life in them and refuse God's mercy go to hell. L1
5. The General Judgment is the event in which Jesus will judge the living and the dead at the end of the world. L2
6. The resurrection of the body is the reunion of our body with our soul at the end of time. L3

Faith and Life Series Grade 5 Credo: I Believe

Students should have access to a Bible in their classes in Grade Five.

In Grade Five, the teacher will provide the Catechesis listed below.

Please cover questions 74-88 of the 92 Questions. Please review questions 1-73, and 89-92 from Grades 1-4 (Students should know all 92 Questions before they finish Grade Five.)

Chapter 1 I Believe

1. Faith is a supernatural gift of God which allows us to believe truths that God has revealed. L1
2. Faith is a free gift from God for those who choose to receive it. Man may choose to reject the gift of faith. L2
3. The Creed is a summary of the beliefs of our Catholic Faith. L3

Chapter 2 The Trinity

1. We can know by reason alone that God exists. L1
2. God is all holy, almighty, all knowing (omniscient), eternal, unchanging, and omnipresent. L2
3. The three Persons of the Trinity, God the Father, God the Son, and God the Holy Spirit, are all distinct, yet all are one God. L3

Chapter 3 Creator of Heaven and Earth

1. God is the Creator of Heaven and Earth (of all that is, seen and unseen). L1
2. God creates out of nothing. L1
3. God alone is uncreated. He has no beginning and no end (He is eternal). God is the cause of all creation. L1
4. Man's special role in the created world is to care for it and to use it wisely. L4

Chapter 4 Realm of Angels

1. Angels are messengers who are pure spirits. L1, L3
2. The angels were tested and some of them rebelled against God and are called demons. L2
3. Satan/Lucifer is the leader of the fallen angels. L2
4. Saints Michael, Gabriel, and Raphael are three archangels mentioned in Sacred Scripture. L3
5. Each of us has been given a guardian angel. L4

Chapter 5 Made in His Image

1. Man is created with a body and soul. L1
2. Before the fall, Adam and Eve had preternatural gifts - L2
 - a. They would never be sick, suffer or die.
 - b. Their wills were strong.
 - c. They understood things more easily and clearly than we do now.
3. The greatest gift God gave Adam and Eve was sanctifying grace. L3
4. Man is made in the image and likeness of God, and has great dignity. L4

Chapter 6 The Fall from Grace

1. Through original sin, Adam and Eve lost God's gifts of grace and original justice. L2
2. Original sin and its effects are passed on to all men. L2
3. One of the effects of original sin is a strong inclination toward sin. This inclination is called "concupiscence." L2
4. God does not cause suffering, which is a result of sin, but he allows it and can bring good out of it. L4
5. God brought ultimate good out of Adam and Eve's sin by sending the Second Person of the blessed Trinity to become man and to save us and restore our friendship with God. L3

Chapter 7 The Chosen People

1. God called Abraham and tested him. Abraham responded in faith. L2
2. Esau sold his birthright and Jacob tricked Isaac for the blessing that belonged to Esau. L3
3. Joseph was sold into slavery and eventually all of Israel ended up in Egypt. L4

Chapter 8 Moses Leads God's People

1. Moses' life from infancy up to standing before Pharaoh. L1, L2
2. God sent ten plagues upon Egypt as a sign of his power and as proof that Moses spoke on behalf of God. L2
3. The tenth plague, the Passover, and the passage through the Red Sea. L4

Chapter 9 The Forming of God's People

1. God provided manna, water, and quail for His people in the desert. L1
2. God gave the Israelites the Ten Commandments. L2
3. God commanded Moses to build the Ark of the Covenant to be the sign of God's presence among the Israelites. Today Jesus is present to us in the Eucharist which is kept in the tabernacle in Catholic churches. L3
4. God gave the Israelites earthly Kings. David and Solomon were the greatest. L4

Chapter 10 The Words of the Prophets

1. God sent prophets to the Israelites because the Israelites were worshipping false gods, marrying pagans, and wanting to be like their pagan neighbors. They needed to be reminded to live their covenant with God. L1
2. The prophets told the people to repent which means to change their lives. L2
3. Isaiah helped to prepare the Israelites for the coming of the Savior. L3
4. Jeremiah prophesied the exile and foretold the coming of the Messiah. L4
5. John the Baptist was the last and greatest prophet. L4

Chapter 11 In the Fullness of Time

1. Elizabeth and Zechariah were blessed in their old age with a child, John the Baptist. L1
2. Gabriel announced to Mary that she was chosen to be the mother of the Savior, Jesus. L2
3. The Visitation is the event in which Mary went to visit her cousin Elizabeth. After Elizabeth greeted her, Mary sang a hymn of praise called the Magnificat. L3
4. The Immaculate Conception: Mary was conceived without Original Sin and her soul was filled with grace as a special gift from God. L4

Chapter 12 Born in the City of David

1. The Incarnation: God became man so that we might share in His glory. L3
2. The story of the Nativity. L1, L2
3. The Presentation in the Temple. L4

Chapter 13 The Holy Family

1. Thirty years of Jesus' life were called "the hidden years." L1
2. Joseph showed that he was willing to obey God even in difficult circumstances when he moved his family to Egypt to protect them and then back again to Israel when it was safe. L1
3. Joseph was a carpenter and Mary cared for the house and family. L1, L2
4. Jesus was found in the temple "doing His Father's business." L3
5. The Holy family is a model for all families. L4

92 Questions: # 84-88

Chapter 14 The Kingdom of Heaven

1. Jesus was baptized, was tempted by Satan, and began his public ministry. L1, L2
2. Jesus taught using parables. L3
3. The Kingdom of Heaven is the Church in Heaven, in Purgatory, and on Earth – all those united with Christ in love. L3
4. Jesus chose twelve apostles. L4

Chapter 15 The Father and I Are One

1. Jesus is the Messiah. L1
2. Jesus performed many miracles by His own divine power to show that He is the Son of God. L2
3. When Jesus used the words, "I AM," He was claiming to be God. L4
4. In the Transfiguration, Jesus revealed His divinity to Peter, James, and John. L4

Chapter 16 Your Sins Are Forgiven

1. Another way, besides performing miracles, that Jesus showed He was the Son of God is by forgiving sin. Only God can forgive sin. L1
2. Jesus is merciful; he is always ready to forgive sins. L2
3. To receive God's forgiveness, we need to repent and ask for forgiveness. L2
4. Mary Magdalene, Zacchaeus, and the good thief are some examples of people in the Gospel who converted. L3
5. We are called to conversion and to forgive others. L3, L4

Chapter 17 True God and True Man

1. By person we mean who someone is; an intelligent being with intellect and will. L2
2. Nature is what a thing is; the essence of a thing. L2
3. The hypostatic union is the union of a divine nature and human nature in the one Divine Person of Jesus Christ. L2
4. The Incarnation is the event in which Jesus, the Second Person of the Blessed Trinity, became man. L2
5. Jesus is our model for holiness. L3

92 Questions #81-82

Chapter 18 Rejected by the Proud

1. Jesus has a special fondness for ordinary people, the humble, and the poor. L3
2. Jesus speaks the truth, but many people do not accept it. L2
3. When confronted with the truth, man must choose to follow it or not to follow it. L3
4. When we commit sin, we are turning away from God. L4

Chapter 19 The Acceptance of the Father's Will

1. Jesus knew and proclaimed that he would suffer and die and rise from the dead on the third day. L1
2. At the Last Supper, Jesus instituted the Sacraments of the Eucharist and Holy Orders. L2
3. The Agony in the Garden and the Crucifixion: Jesus accepted His Father's will. L3, L4
4. From the Cross, Jesus gave us Mary to be our Mother. L4
5. The Sorrowful Mysteries of the Rosary are:
 - a. the Agony in the Garden,
 - b. the Scourging at the Pillar,
 - c. the Crowning with Thorns,
 - d. the Carrying of the Cross,
 - e. the Crucifixion.

Chapter 20 The Perfect Sacrifice

1. Man could not make up for his sin and restore grace by the sacrifices he offered. Jesus was without sin and, therefore, could offer a pleasing sacrifice to God. L2
2. Jesus, as both God and man, was the perfect mediator between the Creator and His creation. L2
3. Jesus opened Heaven and redeemed man, offering him grace through Baptism. L2
4. We receive the grace of Christ's sacrifice on the Cross by participating in the Mass, which is the same sacrifice re-presented in time. L3

Chapter 21 He Is Risen

1. The story of Jesus' resurrection. L1
2. The Resurrection tells us that Jesus is God and that those who follow Jesus and die in His friendship will be raised from the dead and live forever in Heaven. L3
3. Qualities of a glorified body: a) the body is subject to the will; b) the body is beautiful and spiritual; c) the body will no longer suffer and die. L3
4. The Easter Vigil Mass teaches us about the new life of Christ offered to us all. L4

Chapter 22 Jesus Sends the Apostles

1. After His Resurrection, Jesus spent forty days with His disciples strengthening their faith, helping them to understand His teaching, and instructing them on how to spread the Gospel. L1
2. Jesus gave His disciples the power to forgive sins. L1
3. Jesus commissioned the apostles to continue His work through the Church He founded. L1
4. Jesus forgave Peter and made him the visible head of the Church - the first Pope. L2
5. Jesus promised to send the Holy Spirit and ascended into Heaven. L3

Chapter 23 The Giver of Life

1. The Holy Spirit descended upon Mary and the apostles in the upper room. L2
2. Immediately after the Holy Spirit descended, the Apostles could speak in many languages, Peter proclaimed the gospel, and over three thousand people were baptized. L2
3. The Holy Spirit is the love between the Father and the Son. L3
4. The Holy Spirit protects the Pope and all the bishops in union with the Pope from teaching error in matters of faith and morals. L4
5. The Holy Spirit fills our souls at Baptism and pours out His gifts at Confirmation. L4

92 Questions: # 74-80

Chapter 24 The Mystical Body

1. Jesus founded the Church and is the head of the Mystical Body. L1, L2
2. The visible head of the Mystical Body on earth is the Pope. L1
3. Jesus established the Church to continue His work on earth, to give His followers the means to attain holiness and salvation, and to provide a secure guide. L3
4. Non-Catholic Christian denominations broke away from the Catholic Church. We pray for unity among Christians. L3
5. The Communion of Saints includes souls on Earth, in Purgatory, and in Heaven. L4

Chapter 25 The Identity of the Church

1. The Church is one because Jesus founded just one Church and provided her with one sacrifice. L2
2. The Church is holy because Jesus founded it and because the Holy Spirit guides it. L2
3. The church is catholic or universal because she serves all people and offers the fullness of the means of salvation. L3
4. The Church is apostolic because the priesthood and papacy can be traced back to the apostles. The teachings of the Church are based upon the teachings of the apostles. L3
5. The sheepfold, vineyard, and ship are a few examples of symbols of the Church. L4

Chapter 26 The Church Rules

1. The Church is human and divine because her members are human and her founder, Jesus, is divine. L1
2. Apostolic Succession is the handing on of authority from the apostles to the bishops. L2
3. The Pope governs and teaches the entire Church. The Pope is infallible when teaching on matters of faith and morals. L3
4. The precepts of the Church are binding on all Catholics. They are: L4
 - a. attend Mass every Sunday and Holy Day of obligation,
 - b. fast and abstain on appointed days,
 - c. go to confession at least once a year,
 - d. receive Holy Communion during the Easter season, and
 - e. contribute to the support of the Church.

92 Questions: #83

Chapter 27 Teach All Nations

1. Sacred Scripture is the written Word of God. L2
2. Sacred Tradition is the Word of God in its entirety. L2
3. The Magisterium is the teaching body of the Church - the Pope and bishops in union with him. The Magisterium safeguards and interprets Sacred Scripture and Sacred Tradition. L2
4. Infallibility is freedom from error in teachings of the universal Church in matters of faith and morals. L3
5. Evangelization is spreading the gospel message. L4

Chapter 28 Called to Holiness

1. The seven Sacraments help us receive God's grace, avoid sin, and grow in holiness.
They are: L1, L2
 - a. Baptism
 - b. Penance
 - c. Eucharist
 - d. Confirmation
 - e. Holy Orders
 - f. Matrimony
 - g. Anointing of the Sick
2. Original Sin is inherited by Adam and Eve. It gives us the tendency to commit sin.
Actual sins are sins we commit. L3
3. Mortal sins are serious sins that we know are seriously wrong and which we freely commit. Venial sins are lesser sins or they are serious sins we commit without complete freedom or without full knowledge of their seriousness. L3
4. We have to go to confession when we commit serious sins, but we should confess venial sins as well. L3

Chapter 29 The Mother of God in Our Lives

1. Jesus gave Mary to us to be our mother and model. L1
2. Mary is the New Eve and was bodily assumed into Heaven. L2
3. Mary intercedes for us. L3
4. The Rosary helps us to know Jesus and Mary better. L3
5. Our Lady of Guadalupe. L4

Chapter 30 Unto Everlasting Life

1. The particular judgment is the judgment each individual person faces immediately after death. L2
2. The general judgment is the event at the end of the world, in which everyone's destiny will be made known to all. L4
3. Heaven is the eternal state of joy in which souls are united with God forever. L2, L3
4. Hell is an eternal state of suffering in which souls are separated from God forever. L2
5. Purgatory is temporary suffering after death to remove venial sin from the soul. L2, L3
6. Our bodies will be reunited with our souls at the resurrection. L4

Faith and Life Series Grade 6 Following Christ

Students should have access to a Bible in their classes in Grade Six.

In Grade Six, the teacher will provide the Catechesis listed below.

Please also review the all of the 92 Questions.

Chapter 1 God Gives Us the Law

1. God established divine and natural laws to govern creation. L2
2. Jesus established the New Covenant without setting aside the Old Law of the Ten Commandments. L3
3. God has provided the means to form our consciences through natural law and the teachings of the Church. L4

Chapter 2 The First Commandment in Our Own Day

1. The First Commandment teaches us to love God above all things and forbids
2. superstition, impiety, heresy, and anything contrary to the reverence we owe God. L1
3. Idolatry: Man must not put anything before God; he must love God above all else. L2
4. The Story of the Rich Young Man. L3

Chapter 3 Prayer- Hidden Treasure

1. Prayer is the raising of the heart and mind to God; talking with God. L1
2. Vocal prayer is praying aloud, using either set formulas or our own words. L1
3. Meditation is praying using our mind, heart, and imagination to consider and seek the Lord and His will for us. L1
4. Contemplation is praying by being simply and lovingly united with God. L1
5. The Prayer of the Church is called the Liturgy of the Hours or the Divine Office. L3

Chapter 4 Saints- They Made the Most of It

1. Conversion is turning away from sin and toward God. We are called to conversion so that we can become saints. L1.
2. The Church Triumphant is all the Saints in Heaven. L2
3. Intercession is speaking up or praying for another person. L3
4. Catholics worship God alone. We honor the saints and ask for their prayers. We honor and rely on Mary most of all, because she is the greatest of the saints and our Mother. L3
5. Everyone who dies in friendship with God and has gone to Heaven is a saint. When the Church declares someone to be a saint, she cannot be wrong. L4

Chapter 5 The Holy Name

1. The Second Commandment calls us to respect the Lord's name. L1
2. We can show disrespect for God's name by using it as a swear word, speaking against it, or swearing false or casual oaths by it. L2
3. Blasphemy is speaking abusively or scornfully of God, the saints, and holy things. L2
4. Vows are binding promises made before God. L3
5. The Second Commandment also calls us to respect the saints; respect people who give their lives to God, such as priests or religious; and respect objects used for Mass, and devotional items. L4

Chapter 6 The Lord's Day

1. The Third Commandment requires us to honor God on Sundays. L1
2. The Third Commandment teaches that we should not do unnecessary work and activities that prevent us from honoring God in the Mass and getting the rest we need. Sundays should be a day of prayer, rest, joy, and rejuvenation. L2, L4
3. Missing Mass, except for serious reasons, on Sunday and Holy Days of obligation is a mortal sin. L3
4. We need to go to Mass to worship God publicly, as part of His Church, and to grow in grace as well as in faith, hope, and charity. L3
5. The six Holy Days of Obligation are: L3
 - a. Mary, Mother of God – January 1
 - b. Ascension Thursday – forty days after Easter
 - c. Assumption of Mary – August 15
 - d. All Saints – November 1
 - e. Immaculate Conception – December 8
 - f. Christmas – December 25

Chapter 7 The Cross and True Riches

1. Self-denial means sacrificing our own will or something we desire, for the sake of the Kingdom of God. L1
2. The doctrine of the Cross calls us to die to our sinful ways, so that we may live in Christ. L2
3. Penance is something done to make up for our sins. L3
4. Fasting and abstinence are forms of penance. Fasting is eating less food than usual or no food at all. Abstinence is avoiding eating certain food, such as meat. L3
5. The two penitential seasons in the Church's liturgical year are Advent and Lent. On Fridays, Catholics practice voluntary penance. L4

Chapter 8 In the Heart of the Family

1. The Fourth Commandment calls us to honor our father and mother, and to respect those in authority. L1
2. We can honor our parents by obeying them, loving them, listening to them, not keeping secrets from them, taking care of them as they grow old, etc. L2, L3
3. Society questions the definition and role of the family yet the Holy Family remains the model. L4

Chapter 9 Citizenship-Rights and Duties

1. Man is bound to the legitimate authority of the state, whose authority comes from God, but the State has no authority to demand something that is against God's law. L1, L2
2. If civil authorities command us to do something that violates God's law, we must obey God and not the state. L2
3. If something is legal, it does not necessarily mean that it is moral. L3
4. Patriotism is love of one's country. L3
5. Wealthier and stronger countries have a responsibility to help poorer and weaker nations and to uphold the dignity of all people. L4

Chapter 10 Church Authority- Our Fathers in Faith

1. The Pope is called the Vicar of Christ because he acts on Christ's behalf with Christ's authority. L1
2. The Magisterium is the Pope and all the bishops together in union with him. The Magisterium's duties are to interpret Sacred Scripture and Sacred Tradition. L2
3. Infallibility is the protection granted by the Holy Spirit to the Church's Magisterium that keeps her teachings on faith and morals free from error. L2
4. The five precepts of the Church are: L3
 - a. Attend Mass on Sundays and Holy Days
 - b. Confess sins at least once a year
 - c. Receive the Eucharist during the Easter season
 - d. Observe the Church's days of fasting and abstinence
 - e. Provide for the Church's needs

Chapter 11 Respect Life

1. Each of us is composed of body and soul. L1
2. Murder is a grave sin that God forbids in the Fifth Commandment; it is the taking of an innocent life. L2, L3
3. Abortion is wrong because it destroys the life of the unborn child, who is a human person from the moment of conception. L2
4. Euthanasia is the taking of life of someone who is elderly or sick. L2
5. It is not morally wrong to kill someone if we act in self-defense, in a just war, or in a just use of capital punishment. L3
6. We should care for and protect ourselves with proper diet, hygiene, exercise, and rest. Gluttony and improper use of medicine, drugs, or alcohol that harm the body are sinful. L4

Chapter 12 Charity Toward All

1. We must have love for our neighbors, both our friends and our enemies. L1
2. The Fifth Commandment forbids unrighteous anger and hatred. L2, L3
3. We may never seek vengeance on those who have hurt us. As Christians, we are not allowed to hate or wish bad things to happen to someone. L2
4. Scandal is conscious and deliberate encouragement of others to sin. L4

Chapter 13 The Sacred Flame

1. The Sixth and Ninth Commandments teach us to guard the gift of sexuality. The Sixth Commandment guides our actions. The Ninth Commandment guides our thoughts. L3
2. Using self-control and following the Sixth and Ninth Commandments does not take away our freedom but helps us to do freely what is good for ourselves and for others. L2
3. God reserves the good of human sexuality for marriage. Any use of human sexuality outside of marriage is seriously sinful. L3
4. God requires chastity and purity of heart that we may respect our own dignity and that of others. L4

Chapter 14 Ownership

1. The Seventh Commandment calls us to respect our own property and the property of others. L1
2. We can violate the Seventh Commandment by theft, fraud, and usury. L2
3. Cheating on a test or copying someone else's work is theft. L2
4. Restitution is making up for what has been stolen, damaged, or destroyed. L2
5. The Tenth Commandment calls us to be happy with what we have and what we do not have; and to be happy with another's success or good fortune. L3
6. Envy is being saddened by another's success or good fortune. L3
7. Avarice is excessive desire for wealth and things. L3

Chapter 15 Backed By Truth

1. The Eighth Commandment calls us to use speech for good purposes and to speak the truth. L1
2. Detraction, slander, rash judgment, and calumny break the Eighth Commandment. L3
3. Speaking the truth can sometimes be sinful if we do so in order to hurt the other person. L3
4. We must be careful of what we say and think of others by avoiding gossip and flattery. L4

Chapter 16 The Beatitudes

1. The Beatitudes tell us of the eternal blessings that come from following Jesus. L1
2. The Beatitudes are the fulfillment of the Old Law. L1
3. Explain meaning and promise of each Beatitude. L2, L3

Chapter 17 At the Last Supper

1. The Old Testament sacrifices. L3
2. The Passover. L2
3. Jesus is the new Passover Lamb. L2
4. Transubstantiation. L2 – Chalk Talk

Chapter 18 The Living Sacrifice

1. Jesus' Sacrifice on Calvary and His Resurrection are made present at Mass. L2
2. At every Mass, Jesus offers Himself – Body, Blood, Soul, and Divinity – to the Father on our behalf. He is the priest and the victim. L2
3. The four ends of the Mass are: L3
 - a. worship
 - b. thanksgiving
 - c. satisfaction for sin
 - d. reception of graces
4. The Sacrifice of the Mass does not offer Jesus as a new sacrifice over and over again. The Mass is a share in the one true Sacrifice of Jesus on the Cross. L4

Chapter 19 The Feast of God

1. Reverence at Mass. L1
2. Offering ourselves, in union with Jesus in the Eucharist, to the Father. L3
3. Just as normal food nourishes our body, the Eucharist nourishes our souls, strengthening and renewing the graces of our Baptism. L4
4. We are united with God and the members of His Body, the Church, in Holy Communion. L4

Chapter 20 Promise and Fulfillment

1. When Jesus speaks of the Eucharist being His Body and Blood, He is not speaking figuratively or symbolically. This is to be understood literally. L3
2. Steps to a worthy reception of Holy Communion include: L4
 - a. being free from mortal sin
 - b. fasting for one hour before receiving Holy Communion
 - c. knowing Who we receive
 - d. reverently receiving
3. offering thanksgiving
3. Effects of a worthy reception of the Eucharist. L4
 - a. increase of grace
 - b. growth in holiness
 - c. pardon of venial sins
 - d. strength to overcome sin

Chapter 21 New Life

1. The Resurrection story. L1
2. Jesus appeared to the Apostles on several occasions to show He had truly risen, to confirm His disciples' faith in Him, and to instruct them more profoundly in His teaching. L3
3. Jesus' Resurrection proved Jesus' divinity and signified that the world had been redeemed. L4

Chapter 22 Come Into the Lord's Presence Singing for Joy

1. The word liturgy means *work of the people*. L2
2. The basic structure of the Mass consists of: L2
 - a. Introductory Rites
 - b. Liturgy of the Word
 - c. Liturgy of the Eucharist
 - d. Concluding Rites
3. The five parts of the Introductory Rites are: L3. L4
 - a. Entrance Antiphon or hymn
 - b. Greeting
 - c. Penitential Rite
 - d. Gloria
 - e. Opening Pray or Collect
4. The color of the vestments changes according to the liturgical season and feast day. L4

Chapter 23 Speak Lord, Your Servant Is Listening

1. The seven parts of the Liturgy of the Word are: L1
 - a. First Reading
 - b. Responsorial Psalm
 - c. Second Reading
 - d. Gospel
 - e. Homily
 - f. Creed
 - g. Prayers of the Faithful
2. The readings at Mass are all related and selected to highlight a specific theme which is often related to the day or season. L1
3. The readings at Mass can only come from the Bible. L1
4. The four Gospels, which are a record of what Jesus said and did on earth, are: L2
 - a. Matthew
 - b. Mark
 - c. Luke
 - d. John

Chapter 24 Life Up the Cross of Salvation

1. The Liturgy of the Eucharist consists of the Offertory and Eucharistic Prayer. L1
2. The five parts of the Offertory are: L1, L2
 - a. Preparation of the Altar
 - b. Preparation of the Gifts
 - c. Offering of the Gifts
 - d. Washing of Hands
 - e. Prayers over the Gifts
3. During the Offertory we should offer God our lives, sorrows, and joys. L1
4. We are like the bread and wine in that just as the wheat is ground into flour for bread and grapes are crushed into wine, we must die to ourselves to become new and whole in Christ. L1

5. The seven parts of the Eucharistic Prayer are: L3, L4
 - a. Preface
 - b. Sanctus
 - c. Prayer of Thanksgiving
 - d. Invocation of the Holy Spirit
 - e. Consecration
 - f. Offering to the Father
 - g. Doxology
6. The Consecration is the most sacred part of the Mass. It is the prayer that changes the bread and wine into the Body and Blood of Jesus. L4

Chapter 25 Come to the Table of the Lord

1. The Our Father is the perfect prayer because it contains all the petitions necessary for making us a holy, loving people of God. L1
2. The Rite of Peace is the time of Mass when the priest and people express peace and unity. L2
3. All of Jesus, Body, Blood, Soul, and Divinity, is contained in every particle of the Host and in every drop of the Precious Blood. L3
4. Before receiving Communion, we should make a sign of reverence, such as bowing. The response to "The Body of Christ." is "Amen." This is our act of faith and assent of the will. L3
5. After we receive Communion, the Eucharistic presence of our Lord remains in us for about 10-15 minutes. This is a time to unite ourselves, delve into this divine intimacy, and offer prayers of thanksgiving. L4

Chapter 26 Preparing Our Hearts for Jesus

1. At the Last Supper, Jesus washed His disciples' feet, teaching us that we should seek to serve rather than be served. L2
2. The guest at the wedding banquet was turned away because he had not prepared himself as he should have. L2
3. Some spiritual works which prepare us to receive Jesus are: L2, L3
 - a. prayer
 - b. adoration
 - c. confession
 - d. giving to the Church
 - e. fasting
 - f. sacrificing
4. Other daily things we can do to prepare to receive Jesus are: L2, L3
 - a. be kind to others
 - b. give to the poor
 - c. never speak badly about anyone
 - d. avoid occasions of sin
 - e. help people in need
5. We can grow in our love for Jesus in Holy Communion by: L4
 - a. asking Jesus to help us love Him more
 - b. obeying His commandments
 - c. receiving the Sacraments with greater devotion
 - d. studying the Faith

Chapter 27 Come Lord Jesus

1. The Sacraments work *ex opera operato* (they give grace without our effort). The benefits we receive from them depend on our interior disposition. L1
2. To receive Communion worthily:
 - a. one must be in the state of grace (free from mortal sin). L2
 - b. have the right intention (be aware of the meaning of the Eucharist and to act accordingly). L2
 - c. observe the Eucharistic fast (the obligation to take no food or drink except for water and medicine for one hour before receiving the Eucharist). L2
3. Viaticum is the last Eucharist we receive before death. L4

Chapter 28 His Abiding Presence

1. The Eucharist is reserved in the tabernacle in a Roman Catholic church or chapel. L2
2. After Mass is over, Christ is still present in the Eucharist. L2
3. Some ways in which we can honor and be with the Eucharistic Jesus are: L3
 - a. adoration
 - b. Benediction
 - c. Spiritual Communion
 - d. visits to the Blessed Sacrament
 - e. the Chaplet of the Blessed Sacrament
 - f. Eucharistic processions
4. Exposition of the Blessed Sacrament allows for adoration of our Eucharistic Lord. L3
5. Benediction is the blessing of the faithful with Jesus in the monstrance. L3

Chapter 29 Passage Into Eternity

1. Death is the separation of the body and soul and is a consequence of Original Sin. L1
2. At death, the body returns to dust and the soul lives forever. L1
3. At the moment of death, Jesus will judge our thoughts, words, deeds, and the good we failed to do. L3
4. The judgment at the moment of our death is called *The Particular Judgment*. L3
5. We do not know the time of our death, so we should always be ready by: L4
 - a. developing a spiritual life of prayer and the Sacraments
 - b. living according to God's will and keeping His commandments
 - c. knowing and loving God through the study of our Faith

Chapter 30 Heaven- Purgatory-Hell

1. Heaven is the greatest joy. It is being with God forever, loving God, and sharing in God's own life. Angels and saints in heaven are called the Church Triumphant. L1
2. Purgatory is a state of purification and penance where souls are cleansed and freed from sin and the punishment due to sin. The souls in Purgatory are called the Church Suffering. L2
3. In Purgatory, souls think about their future union with God. L2
4. Hell is real. It is a state of eternal suffering and separation from God. L4
5. The souls in hell are those who have freely chosen to go there by rejecting God's mercy and love. L4

Chapter 31 He Shall Come Again

1. The return of Jesus at the end of time is called the Second Coming. L2
2. All will be reunited with their bodies at the end of time. L2
3. Purgatory will not be needed after the General Judgment. L2
4. At the General Judgment, the justice of God will be known by all. The just will be rewarded, the unjust will be damned. L3
5. Jesus Christ will be fully vindicated, exalted, glorified, and honored. L3
6. We should all strive to live our lives in anticipation of the truths of the Last Days. L4

Faith and Life Series Grade 7 The Life of Grace

Students should have access to a Bible in their classes in Grade Seven.

In Grade Seven, the teacher will provide the Catechesis listed below.

Please also review the all of the 92 Questions.

Chapter 1 Knowing God through Creation

1. God wants to be known and therefore reveals Himself to us through faith and reason. L1
2. The gift of faith is the supernatural power we receive from God that helps us believe in all He has revealed through the Bible, Jesus, and the Church. L1
3. Human beings image God in having intelligence, understanding, and free will as well as a spiritual and immortal soul. L2
4. In the Bible, God reveals that: L3
 - a. He is everywhere
 - b. He knows everything
 - c. He is pure spirit
 - d. He is love
5. Jesus reveals that God is a Holy Trinity. L4

Chapter 2 Divine Revelation

1. Sacred Scripture is the inspired Word of God - recorded in 73 books. L2
2. The Old and New Testaments work together in that the Old Testament prepares us for the New, and the New helps us to understand the Old. L1
3. The Old Testament is made up of: L2
 - a. Historical books
 - b. Wisdom books
 - c. Prophetic books
4. The New Testament is made up of: L2
 - a. The Gospels
 - b. The Acts of the Apostles
 - c. Saint Paul's letters
 - d. Letters to all Christians
 - e. The book of Revelation
5. Sacred Scripture is inerrant which means "without error." Although men wrote it, the Holy Spirit inspired everything they wrote and protected the writings from error. L3

Chapter 3 Creation

1. God creates out of love and everything that He creates is good. L1
2. Man is created with a human nature. God gave him many gifts. L2
3. God created the angels. When they were tested some chose to rebel against God and are now called demons. L3
4. God tested Adam and Eve. Man fell, but God promised to send a Savior. L4

Chapter 4 God's Plan of Salvation

1. Salvation history is the events in history that tell the story of man's salvation. L1
2. God established a covenant with Abraham, promising him land, descendants, and blessings. L1,
3. God called Abraham to sacrifice his beloved son, Isaac. L2
4. Jacob obtained his brother's birthright and blessing. L3
5. Joseph was sold into slavery in Egypt, but became the second most powerful man there and was able to save his family from a famine. L4

Chapter 5 The Holy Prophet Moses

1. God revealed Himself to Moses with the name *Yahweh* which means "I Am." L1
2. The Exodus is the journey which the Israelites took out of Egypt and into the Promised Land. L2
3. When God renewed His covenant with Israel, He demanded obedience the Ten Commandments and animal sacrifice. L2
4. To consecrate means to set apart for God. L2
5. Anointing is the pouring of oil on a person or thing as a sign of being chosen by God. L2
6. The Passover prefigures the Eucharist in that the Israelites were saved from death and slavery when the lamb was sacrificed and eaten, and its blood was sprinkled on the doorpost. Jesus, the Lamb of God, was sacrificed, and His blood was shed to save us from slavery to sin and death. We eat the Lamb of God in the Eucharist. L2

Chapter 6 God's Special Spokesmen – The Prophets

1. Prophets were witnesses to truth and called men back to the ways of God. L1
2. Elijah and Elisha are prophets who prefigure Jesus. L2
3. Isaiah prophesied about the Messiah. L3
4. John the Baptist was the last and greatest of the prophets. L4

Chapter 7 Our Lord and Savior Jesus Christ

1. Mary is called the Immaculate Conception because she was conceived without sin. L1
2. Jesus' taking on our human nature and becoming man is called the Incarnation. L1
3. Jesus is true God and true man. Docetism is the heresy which taught that Jesus was not human. Arianism is the heresy which taught that Jesus is not God. L2, L3, L4

Chapter 8 The Saving Mission of Jesus

1. Jesus shows His love for the Father by doing the will of God. L2
2. The Good News is that God loves us and that Jesus came to take away our sins. L2
3. Jesus has the office of Prophet. He offered Himself on the Cross as a sacrifice for our sins. L2
4. Jesus has the office of Priest. He told us the Good News and how to please God. L3
5. Jesus has the office of King. He reigns over the Kingdom of God. L4

Chapter 9 The Priesthood of Jesus

1. A priest is someone chosen to pray and offer sacrifice to God on behalf of others. L1
2. The Old Testament teaches us that a sacrifice: L1
 - a. should be offered with a pure and sinless heart,
 - b. is a thanksgiving to God for His blessing and protection,
 - c. shows sorrow for sin and a desire for forgiveness.
3. Melchizedek is the priest-king of Salem(Jerusalem), who offered bread and wine to God just as Jesus offered bread and wine to the Father at the Last Supper. L4
4. Jesus made up for every sin and reconciled us to the Father. The sacrifices of the Old Testament could never do this. L2, L3

Chapter 10 Christ, Source of All Grace

1. Jesus is the source of all grace. L1
2. Jesus dispenses His grace through priests and the Church. The ordinary means of grace are the seven Sacraments. L1, L4
3. The new life of grace received in Baptism is made possible through Jesus' suffering, death, and Resurrection. L2
4. Grace is God's life within us. Grace is necessary for salvation. L1

Chapter 11 Jesus Founds His Church

1. Saint Peter was the visible head of the Church. This is referred to as the primacy of Peter. This role is now exercised by the Bishop of Rome, whom we call the Pope. L2
2. The Church is protected by a charism of indefectibility, which means that she will last until the end of time. L2
3. The twelve Apostles are:
 - a. Simon Peter
 - b. James, son of Zebedee
 - c. John, brother of James
 - d. Andrew
 - e. Philip
 - f. Bartholomew
 - g. Matthew
 - h. Thomas
 - i. James, son of Alphaeus
 - j. Jude Thaddeus
 - k. Simon the Zealot
 - l. Judas Iscariot
4. Jesus gave the apostles His authority, which has been passed down by apostolic succession through the Sacrament of Holy Orders. L2

Chapter 12 The Church in Our Time

1. The twelve apostles spread the gospel throughout the world, preaching to all nations. L1
2. Infallibility is the special protection given by the Holy Spirit to the Pope and all the bishops when they teach in union with the pope, that prevents the Catholic church from teaching error in matters of faith and morals. L3
3. Indefectibility is the truth that the Catholic Church will endure on earth until the end of time. L3
4. There are different rites in the Catholic Church. L4
5. The Church's doctrine (what we believe for salvation) will never change; however, rites and disciplines may develop over time. L4

Chapter 13 Doctrine of Grace

1. Grace is the free gift God gives us by which we reach Heaven. L1
2. Sanctifying grace gives us a share in God's own life, making us His adopted children and making it possible for us to be with Him in Heaven. L1, L2
3. We receive sanctifying grace through the seven Sacraments. They are the ordinary channels of grace. L3
4. Actual grace is the day-to-day help that enlightens our mind and strengthens our will so that we may do good and avoid evil. L4

Chapter 14 Faith, Hope, and Charity

1. Natural virtues are attained by repeating good acts. Supernatural virtues are given directly by God. L1
2. Faith, hope, and charity are theological virtues. They come directly from God and help us to live for Him. L1
3. Faith is the virtue by which we believe in God and in all that He has revealed to us through the Church. L2
4. Hope is the virtue by which we trust in God and His promises. L3
5. Charity is the virtue by which we love God above all things and love our neighbor for love of God. L4

Chapter 15 The Cardinal Virtues

1. Prudence is the virtue that helps us make right decisions, judge what is good, and choose the right means of attaining it. L2
2. Justice is the virtue that helps us respect the rights of others and give others what is due to them. L2
3. Temperance is the virtue which gives us the power to control and direct ourselves and our desires. L2
4. Fortitude is the virtue which gives us the ability to face difficulty and danger in the pursuit of good with peace and courage. L3
5. The seven capital sins and corresponding opposite virtues which overcome them are: L4
 1. pride humility
 2. avarice liberality
 3. lust chastity
 4. anger patience
 5. gluttony sobriety
 6. envy brotherliness
 7. sloth diligence in serving God

Chapter 16 The Seven Sacraments

1. The Sacraments were instituted by Jesus Christ to be visible signs that confer grace. L1
2. An efficacious sign is a word or symbol that causes what it signifies. It makes it happen. L2
3. The Sacrament's power does not depend on the holiness of the minister. L2
4. The specific sacramental grace imparted by the seven Sacraments are: L4
 - a. Baptism the grace to live a holy life
 - b. Confirmation the grace to be strong in faith
 - c. Eucharist the grace to love Jesus and our neighbor
 - d. Penance the grace to overcome sin
 - e. Anointing the grace of healing in body or souls, or both, and the grace to accept suffering and death
 - f. Holy Orders the grace for priests to live out their vocation
 - g. Matrimony the grace for the couple to love one another and be good parents

Chapter 17 God Calls Us to Reconciliation

1. The effects of Baptism include justification and reconciliation, divine filiation, the new life of grace, and membership in the Church. L1
2. The effects of Baptism also include an indelible seal or mark upon the soul. L3
3. Those who do not know about Baptism or who have not been able to receive it before they die may be saved by the Baptism of desire or blood. L3
4. Some of the duties of the baptized are to: L4
 - a. live a sacramental life
 - b. obey church teachings
 - c. read Scripture
 - d. attend Mass
 - e. pray
 - f. do good works

Chapter 18 The Rite of Baptism

1. The flood, the parting of the Red Sea, and the crossing of the Jordan are examples of how the water of Baptism was prefigured in the Old Testament. L1
2. In Baptism: L1, L3
 - a. Water signifies that we have been cleansed from sin.
 - b. Chrism oil signifies that we share in Christ's threefold ministry as priests, prophets, and kings.
 - c. The candle signifies that we have received Christ who is the light of the world.
 - d. The white garment signifies that we are pure and clothed in Christ.
3. An exorcism is a special Catholic ceremony that drives away the devil and destroys his influence. L3
4. Godparents help raise their child in the Catholic Faith. L4

Chapter 19 The Sacrament of Confirmation

1. A paraclete or advocate is someone who pleads before a judge on behalf of someone else. The Holy Spirit is called the Paraclete or the Advocate because He pleads for us and helps us pray. L1
2. The Sacrament of Confirmation strengthens God's power within us to assist us in living our Christian Faith. Confirmation makes us witnesses for Christ. L2
3. The matter of Confirmation is the anointing with chrism and the laying on of hands. The form is, "Be sealed with the gift of the Holy Spirit." L2
4. The effects of Confirmation include an indelible mark upon the soul, an increase in sanctifying grace, and an outpouring of the gifts of the Holy Spirit. L2

Chapter 20 The Gifts of the Holy Spirit

1. The gifts of the Holy Spirit help us to recognize and respond to God's will. L2
2. The seven gifts of the Holy Spirit are: L2
 - a. wisdom – the ability to see things as God sees them
 - b. understanding – insight into the mysteries of the faith
 - c. knowledge – the ability to see everything in relation to God and eternity
 - d. counsel – the ability to make correct decisions about God's will for our lives
 - e. fortitude – the strength to be faithful to Christ when it is difficult
 - f. piety – the inspiration to worship God and love him as a Father
 - g. fear of the Lord – the ability to see the evil of sin and the goodness of God
3. In order to benefit from the gifts of the Holy Spirit, we must pray to use them well and be responsive to the promptings of the Holy Spirit. L3
4. The twelve fruits of the Holy Spirit are:
 1. charity
 2. joy
 3. peace
 4. patience
 5. kindness
 6. goodness
 7. generosity
 8. gentleness
 9. faithfulness
 10. modesty
 11. self-control
 12. chastity

Chapter 21 The Sacrament of the Holy Eucharist

1. The Bread of Life discourse. Jn. 6:35-59. L1
2. Jesus instituted the Eucharist at the Last Supper. L2
3. Transubstantiation and real presence: - during the prayers of Consecration, the bread and wine are changed into the Body, Blood, Soul, and Divinity of Jesus. L3
4. We must receive the Eucharist worthily. L4

Chapter 22 The Eucharistic Sacrifice

1. Every sacrifice has a priest, a victim, and an altar. Jesus is both the Priest and the Victim of the Sacrifice of the Mass. On Calvary, the Cross was the altar; at Mass, the altar takes the place of the Cross. L2
2. At Mass, Jesus, through the ministry of the priest, offers Himself in the Eucharist. L2
3. The Mass makes present Jesus' sacrifice on Calvary in an unbloody manner. L2

Chapter 23 The Eucharist in Our Lives

1. The Eucharist is the source and summit of the Christian life because it is Christ who is the source of our faith and being with Him is the goal of our life. L1
2. The Eucharist is related to other Sacraments. L2
3. To receive the Eucharist worthily means to: L3
 - a. be free from serious sin
 - b. believe in the Real Presence
 - c. have fasted for one hour from food and drink

Chapter 24 Sin and Mankind

1. As a result of Original Sin, man suffers from an inclination to sin, also called concupiscence. L1
2. Temptation is the enticement to sin. Man is tempted by the world, the flesh, and the devil. L2
3. Four ways sin can be committed are in thought, in word, in deed and in omission. L3
4. The conditions for mortal sin are grave matter, full knowledge, full consent. L3
5. The seven capital sins are pride, avarice, envy, wrath, lust, gluttony, and sloth. L2
6. Man must avoid the occasions of sin. L2

Chapter 25 God's Mercy and Forgiveness

1. God is merciful and offers forgiveness to the repentant sinner. L1
2. Perfect contrition is sorrow for sin caused by love of God. Imperfect contrition is sorrow for sin caused by fear of hell. L3
3. An examination of conscience is the thinking about what sins we have committed and why so that we can avoid those sins in the future and prepare for the Sacrament of Penance. L3
4. A purpose of amendment is a firm commitment to sin no more. L3
5. Acts of self-denial that strengthen our will and make it easier for us to avoid sin in the future are called penance. L4

Chapter 26 The Sacrament of Penance

1. The Sacrament of Penance is the ordinary means for the forgiveness of sins committed after Baptism. L1
2. The effects of the sacrament include forgiveness of sins, restoration of grace, and strength to overcome sin. L2
3. There are five steps to a good confession: examination of conscience; sorrow for sin; purpose of amendment; confession of sins to a priest; doing the assigned penance. L3

Chapter 27 The Sacrament of the Anointing of the Sick

1. Jesus instituted the Sacrament of Anointing of the Sick to care for the body and soul of those who are sick and dying. L1
2. The Sacrament of the Anointing of the Sick L2
 - a. increases sanctifying grace and gives spiritual strength to resist temptation, bear evil, and die a holy death,
 - b. takes away venial and mortal sin if a person is sorry for them,
 - c. restores bodily health if that is God's will.
3. A plenary indulgence removes all temporal punishment due to sin; a partial indulgence removes some. L4
4. To obtain of plenary indulgence one must L4
 - a. be in a state of grace,
 - b. be detached from sin,
 - c. do the prescribed good work,
 - d. pray for the Pope,
 - e. receive Holy Communion,
 - f. go to Confession.

Chapter 28 The Sacrament of Holy Orders

1. Apostolic succession is the unbroken chain of bishops from the Apostles to the present day. L1
2. The priesthood of the faithful (common priesthood) is the priesthood of all Catholics carried out by attending Mass and worshipping God in prayer. L2
3. The three degrees of Holy Orders are: L3
 1. Bishop
 2. Priest
 3. Deacon
4. Bishops are the official teachers and sanctifiers of the faithful in a diocese. Priests help the bishop by preaching, teaching, and administering Sacraments. Deacons serve the Church through good works and assisting at Mass. L3
5. The Sacramental seal of Holy Orders is the spiritual mark on the soul of the person ordained to Holy Orders, similar to the mark left by Baptism and Confirmation. L4
6. To receive this sacrament, a man must be called by God. To be called to the priesthood is a great gift. L2, L4

Chapter 29 The Sacrament of Matrimony

1. Marriage was instituted by God at the time of Creation and made a Sacrament by Jesus. L1, L2
2. The purpose of marriage includes mutual love, support, and procreation. Spouses help each other know, love, and serve God; and raise children according to the Faith. L2
3. For a valid marriage the couple must be free to make their vows and agree to live their marriage in accord with God's plan and the Church's rules. L3
4. It is impossible to end a valid marriage because in a valid marriage husband and wife become one flesh and a symbol of Christ's love for the Church; and Christ can never be separated from His Church. L3
5. Marriage is attacked in the modern day. To prepare for marriage, young people should live chastely, select good friends, and pray. L4

Chapter 30 Sacramentals

1. Sacramentals are sacred signs established by the Church to bestow grace on those who use them with the right disposition. L1
2. Some examples of sacramentals are: L2
 - a. candles
 - b. incense
 - c. holy water
 - d. blessings
 - e. the rosary
3. Popular piety is the way people express their personal reverence or devotion to God or the saints. L3
4. The beautiful prayer of the rosary; St. Pope John Paul II's *Rosarium Virginis Mariae*. L2

Chapter 31 Mary, Mediatrix of Grace

1. Jesus gave us Mary to be the mother of the Church and our mother. L1
2. The four privileges which God gave to Mary are: L3
 - a. The Immaculate conception – Mary was preserved from Original Sin from the moment of her conception.
 - b. Perpetual virginity – Mary remained a virgin before, during, and after Jesus' birth
 - c. The Assumption – Mary was assumed, body and soul, into Heaven at the end of her earthly life.
 - d. Mother of God – Mary is truly the Mother of God because she is the Mother of Christ, true God and true man.
3. To consecrate ourselves to Mary means to give ourselves entirely to Mary so she can help us to become like Jesus. L4

Faith and Life Series Grade 8 Our Life in the Church

Students should have access to a Bible in their classes in Grade Eight.

In Grade Eight, the teacher will provide the Catechesis listed below.

Please also review the all of the 92 Questions.

Chapter 1 Christ's Abiding Presence

1. We know that Jesus intended to found the Church because He told the Apostles He would found His Church on Peter and He talked about the authority the Church would have. L1
2. Jesus founded the Church to shepherd His people and to be with us always. L2
3. The Church is divine in her origin and life. L2
4. The Church is human in her structure which includes hierarchy, membership, rules, and organizations. L3
5. Some ways in which Jesus is present in His Church are: L4
 - a. in the Eucharist,
 - b. in the authority given to the Pope and bishop,
 - c. in the person of the priest, who acts "*in persona Christi*",
 - d. in her members who have been baptized and who conform themselves to Him.

Chapter 2 The Birth of the Church

1. The deposit of grace is all the grace necessary for salvation, which Jesus merited for us by His death and Resurrection, and which is given to us through the Church. L3
2. The deposit of Faith is the content of revelation entrusted to the Church by Jesus and handed on through Scripture and Tradition by the Apostles and their successors. L3
3. A vicar is a representative or someone serving as an agent for someone else. L2
4. Ekklesia is the Greek word for "assembly." In the New Testament it is used for the word "church." L2
5. The three stages for God's establishment of the Church are: L2, L41.
 - a. In the Old Testament, the Church is prefigured in God's promises to Adam, Abraham, Noah, and Moses, the nation of Israel, and the kingdom of David.
 - b. In His life and death, Jesus laid the foundation for His Church.
 - c. From Pentecost forward, the Apostles and their successors have had authority from Jesus to spread the gospel to all men.

Chapter 3 The Nature of the Church

1. Discuss some of the following images of the Church in the New Testament: Kingdom, mustard seed, sheepfold, vineyard, building, bride, ark, mother, fish net, pearl, treasure, leaven in bread, and Mystical body. L1
2. The Church is one, holy, catholic, and apostolic. L2, L3
3. The Church is necessary for salvation because it is through her Sacraments that we receive sanctifying grace and are strengthened and confirmed in grace.

Chapter 4 The Teaching Church

1. The sacred deposit of the Word of God consists of Scripture and Tradition. L1
2. Ecumenical councils are called to clarify Church teaching. L2
3. We also have a great treasury of teachings from Popes, Church Fathers, and the Doctors of the Church that contribute to the Church's understanding of the deposit of Faith. L3
4. The deposit of Faith was completed with the death of Saint John; however, our understanding of the deposit of Faith has developed over the last two millennia. L4

Chapter 5 Authority in the Church – Teaching and Governing

1. Infallibility is the Holy Spirit's gift of protection from teaching error in matters of faith and morals. L3
2. The Pope and the bishops teaching in union with him have the gift of infallibility. L3
3. Not everything the Pope says is infallible. He must be speaking to the whole Church and intending to use his authority to pronounce an unchangeable decision. L3
4. A Pope can never change a doctrine but may change a discipline. L4

Chapter 6 The Visible Hierarchical Church

1. Jesus gave the Church the mission to evangelize all nations. This implies the need for successors. L1
2. The Church is divided into dioceses. Each diocese is led by a bishop, whose role is to teach, sanctify, and govern. L2
3. Priests and deacons share in the bishops' power and authority to meet the needs of the members of the diocese in specific parishes. L3
4. *Monsignor* and *Cardinal* are titles which the Pope can give to priests to honor them. L4
5. *Curia* is the name of the body of officials who assist bishops and Popes in governing a diocese or the universal Church. L4

Chapter 7 The Church Sanctifying- Sacraments and Members

1. The sacraments of initiation include: Baptism, Eucharist, and Confirmation. These bring us into the Church and give us full participation in her. L1
2. The matter for the Sacraments of Initiation are: L1, L2, L3
 - a. Baptism – water,
 - b. Eucharist – bread and wine,
 - c. Confirmation – laying on of hands and anointing with chrism.
3. The form for the Sacraments of Initiation are: L1, L2, L3
 - a. Baptism – “I baptize you in the name of the Father, and of the Son, and of the Holy Spirit.”
 - b. Eucharist – “This is my Body. This is the chalice of my Blood.”
 - c. Confirmation – “Be sealed with the gift of the Holy Spirit.”

4. By Baptism we are freed from sin, filled with grace, and made members of the Church. L1
5. The Eucharist is Christ really and truly present. The Eucharist is nourishment for our souls and unites us with the Mystical Body of Christ. L2
6. Confirmation is the sacrament whereby we receive the fullness of the Holy Spirit. It enables us to confess our Faith and bear witness to it. L3

Chapter 8 The Church Sanctifying – Worship

1. The liturgy is the Church's official public worship. L1
2. Three elements of the Catholic Liturgy are: L1
 - a. the Mass,
 - b. the Sacraments,
 - c. the Divine Office, or Liturgy of the Hours.
3. The liturgical year follows the life of Christ and is based on the major feasts of Christmas, Easter, and Pentecost. L2
4. Advent celebrates the coming of Christ. Lent is a time of penance recalling Christ's time in the desert. L3
5. Ordinary time is a time for growth through the teaching of Christ. L4

Chapter 9 Mary – Mother of the Church

1. The angel Gabriel told Mary that she would bear the Savior. On the Cross, Jesus gave Mary to be our mother too. L1
2. Mary was conceived without Original Sin through the grace merited by her Son on the Cross. L2
3. Mary received the privilege of perpetual virginity. Mary was assumed body and soul into Heaven. L3
4. At the end of her earthly life, Mary was assumed, body and soul into Heaven. L3
5. Mary is a powerful intercessor and the mediatrix of grace. We honor her. L4

Chapter 10 The Communion of Saints

1. The Communion of Saints is the relationship between the members of the Church in Heaven, in purgatory, and on earth. L1
2. The Church Militant refers to those on earth who are united to Christ and who are fighting temptation and sin. L1
3. The Church Suffering (also called Church Penitent) refers to the holy souls who are being purified in purgatory. L2
4. The Church Triumphant includes those united with Christ in Heaven. L3
5. A canonized saint is someone the Church has officially declared to be in Heaven. L3

Chapter 11 Saints in Our History – The First Thousand Years

1. The early Church grew and spread, but there were persecutions and many martyrs gave their lives for Christ. L1
2. Even when Christianity eventually became legal, many saints of the Church still had to combat heresies that threatened the Church during their ages. L2
3. The role and life of monks. L3
4. As the first millennium came to a close, the Church faced threats from Islam, schism, and corruption of her clergy. L4

Chapter 12 Saints in Our History – The Second Thousand Years

1. The Crusades were military efforts of Christians in the eleventh, twelfth, and thirteenth centuries to retake the Holy Land from Muslim control. L1
2. The Protestant Reformation was when many, in a misguided attempt to reform the Church, broke away from her. L3
3. The Counter-Reformation is the period of true reformation following the Council of Trent. L3
4. Modernism is the belief that faith and morals should evolve and that there is no unchanging revelation from God. L4
5. St. Ignatius was dedicated to defending the Faith and serving the Church in obedience to the Pope. L3

Chapter 13 Separated Brethren

1. Our separated brethren are those who have been baptized but are not part of the visible Church, such as Protestants and Orthodox Christians, but who share some aspects of our Faith. L1
2. God made the Jews the first chosen people. He revealed himself to the Jews. Salvation comes to us through the Jews. L2
3. The Muslims believe in and worship God the Creator. L3
4. An atheist denies God's existence. An agnostic thinks that God may exist, but that we cannot know for certain. L4
5. Ecumensim is the effort to unite all those outside the Church in the Mystical Body of Christ. L4

Chapter 14 The Universal Call to Holiness

1. The universal call to holiness is the call of each Christian to follow Christ so we may be with him in Heaven for eternity. L1
2. The apostolate is the work of spreading the gospel in whatever way we can. L1
3. The seven capital sins include: L2, L3, L4
 - a. pride - excessive, disordered love of oneself,
 - b. covetousness - uncontrolled desire for possessions,
 - c. lust - uncontrolled desire or indulgence in sexual pleasure,
 - d. anger - uncontrolled expression of displeasure,
 - e. gluttony - uncontrolled desire for and indulgence in food and drink,
 - f. envy - unhappiness over the good fortune of others,
 - g. sloth - excessive laziness, a lack of desire.

Chapter 15 The Life of Virtue

1. The cardinal virtues are the chief moral virtues upon which the other virtues depend: prudence, justice, temperance, and fortitude. L2
2. Prudence helps us to act and choose wisely. Justice helps us give God and neighbor their due. Temperance helps us moderate our passions and desires. Fortitude helps us confront difficulties with courage. L2
3. Moral virtues are habits acquired by repeatedly doing good. Some moral virtues are humility, liberality, chastity, meekness, moderation, brotherly love, and diligence. L3
4. The theological virtues are supernatural virtues that are given to us by God. L4
 - a. Faith helps us to believe in God.
 - b. Hope helps us to trust in God.
 - c. Charity helps us to love God and our neighbor.

Chapter 16 The Works of Mercy and Happiness

1. Works of Mercy express our love for Christ by helping our neighbor. L1
2. The Spiritual Works of Mercy are for the spiritual needs of others. They are- 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. L2
3. The Corporal Works of Mercy are for the physical needs of others. They are- feed the hungry; give drink to the thirsty; clothe the naked; visit the imprisoned; shelter the homeless; visit the sick; bury the dead. L3
4. Jesus promises happiness in the next life and true peace and joy in this life for those who accept His teaching and follow His example. L4

Chapter 17 Vocations – The Religious Life and the Priesthood

1. God has a plan for every person. L1
2. Religious life, by which one imitates Christ through the three evangelical counsels, is the highest state of life. L2
3. The three evangelical counsels are chastity, poverty, and obedience. L2
4. Holy Orders is the vocation in which a man is called to serve the people of God. L4

Chapter 18 The Lay Apostolate

1. The laity are called to serve God in the world in their own particular manner. L1
2. The laity are called to use their wealth, sexuality, and freedom for Christ and the good of the Church. L2
3. The laity are either single or married. L2,L3
4. As Catholics, we are obliged to have a sacramental marriage, which means our marriages must be blessed by the Church. L4

Chapter 19 Marriage and the Family

1. Conjugal love is the self-giving of man and woman as expressed in bodily union in the vocation of marriage. L2
2. Mutual satisfaction is the process of spouses becoming holy through their marriage. They help each other get to Heaven. L2
3. Indissolubility is the permanence of the union of husband and wife which ends only in death. L3
4. The duties of husband and wife to each other are to support one another, to help one another in their tasks on earth, to help one another raise their children, and to sacrifice their individual freedom for the greater good. L4
5. The duties of parents are to be open to the gift of life, to care for their children's bodily and spiritual needs, and to educate their children for this life and the next. L4

Chapter 20 The Christian in the World

1. Authorities within societies must make just laws to ensure the common good. L1
2. The state receives its authority from God and does not have the right to demand something or make laws that violate God's laws. L2, L3
3. Christians have the duty to: L3
 - a. pray for their country,
 - b. serve others,
 - c. obey just laws,
 - d. pay taxes,
 - e. work to help the less fortunate.

Chapter 21 Law and Conscience

1. Eternal law has two parts: physical law and moral law. L1
2. Divine moral law has two parts: natural law and revealed law. L2
3. Man-made law has two parts: civil law and ecclesiastical law. L3
4. Every man has a conscience which is the capacity to judge what is right or wrong in a given situation. L4

Chapter 22 The Church and the Social Order

1. Everyone in society is hurt when the poor are oppressed. L1
2. Families are undermined when workers are not paid a just wage. L1
3. Abortion can never be good because the taking of an innocent life is always wrong. Families are destroyed, women are hurt, motherhood is devalued, and the dignity of all life is undermined. L2
4. A war can be just if a nation needs to defend itself and all other avenues of resolution have been tried and failed. L3
5. Killing someone in self-defense is not murder because murder is the taking of an innocent life. L3

Chapter 23 Prayer

1. Prayer is the lifting of our minds and hearts to God to know Him better, adore Him, thank Him, and ask Him for what we need. L1
2. Mental prayer and vocal prayer are two kinds of prayer. L2
3. Formal prayer follows a set pattern, while informal prayer is spontaneously talking to God in our own words. L2
4. The liturgy is the Church's official public worship. L4

Chapter 24 The Sacramental Life

1. We confess our sins to a priest because Christ gave the Apostles and their successors the authority to forgive sins.
2. Contrition is sorrow for our sins.
3. The Eucharist is the source and summit of the Christian life because it is both a means of receiving grace and the source of grace, Jesus Himself.
4. To receive Communion worthily we must:
 - a. be in the state of grace,
 - b. believe Jesus is truly present in the Sacrament,
 - c. observe the fast,
 - d. spend time in thanksgiving.
5. Transubstantiation is the changing of the bread and wine into the Body and Blood, Soul and Divinity of Jesus which occurs in the Consecration.

Chapter 25 Death and Particular Judgment

1. Death is not the end of life but the beginning of our eternal life with God. It is a transition to a new and eternal life. L1
2. Before we die the Church offers us the Sacrament of the Anointing of the Sick as well as Confession and the Eucharist. L2
3. The Particular Judgment is the judgment every person will face at death, when the Lord will judge us on all we did and did not do. We will see ourselves as we truly are. L3
4. Heaven is eternal life and the enjoyment of the vision of God. L3
5. Hell is the eternal suffering of separation from God. L3
6. Purgatory is a state after death of temporary suffering that cleanses the soul and makes it worthy to see God. L3

Chapter 26 The Trumpet Shall Sound – The End of the World

1. The Second Coming is the event in which Jesus will come to earth at the end of time and appear with power and glory as the King and Judge of the world. L1
2. At the General Judgment all men who have ever lived will be judged, and our deeds and the Lord's judgment will be made known to all, as will God's wisdom and mercy. L2, L3
3. After death, our bodies will be transformed by God and reunited with our souls to share the eternal reward or punishment we have merited. L3
4. Some attributes of the Resurrected Body are: L3
 - a. lucid - beautiful and perfect
 - b. agile - moves through space at the speed of thought
 - c. impassable - incapable of suffering
 - d. immortal - will not die
 - e. spiritual - the will rules the body perfectly

Faith and Life Series: *Credo: I Believe*
Confirmation Year

Grade 5

Call to Celebrate Confirmation

Students should know all 92 Questions for Confirmation.

Credo: I Believe Chapter 1 I Believe

1. Faith is a supernatural gift of God which allows us to believe truths that God has revealed. L1
2. Faith is a free gift from God for those who choose to receive it. Man may choose to reject the gift of faith. L2
3. The Creed is a summary of the beliefs of our Catholic Faith. L3

Credo: I Believe Chapter 2 The Trinity

1. We can know by reason alone that God exists. L1
2. God is all holy, almighty, all knowing (omniscient), eternal, unchanging, and omnipresent. L2
3. The three Persons of the Trinity, God the Father, God the Son, and God the Holy Spirit, are all distinct, yet all are one God. L3

Credo: I Believe Chapter 3 Creator of Heaven and Earth

1. God is the Creator of Heaven and Earth (of all that is, seen and unseen). L1
2. God creates out of nothing. L1
3. God alone is uncreated. He has no beginning and no end (He is eternal). God is the cause of all creation. L1
4. Man's special role in the created world is to care for it and to use it wisely. L4

Credo: I Believe Chapter 4 Realm of Angels

1. Angels are messengers who are pure spirits. L1, L3
2. The angels were tested and some of them rebelled against God and are called demons. L2
3. Satan/Lucifer is the leader of the fallen angels. L2
4. Saints Michael, Gabriel, and Raphael are three archangels mentioned in Sacred Scripture. L3
5. Each of us has been given a guardian angel. L4

Credo: I Believe Chapter 5 Made in His Image

1. Man is created with a body and soul. L1
2. Before the fall, Adam and Eve had preternatural gifts - L2
 - d. They would never be sick, suffer or die.
 - e. Their wills were strong.
 - f. They understood things more easily and clearly than we do now.
3. The greatest gift God gave Adam and Eve was sanctifying grace. L3
4. Man is made in the image and likeness of God, and has great dignity. L4

Call to Celebrate Confirmation Session 1 Journey with the Spirit

1. We are made in the image and likeness of God.
2. Original sin brought sin into the world and placed humankind in disordered relationships with God, one another, and creation.
3. As a sign and source of God's presence in the world, the Church is a sacrament.

Call to Celebrate Confirmation Session 2 Believe with the Spirit

1. Faith is based on God's great gift of revelation. Among other things, revelation tells us that God the Father communicated himself and his plan for all creation by sending us His own Son, Jesus.
2. Faith has two sides: God's call and our response.
3. Being a member of the Church strengthens and supports our faith.

Call to Celebrate Confirmation Session 3 Gifted with the Spirit

1. Through the power of the Holy Spirit, we are filled with God's life – sanctifying grace.
2. The Holy Spirit is our Advocate
3. The Holy Trinity is the name the Church gives to the mystery of one God in three Persons – Father, Son, and Holy Spirit.

Credo: I Believe Chapter 23 The Giver of Life

1. The Holy Spirit descended upon Mary and the apostles in the upper room. L2
2. Immediately after the Holy Spirit descended, the Apostles could speak in many languages, Peter proclaimed the gospel, and over three thousand people were baptized. L2
3. The Holy Spirit is the love between the Father and the Son. L3
4. The Holy Spirit protects the Pope and all the bishops in union with the Pope from teaching error in matters of faith and morals. L4
5. The Holy Spirit fills our souls at Baptism and pours out His gifts at Confirmation. L4

Call to Celebrate Confirmation Session 4 Empowered by the Spirit

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

Call to Celebrate Confirmation Session 5 Anointed by the Spirit

1. The holy oils used in the celebration of sacraments are signs of the power and presence of the Holy Spirit.
2. Anointing signifies being chosen and sealed with the Holy Spirit.
3. In Confirmation, we are anointed for discipleship and mission.

Call to Celebrate Confirmation Session 6 Sanctified by the Spirit

1. Everyone who is baptized is called to holiness because in Baptism we put on Christ.
2. Jesus is the best model we have of the holiness of God.
3. Being a Christian involves taking up the cross and living in the Paschal Mystery of dying to sin and rising to new life.

Call to Celebrate Confirmation Session 7 Guided by the Spirit

1. Sin is a turning away from God. Our sins can be mortal or venial.
2. An important work of the Spirit is conversion.
3. We are called to forgive and to reconcile.

Call to Celebrate Confirmation Session 8 Challenged by the Spirit

1. The Church is the Body of Christ and a pilgrim people.
2. Through Confirmation our bond with the Church is strengthened and we receive the special strength of the Holy Spirit to help us be witnesses.
3. The Eucharist nourishes and strengthens us for mission.

Credo: I Believe Chapter 12 Born in the City of David

1. The Incarnation: God became man so that we might share in His glory. L3
2. The story of the Nativity. L1, L2
3. The Presentation in the Temple. L4

Credo: I Believe Chapter 14 The Kingdom of Heaven

1. Jesus was baptized, was tempted by Satan, and began his public ministry. L1, L2
2. Jesus taught using parables. L3
3. The Kingdom of Heaven is the Church in Heaven, in Purgatory, and on Earth – all those united with Christ in love. L3
4. Jesus chose twelve apostles. L4

Credo: I Believe Chapter 15 The Father and I Are One

1. Jesus is the Messiah. L1
2. Jesus performed many miracles by His own divine power to show that He is the Son of God. L2
3. When Jesus used the words, "I AM," He was claiming to be God. L4
4. In the Transfiguration, Jesus revealed His divinity to Peter, James, and John. L4

Credo: I Believe Chapter 16 Your Sins Are Forgiven

1. Another way, besides performing miracles, that Jesus showed He was the Son of God is by forgiving sin. Only God can forgive sin. L1
2. Jesus is merciful; he is always ready to forgive sins. L2
3. To receive God's forgiveness, we need to repent and ask for forgiveness. L2
4. Mary Magdalene, Zacchaeus, and the good thief are some examples of people in the Gospel who converted. L3
5. We are called to conversion and to forgive others. L3, L4

Credo: I Believe Chapter 17 True God and True Man

1. By person we mean who someone is; an intelligent being with intellect and will. L2
2. Nature is what a thing is; the essence of a thing. L2
3. The hypostatic union is the union of a divine nature and human nature in the one Divine Person of Jesus Christ. L2
4. The Incarnation is the event in which Jesus, the Second Person of the Blessed Trinity, became man. L2
5. Jesus is our model for holiness. L3

Credo: I Believe Chapter 18 Rejected by the Proud

1. Jesus has a special fondness for ordinary people, the humble, and the poor. L3
2. Jesus speaks the truth, but many people do not accept it. L2
3. When confronted with the truth, man must choose to follow it or not to follow it. L3
4. When we commit sin, we are turning away from God. L4

Credo: I Believe Chapter 19 The Acceptance of the Father's Will

1. Jesus knew and proclaimed that he would suffer and die and rise from the dead on the third day. L1
2. At the Last Supper, Jesus instituted the Sacraments of the Eucharist and Holy Orders. L2
3. The Agony in the Garden and the Crucifixion: Jesus accepted His Father's will. L3, L4
4. From the Cross, Jesus gave us Mary to be our Mother. L4
5. The Sorrowful Mysteries of the Rosary are:
 - a. the Agony in the Garden,
 - b. the Scourging at the Pillar,
 - c. the Crowning with Thorns,
 - d. the Carrying of the Cross,
 - e. the Crucifixion.

Credo: I Believe Chapter 20 The Perfect Sacrifice

1. Man could not make up for his sin and restore grace by the sacrifices he offered. Jesus was without sin and, therefore, could offer a pleasing sacrifice to God. L2
2. Jesus, as both God and man, was the perfect mediator between the Creator and His creation. L2
3. Jesus opened Heaven and redeemed man, offering him grace through Baptism. L2
4. We receive the grace of Christ's sacrifice on the Cross by participating in the Mass, which is the same sacrifice re-presented in time. L3

Credo: I Believe Chapter 21 He Is Risen

1. The story of Jesus' resurrection. L1
2. The Resurrection tells us that Jesus is God and that those who follow Jesus and die in His friendship will be raised from the dead and live forever in Heaven. L3
3. Qualities of a glorified body: a) the body is subject to the will; b) the body is beautiful and spiritual; c) the body will no longer suffer and die. L3
4. The Easter Vigil Mass teaches us about the new life of Christ offered to us all. L4

Credo: I Believe Chapter 22 Jesus Sends the Apostles

1. After His Resurrection, Jesus spent forty days with His disciples strengthening their faith, helping them to understand His teaching, and instructing them on how to spread the Gospel. L1
2. Jesus gave His disciples the power to forgive sins. L1
3. Jesus commissioned the apostles to continue His work through the Church He founded. L1
4. Jesus forgave Peter and made him the visible head of the Church - the first Pope. L2
5. Jesus promised to send the Holy Spirit and ascended into Heaven. L3

Credo: I Believe Chapter 24 The Mystical Body

1. Jesus founded the Church and is the head of the Mystical Body. L1, L2
2. The visible head of the Mystical Body on earth is the Pope. L1
3. Jesus established the Church to continue His work on earth, to give His followers the means to attain holiness and salvation, and to provide a secure guide. L3
4. Non-Catholic Christian denominations broke away from the Catholic Church. We pray for unity among Christians. L3
5. The Communion of Saints includes souls on Earth, in Purgatory, and in Heaven. L4

Credo: I Believe Chapter 25 The Identity of the Church

1. The Church is one because Jesus founded just one Church and provided her with one sacrifice. L2
2. The Church is holy because Jesus founded it and because the Holy Spirit guides it. L2
3. The church is catholic or universal because she serves all people and offers the fullness of the means of salvation. L3
4. The Church is apostolic because the priesthood and papacy can be traced back to the apostles. The teachings of the Church are based upon the teachings of the apostles. L3
5. The sheepfold, vineyard, and ship are a few examples of symbols of the Church. L4

Credo: I Believe Chapter 26 The Church Rules

1. The Church is human and divine because her members are human and her founder, Jesus, is divine. L1
2. Apostolic Succession is the handing on of authority from the apostles to the bishops. L2
3. The Pope governs and teaches the entire Church. The Pope is infallible when teaching on matters of faith and morals. L3
4. The precepts of the Church are binding on all Catholics. They are: L4
 - a. attend Mass every Sunday and Holy Day of obligation,
 - b. fast and abstain on appointed days,
 - c. go to confession at least once a year,
 - d. receive Holy Communion during the Easter season, and
 - e. contribute to the support of the Church.

Credo: I Believe Chapter 27 Teach All Nations

1. Sacred Scripture is the written Word of God. L2
2. Sacred Tradition is the Word of God in its entirety. L2
3. The Magisterium is the teaching body of the Church - the Pope and bishops in union with him. The Magisterium safeguards and interprets Sacred Scripture and Sacred Tradition. L2
4. Infallibility is freedom from error in teachings of the universal Church in matters of faith and morals. L3
5. Evangelization is spreading the gospel message. L4

Credo: I Believe Chapter 28 Called to Holiness

1. The seven Sacraments help us receive God's grace, avoid sin, and grow in holiness.
They are: L1, L2
 1. Baptism
 2. Penance
 3. Eucharist
 4. Confirmation
 5. Holy Orders
 6. Matrimony
 7. Anointing of the Sick
2. Original Sin is inherited by Adam and Eve. It gives us the tendency to commit sin.
Actual sins are sins we commit. L3
3. Mortal sins are serious sins that we know are seriously wrong and which we freely commit. Venial sins are lesser sins or they are serious sins we commit without complete freedom or without full knowledge of their seriousness. L3
4. We have to go to confession when we commit serious sins, but we should confess venial sins as well. L3

Credo: I Believe Chapter 29 The Mother of God in Our Lives

1. Jesus gave Mary to us to be our mother and model. L1
2. Mary is the New Eve and was bodily assumed into Heaven. L2
3. Mary intercedes for us. L3
4. The Rosary helps us to know Jesus and Mary better. L3
5. Our Lady of Guadalupe. L4

Credo: I Believe Chapter 30 Unto Everlasting Life

1. The particular judgment is the judgment each individual person faces immediately after death. L2
2. The general judgment is the event at the end of the world, in which everyone's destiny will be made known to all. L4
3. Heaven is the eternal state of joy in which souls are united with God forever. L2, L3
4. Hell is an eternal state of suffering in which souls are separated from God forever. L2
5. Purgatory is temporary suffering after death to remove venial sin from the soul. L2, L3
6. Our bodies will be reunited with our souls at the resurrection. L4

Faith and Life Series: Following Christ
Confirmation Year

Grade 6

Call to Celebrate Confirmation

Students should know all 92 Questions for Confirmation.

Call to Celebrate Confirmation Session 1

Journey with the Spirit

1. We are made in the image and likeness of God.
2. Original sin brought sin into the world and placed humankind in disordered relationships with God, one another, and creation.
3. As a sign and source of God's presence in the world, the Church is a sacrament

Call to Celebrate Confirmation Session 2

Believe with the Spirit

1. Faith is based on God's great gift of revelation. Among other things, revelation tells us that God the Father communicated himself and his plan for all creation by sending us His own Son, Jesus.
2. Faith has two sides: God's call and our response.
3. Being a member of the Church strengthens and supports our faith.

Call to Celebrate Confirmation Session 3

Gifted with the Spirit

1. Through the power of the Holy Spirit, we are filled with God's life – sanctifying grace.
2. The Holy Spirit is our Advocate
3. The Holy Trinity is the name the Church gives to the mystery of one God in three Persons – Father, Son, and Holy Spirit.

Call to Celebrate Confirmation Session 4
Spirit

Empowered by the

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

Call to Celebrate Confirmation Session 5

Anointed by the Spirit

1. The holy oils used in the celebration of sacraments are signs of the power and presence of the Holy Spirit.
2. Anointing signifies being chosen and sealed with the Holy Spirit.
3. In Confirmation, we are anointed for discipleship and mission.

Call to Celebrate Confirmation Session 6 Sanctified by the Spirit

1. Everyone who is baptized is called to holiness because in Baptism we put on Christ.
2. Jesus is the best model we have of the holiness of God.
3. Being a Christian involves taking up the cross and living in the Paschal Mystery of dying to sin and rising to new life.

Call to Celebrate Confirmation Session 7 Guided by the Spirit

1. Sin is a turning away from God. Our sins can be mortal or venial.
2. An important work of the Spirit is conversion.
3. We are called to forgive and to reconcile.

Call to Celebrate Confirmation Session 8 Challenged by the Spirit

1. The Church is the Body of Christ and a pilgrim people.
2. Through Confirmation our bond with the Church is strengthened and we receive the special strength of the Holy Spirit to help us be witnesses.
3. The Eucharist nourishes and strengthens us for mission.

Following Christ Chapter 1 God Gives Us the Law

1. God established divine and natural laws to govern creation. L2
2. Jesus established the New Covenant without setting aside the Old Law of the Ten Commandments. L3
3. God has provided the means to form our consciences through natural law and the teachings of the Church. L4

Following Christ Chapter 2 The First Commandment in Our Own Day

1. The First Commandment teaches us to love God above all things and forbids superstition, impiety, heresy, and anything contrary to the reverence we owe God. L1
2. Idolatry: Man must not put anything before God; he must love God above all else. L2
3. The Story of the Rich Young Man. L3

Following Christ Chapter 3 Prayer- Hidden Treasure

1. Prayer is the raising of the heart and mind to God; talking with God. L1
2. Vocal prayer is praying aloud, using either set formulas or our own words. L1
3. Meditation is praying using our mind, heart, and imagination to consider and seek the Lord and His will for us. L1
4. Contemplation is praying by being simply and lovingly united with God. L1
5. The Prayer of the Church is called the Liturgy of the Hours or the Divine Office. L3

Following Christ Chapter 4 Saints- They Made the Most of It

1. Conversion is turning away from sin and toward God. We are called to conversion so that we can become saints. L1.
2. The Church Triumphant is all the Saints in Heaven. L2
3. Intercession is speaking up or praying for another person. L3
4. Catholics worship God alone. We honor the saints and ask for their prayers. We honor and rely on Mary most of all, because she is the greatest of the saints and our Mother. L3
5. Everyone who dies in friendship with God and has gone to Heaven is a saint. When the Church declares someone to be a saint, she cannot be wrong. L4

Following Christ Chapter 5 The Holy Name

1. The Second Commandment calls us to respect the Lord's name. L1
2. We can show disrespect for God's name by using it as a swear word, speaking against it, or swearing false or casual oaths by it. L2
3. Blasphemy is speaking abusively or scornfully of God, the saints, and holy things. L2
4. Vows are binding promises made before God. L3
5. The Second Commandment also calls us to respect the saints; respect people who give their lives to God, such as priests or religious; and respect objects used for Mass, and devotional items. L4

Following Christ Chapter 6 The Lord's Day

1. The Third Commandment requires us to honor God on Sundays. L1
2. The Third Commandment teaches that we should not do unnecessary work and activities that prevent us from honoring God in the Mass and getting the rest we need. Sundays should be a day of prayer, rest, joy, and rejuvenation. L2, L4
3. Missing Mass, except for serious reasons, on Sunday and Holy Days of obligation is a mortal sin. L3
4. We need to go to Mass to worship God publicly, as part of His Church, and to grow in grace as well as in faith, hope, and charity. L3
5. The six Holy Days of Obligation are: L3
 - a. Mary, Mother of God – January 1
 - b. Ascension Thursday – forty days after Easter
 - c. Assumption of Mary – August 15
 - d. All Saints – November 1
 - e. Immaculate Conception – December 8
 - f. Christmas – December 25

Following Christ Chapter 8 In the Heart of the Family

1. The Fourth Commandment calls us to honor our father and mother, and to respect those in authority. L1
2. We can honor our parents by obeying them, loving them, listening to them, not keeping secrets from them, taking care of them as they grow old, etc. L2, L3
3. Society questions the definition and role of the family yet the Holy Family remains the model. L4

Following Christ Chapter 11 Respect Life

1. Each of us is composed of body and soul. L1
2. Murder is a grave sin that God forbids in the Fifth Commandment; it is the taking of an innocent life. L2, L3
3. Abortion is wrong because it destroys the life of the unborn child, who is a human person from the moment of conception. L2
4. Euthanasia is the taking of life of someone who is elderly or sick. L2
5. It is not morally wrong to kill someone if we act in self-defense, in a just war, or in a just use of capital punishment. L3
6. We should care for and protect ourselves with proper diet, hygiene, exercise, and rest. Gluttony and improper use of medicine, drugs, or alcohol that harm the body are sinful. L4

Following Christ Chapter 12 Charity Toward All

1. We must have love for our neighbors, both our friends and our enemies. L1
2. The Fifth Commandment forbids unrighteous anger and hatred. L2, L3
3. We may never seek vengeance on those who have hurt us. As Christians, we are not allowed to hate or wish bad things to happen to someone. L2
4. Scandal is conscious and deliberate encouragement of others to sin. L4

Following Christ Chapter 13 The Sacred Flame

1. The Sixth and Ninth Commandments teach us to guard the gift of sexuality. The Sixth Commandment guides our actions. The Ninth Commandment guides our thoughts. L3
2. Using self-control and following the Sixth and Ninth Commandments does not take away our freedom but helps us to do freely what is good for ourselves and for others. L2
3. God reserves the good of human sexuality for marriage. Any use of human sexuality outside of marriage is seriously sinful. L3
God requires chastity and purity of heart that we may respect our own dignity and that of others.

Following Christ Chapter 14 Ownership

1. The Sixth and Ninth Commandments teach us to guard the gift of sexuality. The Sixth Commandment guides our actions. The Ninth Commandment guides our thoughts. L3
2. Using self-control and following the Sixth and Ninth Commandments does not take away our freedom but helps us to do freely what is good for ourselves and for others. L2
3. God reserves the good of human sexuality for marriage. Any use of human sexuality outside of marriage is seriously sinful. L3
God requires chastity and purity of heart that we may respect our own dignity and that of others.
4. The Seventh Commandment teaches us not to steal or damage the property of others. L1
5. The Seventh Commandment forbids fraud and usury. L2
6. The Tenth Commandment governs our desire for possessions. L3

Following Christ Chapter 15 Backed By Truth

1. The Eighth Commandment calls us to use speech for good purposes and to speak the truth. L1
2. Detraction, slander, rash judgment, and calumny break the Eighth Commandment. L3
3. Speaking the truth can sometimes be sinful if we do so in order to hurt the other person. L3
4. We must be careful of what we say and think of others by avoiding gossip and flattery. L4

Following Christ Chapter 17 At the Last Supper

1. The Old Testament sacrifices. L3
2. The Passover. L2
3. Jesus is the new Passover Lamb. L2
4. Transubstantiation. L2 – Chalk Talk

Following Christ Chapter 18 The Living Sacrifice

1. Jesus' Sacrifice on Calvary and His Resurrection are made present at Mass. L2
2. At every Mass, Jesus offers Himself – Body, Blood, Soul, and Divinity – to the Father on our behalf. He is the priest and the victim. L2
3. The four ends of the Mass are: L3
 - a. worship
 - b. thanksgiving
 - c. satisfaction for sin
 - d. reception of graces
4. The Sacrifice of the Mass does not offer Jesus as a new sacrifice over and over again. The Mass is a share in the one true Sacrifice of Jesus on the Cross. L4

Following Christ Chapter 19 The Feast of God

1. Reverence at Mass. L1
2. Offering ourselves, in union with Jesus in the Eucharist, to the Father. L3
3. Just as normal food nourishes our body, the Eucharist nourishes our souls, strengthening and renewing the graces of our Baptism. L4
4. We are united with God and the members of His Body, the Church, in Holy Communion. L4

Following Christ Chapter 20 Promise and Fulfillment

1. When Jesus speaks of the Eucharist being His Body and Blood, He is not speaking figuratively or symbolically. This is to be understood literally. L3
2. Steps to a worthy reception of Holy Communion include: L4
 - a. being free from mortal sin
 - b. fasting for one hour before receiving Holy Communion
 - c. knowing Who we receive
 - d. reverently receiving
 - e. offering thanksgiving
3. Effects of a worthy reception of the Eucharist. L4
 - a. increase of grace
 - b. growth in holiness
 - c. pardon of venial sins
 - d. strength to overcome sin

Following Christ Chapter 21 New Life

1. The Resurrection story. L1
2. Jesus appeared to the Apostles on several occasions to show He had truly risen, to confirm His disciples' faith in Him, and to instruct them more profoundly in His teaching. L3
3. Jesus' Resurrection proved His divinity and signified that the world had been redeemed. L4

Following Christ Chapter 22 Come Into the Lord's Presence Singing for Joy

1. The word liturgy means *work of the people*. L2
2. The basic structure of the Mass consists of: L2
 - a. Introductory Rites
 - b. Liturgy of the Word
 - c. Liturgy of the Eucharist
 - d. Concluding Rites
3. The five parts of the Introductory Rites are: L3. L4
 - a. Entrance Antiphon or hymn
 - b. Greeting
 - c. Penitential Rite
 - d. Gloria
 - e. Opening Prayer or Collect
4. The color of the vestments changes according to the liturgical season and feast day. L4

Following Christ Chapter 23 Speak Lord, Your Servant Is Listening

1. The seven parts of the Liturgy of the Word are: L1
 - a. First Reading
 - b. Responsorial Psalm
 - c. Second Reading
 - d. Gospel
 - e. Homily
 - f. Creed
 - g. Prayers of the Faithful
2. The readings at Mass are all related and selected to highlight a specific theme which is often related to the day or season. L1
3. The readings at Mass can only come from the Bible. L1
4. The four Gospels, which are a record of what Jesus said and did on earth, are: L2
 - a. Matthew
 - b. Mark
 - c. Luke
 - d. John

Following Christ Chapter 24 Lift Up the Cross of Salvation

1. The Liturgy of the Eucharist consists of the Offertory and Eucharistic Prayer. L1
2. The five parts of the Offertory are: L1, L2
 - a. Preparation of the Altar
 - b. Preparation of the Gifts
 - c. Offering of the Gifts
 - d. Washing of Hands
 - e. Prayers over the Gifts
3. During the Offertory we should offer God our lives, sorrows, and joys. L1
4. We are like the bread and wine in that just as the wheat is ground into flour for bread and grapes are crushed into wine, we must die to ourselves to become new and whole in Christ. L1
5. The seven parts of the Eucharistic Prayer are: L3, L4
 - a. Preface
 - b. Sanctus
 - c. Prayer of Thanksgiving
 - d. Invocation of the Holy Spirit
 - e. Consecration
 - f. Offering to the Father
 - g. Doxology
6. The Consecration is the most sacred part of the Mass. It is the prayer that changes the bread and wine into the Body and Blood of Jesus. L4

Following Christ Chapter 25 Come to the Table of the Lord

1. The Our Father is the perfect prayer because it contains all the petitions necessary for making us a holy, loving people of God. L1
2. The Rite of Peace is the time of Mass when the priest and people express peace and unity. L2
3. All of Jesus, Body, Blood, Soul, and Divinity, is contained in every particle of the Host and in every drop of the Precious Blood. L3
4. Before receiving Communion, we should make a sign of reverence, such as bowing. The response to "The Body of Christ." is "Amen." This is our act of faith and assent of the will. L3
5. After we receive Communion, the Eucharistic presence of our Lord remains in us for about 10-15 minutes. This is a time to unite ourselves, delve into this divine intimacy, and offer prayers of thanksgiving. L4

Following Christ Chapter 28 His Abiding Presence

1. The Eucharist is reserved in the tabernacle in a Roman Catholic church or chapel. L2
2. After Mass is over, Christ is still present in the Eucharist. L2
3. Some ways in which we can honor and be with the Eucharistic Jesus are: L3
 - a. adoration
 - b. Benediction
 - c. spiritual Communion
 - d. visits to the Blessed Sacrament
 - e. the Chaplet of the Blessed Sacrament
 - f. Eucharistic processions
4. Exposition of the Blessed Sacrament allows for adoration of our Eucharistic Lord. L3
5. Benediction is the blessing of the faithful with Jesus in the monstrance. L3

Following Christ Chapter 30 Heaven- Purgatory-Hell

1. Heaven is the greatest joy. It is being with God forever, loving God, and sharing in God's own life. Angels and saints in heaven are called the Church Triumphant. L1
2. Purgatory is a state of purification and penance where souls are cleansed and freed from sin and the punishment due to sin. The souls in Purgatory or called the Church Suffering. L2
3. In Purgatory, souls think about their future union with God. L2
4. Hell is real. It is a state of eternal suffering and separation from God. L4
5. The souls in hell are those who have freely chosen to go there by rejecting God's mercy and love. L4

Faith and Life Series: The Life of Grace
Confirmation Year

Grade 7

Call To Celebrate Confirmation

Students should know all 92 Questions for Confirmation.

Call to Celebrate Confirmation Session 1 Journey with the Spirit

1. We are made in the image and likeness of God.
2. Original sin brought sin into the world and placed humankind in disordered relationships with God, one another, and creation.
3. As a sign and source of God's presence in the world, the Church is a sacrament.

Call to Celebrate Confirmation Session 2 Believe with the Spirit

1. Faith is based on God's great gift of revelation. Among other things, revelation tells us that God the Father communicated himself and his plan for all creation by sending us His own Son, Jesus.
2. Faith has two sides: God's call and our response.
3. Being a member of the Church strengthens and supports our faith.

Call to Celebrate Confirmation Session 3 Gifted with the Spirit

1. Through the power of the Holy Spirit, we are filled with God's life – sanctifying grace.
2. The Holy Spirit is our Advocate.
3. The Holy Trinity is the name the Church gives to the mystery of one God in three Persons – Father, Son, and Holy Spirit.

Call to Celebrate Confirmation Session 4 Empowered by the Spirit

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

Call to Celebrate Confirmation Session 5 Anointed by the Spirit

1. The holy oils used in the celebration of sacraments are signs of the power and presence of the Holy Spirit.
2. Anointing signifies being chosen and sealed with the Holy Spirit.
3. In Confirmation, we are anointed for discipleship and mission.

Call to Celebrate Confirmation Session 6 Sanctified by the Spirit

1. Everyone who is baptized is called to holiness because in Baptism we put on Christ.
2. Jesus is the best model we have of the holiness of God.
3. Being a Christian involves taking up the cross and living in the Paschal Mystery of dying to sin and rising to new life.

Call to Celebrate Confirmation Session 7 Guided by the Spirit

1. Sin is a turning away from God. Our sins can be mortal or venial.
2. An important work of the Spirit is conversion.
3. We are called to forgive and to reconcile.

Call to Celebrate Confirmation Session 8 Challenged by the Spirit

1. The Church is the Body of Christ and a pilgrim people.
2. Through Confirmation our bond with the Church is strengthened and we receive the special strength of the Holy Spirit to help us be witnesses.
3. The Eucharist nourishes and strengthens us for mission.

The Life of Grace Chapter 1 Knowing God through Creation

1. God wants to be known and therefore reveals Himself to us through faith and reason. L1
2. The gift of faith is the supernatural power we receive from God that helps us believe in all He has revealed through the Bible, Jesus, and the Church. L1
3. Human beings image God in having intelligence, understanding, and free will as well as a spiritual and immortal soul. L2
4. In the Bible, God reveals that: L3
 - a. He is everywhere
 - b. He knows everything
 - c. He is pure spirit
 - d. He is love
5. Jesus reveals that God is a Holy Trinity. L4

The Life of Grace Chapter 2 Divine Revelation

1. Sacred Scripture is the inspired Word of God - recorded in 73 books. L2
2. The Old and New Testaments work together in that the Old Testament prepares us for the New, and the New helps us to understand the Old. L1
3. The Old Testament is made up of: L2
 - a. Historical books
 - b. Wisdom books
 - c. Prophetic books
4. The New Testament is made up of: L2
 - a. The Gospels
 - b. The Acts of the Apostles
 - c. Saint Paul's letters
 - d. Letters to all Christians
 - e. The book of Revelation
5. Sacred Scripture is inerrant which means "without error." Although men wrote it, the Holy Spirit inspired everything they wrote and protected the writings from error. L3

The Life of Grace Chapter 4 God's Plan of Salvation

1. Salvation history is the events in history that tell the story of man's salvation. L1
2. God established a covenant with Abraham, promising him land, descendants, and blessings. L1,
3. God called Abraham to sacrifice his beloved son, Isaac. L2
4. Jacob obtained his brother's birthright and blessing. L3
5. Joseph was sold into slavery in Egypt, but became the second most powerful man there and was able to save his family from a famine. L4

The Life of Grace Chapter 5 The Holy Prophet Moses

1. God revealed Himself to Moses with the name *Yahweh* which means "I Am." L1
2. The Exodus is the journey which the Israelites took out of Egypt and into the Promised Land. L2
3. When God renewed His covenant with Israel, He demanded obedience the Ten Commandments and animal sacrifice. L2
4. To consecrate means to set apart for God. L2
5. Anointing is the pouring of oil on a person or thing as a sign of being chosen by God. L2
6. The Passover prefigures the Eucharist in that the Israelites were saved from death and slavery when the lamb was sacrificed and eaten, and its blood was sprinkled on the doorpost. Jesus, the Lamb of God, was sacrificed, and His blood was shed to save us from slavery to sin and death. We eat the Lamb of God in the Eucharist. L2

The Life of Grace Chapter 6 God's Special Spokesmen – The Prophets

1. Prophets were witnesses to truth and called men back to the ways of God. L1
2. Elijah and Elisha are prophets who prefigure Jesus. L2
3. Isaiah prophesied about the Messiah. L3
4. John the Baptist was the last and greatest of the prophets. L4

The Life of Grace Chapter 7 Our Lord and Savior Jesus Christ

1. Mary is called the Immaculate Conception because she was conceived without sin. L1
2. Jesus' taking on our human nature and becoming man is called the Incarnation. L1
3. Jesus is true God and true man. Docetism is the heresy which taught that Jesus was not human. Arianism is the heresy which taught that Jesus is not God. L2, L3, L4

The Life of Grace Chapter 10 Christ, Source of All Grace

1. Jesus is the source of all grace. L1
2. Jesus dispenses His grace through priests and the Church. The ordinary means of grace are the seven Sacraments. L1, L4
3. The new life of grace received in Baptism is made possible through Jesus' suffering, death, and Resurrection. L2
4. Grace is God's life within us. Grace is necessary for salvation. L1

The Life of Grace Chapter 11 Jesus Found His Church

1. Saint Peter was the visible head of the Church. This is referred to as the primacy of Peter. This role is now exercised by the Bishop of Rome, whom we call the Pope. L2
2. The Church is protected by a charism of indefectibility, which means that she will last until the end of time. L2
3. The twelve Apostles are:
 - a. Simon Peter
 - b. James, son of Zebedee
 - c. John, brother of James
 - d. Andrew
 - e. Philip
 - f. Bartholomew
 - g. Matthew
 - h. Thomas
 - i. James, son of Alphaeus
 - j. Jude Thaddeus
 - k. Simon the Zealot
 - l. Judas Iscariot
4. Jesus gave the apostles His authority, which has been passed down by apostolic succession through the Sacrament of Holy Orders. L2

The Life of Grace Chapter 13 Doctrine of Grace

1. Grace is the free gift God gives us by which we reach Heaven. L1
2. Sanctifying grace gives us a share in God's own life, making us His adopted children and making it possible for us to be with Him in Heaven. L1, L2
3. We receive sanctifying grace through the seven Sacraments. They are the ordinary channels of grace. L3
4. Actual grace is the day-to-day help that enlightens our mind and strengthens our will so that we may do good and avoid evil. L4

The Life of Grace Chapter 14 Faith, Hope, and Charity

1. Natural virtues are attained by repeating good acts. Supernatural virtues are given directly by God. L1
2. Faith, hope, and charity are theological virtues. They come directly from God and help us to live for Him. L1
3. Faith is the virtue by which we believe in God and in all that He has revealed to us through the Church. L2
4. Hope is the virtue by which we trust in God and His promises. L3
5. Charity is the virtue by which we love God above all things and love our neighbor for love of God. L4

The Life of Grace Chapter 15 The Cardinal Virtues

1. Prudence is the virtue that helps us make right decisions, judge what is good, and choose the right means of attaining it. L2
2. Justice is the virtue that helps us respect the rights of others and give others what is due to them. L2
3. Temperance is the virtue which gives us the power to control and direct ourselves and our desires. L2
4. Fortitude is the virtue which gives us the ability to face difficulty and danger in the pursuit of good with peace and courage. L3
5. The seven capital sins and corresponding opposite virtues which overcome them are: L4
 - a. pride humility
 - b. avarice liberality
 - c. lust chastity
 - d. anger patience
 - e. gluttony sobriety
 - f. envy brotherliness
 - g. sloth diligence in serving God

The Life of Grace Chapter 16 The Seven Sacraments

1. The Sacraments were instituted by Jesus Christ to be visible signs that confer grace. L1
2. An efficacious sign is a word or symbol that causes what it signifies. It makes it happen. L2
3. The Sacrament's power does not depend on the holiness of the minister. L2
4. The specific sacramental grace imparted by the seven Sacraments are: L4
 - a. Baptism the grace to live a holy life
 - b. Confirmation the grace to be strong in faith
 - c. Eucharist the grace to love Jesus and our neighbor
 - d. Penance the grace to overcome sin
 - e. Anointing the grace of healing in body or soul, or both, and the grace to accept suffering and death
 - f. Holy Orders the grace for priests to live out their vocation
 - g. Matrimony the grace for the couple to love one another and be good parents

The Life of Grace Chapter 17 God Calls Us to Reconciliation

1. The effects of Baptism include justification and reconciliation, divine filiation, the new life of grace, and membership in the Church. L1
2. The effects of Baptism also include an indelible seal or mark upon the soul. L3
3. Those who do not know about Baptism or who have not been able to receive it before they die may be saved by the Baptism of desire or blood. L3
4. Some of the duties of the baptized are to: L4
 - a. live a sacramental life
 - b. obey church teachings
 - c. read Scripture
 - d. attend Mass
 - e. pray
 - f. do good works

The Life of Grace Chapter 18 The Rite of Baptism

1. The flood, the parting of the Red Sea, and the crossing of the Jordan are examples of how the water of Baptism was prefigured in the Old Testament. L1
2. In Baptism: L1, L3
 - a. Water signifies that we have been cleansed from sin.
 - b. Chrism oil signifies that we share in Christ's threefold ministry as priests, prophets, and kings.
 - c. The candle signifies that we have received Christ who is the light of the world.
 - d. The white garment signifies that we are pure and clothed in Christ.
3. An exorcism is a special Catholic ceremony that drives away the devil and destroys his influence. L3
4. Godparents help raise their child in the Catholic Faith. L4

The Life of Grace Chapter 19 The Sacrament of Confirmation

1. A paraclete or advocate is someone who pleads before a judge on behalf of someone else. The Holy Spirit is called the Paraclete or the Advocate because He pleads for us and helps us pray. L1
2. The Sacrament of Confirmation strengthens God's power within us to assist us in living our Christian Faith. Confirmation makes us witnesses for Christ. L2
3. The matter of Confirmation is the anointing with chrism and the laying on of hands. The form is, "Be sealed with the gift of the Holy Spirit." L2
4. The effects of Confirmation include an indelible mark upon the soul, an increase in sanctifying grace, and an outpouring of the gifts of the Holy Spirit. L2

The Life of Grace Chapter 21 The Sacrament of the Holy Eucharist

1. The Bread of Life discourse. Jn. 6:35-59. L1
2. Jesus instituted the Eucharist at the Last Supper. L2
3. Transubstantiation and real presence: - during the prayers of Consecration, the bread and wine are changed into the Body, Blood, Soul, and Divinity of Jesus. L3
4. We must receive the Eucharist worthily. L4

The Life of Grace Chapter 23 The Eucharist in Our Lives

1. The Eucharist is the source and summit of the Christian life because it is Christ who is the source of our faith and being with Him is the goal of our life. L1
2. The Eucharist is related to other Sacraments. L2
3. To receive the Eucharist worthily means to: L3
 1. be free from serious sin
 2. believe in the Real Presence
 3. have fasted for one hour from food and drink

The Life of Grace Chapter 26 The Sacrament of Penance

1. The Sacrament of Penance is the ordinary means for the forgiveness of sins
2. committed after Baptism. L1
3. The effects of the sacrament include forgiveness of sins, restoration of grace, and strength to overcome sin. L2
4. There are five steps to a good confession: examination of conscience; sorrow for sin; purpose of amendment; confession of sins to a priest; doing the assigned penance. L3

The Life of Grace Chapter 27 The Sacrament of the Anointing of the Sick

1. Jesus instituted the Sacrament of Anointing of the Sick to care for the body and soul of those who are sick and dying. L1
2. The Sacrament of the Anointing of the Sick L2
 - a. increases sanctifying grace and gives spiritual strength to resist temptation, bear evil, and die a holy death,
 - b. takes away venial and mortal sin if a person is sorry for them,
 - c. restores bodily health if that is God's will.
3. A plenary indulgence removes all temporal punishment due to sin; a partial indulgence removes some. L4
4. To obtain of plenary indulgence one must L4
 - a. be in a state of grace,
 - b. be detached from sin,
 - c. do the prescribed good work,
 - d. pray for the Pope,
 - e. receive Holy Communion,
 - f. go to Confession.

The Life of Grace Chapter 28 The Sacrament of Holy Orders

1. Apostolic succession is the unbroken chain of bishops from the Apostles to the present day. L1
2. The priesthood of the faithful (common priesthood) is the priesthood of all Catholics carried out by attending Mass and worshiping God in prayer. L2
3. The three degrees of Holy Orders are: L3
 - a. Bishop
 - b. Priest
 - c. Deacon
4. Bishops are the official teachers and sanctifiers of the faithful in a diocese. Priests help the bishop by preaching, teaching, and administering Sacraments. Deacons serve the Church through good works and assisting at Mass. L3
5. The Sacramental seal of Holy Orders is the spiritual mark on the soul of the person ordained to Holy Orders, similar to the mark left by Baptism and Confirmation. L4
6. To receive this sacrament, a man must be called by God. To be called to the priesthood is a great gift. L2, L4

The Life of Grace Chapter 29 The Sacrament of Matrimony

1. Marriage was instituted by God at the time of Creation and made a Sacrament by Jesus. L1, L2
2. The purpose of marriage includes mutual love, support, and procreation. Spouses help each other know, love, and serve God; and raise children according to the Faith. L2
3. For a valid marriage the couple must be free to make their vows and agree to live their marriage in accord with God's plan and the Church's rules. L3
4. It is impossible to end a valid marriage because in a valid marriage husband and wife become one flesh and a symbol of Christ's love for the Church; and Christ can never be separated from His Church. L3
5. Marriage is attacked in the modern day. To prepare for marriage, young people should live chastely, select good friends, and pray. L4

The Life of Grace Chapter 31 Mary, Mediatrix of Grace

1. Jesus gave us Mary to be the mother of the Church and our mother. L1
2. The four privileges which God gave to Mary are: L3
 - a. The Immaculate Conception – Mary was preserved from Original Sin from the moment of her conception.
 - b. Perpetual virginity – Mary remained a virgin before, during, and after Jesus' birth
 - c. The Assumption – Mary was assumed, body and soul, into Heaven at the end of her earthly life.
 - d. Mother of God – Mary is truly the Mother of God because she is the Mother of Christ, true God and true man.
3. To consecrate ourselves to Mary means to give ourselves entirely to Mary so she can help us to become like Jesus. L4