

# **Following Christ**

## **Parish Catechist Manual**



# Following Christ

## Parish Catechist Manual

Faith and Life Series  
Third Edition

BOOK SIX

Ignatius Press, San Francisco  
Catholics United for the Faith, Steubenville, Ohio

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Catholics United for the Faith, Inc. and Ignatius Press gratefully acknowledge the guidance and assistance of the late Reverend Monsignor Eugene Kevane, former Director of the Pontifical Catechetical Institute, Diocese of Arlington, Virginia, in the production of the First Edition of this series.

We also like to acknowledge Barbara Morgan for her steadfast support of the Faith and Life series and her counsel in developing the Parish Catechist Manual.

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ISBN 978-1-58617-866-6

Printed in Canada

# Contents

INTRODUCTION TO PARISH CATECHIST MANUAL	vii
NOTES FOR CATECHISTS	
• Catechesis: Nature and Purpose	vii
• Catechist: God’s Instrument	vii
• The Role of Parents: The First Catechists	vii
FAITH AND LIFE PARISH CURRICULUM	
• Parish Catechist Manual	viii
• Third Edition Components	viii
• Pedagogy	ix
• Methodology	x
• Ecclesial Methodology	x
• Optional Activities and Resources	xi
• Other Methods	xi
GRADE 6 OVERVIEW	
• Grade 6 Text Overview	xii
• Grade 6 Scope and Sequence	xii
• Grade 6 Lesson Outline	xiii
• Grade 6 Salvation History Overview	xiii
• Resources	xiv
• Overview of the Parish Catechist Manual Supplemental Lessons	xvi
LESSONS	
• Introductory Lesson–Salvation History	xix
• Lessons 1–22	1
• Liturgical Year Lessons	250
• Liturgical Colors and Vestments	253
• Words to Know	260
• Prayers	261
• Appendices	
◦ Appendix A Summary	263
◦ Appendix B Summary	263
◦ Quizzes and Unit Tests	A-1
◦ Salvation History Timeline	A-46



## INTRODUCTION TO PARISH CATECHIST MANUAL

Welcome to the *Faith and Life* Series Parish Catechist Manual. We would like to begin by thanking you for responding to God’s call to pass down our Catholic Faith to our children. We hope that this resource will help you to enter in to this most important task, and that the Holy Spirit will guide you, your students, and their families as you journey together in faith, hope, and love. Please take time to read through this introduction.

You are more than simply one who imparts a set of facts. You are a catechist, and the role of a catechist is even broader and deeper than the already important role of a teacher. The word “catechesis” comes from the Greek, meaning “to echo the teaching,” and the teaching that you are echoing down will come not only through the words you say, but through the life you live and the witness you give. Your first and most important task, then, as a catechist is to commit yourself more deeply to a life of prayer and holiness, asking God to strengthen you as a disciple and then to help you lead others to the Faith.

## NOTES FOR CATECHISTS

### Catechesis: Nature and Purpose

Catechesis is the systematic instruction of children, young people, and adults in the Catholic Faith and the teachings of the Church with the goal of making them into Christ’s disciples (cf. CCC 5). It is the handing-on of Christ’s message to His people. The *General Catechetical Directory* describes catechesis as a form of ministry of God’s Word, “which is intended to make men’s faith living, conscious, and active, through the light of instruction” (*GDC* 17; 1971).

Catechesis is part of the evangelization process of turning toward Christ. Evangelization is a first hearing of the Good News of salvation. This can be a moment or a process of conversion. Therefore, as catechists, we must be always evangelizing our youth by leading them to Jesus Christ. This manual includes discussion and activities that encourage evangelical engagement.

### The Catechist: God’s Instrument

To be a catechist is to be God’s instrument. Every catechist has a responsibility to teach the fullness of the truth faithfully, while witnessing to those entrusted to His care. A fervent sacramental life and regular prayer life are the catechist’s best personal preparation. Any instructor can use textbooks and teaching tools, learn various methods for effective classroom participation, and develop lesson plans to facilitate an academic environment. But nothing is as important as witnessing through your words and deeds and petitioning God for the ongoing formation and spiritual growth of the students. No matter how much knowledge you impart to your students, you should recognize that you merely plant the seeds of faith that God Himself must cultivate in their souls.

John Paul II states in *Catechesi Tradendae*: “At the heart of catechesis we find . . . the Person of Jesus of Nazareth. . . . In catechesis it is Christ . . . who is taught . . . and it is Christ alone who teaches” (*CT* 5, 6). Religious education must always be centered on the Triune God, and on Christ Himself. God chose to reveal Himself throughout salvation history, through His creation, the prophets, the Scriptures, and most perfectly in the Person Jesus Christ. This revelation, preserved faithfully through Sacred Scripture and Tradition, has been entrusted to the Church that every catechist is called to serve.

Through catechesis, you should guide your students to seek, accept, and profoundly investigate the Gospel so that they in turn may become witnesses to Christ. The *Faith and Life* series assists the catechist in this role by integrating the *Catechism of the Catholic Church* together with Sacred Scripture into the lessons.

### The Role of Parents: The First Catechists

The family provides the first and most important introduction to Christian faith and practice for any child, since parents are the primary educators of their children. Instruction in the Faith, which begins

at an early age, should include not only the parents' good Christian example, but also a formation in prayer and virtue as well as an explanation and review of what students have learned from religious instruction and attending liturgical events.

Parental participation is an integral component of the faith formation of children. Catechists should involve parents in their children's instruction. As a catechist you should discuss with parents the program and methods you are using, consult with them about better ways to teach their children, and encourage them to ask for assistance if problems arise. Let parents know that you are there to help them fulfill their duties in forming and educating their children in Christ (cf. *GDC 226, 227*).

The *Faith and Life* Family Guide is an excellent resource that equips parents to become involved as the primary educators of their children's faith formation.

## FAITH AND LIFE PARISH CURRICULUM

### Parish Catechist Manual

The *Faith and Life* Parish Catechist Manual has been developed for once-a-week parish catechetical programs. This manual replaces the parish lesson plans available online that are used with the school Teacher Manual. The online parish lesson plans and the specific directives from the school Teacher Manual have been integrated into one easy-to-use Parish Catechist Manual.

The Parish Catechist Manual is used with the *Faith and Life* Third Edition Student Text, Activity Book, and Family Guide. The parish curriculum occasionally combines chapters from the Third Edition textbooks in order to provide a curriculum of 22 weeks plus 3 supplemental lessons, yielding a total of 25 teaching lessons. If parish programs add liturgical events such as Mass, Confessions, etc., parishes have a total of 30+ sessions. This allows flexibility for programs that meet between 22 and 36 weeks per year. The supplemental lessons include a grade-level introductory lesson with an overview of salvation history as related to each grade level, and two lessons on the liturgical year.

See Ecclesial Methodology below for more details on implementation.

### Third Edition Components

The *Faith and Life* series for grades one through eight has been used in schools, parishes, and homes across the country since its original publication in 1984. This Third Edition of the original series continues our commitment to the faithful transmission of the teachings of the Roman Catholic Church, placing special emphasis on the importance of Scripture and the *Catechism of the Catholic Church*.

**The Third Edition Student Text, Student Activity Book, and Family Guide correlate with both the Teacher Manual (for schools) and the Parish Catechist Manual (for parish programs).**

**Student Text:** *Faith and Life* Student Texts are written at an advanced reading level in order to maintain the richness of the Faith with a depth of understanding. Salvation history and doctrine is presented in a way that challenges the student's intellect so that its meaning resonates with students. In order to optimize use of this series, the text should not be used merely as a reader. This manual with suggested methodologies should be used in order to implement this series effectively. Chapter reading can be done by students either before each class or following each class.

Each chapter opens with a passage from Sacred Scripture. Additional Scripture verses are interspersed throughout the books to help demonstrate the biblical backing of the Faith. The chapters close with catechism questions that distill and synthesize key doctrinal elements from the *Catechism of the Catholic Church*. These questions are used either for memorization or for review purposes.

Each text chapter offers new vocabulary words in bold type. These words are also defined in a glossary found at the end of the book. Additionally, at the end of each text is a section of common Catholic prayers.

One of the first things you will notice about the *Faith and Life* Student Texts is the beautiful and inspiring religious artwork. Faith has inspired art for centuries, and religious art has, in turn, inspired our Faith. Art is a valuable educational tool, especially in the teaching of religious truths to children, for, in addition to the oral and written word, it offers a visual image of the subject matter. Art can also be



a source of meditation for students and catechists alike as they investigate the paintings, discuss the religious imagery, and come to understand the beautiful symbols and the artistic expressions of the realities they communicate. This manual gives a basic description for each work of art.

**Activity Book:** The *Faith and Life* Activity Books contain four supplemental written activities for each chapter. These activities consist of a variety of activities that reinforce or apply what the students have learned in class. These can be used for reinforcement, enrichment, student assessment of the material learned, or homework.

In the primary grades the activities focus on drawing, coloring, and simple puzzles and exercises. In the middle grades, the activities focus on comprehension and integration; memorization is also emphasized. In the final grades the activities focus on comprehension and synthesis of the ideas expressed, as students are encouraged to integrate, both intellectually and actively, what they have been taught.

**Family Guide:** The Family Guide is designed to guide parents in their children’s faith formation and to equip them as primary teachers of the Faith. Step-by-step instructions assist parents each week through prayer, study, life application, and means of living out the Faith. Parents, too, grow in their understanding of Jesus Christ and the Catholic Faith through the Family Guide. The Family Guide is an optional component, but its use is strongly suggested to maximize parental participation.

**Assessment Tools:** Chapter quizzes and unit tests are available in parish manuals and online. Additional yearly cumulative tests are also available. There is a wide variation in the application of the quizzes and tests, depending on the goals of your parish program. Quizzes and tests can be used simply as reinforcement or as an assessment of student understanding of the material. It is important that students read chapters and study vocabulary words in order to prepare for quizzes and unit tests. Quizzes may also be used as a follow-up for chapter reading at home. You may want to consider open-book quizzes as well.

Catechists may also use Parish Catechist Manual discussion questions or Activity Book questions as an informal assessment of student understanding of subject matter.

**Curriculum Outline:** A full detailed curriculum outline is available for each grade level. You may download these on [www.faithandlifeseries.com](http://www.faithandlifeseries.com).

**Parish Catechist Manual Curriculum:** A 22–25 week outline of the Parish Curriculum can be found in this manual on pages xii–xiii and is available on [www.faithandlifeseries.com](http://www.faithandlifeseries.com).

## Pedagogy

Pedagogy can be simply defined as the art of teaching. When asked by the Deacon Deogratias, “How are we to catechize?” Saint Augustine responded, “The instruction should begin with a narration of God’s dealings with man from the creation of the world down to the present period of Church history; they should all be referred to love as their final cause” (no. 10). The *Faith and Life* series mimics this pedagogy. Through the narration of salvation history students learn about God’s saving actions. This foundational structure serves as the basis for a deeper understanding of the Faith, which elicits a response of faith.

*Faith and Life* models the divine pedagogy—the manner in which God has revealed himself. The Church has passed on his revelation. The content of the Faith unfolds through the story of salvation history as presented in Sacred Scripture and developed in Sacred Tradition. Doctrinal, liturgical, moral, and spiritual elements of the Faith flow from God’s saving work in history. Each lesson in *Faith and Life* should be taught within the context of the narrative of God’s love story so that the Good News of Jesus Christ is evident to students. Lessons and teaching resources allow for a variety of activities for different learning styles and educational needs, but all students participate in the common approach of drawing on Scripture and salvation as the basis for coming to understand sacred doctrine, the Sacred Liturgy, and the moral and spiritual life. Students encounter life in Christ and the Church as a living whole.

By using *Faith and Life*, catechists not only pass down doctrinal truths of the Faith, but moreover they echo down a family story of love. This story is one that begins with creation by a loving God, and one that moves each of us through this earthly life to life eternal in a love that never ends. For this reason, it is important that we share our family story of faith, also known as salvation history. When we share the story of salvation history, this narration increasingly becomes our own story. It then leaves in the hearts of our young students the knowledge that they have been loved into being by a God who has a special plan for their lives.

To assist catechists in effectively implementing this pedagogical structure, the parish curriculum provides several tools: (1) a written overview of salvation history to provide a bird’s-eye view of the pedagogical structure; (2) a timeline of salvation history; (3) an introductory lesson of salvation history for each grade level; and (4) liturgical year lessons that are presented within the context of salvation history. Each lesson of the *Faith and Life* series should be taught within the context of salvation history in order that the love story becomes the story of each student.

## Methodology

This parish manual incorporates various catechetical methods. Imparting knowledge of the Faith is accomplished through prayer, liturgy, words, and deeds, as well as through activities. While methods are important, nothing can replace the value of the catechist. The catechist must be a witness to faith working in his life. Catechists should also be open to the promptings of the Holy Spirit, who inspires and convicts us of truth.

Love should be the golden thread of the entire catechetical process. The content of the Faith is primarily about God, who loves us. Through a catechist’s response of love, we seek to make disciples who also respond in faith out of love. Our ultimate goal then is for the Word of God to become flesh in our hearts and the hearts of our students.

The parish manual uses the Ecclesial Methodology for each lesson. It is important for catechists to have a basic understanding of this methodology for optimal use of the *Faith and Life* Parish Catechist Manual. Monsignor Francis Kelly’s book *The Mystery We Proclaim* gives a full explanation of the Ecclesial Methodology. Below you will find a summary of the five steps.

## Ecclesial Methodology

The Ecclesial Method is a comprehensive catechetical approach. Because evangelization is critical to the catechetical process, this Parish Catechist Manual provides engaging discussion and pedagogical techniques to engage the minds and hearts of students and lead them to conversion. In order to maximize the effectiveness of both the evangelization and catechetical process, all of the steps should be used. Each step of each lesson indicates a specific time allotment to provide for a total of 60–90 minutes per class session. Optional activities are provided for different teaching styles or for longer sessions.

While using this manual, be sure to keep close to the prescribed time allotments. The time designation “30–40 minutes” means 30 minutes for a one-hour class; 40 minutes for an hour and a half class. In order to maximize the effectiveness of the Ecclesial Method, it is important to finish the lesson and use all of the five steps. Lessons can be expanded by using all of the optional activities and discussion. Lessons can be condensed by using focus points, summaries, and conclusions, and using less discussion under each focus.

**Preparation:** The preparation step in the Ecclesial Method is to prepare the students for learning and conversion. The intention is to draw students away from secular distractions into a prayerful learning environment, in order that they become open to the promptings of the Holy Spirit.

Depending on time and space limitations in a parish setting, the catechist may incorporate a sacred space or prayer table with visuals. Cover the table with a color to designate the liturgical season (purple: Advent, Lent; green: Ordinary Time; white: Christmas, Easter; red: the Passion, martyrs; etc.). This table may also include symbols that may be used in the lesson (crucifix, holy water, Bible, etc.).

The Parish Catechist Manual provides several tools to enhance the prayer experience of students. Depending on time limitations, choose one or more of the tools provided for the preparation: Sacred Scripture; sacred art; spontaneous or Catholic prayers.

Sacred Scripture and sacred art are inspired by God. Therefore, their use is an effective means that will give rise to the promptings of the Holy Spirit. Each chapter begins with a verse from Scripture that is related to the lesson. Read this Scripture verse with the short explanation provided. Sacred art draws students to Jesus Christ by visually and spiritually immersing them into the mysteries of Christ. Allow students to look at the art while you provide a very brief reflection. This step should be limited to a spiritual reflection.

**Proclamation:** The proclamation provides a succinct statement of truth. Its purpose is to convict the students of the Good News of Jesus Christ. Announce the provided proclamation with conviction. You

may want to repeat the proclamation slowly, but do not take time to explain it, as that is the purpose of the explanation.

**Explanation:** Once the proclamation has been made, it needs to be explained using methods that develop an understanding of the Faith that leads to conversion. The explanation step is generally divided into three to four focus points. Each focus point begins with a summary statement for the catechist. This is followed by bulleted discussion and ends with a conclusion. Discussion includes questions and answers. These questions provide opportunities to draw students into the lesson, assess student understanding, encourage evangelical engagement, and assist students to apply what they have learned to their lives, all leading students to become disciples of Christ. The explanation step ends with optional activities designed to reinforce the material learned or to nourish spiritual development.

Allocate your time so that you are able to teach all of the focus points. If time is tight, use the focus summaries with less discussion; if you have extra time, use the optional activities to expand on the lesson.

**Life Application:** Once the material has been presented and explained, catechists should facilitate a response of faith whereby students further absorb and incorporate the Faith into their lives. Because the Catholic Faith is a living faith through which we are forming young disciples, this is a critical step in the process. This step allows students to process their understanding of faith on a personal level so that it takes effect in their lives. Also, during this step, catechists should become witnesses to their own faith experiences as transformative and should encourage students to provide examples of their own lives. Specific discussion questions encourage students to apply what they have learned to the daily experiences of their lives. Choose one or more of the life application discussions or activities.

**Celebration:** The celebration should be carried out in a spirit of thanksgiving and praise. This step facilitates a celebration of our faith in God, hope for the Kingdom, and love of God and neighbor. Opportunities are provided to encounter Christ. Celebration activities include prayer, liturgical rites, the Sacraments, Scripture, songs, liturgical symbols, and the lives of the saints. Each lesson provides ways to celebrate and give glory to God in all that we do.

## Optional Activities and Resources

This manual has been developed to include flexible options for new or experienced catechists, class times that range 60–90 minutes, and style of teaching. Please note that the Activity Book and Family Guide are optional components depending on the allotted class time and catechist or parish preferences. Additional activities and resources (Appendix B) can be accessed online through [www.faithandlifeseries.com](http://www.faithandlifeseries.com).

## Other Methods Incorporated into the Framework of the Ecclesial Method

- Inductive and deductive methods: According to the *General Directory for Catechesis*, the inductive method “consists of presenting facts (about biblical events, liturgical acts, events in the Church’s life as well as events from daily life) so as to discern meaning these might have in divine Revelation” (GDC 150). Induction is the process of reasoning from particular to general principles. Deduction reasons from general to the particular and includes interpretation and determining cause and effect. These two methods, taken together, aid in the students’ understanding of the unity of the Faith, the interrelation of topics, and, most importantly, their practical applications. The parish manual provides step-by-step discussions and explanations that will engage students in their assimilation of the truths of the Faith.
- Formulas: Formulas allow for ease of memorization and better understanding of a topic. In the early stages of education, memorization should be used more frequently since children first need language to communicate meaning. In theology, semantics are very important, for Christians have died for their faith and schisms have occurred because of word use (e.g., the *Filioque* in the Nicene Creed still distinguishes Roman Catholics from Eastern Orthodox). Such formulas also provide a uniform method of speaking among the faithful. Formulas in the parish manual include chapter vocabulary words, catechism questions, or other means of expressing thoughts or ideas succinctly and accurately in a memorable form.
- Experience: Experience transforms abstract theories into applicable and memorable concepts. Catechists should use concrete examples in class and encourage their students to judge personal experience with

Christian values. Discussion questions in this manual or in the Activity Books provide an opportunity for students to provide and reflect on personal experiences. Students are encouraged to share experiences in which their lives have been transformed by faith.

- **Activity and creativity:** Activity and creativity can be understood as “learning while doing.” “The active participation of all the catechized . . . to respond to the gift of God through prayer, participation in the sacraments, the liturgy, ecclesial and social commitment, works of charity and promotion of human values, such as liberty, justice and peace and the protection of creation” (GDC 157). Creative activities also provide opportunities for students to participate actively and become engaged in the learning process. Creative activities include anything from skits to visual aids, such as the Chalk Talks, which provide concrete examples for abstract ideas.
- **Groups:** In catechesis the importance of group instruction is becoming more apparent. Groups aid the social and ecclesial formation of students, and they foster a sense of Christian co-responsibility and solidarity.

## GRADE 6 OVERVIEW

### Grade 6 Text Overview

The sixth grade text, *Following Christ*, is devoted to the Ten Commandments and the Mass. Sixth graders are making the transition from childhood to adulthood. This period of transition is also a time when they are able to understand the Faith more clearly and make it truly their own. The students are able to think independently and to participate in reasoned discussion. At this turning point in their lives, the students need to be guided to follow Christ with their whole mind and will. Thus, instructing the students in the formation of conscience and in the liturgical life of the Church is vitally important.

### Grade 6 Scope and Sequence

**THEME:** An overview for a Christian life of love: the law of God, especially in the Ten Commandments, and the presence of Jesus in the Holy Mass; the interaction of the challenges of God’s law and his gifts of grace that help us fulfill his law in preparation for the Particular and General Judgments

#### Weeks 1–13

- **Part I: The Ten Commandments and the Beatitudes**
- Chapters 1–16: Forming the conscience and growing close to God through the Church

#### Weeks 14–20

- **Part II: The Holy Mass**
- Chapters 17–28: An emphasis on faith in and an understanding of the Real Presence and Christ’s sacrifice, including explanations of the parts of the Mass

#### Weeks 21–22

- **Part III: The Last Things**
- Chapters 29–31: Death and God’s judgment of us, with an emphasis on the Communion of Saints and the great happiness of heaven

## Grade 6 Lesson Outline—Following Jesus

Faith and Life Series Parish Catechist Manual 22–25 Week Curriculum*		
LESSON #	CHAPTER	TOPIC
	S	INTRODUCTION
1	1	God’s law /Conscience
2	2	First Commandment
3	3–4	Prayer/Saints
4	5	Second Commandment
5	6–7	Third Commandment/Self-denial
6	8–9	Fourth Commandment/ Authority/Obedience
7	10	Catholic Church
8	11	Fifth Commandment
9	12	Charity/Forgiveness/Scandal
10	13	6th and 9th Commandments
11	14	7th and 10th Commandments
12	15	8th Commandment
13	16	Beatitudes
14	17–18	Last Supper/Sacrifice of the Mass
15	19–20	The Mass/The Feast of God/Holy Communion
16	21	Resurrection/Ascension
17	22–23	Introductory Rites/Liturgy of the Word
18	24–25	The Liturgy of the Eucharist/Concluding Rite
19	26	Receiving Jesus
20	27–28	The Eucharist/The True and Abiding Presence
21	29–30	Death/The Last Things/Communion of Saints
22	31	The Second Coming
	S	Advent/Christmas
	S	Lent/Easter
		S=SUPPLEMENTAL LESSON
<small>*25 Week Curriculum includes 3 Supplemental Lessons: 1 Introduction Grade Level Overview of Salvation History and 2 Liturgical Year Lessons</small>		
<small>With addition of Mass/Confession and other liturgical year rites, etc., 25 weeks usually goes to 30–32 weeks. For parishes that have more than 25 teaching classes, it is suggested to expand combined chapters using provided optional activities.</small>		

## GRADE 6 SALVATION HISTORY OVERVIEW

### Salvation History Overview

Every person has a family, and every family has a story. Some families are big, and some families are small, but when we gather together here at church, we realize that we all have a very large church family. And no matter which family or town or country we come from, there is one family to which we all belong—God’s family. To learn more about how we are all a part of God’s family, we need to listen to our family story. Let us begin, then, *in the beginning* . . .

In the beginning, God had so much love that he wanted to share that love. The first way that God shared his love was by creating the whole universe, and everything in it. God created the heaven and the earth,

the light and the sky, the sea and the land. Then God created all of the living things—all kinds of beautiful plants, creatures of the sea, birds of the air, and every kind of animal and creature that crawls on the earth. Finally, in the greatness of his love, God created people in his own image. Male and female he created them (Adam and Eve), and he told them to take good care of everything on earth he had given them. The place where Adam and Eve lived was called the Garden of Eden, and they lived in perfect happiness and unity with God, with one another, and with all of creation. It was truly paradise.

Because God loved Adam and Eve so much, he gave them the freedom to choose to listen to him and to love him in return. God warned Adam and Eve that they should not eat the fruit of the Tree of the Knowledge of Good and Evil, but the evil serpent came to trick them, and Adam and Eve disobeyed God and ate from that tree. Because Adam and Eve disobeyed God, sin and death entered the world, and life was not perfect anymore. Still, God loved Adam and Eve too much to leave them in their sin; he promised that he would send someone to save them from their sins so that they could live with God in perfect happiness and unity again.

God wanted his family to be back together again, so he made special sacred family bonds (also known as covenants) with people to help bring his family back together. While sin had separated people from God, God used his special covenants to make his family bigger and bigger until we could all be one family again. After his first covenant with Adam and Eve in marriage, God made his next covenant with Noah and his whole family, saving them with an ark and giving a rainbow as a sign of God's everlasting love. Next, God made a covenant with Abraham, making him the father of large numbers of people. God then entrusted Moses with the Ten Commandments and made him the leader of a national family made of twelve tribes. Then a young man named David was chosen by God to be a king for the people, the leader of a national kingdom. All of these people were preparing the way for someone very special, the one whom God would send to bring all of the human family back together again.

Finally, God sent down his Son, Jesus, to save all of us from our sins and to bring back the whole human family from every household, every tribe, and every nation. Through Jesus' covenant, every person in the whole world could be united again in the same family under our one Father in heaven, God.

From the Ten Commandments that God gave us through Moses, to the Beatitudes given by Jesus, we see a loving God who offers us the means to form our consciences according to his will and to grow closer to him through the Church. God freely offers us the gift of grace necessary to live according to his laws and to prepare ourselves for our judgment, at the end of our lives and at the end of time. Through Mass and the Sacraments, we are brought into communion with God and with all the holy men and women who have lived and died before us. In this way, we see the Church on earth helping to prepare us for the unending joy and perfect happiness of heaven, where we hope to live forever with God and all the angels and saints for all eternity.

## RESOURCES

**Faith and Life website** ([www.faithandlifeseries.com](http://www.faithandlifeseries.com)): The following are available for each grade level: scope and sequence, curriculum outlines, samples, updates, Parent as Primary Educator in the Family Guide, webinars, and other resources.

**Online Resources:** Go to the resources tab for online resources for each chapter of each grade level. These include a lesson plan, PowerPoint presentation with visual aids, related video clip, and a related activity.

**Catechist Formation Resources at [www.faithandlifeseries.com](http://www.faithandlifeseries.com)**

- *The Catechism of the Catholic Church and the Craft of Catechesis*, Ignatius Press
- Webinars provided: "Faith and Life Overview" and "How to Effectively Implement the Faith and Life Series."

- *Faith and Life* Training Seminar DVD
  - Part I—Overview of Catechesis and *Faith and Life*
  - Part II—Ecclesial Methodology
  - Part III—Overview of Salvation History
- Other Resources:
  - Faith and Life Online website: Activities and sacred art explanations. *Faith and Life Online* is also available through this website.
  - *Education in Virtue*: Supplemental materials to teach and nurture virtue
  - Music: See specific music recommendations in each lesson. Website provides links to downloadable MP3s.
  - Bibles: Ignatius Bible: RSV, Second Catholic Edition, or *The Catholic Bible for Children* (M:CBS-P)

## **The Catechism of the Catholic Church**

The *Catechism of the Catholic Church* is an important tool for all catechists to use as a reference and teaching guide. The structure of the *Catechism* consists of four parts. The first two parts are about God’s saving works: Part 1, The Profession of Faith (the Creed); Part 2, The Celebration of the Christian Mystery (the Sacraments and the Liturgy). The remaining two parts consist of our response of faith: Part 3, Life in Christ; Part 4, Christian Prayer. Catechesis should begin with God’s works as found in the first two parts. “It is significant that these two parts precede those on morality and prayer, which identify the character of our response to God’s saving work for us and in us. God’s action comes first; how we live and pray comes second (*The Catechism of the Catholic Church and the Craft of Catechesis*, p. 21). *The Catechism of the Catholic Church* presents these pillars of truth as a living unity of faith. *Catechism* references are found at the beginning of each lesson.

**The Creed:** The Creed is a summary of the Faith and the Church’s baptismal promises. As a public profession of faith, Catholics find in it their identity as members of Christ’s Mystical Body. This is the Faith handed down from Christ to the Apostles and to the entire Church.

**Sacraments:** The seven Sacraments are outward signs instituted by Christ to confer grace. Active participation in the sacramental life of the Church, such as attending Mass prayerfully and faithfully, should be encouraged from a young age.

**The Moral Life:** The moral life does not limit; instead, it provides the boundaries that define the Catholic identity and allow for proper love of God and neighbor. A right moral life is man’s gift to God, a response to His unconditional love, and a pathway to true freedom. Every Catholic should be an example to others.

**Prayer:** Prayer unites a person with God (through words, actions, silence, and presence) and should be encouraged and put into practice from early childhood. There are many forms of prayer, and each brings the soul closer to God.

# Faith and Life Series

## Overview of the Parish Catechist Manual Supplemental Lessons

### Three Supplemental Lessons

The *Faith and Life* Series Parish Catechist Manual includes three supplemental lessons:

- Supplement #1—Introduction to Salvation History (used as an introduction and welcome)
- Supplement #2—Liturgical Year: Advent/Christmas
- Supplement #3—Liturgical Year: Lent/Easter

### Aims of Faith and Life Supplemental Lessons

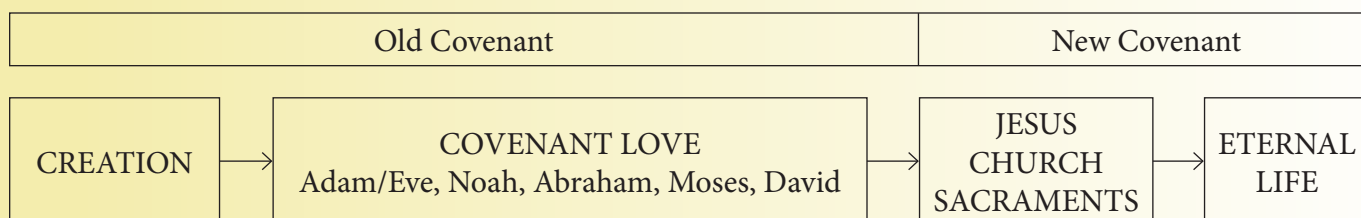
The story of salvation history provides the pedagogical structure of the *Faith and Life* series. Doctrinal, liturgical, spiritual, and moral elements of the Faith flow from this structure. Therefore, the objective of these supplements is to provide students with a bird’s-eye view of God’s saving plan. In these lessons students will learn that

- God has a plan for their lives and that they are part of his plan of love and mercy.
- God reveals his saving plan through covenant love.
- The purpose of our life on earth is to attain eternal life.
- Because of the sin of Adam and Eve the nature of man is fallen; therefore, each of us is in need of a Savior.
- Our Savior Jesus Christ became man and was crucified for our sins; he was resurrected from the dead and is a living God.
- God gave us the gift of the Church and the Sacraments as part of his plan.
- Each of us is called to a response of faith to Jesus’ act of self-giving love. In our response of faith, we come to encounter the Risen Christ and live out the gospel message.
- Through our faith response, we come to know, love, and serve our Lord, through whom we will attain eternal life.
- Through our participation in the liturgical year, we walk with Christ as we celebrate the history of our salvation.

### Salvation History Overview Supplement

This supplement provides students with a general overview of God’s saving plan. Lessons for the Student Text should be presented within the context of this larger picture. Understanding salvation history provides purpose for learning and purpose for life itself. In order to implement the pedagogical structure of the series effectively, *it is strongly encouraged* to begin the year with the overview of salvation history found in each grade level lesson plan.

## GOD’S PLAN OF SALVATION OVERVIEW





Scripture References	Catechism References
<p><b>Salvation History</b>            Creation: Genesis 1:1–2:25            Man Made in the Image of God: Genesis 1:26–27            Fall of Man: Genesis 3:1–24            The First Gospel: Genesis 3:15            Covenant with Adam and Eve: Genesis 1:27–28            Covenant with Noah: Genesis 9:1–17            Covenant with Abraham: Genesis 12:1–3            Covenant with Moses: Exodus 12:5; 24:8            Covenant with David: 2 Samuel 7:11–14            Jesus’ Fulfillment of Prophecies: Matthew 28:19            (Mark 1:8); John 19:32–33 (Psalm 34:20)            Eternal Life: Revelation 21:1–3</p>	<p><b>Salvation History</b>            Old Law Preparation for the Gospel: 1964            God Forms His People: 62            Covenants: 54–64            Jesus’ Mission of Salvation: 456–60            Typology and Unity of the Old and New Testaments: 128–30, 140</p>
<p><b>Advent/Christmas</b>            Word Becomes Flesh: John 1:1, 14            Annunciation: Luke 1:28–35            Birth of Christ: Luke 2:5–7            Shepherds: Luke 2:8–11            Epiphany: Matthew 2:2–8</p>	<p><b>Liturgical Year:</b> 1168–173  <b>Advent:</b> 522–24, 1095  <b>Christmas:</b> 1171</p> <ul style="list-style-type: none"> <li>• The Incarnation: 258, 262, 456–64</li> <li>• Conceived by the Power of the Holy Spirit and Born of the Virgin Mary: 484–511</li> <li>• The Christmas Mystery: 525–26</li> <li>• He Will Come Again in Glory: 668–77</li> </ul>
<p><b>Lent/Easter</b>            Temptation of Christ: Matthew 4:3–7; Luke 4:5–7            Trial of Jesus: Mark 15:1–26            Last Supper: Matthew 26:17–30; Mark 14:13–26;            Luke 22:11–22            Agony in the Garden: Mark 14:34–36            Passion of Christ: Matthew 26:30–27:54; Mark            14:26–15:25; Luke 22:39–23:33; John 19:23–42            Resurrection: Matthew 27:55–28:8; Mark 16:1–5;            Luke 23:53–24:49; John 19:40–20:18            Ascension: Acts 1:1–11</p>	<p><b>Lent:</b> 540, 1095, 1438  <b>Easter:</b> 638–58, 1168–70</p> <ul style="list-style-type: none"> <li>• Passion and Death of Christ: 595–637</li> <li>• Resurrection: 638</li> <li>• Ascension of Christ: 659–66</li> <li>• Pentecost: 731–32, 1076, 1287, 2623</li> <li>• Penance: 1430–39, 1450–60</li> <li>• Sin: 1846–76</li> </ul>

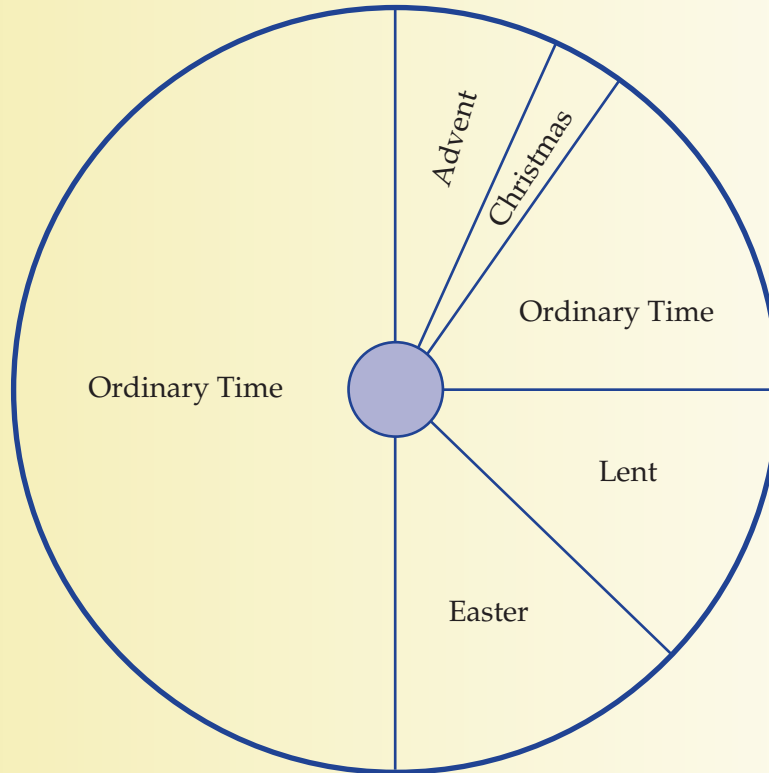
## Liturgical Year Supplement

The Church celebrates the history of our salvation through the liturgical calendar. This celebration begins with the season of Advent and culminates in the Easter season with the Resurrection of Jesus Christ. The last Sunday in the liturgical calendar is the Feast of Christ the King. The liturgical calendar is marked by events of the mysteries of the life of Christ as well as the lives of the saints and the Blessed Mother. In the *Faith and Life* series the liturgical year is naturally woven into the curriculum as it appropriately fits into the story of salvation history. However, in some grade levels supplemental chapters found at the end of the text highlight particular Church seasons. These liturgical year lessons maximize use of existing text material as they highlight aspects of the Church seasons. Through our participation in the liturgical year, which highlights the mysteries of Christ, salvation history continues and God’s story becomes our story.

## Liturgical Calendar

Use the following liturgical year calendar (or the one found in this Appendix). Point out to students that through the liturgical calendar year they participate in the story of salvation history.

*Almost every feast of the Church gives me a deeper knowledge of God and a special grace. That is why I prepare myself for each feast and unite myself closely with the spirit of the Church. (Saint Faustina Kowalska)*



# Grade 6

## Introduction to Salvation History

*Note to catechist: See Salvation History Overview in Introduction.*

### LESSON FOCUS

This lesson will introduce students to one another and to the theme of their book, *Following Jesus*. God provides ways for us to follow Jesus and to prepare us for eternal life. Out of love God gives us the Ten Commandments so that we can love him and our neighbor. He also gives us the Holy Mass in order that we will receive the grace necessary for our salvation. Moses plays a key role in the story of salvation, which is presented in this level textbook. Through Moses, who prefigures Jesus, we see that God delivers his people from slavery in Egypt. Through the Mass Jesus delivers his people from sin. God makes a covenant of love with Adam and Eve, Noah, Abraham, Moses, and David. This covenant is fulfilled through Jesus Christ, his Church, and the Sacraments.

### AIMS

- Students will be introduced to one another and to the Grade 6 book, *Following Christ*.
- Students will understand that God gave us the Ten Commandments and the Mass to help us on our journey to heaven.
- Students will learn that Moses prefigures Jesus.

### Begin the Lesson

## Preparation (5–10 minutes)

Use one or more of the following resources for prayer and student preparation for the lesson.

### SCRIPTURE:

**“What no eye has seen, nor ear heard, nor the heart of man conceived, what God has prepared for those who love him”** (1 Corinthians 2:9).

We cannot even begin to imagine the beauty of eternal life with God.

### SACRED ART: Student Text cover

*Triptych with the Ascension of Christ, Last Judgment and Pentecost (detail), Fra Angelico*

We see Jesus ascending into heaven. Each of us is called to follow Christ; in doing this we will be led to eternal life.

### PRAYER WITH CHILDREN: Glory Be, Student Text, p. 147

## Welcome (25–35 minutes)

- Optional ice breaker: Take As Much As You Want!

Before you begin your lesson, have a roll of toilet paper on hand! Explain to the children that they will need this for the next activity. Tell students that you’re going to pass around the roll. Invite students to take as much as they want, telling them, “Take as much as you need to complete the job.” Do not tell them what the job is though! After everyone has had a good laugh over the amount of paper they took, explain how the game works.

For *every piece* of toilet paper the students ripped off, they must tell the class one thing about *themselves*. Some will realize they took quite a bit of toilet paper, but with a little prompting and probing from you, they will find things to share. As an extra twist, you might have students say what their favorite thing about going to religious education is when they get to the last piece. This activity provides a nice

## MATERIALS

- Bible
- White board and markers
- Grade 6 Student Text, *Following Christ*

Optional:

- Toilet paper (see Welcome Activity)

## WORDS TO KNOW

**salvation history:** the story of God’s plan to save each of us from the consequences of sin. Salvation history began with Creation and will continue to the end of time. Each of us is a part of this love story in our own lives. As the story unfolds, God’s love and mercy become evident through his Son, Jesus Christ, as well as through the Church and grace received in the Sacraments.

way to find out about students’ personalities, families, likes, and dislikes—and the students really love it!

- Welcome students to their sixth grade class. Explain that this year they are going to be focusing on the Ten Commandments, prayer, the Beatitudes, the Mass, and the New Covenant established by Jesus Christ.
  - Spend some time going through the layout of their textbook (see Table of Contents): the Ten Commandments, the Holy Mass, and the Last Things: heaven, hell, and purgatory.

## Proclamation (1 minute)

*(Proclaim slowly, then repeat.)*

God provides ways for us to prepare for eternal life. Out of love God gives us the Ten Commandments so that we can love him and our neighbor. He also gives us the Holy Mass in order that we will receive the grace necessary for our salvation.

## Lesson Explanation (20–30 minutes)

*Explain focus points in your own words or use the discussion points and questions.*

### Focus 1: God has a plan for each of us so that we may share in eternal life.

- God gives us everything we need for our salvation.
  - *Have you ever gone to camp or on a trip somewhere?* (Answers will vary.)
  - *Did you or your parents pack up everything you would need to make the trip?* (Yes.)
  - *Do you think that God put us on this earth without providing all that we would need to survive, and most importantly to get to heaven?* (No.)
  - This year we will study two very important things God gave us for our salvation: the Ten Commandments and the Mass. We received the Ten Commandments through Moses; we also celebrated the first Passover through Moses. The Passover prefigures the Mass; Moses prefigures Jesus. Let’s take a step back and look at the big picture.
- **Review** briefly the story of God’s saving plan using the timeline below. For students new to *Faith and Life* this year, the story may need to be told without questions.

Old Covenant



New Covenant

Creation

Adam/Eve, Noah,  
Abraham, Moses,  
David

Jesus Christ  
Church  
Sacraments

Eternal Life  
(Heaven)

## A Short Summary from the Passover to the Last Supper

Moses delivered the Israelite people out of Egypt. After the Israelites were in Egypt for four hundred years, they cried out to God to deliver them from their bondage to slavery. The Pharaoh would not let the Israelites go. God sent ten plagues. For the tenth plague God said that all of the firstborn sons in the land would die. However, God told the Israelites that their firstborns would live if they sacrificed an unblemished lamb and had a feast in which they would eat the lamb with bitter herbs and unleavened bread. They also had to take the blood of the lamb and place it over the doorpost with a hyssop branch. When the angel of death “passed over” the homes with the blood of the lamb, the firstborn of those households would be saved. This was the first Passover; this feast was celebrated every year afterward. The night before Jesus died he was celebrating the Passover feast. During the Last Supper Jesus became the “Lamb of God,” whose blood would be shed for the forgiveness of sins. Moses delivered the people from their bondage to slavery—he prefigures Christ, who delivers us from our bondage to sin. The Last Supper is the first Mass. Jesus consecrates the bread and wine to become his Body and Blood.

- **Why did God create us?** (*God created us out of love, so that we can be with him in heaven one day.*)
  - The first man and woman, Adam and Eve, disobeyed God so the gates of heaven were closed; death entered the world.
  - *Did God abandon us then?* (No; God promised to save mankind by reopening the gates of heaven. He promised to do this by sending a Savior.)
- God reveals his story of salvation through the Bible. The Old Testament tells the story of God’s promises for mankind before Jesus came.
  - *In the Old Testament, who else did God make covenant promises to besides Adam and Eve?* (Besides Adam and Eve, God made covenant promises to Noah, Abraham, Moses, and David.)
  - *In the New Testament, who fulfills God’s plan and how does he redeem mankind?* (Jesus Christ redeems mankind through his life, death, and Resurrection.)
  - Jesus opens the gates of heaven. *But does this mean that we will all automatically go to heaven?* (No.)
  - *What does Jesus leave us with to guide us to heaven?* (The Church.)
  - *What does Jesus give us to nourish our souls with his life—that is, his grace?* (The Sacraments.)

**Conclusion:** God’s plan is for us to share in eternal life. The story of salvation tells the story of covenant love; each covenant points to Jesus Christ who leads us to heaven.

## Focus 2: Moses: Many important events during salvation history occurred during the life of Moses.

- This year we will be studying about the Ten Commandments, which were given to Moses. We will also be studying about the Mass. Jesus was celebrating the Passover feast when he instituted the Eucharist.
- **If time permits**, discuss the connection between the Passover and the Last Supper. (See sidebar.)

**Conclusion:** During the life of Moses, God gave us the Ten Commandments and, Moses celebrated the first Passover, which prefigured the Mass. Both of these are important for our salvation.

## Review Supplemental Lesson—Introduction to Salvation History

- God has a plan for each of us so that we may live in eternal life.
- Moses played an important role in the story of salvation history. We received the Ten Commandments through Moses.

- Moses delivered the people from slavery in Egypt. Jesus delivers us from our slavery to sin.

## Application (5–10 minutes)

Choose one or more of the following for discussion.

- God’s plan for us is eternal happiness with him in heaven.
  - **What has God provided us to help us attain eternal life?** (Jesus Christ; the Catholic Church and Sacraments; guardian angels; our parents and teachers.)
  - **How should we respond to all that God has given us for our salvation?** (We should respond in thanksgiving for all that God has given us, through prayer, love of God and our neighbor, by receiving the Sacraments, by living a life of holiness, by trusting in God’s mercy, etc.)
- **Looking at the front cover of the Grade 6 Student Text, what event of Christ’s life does this picture depict?** (Jesus’ Ascension into heaven.)
- The name of our textbook is *Following Christ*. **Once Jesus ascended into heaven, what did he leave with us to ensure that we would be able to “follow him” to heaven?** (He gave us the gift of the Church, the Sacraments, and the guidance of Holy Spirit.)
- By following the Ten Commandments, we know how to love God and our neighbor. Through the Eucharist we will receive the grace that is necessary to follow the Ten Commandments.
  - Look at the list of the Ten Commandments on page 15. **How do you think that you will learn to follow Christ more closely this year?** (Answers will vary.)
  - Look at the picture of the chalice on page 103. **Why do you think that the chalice used at Mass is made of a precious metal such as gold?** (Because it will hold the Blood of Christ.)
  - **Do you realize that through the Blood of Christ, our sins are forgiven and we receive grace so that we are able to better live out our lives?** (Yes.)
  - **Do you think that you will be able to follow Christ more closely this year as you gain a better understanding of the Mass?** (Yes.)

## Celebration (5 minutes)

- Pray: Dear Jesus, thank you for inviting us to enter eternal life. Thank you for the gift of the Church, the Ten Commandments, and the Mass, which guide us to attain eternal life. Thank you for this year, in which we will learn more about following you in what we do and how we pray. Amen.

# Lesson 1

## Chapter I—God Gives Us the Law

### Correlated Materials

Student Text: Chapter 1, pp. 13–16  
Activity Book: Chapter 1, pp. 1–4  
Family Guide: G 6–1, pp. 70–71

#### LESSON FOCUS

To help his children know how to do good and avoid evil, God gave us the Ten Commandments, also called the “Decalogue” (Greek *deka*, ten + *logos*, a word or speech). He also gave us Jesus, who taught that obedience to the law requires love of God and neighbor. Finally, he gave us a conscience to help us know right from wrong in specific situations. To help us, however, our consciences must be formed according to God’s law, Jesus’ example, and Church teaching. Forming our consciences rightly and obeying God is how we show God we love him and how we find happiness.

#### AIMS

- Students will learn that God has a plan in which he reveals himself and the law by which he governs his creation.
- Students will learn that in Baptism they enter into a covenant with God and that they are to deepen their covenant relationship by forming their consciences and following God’s law.
- Students will understand their need for a Savior.

### Begin the Lesson

## Preparation (5–10 minutes)

Use one or more of the following resources for prayer and student preparation for the lesson.

**SCRIPTURE:** Student Text, p. 13

“And if you obey the voice of the LORD your God, being careful to do all his commandments which I command you this day, the LORD your God will set you high above all the nations of the earth” (Deuteronomy 28:1).

God promises many blessings to those who follow his commandments.

**SACRED ART:** Student Text, p. 14

*The Presentation of the Tablets of the Law to the Hebrews*, Raphael

The Israelites had just spent more than four hundred years as slaves in Egypt; all they knew was how to be slaves. They rejoiced in receiving the Ten Commandments, because they showed them how to be a free people.

#### PRAYER WITH CHILDREN:

Heavenly Father, we praise you for you are glorious and worthy of all our praise. We thank you for the gift of the law and the promises you bestow on those who obey. Please send your Holy Spirit upon us so we can fall more in love with you as we learn more about you. Amen.

## Proclamation (1 minute)

*(Proclaim slowly, then repeat.)*

God established divine and natural laws to govern his creation. Following these laws will make us truly happy. God gave us a conscience, to determine whether something is good or evil.

## Lesson Explanation (40–50 minutes)

*Explain focus points in your own words or use the discussion points and questions.*

- Students will understand the importance of properly forming their consciences in order to follow God's plan.
- Students will learn that each of them is on a lifelong journey to become holy so that they may be saints in heaven.

### CATECHISM OF THE CATHOLIC CHURCH REFERENCES

- Ways of Knowing God: 31–38, 46–48, 286
- Decalogue: 423, 2052–55, 2057–82
- Ten Commandments and Natural Law: 2070–71, 2080
- Ten Commandments and Conscience: 1962

### MATERIALS

- Bible
- Chalkboard or dry erase board
- Students' notebooks and pencils; students are encouraged to take notes
- Copies of the skits for all students

### WORDS TO KNOW

**Decalogue:** the Ten Commandments given to Moses by God

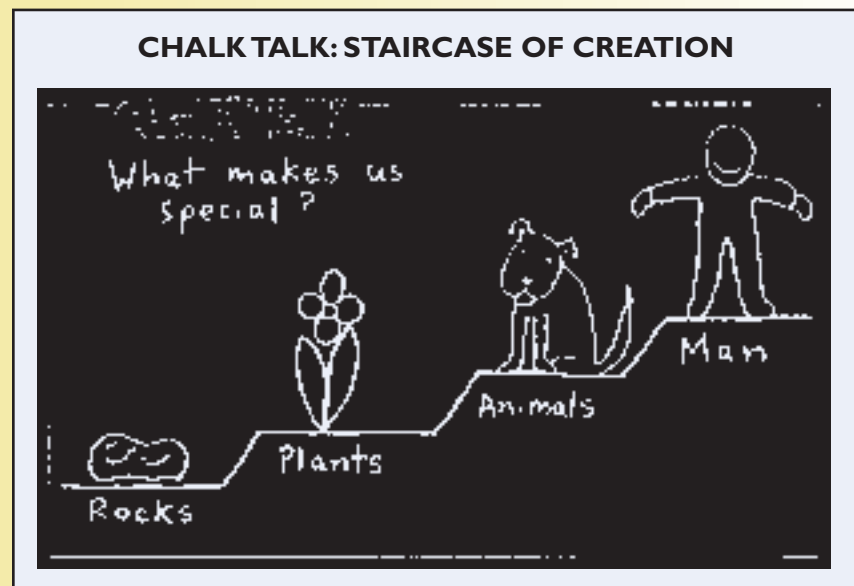
**Ten Commandments:** the laws given to us by God

**covenant:** a solemn agreement

**conscience:** our ability to know and judge what is right or wrong

**Focus I: Creation.** God's existence can be seen in the natural world.

- All of creation testifies to the glory of God. Flowers, clouds, oceans, whales, flamingoes, the earth, Mars, Venus—all of this shows that God exists. All of God's creation gives glory to God, especially man.
  - *Why do you think that, in particular, man gives glory to God? (We are made in the image and likeness of God.)*
- There is a hierarchy within creation:



- Inanimate objects are the lowest level.
  - *What are some examples of inanimate objects? (Rocks, metals, etc.)*
- Then there are the vegetative creatures, which have life, grow, and turn toward the sun.
  - *Name some vegetative creatures. (Trees and flowers.)*
- Next are the animals. They grow, live, and have mobility and instincts. Animals are not rational. Some may seem smart or expressive, but they are driven by instincts or training. They do not solve math problems, create cities, or laugh at jokes.
- Humans are above animals in the hierarchy of creation. All of the lower levels of creation were given to man by God for the service of man (e.g., food, shelter).
  - Man is rational. He has free will. He has both a body and a soul.
- Angels are rational pure spirits that serve God (and part of that service is to help man, e.g., guardian angels).
- God made man for a purpose: heaven. To get to heaven, we must do good and avoid evil. We are designed for this, and it is written in our hearts.



- God gave us the gift of free will, so that we can choose to love as God loves or not to love at all. We can choose between good and evil.
- To be truly free, we must have the ability to choose to do good. Otherwise we become slaves to our own sin.
- Because we have the effects of Original Sin, sometimes we may be tempted to choose evil. We call this tendency to sin “concupiscence.” But God wants us to be free to choose good. *What do we need to be able to have the freedom to always choose good? (God’s help, grace, the Sacraments, prayer. We need God’s help; we cannot always be good on our own accord.)*
- When we freely make choices that are good, God blesses us with happiness.

**Conclusion:** All of creation glorifies God, especially man since we are made in his image. God has a plan for each of us, to help us get to heaven.

**Focus 2: God’s master plan.** Because of the Fall of Adam and Eve, we lost the hope for eternal life. However, through the mercy of God, God sent Jesus as our Savior.

- *What is God’s plan for us? (Answers will vary. Ask students, “What next?” after their answers.)*
- God’s plan is the same for each of us, to live with him in heaven.
- *Who were the first two human beings? (Adam and Eve.)*
  - Adam and Eve lived a wonderful life in the Garden of Eden. They had no sin, no disease, no suffering. They had a wonderful relationship with God and were very happy.
  - But Adam and Eve had the gift of free will, meaning they could either choose to follow God or not to follow God. As we know, Adam and Eve chose to disobey God. This first sin is Original Sin; we also refer to this sin as the Fall.
- After the Fall, man’s relationship was damaged with God because that’s what sin does; it separates man from God. That damage, or offense, allowed suffering, disease, and death to enter the world.
- But God loves us so much that he promised a Savior to make up for this sin and reunite us with him. He wants us to be united with him forever.
- God didn’t leave us in our sinful ways, but he showed us how to live in relationship with him and with each other.
- Therefore, God gave his followers the **Ten Commandments**, or the **Decalogue**.
  - **Write on the board:** Decalogue—Ten Commandments.
- We should want to keep the commandments, to show our love for God. If we love God and grow in our relationships with him, and ask him for the grace to obey, then we have the freedom to choose to do good and avoid evil. If we

## FOCUS 2 OPTIONAL ACTIVITIES

- From the movie *The Ten Commandments*, show the scene where God is writing the commandments on stone tablets, while on Mount Sinai. Clips of this scene are available at [www.faithandliveseries.com](http://www.faithandliveseries.com).
- Have students compare life before the Fall of Adam and Eve and after the Fall.

## God's Master Plan

### In the beginning:

- In God's image
- Free will
- Rational
- Free from sin
- Preternatural gifts:
  - Infused knowledge
  - Not die
  - Never sick or suffer
  - Knew good from evil
  - Acted with will
  - Lived in harmony
- Supernatural gift:
  - Grace (God's life)

### After the Fall:

- Distorted God's image
- Free will
- Rational
- Born with Original Sin
- Preternatural gifts lost:
  - Learning requires labor
  - Would die, return to dust
  - Suffering and illness
  - Intellect is weakened
  - Will is weakened to sin
  - Disharmony with others
- Supernatural gift:
  - Grace is lost

didn't have this freedom, we would become slaves to our sin. In keeping these commandments, we are made free: free from sin, free to follow God, and free to recognize and follow our Savior.

**Conclusion:** After the Fall of Adam and Eve, we lost the hope for eternal life. Part of God's plan was to lead us back to him by giving us the Ten Commandments. If we respond to God's love for us by following his commandments, we will be free.

**Focus 3: The Old and New Covenant.** God shows his love to mankind through covenant love, the sacred contract between God and his chosen people. Jesus fulfills the Old Covenant promises by becoming our Savior.

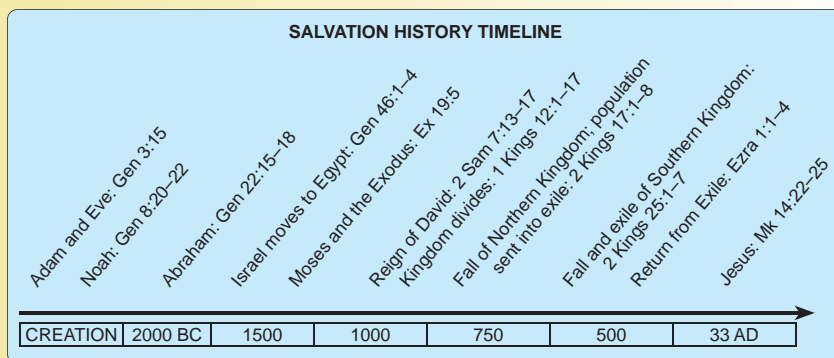
- **Discuss** a covenant that the students may be familiar with, such as marriage.
  - Marriage is a covenant that a man and woman enter into because of love for one another.
  - Marriage is entered into by the profession of vows before man and God. It is binding. It is possible to damage the marriage covenant by breaking the vows to love, honor, and cherish, which hurts the marriage relationship.
- When the Lord gave the commandments to the Israelites, through Moses, he created a **covenant** with them.
  - *What is a covenant?* (An agreement that creates a sacred family bond between persons. A covenant is intended forever.)
- **On the board, draw the graph below and fill it in as you explain.**
  - Love is the foundation of the law. Out of love, God gave the Israelites the Ten Commandments to help them follow his ways.
  - The Israelites were called to obey God's commandments in response to God's love for them.
  - Through God's love and man's response of obedience, a family covenant is formed.
  - It is the same for us. God shows his love by guiding us with the Ten Commandments. Our response of love is to obey God. God then blesses those who obey him out of love.

God's Covenant of Love	
God	Man
Out of love, God gives us the Ten Commandments.	Response of faith: obedience to Ten Commandments
A family covenant is formed; God blesses his people.	

- The Ten Commandments are part of the Old Covenant promises made between God and his chosen people, the Israelites.
- There are five Old Testament covenants: those made with Adam and Eve, Noah, Abraham, Moses, and David. Jesus fulfills Old Covenant promises through the New Covenant.

### FOCUS 3 OPTIONAL ACTIVITIES

- Create a class covenant. Using the same graph, make a teacher responsibility column and a student responsibility column. Take suggestions for both sides; write them all on the board, even the crazy ones. Make suggestions, especially for the student side. Go through and erase or line out the impossible ones (like “Students bring teacher gifts” or “Watch movies every class”). When you have a “covenant” everyone agrees with, have everyone sign it.
- Activity Book, pp. 1–3



- Jesus taught us that love is the foundation of the law. When Jesus came, he fulfilled the Old Covenant by establishing the New Covenant. This did not erase the Old Covenant, but fulfilled it. So the Ten Commandments should still be followed even today.
- Jesus taught us that the two greatest commandments are to love God above all things, and to love one’s neighbor as oneself.

**Conclusion:** We should follow the Ten Commandments as a response to God’s love for us. By loving God through obedience, we will be truly happy.

### Focus 4: God has provided the means to form our consciences through natural law and the teachings of the Church.

- God gave us the Ten Commandments to help lead us to heaven. It is not easy to follow the Ten Commandments all of the time. We have many distractions in our lives.
  - *What help does God give us? (He gives us the gift of grace [God’s life in us] that will strengthen and transform us so that we will want to choose to obey the Ten Commandments.)*
- When we make decisions regarding right and wrong, we may not always know what to do. Yes, the Ten Commandments are our guide. But sometimes we are not quite sure, so God gives us an inner guide.
  - *What do we call our inner guide where God speaks to us? (Conscience.)*
  - Every person has a **conscience**. It is our moral guide. It is our inner sanctuary, in which God speaks to us. It is the power to judge what course of action is best to take in any situation. Each of us is obligated to follow his conscience, so everyone has a great duty to properly form his conscience.
  - Because we must never act on a doubtful conscience, we must look to the Church for the proper help to form our consciences well.
- There is another law that helps us to decide what is right and wrong. This is called “the natural law.”
  - *Where is the natural law written? (On our hearts.)*
  - By reason, the natural law is that law by which we know whether or not an act is morally right or wrong.

- Let's talk about how we can make decisions when we really aren't sure.
  - *Does God allow us to choose between good and evil? (Yes, he gives us free will.)*
  - *Even though God allows us to make a choice between good and evil, can we decide for ourselves what is good and what is evil? (No, there are moral truths and we are obligated to follow those truths, as stated by the Church.)*  
We must properly form our consciences through the teachings of the Church.
  - *Does the Church arbitrarily decide what is right and wrong? (No.)* God is the source of all truth and only he is the arbitrator of moral truth. The Church provides us with the moral teachings of the Church based on Sacred Scripture and Sacred Tradition.
  - *What should we do if we do not agree with or if we do not understand a moral teaching of the Church? (Pray for the guidance of the Holy Spirit; talk to a priest, teacher, or friend who is grounded in his faith; do not just find someone who agrees with your misunderstanding.)*
  - As human beings we seek truth, and we should pursue the truth in every situation. It is never enough just to say that we don't agree; we must seek the truth in all things.
  - *What does the Church provide to help us form our consciences? (The Catechism of the Catholic Church, the Magisterium [teaching authority of the Church], etc.)*
- When you break a commandment, that is a serious matter. *What do we call an action when you knowingly choose something wrong and turn against God? (Sin.)* There are two types of sin: venial and mortal.
  - Mortal sin is serious sin that jeopardizes your eternal soul. If you die having committed a mortal sin and do not repent, your soul will go to hell. That's what mortal means, deadly.
  - There are three conditions for a sin to be mortal.

**Write on the board:**

- It must be a serious matter.
- You must know it is wrong.
- You must intend to offend God.
- A sin must fulfill all these conditions to be considered mortal.
- *What is an example of a mortal sin? (Answers will vary. For example: murder, abortion.)*
  - Both venial and mortal sins are forgivable through the Sacrament of Reconciliation.
  - Mortal sins *must* be confessed to restore your relationship with God.
  - Venial sins should be confessed in order to gain the graces necessary not to sin again.

**Conclusion:** God wants nothing more than for us to be in heaven with him. He gave us the Ten Commandments as a guide; he gave us a conscience to help us know right from wrong; he also gave us the Church and our parents to help us properly form our consciences.

### Review Lesson 1, Chapter 1 (3 minutes)

- The Ten Commandments were necessary after the Fall.
- Following the commandments leads us to happiness.
  - Through the grace of God, we are able to obey God's laws. The more we obey God, the more he will bless us and the happier we will be.
  - Each person has a conscience that helps him know right from wrong. We should inform our consciences.
  - There are two kinds of sin: mortal and venial.
    - Sins are mortal if they are a serious matter, the sinner is fully aware of the seriousness of the sin, and the sinner intends to offend God.

## Application (10–20 minutes)

*Choose one or more of the following for discussion.*

- ***How should we respond to God for all that he has given to us, especially the Ten Commandments that will help us get to heaven? (Out of love, we should respond in obedience to the Ten Commandments. God will bless those who obey him.)***
- ***Do you think obeying the commandments is difficult? (Answers will vary.)***
  - ***How can we receive God's grace so that the commandments are easier to follow? (Prayer, Sacraments, etc.)***
- ***Now that you can look at the Ten Commandments as gifts, not oppressive restrictions, how does that affect your view of your parents' rules? (Answers will vary. If students say they still think they're too restrictive, lead students to realize that their parents are acting out of love.)***
- ***What does a good relationship with God look like? (Answers will vary. If we have a good relationship with God, we are acting in response to his love for us. Using examples of saints' lives would be appropriate here.)***
- ***In what situations is it more difficult to tell right from wrong? (Answers will vary. Remind students that it is our responsibility to seek the truth in all things, especially in the truth of Jesus Christ and his Church.)***

# Celebration (5–10 minutes)

Choose one or more of the following.

- Pray the Our Father, Student Text, p. 147
- Read Psalm 1 as prayer, with silence after for meditation.
- Pray: Lord, we praise you for your creation. You gave us the gift of free will to choose right and wrong and the gift of a conscience to know the difference. Thank you for entrusting us with such a responsibility. Please guide us on our paths, that we may always choose wisely and be prepared to live with you forever in heaven. Amen.

## Take Home

- Student reading for next lesson: Student Text, Chapter 1, pp. 13–16; Chapter 2, pp. 17–20
- Optional: Activity Book: Chapter 1, pp. 1–4
- Optional: Family Guide: G 6–1, pp. 70–71
  - Discuss as a family what blessings to request from God, and the family’s responsibility of obedience.

## CHAPTER 1

# God Gives Us the Law

“And if you obey the voice of the LORD your God, being careful to do all his commandments which I command you this day, the LORD your God will set you high above all the nations of the earth.”

Deuteronomy 28:1

If we observe the world around us, we will see that there is a certain order in the way things happen. Throw a stone in the air and it falls back to the ground. We say it does that because of the law of gravity. Wild geese will fly for miles and miles to return every year to the same place to nest and hatch their goslings. They do that by instinct. And if we look at men now and through the ages, in different countries and cultures, we find that they always have a rule about right and wrong: “Do good and avoid evil.” Human beings all over the earth have the idea that they ought to behave in a certain way.

The difference between this rule of human behavior and the law of gravity or instinct is that the law of gravity or instinct tells us what things *do*, and the rule of human behavior tells us what we *ought* to do. In other words, the stone or goose has no choice in the matter. The stone doesn’t decide to fall back to earth—it must. But while the rule of human behavior may tell us what is right and wrong to do, we are still free to decide just what we will do.

This presents two problems. The first problem is that though all men might agree that we should “do good and avoid evil,” they don’t always agree about what is good and

what is evil. In fact, people are often mistaken about what behavior is right and wrong. So how can we know for sure?

The second problem concerns our reasons for following this law of human behavior. Since men aren’t forced to act in accord with law but may freely choose, why do they?

### The Master Plan

Where can we find the solution to these problems? The best way is to look to the Master Planner and see what he had in mind.

As we all know, God is the Creator and Lord of heaven and earth. In his great wisdom he made the universe and governs it all. Now, just as he made the law of gravity and instinct, he made all men with this idea of doing good and avoiding evil. But he also made men with free will, allowing them to choose to do good and avoid evil.

When Adam and Eve chose to disobey God, their sin affected all men that were to come. One result of Original Sin is that it is harder for us to know what is right and wrong and to behave accordingly. If we read the beginning of the Old Testament we can easily see that men soon made a mess of things.

13



But God promised Adam that he would not abandon us and would give us a means of salvation. So God called upon Abraham and made him the father of his chosen people. God established his covenant with the Israelites, to show that he would be their God and they would be his people. He gave them the **Decalogue**—the **Ten Commandments**. God wanted his people to know what was right and wrong and what was truly good and truly bad for them. He was preparing them for a special role in salvation history.

Some people think that God simply wanted obedience to a set of rules. What he really wanted is a faithful people. He gave his people a law to teach and guide them in every part of their lives. Further, he gave his people a law to prepare them for the coming of the Savior.

14

### Fulfillment of the Law

When Jesus came to establish the New **Covenant**, he did not set aside the Ten Commandments, but completed them. He said: “Do not think that I have come to abolish the law and the prophets; I have come not to abolish them but to fulfill them” (Mt 5:17). Jesus teaches that the foundation of all law is love: to love God above all things, with one’s whole mind and heart and soul, and to love one’s neighbor as oneself. Jesus wants all men to turn their minds and hearts to God with love. Disobeying any of the Ten Commandments is a failure to love either God or our neighbor. This is because the Ten Commandments sum up our duties to God and our neighbor.

### Conscience

How do we know that one action is right and another wrong? Along with free will God has given each man the ability to judge if something is right or wrong. This ability is called **conscience**. Our conscience is a very practical tool. It tells us what would be right or wrong behavior in a given situation. We are to obey our conscience, for God gave it to us so that we could live according to his law.

Every person is born with a conscience. Even a member of some primitive tribe that has never come into contact with civilization has the same law in his heart to do good and avoid evil. His tribe will probably have a code of what they think is right and wrong. He will be responsible before God for doing what he thinks is right and not doing what he thinks is wrong. In this way he can please God. But his code of behavior might differ somewhat from the Ten Commandments. Since he has had no contact with the commandments, he will not be held responsible for obeying them. Nonetheless, his conscience is faulty.

A conscience has to be taught—and taught correctly. We call this “forming” a conscience. The conscience of the primitive man, since it was not formed correctly, is called an incorrect conscience. Since he could do nothing about

that, he will not be held responsible for his incorrect conscience. On the other hand, all men who have access to the Word of God have a responsibility to form a correct conscience.

God has given us the means to form our consciences correctly. He has revealed truths about himself and given us the Ten Commandments. To live according to the will of God we must follow and obey the commandments. If we disregard or break God’s law we sin. If we deliberately break a commandment in a serious matter, we commit a mortal sin and destroy charity, or the love of God, in our hearts. When we commit a mortal sin, we reject God by choosing to do something seriously contrary to God’s will. If we do not repent of mortal sin, we cannot go to heaven and be happy with God forever. Of course, whether or not what we do is a mortal sin depends on whether we know that what we are doing is seriously wrong and we freely chose to do it anyway. And if we do commit a mortal sin, God will forgive us if we truly repent of our sin. He has given us the Sacrament of Penance to forgive our sins and to help us to grow closer to him.

But besides giving us the Law, he has given us reasons why we should want to follow it. First, God is the giver and author of that law, and since he is our Creator he knows what is best for us. Obeying God’s law is necessary

#### The Ten Commandments

1. I am the Lord your God; you shall not have other gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord’s Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor’s wife.
10. You shall not covet your neighbor’s goods.

15

for our eternal salvation. How could we live with God forever if we choose to reject his life and his friendship by serious sin?

But an even greater reason to obey God is that we know his great love for us. Jesus tells us: “If you love me, you will keep my commandments.” (Jn 14:15) What better way do we have of showing our love for God than by doing what he asks of us?

God gave us his commandments and our conscience to help us know right from wrong.

He gave us the example of his Son Jesus Christ, who perfectly loved and obeyed the Father. At the same time, God gave us the power to keep his commandments. That power is the life of grace that comes from the Holy Spirit who lives within us.

#### Words to Know:

Decalogue Ten Commandments covenant conscience

#### Q. 1 What must we do to live according to the will of God?

To live according to the will of God, we must believe the truths that he has revealed and with the help of his grace obey his commandments (CCC 1692).

#### Q. 2 What are the commandments of God?

The commandments of God are the Ten Commandments, the moral laws that God gave to Moses on Mount Sinai in the Old Testament, and which Jesus Christ perfected in the New Testament.

#### Q. 3 What is the foundation of all our duties toward God and neighbor?

The foundation of all our duties toward God and neighbor is charity, as Jesus Christ explained: the greatest and first commandment is the love of God, and the second is love of neighbor; upon these two commandments depends the whole law and the prophets. (CCC 2055).

#### Q. 4 Why are we obliged to keep the commandments of God?

We are obliged to keep the commandments of God because they sum up our basic duties toward God and our neighbor (CCC 2072).

#### Q. 5 Does one who deliberately breaks a commandment of God in a serious matter sin gravely?

One who deliberately breaks even one commandment of God in a serious matter sins gravely against God, and thus risks hell (CCC 1855, 2072).

16

### Name: \_\_\_\_\_

## God Gives Us the Law

## Quiz 1

### Part I: Fill in the blanks.

1. Every man has the law in his heart to do **good** and avoid **evil**.
2. Our **conscience** is the ability to judge if an action is right or wrong.
3. God established a **covenant** with the Israelites and gave them his laws.
4. God’s laws known as the Ten Commandments are also called the **Decalogue**.
5. Man has **free will** so that he can love and obey God.
6. Jesus taught us that **love** is the foundation of all law.
7. Jesus said that all of the commandments can be summed up in this: Love **God** above all things with our whole mind, heart and soul and love our **neighbor**.
8. We **sin** when we choose to break God’s law.

### Part II: Write the Ten Commandments in order.

1. I am the Lord your God; you shall not have other gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord’s Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor’s wife.
10. You shall not covet your neighbor’s goods.

Name: \_\_\_\_\_

## God Gives Us the Law

Answer the following questions in complete sentences.

1. What is the first rule of moral law?  
The first rule of moral law is “Do good and avoid evil.”
2. What do the rules of moral behavior tell us?  
The rules of moral behavior tell us what we ought to do.
3. Why must we follow the rules of moral behavior?  
Answers will vary.
4. Are we free to choose to do good and avoid evil?  
Yes, we are free to choose to do good and avoid evil.
5. How can we know what the good is?  
To know what the good is, we should look to God for guidance.
6. How does God help us know the moral good?  
Answers will vary.

Name: \_\_\_\_\_

### God's Laws

Answer the following questions in complete sentences.



1. Why did God give us his law?  
God gave us his law to show us what is right and wrong—to guide us in every part of our lives.
2. What is a covenant?  
A covenant is a solemn agreement.
3. Write out the Ten Commandments in order.
  1. You shall not have other gods before me.
  2. You shall not take the name of the Lord your God in vain.
  3. Remember to keep holy the Lord's Day.
  4. Honor your father and mother.
  5. You shall not kill.
  6. You shall not commit adultery.
  7. You shall not steal.
  8. You shall not bear false witness against your neighbor.
  9. You shall not covet your neighbor's wife.
  10. You shall not covet your neighbor's goods.

2

Faith and Life Series • Grade 6 • Chapter 1 • Lesson 2

Name: \_\_\_\_\_

### Fulfillment of the Law

Answer the following questions in complete sentences.

1. When Jesus established the New Covenant, did he set aside the Old Law?  
No. Jesus did not set aside the Old Law, he fulfilled it.
  2. What is the foundation of the Old Law?  
The foundation of the Old Law is love.
  3. What did Jesus say were the two greatest commandments?  
Jesus said that the two greatest commandments are to love God above all things, and to love one's neighbor as oneself.
  4. Which commandment summarizes the first three of the Ten Commandments?  
The commandment to love God above all things summarizes the first three of the Ten Commandments.
  5. Which commandment summarizes the last seven of the Ten Commandments?  
The commandment to love one's neighbor as one's self summarizes the last seven of the Ten Commandments.
  6. Why is free will necessary if we are to follow Jesus?  
Answers will vary, but should be similar to: Free will allows us to choose freely to follow Jesus.
- \*The last three questions are not covered in the student text, but students should be able to answer them.

Faith and Life Series • Grade 6 • Chapter 1 • Lesson 3

3

Name: \_\_\_\_\_

### Your Conscience

Answer the following questions in complete sentences.

1. What is your conscience?  
Conscience is the ability to judge whether something is right or wrong.
2. Why did God give you a conscience?  
God gave us a conscience so that we could live according to his law.
3. Does everybody know the Ten Commandments?  
No, not everyone knows the Ten Commandments.
4. Does everybody know God's laws? How?  
Everyone has God's law to "do good and avoid evil" in his heart.
5. How can we form our consciences correctly?  
We can form our consciences by living according to the will of God and following his commandments.
6. What are the three conditions for a mortal sin?  
For a sin to be mortal, it must be a serious matter, we must know it is serious, and we must freely choose to do it.
7. What must we do with our consciences as Catholics?  
We must form our consciences correctly and then follow them.

4

Faith and Life Series • Grade 6 • Chapter 1 • Lesson 4

### Blessings for Obedience

Deuteronomy 28:1-9

Narrator: And if you obey the voice of the LORD your God, being careful to do all his commandments which I command you this day, the LORD your God will set you high above all the nations of the earth. And all these blessings shall come upon you and overtake you, if you obey the voice of the LORD your God.

Group 1: Blessed shall you be in the city, and blessed shall you be in the field.

Group 2: Blessed shall be the fruit of your body, and the fruit of your ground, and the fruit of your beasts, the increase of your cattle, and the young of your flock.

Group 1: Blessed shall be your basket and your kneading-trough.

Group 2: Blessed shall you be when you come in, and blessed shall you be when you go out.

Group 1: The LORD will cause your enemies who rise against you to be defeated before you; they shall come out against you one way, and flee before you seven ways.

Group 2: The LORD will command the blessing upon you in your barns, and in all that you undertake; and he will bless you in the land which the LORD your God gives you.

Narrator: The LORD will establish you as a people holy to himself, as he has sworn to you, if you keep the commandments of the LORD your God, and walk in his ways.

### Curses for Disobedience

Deuteronomy 27:14-18, 24-26

Narrator: The Levites shall declare to all the men of Israel with a loud voice:

Levites: "Cursed be the man who makes a graven or molten image, an abomination to the LORD, a thing made by the hands of a craftsman, and sets it up in secret."

Narrator: And all the people shall answer and say,

All: "Amen."

Levites: "Cursed be he who dishonors his father or his mother."

Narrator: And all the people shall say,

All: "Amen."

Levites: "Cursed be he who removes his neighbor's landmark."

Narrator: And all the people shall say,

All: "Amen."

Levites: "Cursed be he who misleads a blind man on the road."

Narrator: And all the people shall say,

All: "Amen."

Levites: "Cursed be he who takes a bribe to slay an innocent person."

Narrator: And all the people shall say,

All: "Amen."

Levites: "Cursed be he who does not confirm the words of this law by doing them."

Narrator: And all the people shall say,

All: "Amen."

Faith and Life Series • Grade 6 • Appendix B

B - 35



# Lesson 2

## Chapter 2—The First Commandment in Our Own Day

### Correlated Materials

Student Text: Chapter 2, pp. 17–20  
Activity Book: Chapter 2, pp. 5–8  
Family Guide: G 6–2, pp. 72–73

#### LESSON FOCUS

The First Commandment teaches us that there is one true God and we are called to worship him. Superstition and impiety are ways we can violate this commandment. We can also do so by heresy, apostasy, and by other ways of rejecting the Church’s teaching. We violate it when we put someone or something before God—when we give a created person or thing the kind of love and devotion that is due only to God. We honor this commandment when we worship God in the Holy Sacrifice of the Mass.

#### AIMS

- Students will learn that their call is always to put God above all else.
- Students will recognize modern-day temptations to idolatry.
- Students will learn that the perfect atoning sacrifice of Jesus is made present to them in the Mass.

### Begin the Lesson

## Preparation (5–10 minutes)

Use one or more of the following resources for prayer and student preparation for the lesson.

**SCRIPTURE:** Student Text, p. 17

**“I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before me” (Exodus 20:2–3).**

The First Commandment is first not only chronologically but in importance. God should always come first in our lives. Today we have many distractions that keep us from loving God as we should.

**SACRED ART:** Student Text, p. 18

*Sacrifice of Abel and Melchisedek (detail), Ravenna*

This is a mosaic in San Vitale Church in Ravenna, Italy. We see Abel offering his spotless lamb and Melchizedek offering bread and wine to the Lord. They are giving their best instead of keeping it for themselves. Their offerings are a sign of worship.

#### PRAYER WITH CHILDREN:

Heavenly Father, we thank you for this opportunity to gather as a class to learn more about you. Please shine the light of your spirit upon us so we may see how we can better live our lives with your commandments. Amen.

### Review Lesson 1, Chapter 1 (3 minutes)

- The Ten Commandments were necessary after the Fall.
- Following the commandments leads us to happiness.
  - Through the grace of God, we are able to obey God’s laws. The more we obey God, the more he will bless us and the happier we will be.

## CATECHISM OF THE CATHOLIC CHURCH REFERENCES

- First Commandment: 2084–141
- Eucharist as Sacrifice: 1356–81, 1414
- Prayer: 2098
- Worship: 2096–97

## MATERIALS

- Bible
- Chalkboard or dry erase board
- Students' notebooks and pencils; students are encouraged to take notes
- Paper and envelopes for each student

## WORDS TO KNOW

**worship:** giving honor, praise, and sacrifice to God

**adore:** giving praise and honor

**superstition:** belief that creatures have supernatural powers

**impiety:** the sin of lacking reverence or proper respect for God

**heresy:** the willful denial of a truth of the Faith

**idolatry:** the sin of worshipping something other than God

**sacrifice:** the offering up of something of God

**apostasy:** the rejection by a baptized person of the Christian Faith

- Each person has a conscience that helps him or her know right from wrong. We should inform our consciences.
- There are two kinds of sin: mortal and venial.
  - Sins are mortal if they are a serious matter, the sinner is fully aware of the seriousness of the sin, and the sinner intends to offend God.

## Proclamation (1 minute)

*(Proclaim slowly, then repeat.)*

The First Commandment teaches that there is one true God, who alone is to be worshipped.

## Lesson Explanation (40–50 minutes)

*Explain focus points in your own words or use the discussion points and questions.*

**Focus 1: “I am the Lord your God.”** God reveals himself to man, and man’s response is belief and obedience.

- Imagine for a moment that you are a slave in Egypt. Your family has been enslaved for four hundred years. One day God leads your family out of this bondage. You are free.
  - **Do you believe that God loves you?** (Yes.)
  - **Would there be any doubt in your mind about worshipping other gods?** (No.)
- Listen to God as he speaks to his people.
  - **Read Exodus 20:2–3:** “I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before me.”
  - The First Commandment states, “I am the Lord your God; you shall not have others gods before me.”
  - Now imagine for a moment that you are enslaved to a sin, any sin. Let’s say that you just always want to be selfish—you can’t help yourself. One day, God leads you out of this bondage to sin. Through his grace he gives you the freedom to be selfless, to always think of others.
    - **Would you understand that you should trust in God and see more clearly that he loves you? Why?** (Answers will vary. Try to encourage students to be specific and use examples.)
    - **Who else loves you?** (Parents, siblings, friends.)
    - **What do you do in response to love from your parents, friends, and especially God?** (Love them back, which means they’re in a relationship.)
    - You are in a relationship with those who love you. God desires to be in a relationship with you too. He created you out of love; he created everything out of love. His love and blessings require a response from us.

- *What is the best response to give an all-powerful, all-loving God, who leads us out of the bondage to our sin and wants us to be with him in heaven? (Love.)*
- *What is the ultimate way we can show our love to God? (To love God through worship.)*

- **Write on the board: Worship** is giving honor, praise, and sacrifice to God.
- **How do we worship God?** (*Pray, read the Bible, attend Mass, learn more about him.*) This is how we obey this commandment. We believe in God, **adore** him, love him, and serve him.
- **How do we disobey the commandment to love God?** (*Not loving, serving, adoring him.*) There are other specific things we may do that break this commandment.

- **Write on the board and discuss.**

- **Chalk Talk:**

- **Superstition**—placing our trust in something other than God.
  - Examples include horoscopes, psychics, tarot cards, ouija boards
- **Impiety**—being irreverent or disrespectful to God or sacred things
- **Heresy**—denying or disagreeing with particular teachings
- **Apostasy**—deserting or leaving the true religion

#### CHALK TALK: THE FIRST COMMANDMENT

Chalk Talk	
I am the Lord your God; you shall not have strange gods before me.	
DO	DO NOT
Believe in God	Be culpably ignorant
Love God	Be superstitious
Adore God	Be impious
Serve God	Be irreligious

**Conclusion:** The First Commandment from God states, “I am the LORD your God... You shall have no other gods before me” (Exodus 20:2–3). We are called to worship God as a response to his love for us. God deserves our worship. But all too often we give all our attention to other people or things, and they become our god.

#### FOCUS | OPTIONAL ACTIVITY

- Activity Book, p. 5

**Focus 2: “No other gods.”** We don’t bow down to actual golden calves today, but we do construct modern-day idols to worship other than God.

- Now imagine that you had been a slave in Egypt and God had led you out of this bondage to slavery, and instead of trusting God to lead you to the Promised Land, you put all of your faith in a golden calf.
- **Read Exodus 32:1–10:** “When the people saw that Moses delayed to come down from the mountain, the people gathered themselves together to Aaron, and said to him, ‘Up, make us gods, who shall go before us; as for this Moses, the man who brought us up out of the land of Egypt, we do not know what has become of him.’ And Aaron said to them, ‘Take off the rings of gold which are in the ears of your wives, your sons, and your daughters, and bring them to me.’ So all the people took off the rings of gold which were in their ears, and brought them to Aaron. And he received the gold at their hand, and fashioned it with a graving tool, and made a molten calf; and they said, ‘These are your gods, O Israel, who brought you up out of the land of Egypt!’ When Aaron saw this, he built an altar before it; and Aaron made proclamation and said, ‘Tomorrow shall be a feast to the LORD.’ And they rose up early the next day, and offered burnt offerings and brought peace offerings; and the people sat down to eat and drink, and rose up to play. And the LORD said to Moses, ‘Go down; for your people, whom you brought up out of the land of Egypt, have corrupted themselves; they have turned aside quickly out of the way which I commanded them; they have made for themselves a molten calf, and have worshiped it and sacrificed to it, and said, “These are your gods, O Israel, who brought you up out of the land of Egypt!”’ And the LORD said to Moses, ‘I have seen this people, and behold, it is a stiff-necked people; now therefore let me alone, that my wrath may burn hot against them and I may consume them; but of you I will make a great nation.’”
  - *Why did the people make a golden calf? (They weren’t sure Moses was coming back.)*
  - *Did they trust God? (No.)*
  - *How did God respond? (He was angry because the people were worshipping a golden calf. He wanted to destroy the whole race and start over. Many died.)*
  - *How should the Israelites have responded to God? (By trusting that he would continue to take care of them and not by turning to other gods.)*
- Now imagine, a family member loses his job. You pray; God answers your prayers. But because you spend so much time watching TV, you don’t have time to thank God.
  - *Do you think this would be similar to the Israelites trusting in something other than the one true God? (Yes, they worshipped the golden calf because they did not trust God.)*

## FOCUS 2 OPTIONAL ACTIVITIES

- Activity Book, p. 6
- **Draw** on the board a big heart with a throne in the middle. Ask students to share what they love, and write it in the heart. Include some of your own: family, food, video games, sports, etc. Share how any of these things can sit on the throne and “rule” when only God should do so.

- **Write “idolatry” on the board.** Worshipping these false gods is **idolatry**. When we think of “false gods,” or idols, we picture golden calves or mythical gods such as Zeus, Jupiter, or Odin. But we can have idols now in the twenty-first century. Anything we place before God is an idol.
  - *What do you spend most of your free time doing?* (Watching TV, playing video games, playing sports, etc.)
  - In and of themselves, there is nothing wrong with most of the things we do during our spare time. The problem is if we allow these things to interfere with our relationship with God. For example, if we spend so much of our free time on video games that we don’t have time for God, this will hurt our relationship with God.
  - *What are some “idols” we have today?* (Answers will vary. Examples: entertainment, sports, shopping, watching TV, video games, politics, etc.)

**Conclusion: God calls us to worship him above all. We should have no other gods (idols) besides God.**

**Focus 3: Detachment.** We are created to desire God above all things. However, the world provides many distractions. In order to love God above all else, we should let go of anything that gets in our way.

- **Read Mark 10:17–22:** “And as he was setting out on his journey, a man ran up and knelt before him, and asked him, ‘Good Teacher, what must I do to inherit eternal life?’ And Jesus said to him, ‘Why do you call me good? No one is good but God alone. You know the commandments: “Do not kill, Do not commit adultery, Do not steal, Do not bear false witness, Do not defraud, Honor your father and mother.”’ And he said to him, ‘Teacher, all these I have observed from my youth.’ And Jesus looking upon him loved him, and said to him, ‘You lack one thing; go, sell what you have, and give to the poor, and you will have treasure in heaven; and come, follow me.’ At that saying his countenance fell, and he went away sorrowful; for he had great possessions.”
  - *Did the rich man keep the commandments?* (Yes.)
  - *Did he know about God?* (Yes.)
  - *Why was he sad?* (Jesus asked him to sell all he had, and he had a lot.)
  - *So, did he love his possessions more than God?* (Yes.) He was attached to his possessions. He liked them a lot.
  - *Did the rich man love God enough to leave his possessions behind?* (No.)
  - *What are some possessions you like a lot?* (Answers will vary.)
  - *Do you think you could give them up if you were asked to?* (Answers will vary.)

### FOCUS 3 OPTIONAL ACTIVITIES

- Activity Book, p. 7
- Have students act out the Scripture (Mark 10:17–22) instead of just read it.
- Share the story of Saint Francis and Saint Clare. (See sidebar.)

## The Perfect Sacrifice

Immediately after the sin of Adam and Eve, God promised a Savior, one who could offer a perfect sacrifice. God prepared his people for the Savior. The Lord so longed for union with mankind and for the broken relationship to be repaired. In the New Covenant, God offered his only Son as the perfect sacrifice. Jesus is that sacrifice; the Cross was the altar. Through the death of Jesus Christ a complete, perfect, and final sacrifice was made. Only because of the sacrifice of Jesus can our sins be forgiven.

- Living in a way in which you don't love your possessions is called detachment. Detaching ourselves from our possessions is a good habit to get into because these things can become more important to us than God.
  - *If we spend more time with our attachments than with God, what do these attachments become? (Idols, false gods.)*
  - *What do we learn from the story about the rich man? (That we must love God more than our possessions or we will be unhappy.)*

**Conclusion:** We need to detach from anything that keeps us from giving our best to God.

**Focus 4: Due Worship.** In the Old Covenant the Israelites offered **sacrifices** to God to atone for their sins and as an act of high worship. By dying on the Cross, Jesus became the ultimate sacrifice. By commemorating Jesus' sacrifice for us at Mass, we worship him.

- Look at the mosaic in the Student Text on page 18. We see Abel and Melchizedek offering a sacrifice.
  - *What exactly does it mean to sacrifice? (A sacrifice is a giving of oneself for another; to sacrifice for God is to give up something for God.)*
- **Read Genesis 14:18:** "Melchizedek king of Salem brought out bread and wine; he was priest of God Most High." **Then read 2 Samuel 6:17–19:** "They brought in the ark of the Lord, and set it in its place, inside the tent which David had pitched for it; and David offered burnt offerings and peace offerings before the LORD."
  - *What do these readings have in common? (They are all about sacrifices. Before Jesus came, the Israelites would offer sacrifices to the Lord, to ask forgiveness for their sins.)*
  - In Old Testament sacrifices, God's people would take the best of what they had, and instead of keeping it for themselves, they placed it on an altar and gave it to God. For example, Abel's sacrifice of the firstlings of his flock was better than Cain's sacrifice of the fruit of the ground because Cain did not give his best crops. If the sacrifice was livestock, it would be slaughtered, placed on the altar, and burned so the smoke would take it to heaven.
  - *Does that sound familiar? Altar, smoke, bread, and wine? (Mass.)*
  - The Israelite people had to *keep* making sacrifices to atone for their sins because it was never the perfect sacrifice; it wasn't complete.
- The sacrifices made in the Old Covenant pleased God, but they did not make up for their sins. We were in need of a Savior after the Fall of Adam and Eve, because only Jesus can make the perfect sacrifice. Man alone cannot make up for his sins.

## “ACTS” of Worship in the Catechism

**A—Adoration:** “Adoration is the first attitude of man acknowledging that he is a creature before his Creator” (CCC 2628).

**C—Contrition:** “Contrition is ‘sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again’” (CCC 1451, citing the Council of Trent).

**T—Thanksgiving:** “The Eucharist is a sacrifice of thanksgiving to the Father, a blessing by which the Church expresses her gratitude to God for all his benefits, for all that he has accomplished through creation, redemption, and sanctification” (CCC 1360).

**S—Supplication:** “The vocabulary of supplication in the New Testament is rich in shades of meaning: ask, beseech, plead, invoke, entreat, cry out. . . . Its most usual form, because the most spontaneous, is petition: by prayer of petition we express awareness of our relationship with God. We are creatures who are not our own beginning, not the masters of adversity, not our own last end” (CCC 2629).

### FOCUS 4 OPTIONAL ACTIVITY

- Activity Book, p. 8

- God never leaves us alone; not only does he offer his Son as the perfect sacrifice, but he gives us the Holy Mass, where the sacrifice of Jesus is made present to us. At Mass, we commemorate (remember) this ultimate sacrifice. Remembering this sacrifice, the Mass becomes an ultimate form of worship. It’s so important that Masses are said every day, giving us, the faithful, plenty of opportunities to worship God in this most wonderful way.
- We can unite ourselves to Jesus’ perfect sacrifice by offering to God our works, joys, sorrows, and suffering.
  - *Name some specific things we can offer to God in the Mass. (We can offer to give him the best we have, our time, or our talents and all that makes us happy. Offering ourselves up to God also means giving him our needs [our worries and our health], and even our brokenness, so that he can help us with these things.)*
  - Most perfectly we can unite ourselves with Jesus in a worthy Holy Communion.
- Our prayer life should include different forms of worship, and you can remember the different forms of prayer through the acronym “ACTS.” **Write the following on the board, along with the definitions.** Ask students to give examples.
  - **A—Adoration:** This prayer acknowledges God’s greatness and power. It’s praise that’s only due to him.
    - Examples: “Glory to God in the Highest”; “You are the King of Kings”; “We praise your Holy Name.” The Psalms are a good reference for adoration.
  - **C—Contrition:** expressing sorrow for sins.
    - Examples: Act of Contrition (you can pray it every day, not just in Confession)
  - **T—Thanksgiving:** thanking the Lord for all the blessings he has given.
    - Examples: *Ask students for examples of what they are thankful for. (Answers will vary.)*
  - **S—Supplication:** ask, plead, invoke, cry out to the Lord with your needs.
    - It is important to ask the Lord for your needs and even your wants. He does want to hear them. But it’s important to remember the other forms of prayer too!
    - And don’t forget to LISTEN during your prayer time. Silence can be difficult, but that’s when the Lord speaks to us.

**Conclusion:** The First Commandment shows the Lord’s desire to have a relationship with us.

### Review Lesson 2, Chapter 2 (3 minutes)

- The First Commandment reveals the Lord’s desire to be in relationship with us.
  - To show our love, we worship the Lord.

## Saints Francis (1181–1226) and Clare (1194–1253) and the Privilege of Poverty

Saint Francis was a popular youth of Assisi, born to wealth and worldly privilege. After being captured in battle, Francis rethought his life and began giving away his wealth. Finally, he broke completely from his old life and founded the Order of Friars Minor, dedicated to following Christ by living in poverty and preaching about the love of God. Saint Clare was a noble lady, younger than Francis, who greatly admired Francis' teaching and joy in God. She left her home and consecrated her life to God. Francis established a convent for her, and soon the Poor Clare sisters attracted women from many places and backgrounds. In those days, it was common for monasteries to own land, and some were very wealthy.

Following the spirituality of Saint Francis, Saint Clare and her sisters did not want to own property. Clare petitioned Pope Innocent III directly and, in 1216, was granted the "Privilege of Poverty," which meant that she and her sisters would own no property.

"Look at the birds of the air: they neither sow nor reap nor gather into barns, and yet your heavenly Father feeds them. Are you not of more value than they?" (Matthew 6:26).

- Idols exist today as anything we love more or give more attention to than God.
  - Detachment is not being concerned with material possessions and is a good way to combat modern-day idolatry.
- Mass is the highest form of worship.

## Application (10–20 minutes)

Choose one or more of the following for discussion.

- It's easy to see how you break, or disobey, a commandment. But you are also required to KEEP the commandment, meaning it requires you to do something. **Draw the following graph on the board. Have students suggest answers before filling them in.**
  - *What behavior does the First Commandment require of us? (See answers in graph.)*

BREAK	KEEP
Idolatry—making things/ others more important than God	Prioritizing prayer
Loving others or things more than God	Reading Scripture
Spending all prayer time asking for things	Adoration
	Listening for God to speak to us
	Worship
	Detachment

- Pass out the paper and envelopes. If possible, dim the lights (use floor lamps instead of overheads) and play some soft music during this exercise.
  1. Have the students silently pray and write down how they plan on keeping the First Commandment. They should pray for God to reveal what is sitting on the throne of their hearts.
  2. Remind students to think of the possessions that they really like and have difficulty letting go of. Have students write down those distractions so they can remember them.
  3. Have students write down what they plan to do to detach from their distractions and to make God the center of their lives (e.g., pray the Rosary, spend ten minutes a day in silence, etc.).
  4. Finally, have students fold up the paper and seal it in an envelope and write "First Commandment" on the back. These can be kept in their notebooks, to be read only by the students at the end of the year.



## Blessed Pier Giorgio Frassati

1901–1925

Pier Giorgio Frassati was born into a well-to-do Italian family in 1901. While never having much spending money of his own, Blessed Pier gave away the little that he had out of love for Christ, present in the poor. Unlike the Gospel's rich young man who refused to give away his earthly goods and went away sad, Blessed Pier Giorgio was known and remembered for his purity, happiness, and enthusiasm about life and everything that is good and beautiful.

- Superstitions are very common in sports.
  - *Do any of you or your friends have superstitious behaviors before games? (Answers will vary.)*
  - *What can you say to them to show them that by being superstitious we are not placing our trust in God? (Answers will vary. Encourage students to realize that we can place our trust only in God.)*

## Celebration (5–10 minutes)

Choose one or more of the following.

- Pray a prayer of thanksgiving:
  - We praise you, Lord. You are mighty and good. All honor and glory belong to you, Lord our God. Thank you for this time together to learn more about you. Thank you for loving us into being, for blessing us with many good things. Thank you above all for the sacrifice of your Son, Jesus, that allows us to live with you for all eternity. We are sorry for the ways we have offended you and humbly ask for your forgiveness. Please bless us as we learn more about you. Open our hearts to receive the words you long to share with us. Amen.
- Read about the life of Saint Francis and Saint Clare.

## Take Home

- Student reading for next lesson: Student Text, Chapter 3, pp. 21–24; Chapter 4, pp. 25–29
- Optional: Activity Book: Chapter 2, pp. 5–8
- Optional: Family Guide: G 6–2, pp. 72–73

## CHAPTER 2

# The First Commandment In Our Own Day

“I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. You shall have no other gods before me.”

Exodus 20:2–3

The First Commandment requires all men to recognize or acknowledge God as the one true God, Creator and Lord of all things, and to **worship** and **adore** him as our God. As creatures, we owe everything to God; we are completely dependent on him. By our reverence and worship we acknowledge our debt and gratitude to our Creator.

To give God loving worship we must believe in him and believe all that he has revealed to us. This means that we must learn more about God. If he has given us the means to do this, we have no excuse for being ignorant about God and his truths.

This commandment requires certain behavior from us, it also forbids us to act in any way contrary to what we owe God. It is wrong if we practice **superstition** or **impiety**. **Impiety** means being irreverent and disrespectful of God or sacred things. It is also wrong if we willfully doubt some truth about God or refuse to know what we should about God and our religion. There are times when some people are so willful that they publicly acknowledge their disbelief in or disagreement with the

truths of the Faith. This is called **heresy**—the denying or disagreeing with one particular truth, or **apostasy**—deserting or leaving the true religion.

### Strange Gods

We have read about people in ancient times who used to worship idols—false gods, things like golden calves. Remember when the Israelites worshipped the golden calf in the desert before God gave them the Ten Commandments? This is called **idolatry**. We don't run into too many people who worship golden calves, but many still place “strange gods” before God in their lives.

Not to have “strange gods” means that we are not to love anyone or anything as much as we love God. We are to worship and adore him—that is, give him the special love that is owed to him alone. This is a love that acknowledges his supreme position above all creation.

We must put nothing God has made before our love for him. No creature is to be adored—that is, worshipped with that special love

17



which we owe to God alone. Our love for or attachment to things God has made is not wrong in itself. It is not wrong for a computer or a dog to have a place in our life. But these things must never compete with our love for God or with his plans for us. For example, if we love a computer so much that we steal one, then we have put it before God.

There is a story from the Bible which makes all this clear.

### The Rich Young Man

A rich young man received an invitation from our Lord himself to give up his riches and become a follower of Jesus. Saint Mark tells us that Jesus looked at the young man and loved him, for the youth had always kept all of God's commandments and wanted to do even better. Jesus said to him: “You lack one thing: go, sell what you have, and give to the poor, and you will have treasure in heaven; and come, follow me” (Mk 10:21).

But the young man turned away sadly and left Jesus because, as the Bible says, he “had many possessions.” He could not follow Jesus

because he loved creatures, or created goods, too much. They may not have been the same creatures we have—not radios or televisions or cars—but whatever they were, he would not give them up. He missed the chance to follow Jesus because creatures were competing in his heart with love for God.

There is danger in having many possessions because they may turn our hearts from God. Our love for such things must be a “detached” love, a love that is ready to let go of things when God asks it of us.

### Due Worship

In ages before Christ, the Hebrew people offered public **sacrifice** by slaughtering a valuable animal, like a lamb, upon an altar to honor God, to acknowledge him as Creator of all, and especially to make up for their sins.

The sacrifice of the Hebrew people pleased God but it could never fully make up for sin. As we know, the sin of Adam had closed the gates of heaven. None of the many sacrifices offered by the Hebrews could change this. For sin offends God who is so great, and no

18

offering of man alone, no matter how valuable, can make up for it.

Man's helplessness was no obstacle to God who wanted to save man. God himself became man and offered himself on the Cross as a fitting sacrifice, which was far more than enough to make up for all sins of all men. This sacrifice is renewed daily in every Mass around the world. The sacrifice of Jesus on the Cross is the greatest gift we can offer to God.

The sacrifice we offer in the Mass is the highest possible act of worship. It contains all that is necessary for giving due worship to God. In the Mass we acknowledge God as

Creator, our Lord and Master. We thank him in gratitude for all he has given us. And, in recognition that we are dependent on him, we ask for all we need and for what will help others. Finally, we offer in the Mass the only thing that can make up for our sins and offenses. We offer the sacrifice of Jesus Christ on the Cross.

We can give God the love and worship we owe him when we participate in Holy Mass. Let's do so often!

### Words to Know:

worship adore superstition impiety  
heresy idolatry sacrifice apostasy



“Bless the Lord, all works of the Lord, sing praise to him and highly exalt him for ever.”

Daniel 3:35

19

### Q. 6 What are we required to do by the First Commandment?

The First Commandment commands us to believe in God, to hope in him, and to love him above all else (CCC 2134).

### Q. 7 What does the First Commandment forbid?

The First Commandment forbids heresy, apostasy, voluntary doubt, deliberate ignorance of God's truth, despair, presumption, idolatry, indifference to God, hatred of God, superstition, and irreligious behavior (CCC 2110).

### Q. 8 How does the story of the rich young man teach us to avoid putting possessions above God?

The story of the rich young man showed that he was overly attached to his many possessions and therefore did not follow Jesus. This is an example of how many people, even today, commit idolatry (CCC 2113).

### Q. 9 How did the Hebrews offer worship to God?

The Hebrews offered worship to God through animal sacrifice (CCC 1539).

### Q. 10 What was the perfect sacrifice made to God?

The perfect sacrifice made to God was the offering of Jesus Christ upon the Cross, which was the perfect act of worship (CCC 2100).

### Q. 11 How can we participate in Jesus' perfect act of worship due to God?

We can participate in Jesus' perfect act of worship due to God by participating in the Mass, since the Sacrifice of the Mass and the Sacrifice of the Cross are one and the same sacrifice (CCC 1369, 2100).

20

Name: \_\_\_\_\_

## The First Commandment in Our Own Day Quiz 2

Part I: Fill in the word that matches the definition.

apostasy	detachment	idolatry
impiety	superstition	heresy

1. **superstition** the belief that creatures have supernatural powers
2. **impiety** the lack of reverence or proper respect for God
3. **heresy** the willful denial of a truth of Faith
4. **apostasy** the rejection of the Christian Faith by a baptized person
5. **idolatry** the sin of worshipping something other than God
6. **detachment** the ability to let go of things when God asks it of us

Part II: Answer in complete sentences.

1. What can we learn from the story of the rich young man?  
From the story of the rich young man, we learn that we must love God more than all our possessions.
2. What are five things in today's world that can easily end up competing with our love for God and become idolatrous?  
Answers will vary.

Part III: Yes or No.

1. **Yes** In the age before Christ did the sacrifice of the Hebrews please God?
2. **No** In the age before Christ could the sacrifice of the Hebrew people make up for sin?
3. **No** Can man alone make up for sin?
4. **Yes** Did God have to become man in order to make up for sin?

A-2

Faith and Life Series • Grade 6 • Appendix A

Name: \_\_\_\_\_

## The First Commandment

Answer the following questions in complete sentences.

1. What is the First Commandment?  
The First Commandment is: I am the Lord your God; you shall not have other gods before me.
2. What does this commandment require and why?  
This commandment requires all men to recognize or acknowledge God as the one true God and to worship and adore him. This is because he is God and we are his creatures. We are entirely dependent on him.
3. In what must we believe?  
We must believe in God and in all that he has revealed to us.
4. Do we have any excuse for not knowing about God and his revelation?  
No.
5. What does this commandment forbid?  
The commandment forbids heresy, apostasy, voluntary doubt, deliberate ignorance of God's truth, despair, presumption, idolatry, indifference to God, hatred of God, superstition, and irreligious behavior.
6. Define heresy, apostasy, superstition, and culpable ignorance.  
Heresy is the willful denial of a truth of Faith; apostasy is the rejection by a baptized person of the Christian Faith; superstition is the belief that creatures have supernatural powers, and culpable ignorance is not knowing something that one ought to know.

Faith and Life Series • Grade 6 • Chapter 2 • Lesson 1

5

Name: \_\_\_\_\_

## Strange Gods

Answer the following questions in complete sentences.



1. What is idolatry?  
Idolatry is the sin of worshipping something other than God.
2. How did the Israelites commit idolatry?  
The Israelites committed idolatry by worshipping the golden calf in the desert.
3. Do we often see idolatry like this in present times?  
No.
4. What does "you shall not have strange gods" mean?  
This means that we are not to love anyone or anything as much as we love God. We are to give him a special love that is owed to him alone.
5. What kind of things do people put before God in present times?  
Answers will vary.

6

Faith and Life Series • Grade 6 • Chapter 2 • Lesson 2

Name: \_\_\_\_\_

## The Rich Young Man

Read the story of the rich young man in Mark 10:17–27 as a class and answer the following questions in complete sentences.

1. What did the rich young man ask Jesus?  
The rich young man asked Jesus, "What must I do to inherit eternal life?"
2. What did Jesus invite the rich young man to do?  
Jesus invited the man to sell what he owned, give to the poor, and follow Jesus.
3. Had the rich young man kept all the commandments?  
Yes.
4. Why did he go away sad?  
He went away sad because he had many possessions and did not want to part with them.
5. What did the rich young man love more than God?  
He loved his possessions more than God.
6. What does Jesus say in Mark 10:25 and what does it mean?  
Jesus said, "It is easier for a camel to go through the eye of a needle than for a rich man to enter the Kingdom of God." Answers will vary as to what it means.



Faith and Life Series • Grade 6 • Chapter 2 • Lesson 3

7

Name: \_\_\_\_\_

### Due Worship

Answer the following questions in complete sentences.

1. How did the Hebrew people offer worship to God?

The Hebrew people offered worship to God through animal sacrifice.

2. Did their sacrifices fully atone for sin?

No.

3. How did God save man from sin?

God saved man from sin by offering himself on the Cross as a fitting sacrifice.

4. How can we share in this sacrifice?

We can share in this sacrifice by participating in the Mass.

5. What do we do during the Mass? (Hint: there are four things.)

During the Mass we acknowledge God as Creator, Lord, and Master; thank him for what he has given us; ask for what we need; and offer to him the sacrifice of Jesus on the Cross.

6. How can we show God that we love and worship him?

Answers will vary. One important way is to participate in Holy Mass.

7. How often must we go to Mass?

Answer is not in text, but students should know that is it every Sunday and Holy Day.



# Lesson 3

## Chapter 3—Prayer: Hidden Treasure Chapter 4—Saints: They Made the Most of It

### Correlated Materials

Student Text: Chapter 3, pp. 21–24;  
Chapter 4, pp. 25–29  
Activity Book: Chapter 3, pp. 9–12;  
Chapter 4, pp. 13–16  
Family Guide: G 6–3, pp. 74–75;  
G 6–4, pp. 76–77

#### LESSON FOCUS

The First Commandment requires regular prayer. Prayer is the lifting of the heart and mind to God. It is a conversation with him, in which we thank him, praise him, tell him we're sorry for our sins, and ask him for what we need. It's also a time to listen to him in our hearts. Jesus encouraged his followers to pray always, trusting that God would always answer. The same is true for us. We must always pray, even when we're distracted or don't feel like praying. Without prayer, we can't fully love God or others.

Every person was made to be in a close, personal relationship with God, and doing what we were made for is the key to happiness. That's why the saints are the happiest people of all. They are God's closest friends. They are also our friends, who intercede for us before God and teach us how to follow him better. Sainthood, however, isn't just for the few. God desires sainthood for all his children. We're all called to holiness and can never be truly happy until we attain it.

#### Begin the Lesson

### Preparation (5–10 minutes)

Use one or more of the following resources for prayer and student preparation for the lesson.

**SCRIPTURE:** Student Text, p. 21

**“Lord, teach us to pray, as John taught his disciples”** (Luke 11:1).

The disciples asked Jesus how to pray. Jesus promised eternal life to those who pray. They only knew how to pray according to Jewish tradition, but they wanted to have a personal relationship with the Lord.

Student Text, p. 25

**“After this I looked, and behold, a great multitude which no man could number, from every nation, from all tribes and peoples and tongues, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands”** (Revelation 7:9).

This is taken from the last book of the Bible, Revelation. The Apostle John was given a vision of heaven. Here, he's describing seeing people from different countries, races, and languages—all becoming one with Christ. He's describing the saints worshipping the Lamb of God.

**SACRED ART:** Student Text, p. 22

*The Angelus*, Millet

In this picture, two farmers stop in the middle of their work to pray the Angelus. The Angelus is a prayer said at 6 A.M., noon, and 6 P.M. It remembers the moment when the Blessed Virgin Mary said the most important yes (her fiat) to the angel Gabriel when she became the mother of Jesus. Prayer was so important to these two in the picture that they cease working to pray. They are keeping the First Commandment by putting God first.

## AIMS

- Students will learn that prayer is important and necessary for them to grow in love with God.
- Students will learn that God always hears their prayers and answers them according to his will.
- Students will be familiar with the basic elements that constitute a Catholic's spiritual life.
- Students will learn that each of them is on a lifelong journey to become holy so that they may be saints in heaven.
- Students will understand and be able to explain veneration and prayer directed to the saints.
- Students will learn that they can only be truly happy if they are in union with God and his will.

## CATECHISM OF THE CATHOLIC CHURCH REFERENCES

- Liturgy of the Hours: 1174–78, 1196
- What Is Prayer?: 2559–65, 2590, 2644
- Prayers of Blessing and Adoration: 2626–28, 2645
- Prayers of Intercession: 2634–36, 2647
- Prayers of Petition: 2629–33, 2646
- Prayers of Praise: 2639–43, 2649
- Prayers of Thanksgiving: 2637–38, 2648
- Saints as Guides and Companions in Prayer: 2683–84, 2692–93
- Saints as Patrons: 2156
- Mary as Our Mother: 963–70, 973–75

Student Text, p. 26

*The Coronation of the Virgin, Fra Angelico*

The Virgin is given a special place in heaven for steadfastness to the Lord's will. Those surrounding her have halos, a symbol of holiness. All the onlookers are wearing different clothes—some have crowns or bishops' vestments; some have grand clothes; and some have humble clothes. This shows that saints come from all walks of life.

**PRAYER WITH CHILDREN:** The Angelus, Student Text, p. 148. All stand.

## Review Lesson 2, Chapter 2 (3 minutes)

- The First Commandment reveals the Lord's desire to be in relationship with us.
  - To show our love, we worship the Lord.
- Idols exist today as anything we love more or give more attention to than God.
  - Detachment is not being concerned with material possessions and is a good way to combat modern-day idolatry.
- Mass is the highest form of worship.

## Proclamation (1 minute)

*(Proclaim slowly, then repeat.)*

Prayer is a conversation and the lifting of the heart and mind to God. Praying and leading a good spiritual life are key factors in becoming a saint. Saints are those who are united with God forever in heaven.

## Lesson Explanation (40–50 minutes)

*Explain focus points in your own words or use the discussion points and questions.*

**Focus 1: Prayer is necessary.** Prayer is required by the First Commandment, since it is our conversation with the Lord.

- We all pray in different ways. *What are the different types of prayer? (Answers will vary.)*
- **Review** "ACTS" of Worship on next page.
  - *Why is it important to pray? (Because it is how we talk or converse with God.)*
  - *Why is it important to have a conversation with the Lord? (Because through conversations we can have a relationship with the Lord; we can get to know him.)*

## MATERIALS

- Bible
- Chalkboard or dry erase board
- Students' notebooks and pencils; students are encouraged to take notes
- Liturgy of the Hours (book)
- Printouts of Liturgy of the Hours (optional)
- Laminated copies of prayers to hand out (optional)
- Articles for classroom sacred space (optional)
- Holy cards (optional)
- Handouts of area adoration times (optional)
- Saint biographies
- Laminated cards of steps to a good confession and steps to a worthy Communion

## WORDS TO KNOW

**prayer:** the raising of the mind and heart to God; talking to God

**Divine Office (Liturgy of the Hours):** the prayer of the Church using Psalms, hymns, and readings. It is called the Liturgy of the Hours because parts of it may be prayed at different times of the day.

**saints:** holy people, particularly those whom the Church has declared to be in heaven

**sanctity:** holiness

**Church Triumphant:** the saints in heaven

**intercessor:** someone who pleads or prays for another

**patron saint:** a special saint chosen to intercede for a particular person or group

## “ACTS” of Worship

**A—Adoration:** Adoration is the first attitude of man acknowledging that he is a creature before his Creator (CCC 2628).

**C—Contrition:** Contrition is “sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again” (CCC 1451; citing the Council of Trent).

**T—Thanksgiving:** The Eucharist is a sacrifice of thanksgiving to the Father, a blessing by which the Church expresses her gratitude to God for all his benefits, for all that he has accomplished through creation, redemption, and sanctification (CCC 1361).

**S—Supplication:** The vocabulary of supplication in the New Testament is rich in shades of meaning: ask, beseech, plead, invoke, entreat, cry out. . . . Its most usual form, because the most spontaneous, is petition: by prayer of petition we express awareness of our relationship with God. We are creatures who are not our own beginning, not the masters of adversity, not our own last end (CCC 2629).

- Prayer is essential to keeping the First Commandment to love the Lord above all else. **Prayer** is the lifting up of our hearts and minds to God, not just talking to him, but with him. We share what is in our hearts and on our minds—all things big and little. We also listen to God in the silence of our hearts. During prayer we adore God; we thank him and we ask him to help us.
- There are two forms of prayer: vocal and mental. **Write on the board:**
  - Vocal prayers are expressed by spoken words with participation of the heart and mind. They may be words we read or memorize; they can also be personal prayers.
    - **What is an example of a vocal prayer?** (Answers will vary. For example: *Our Father, Hail Mary, Glory Be, the Angelus, Divine Office, etc.*)
    - The **Divine Office** is a vocal prayer of the Church prayed at different times of the day.
  - Mental prayer is all that we share with God, with our mind and heart alone. Just like you share what’s going on in your life with a friend, you can share these things with the Lord. (See “ACTS” of Worship above.)
- **Read 1 Thessalonians 5:17:** “Pray constantly.”
- **Can we pray always, in every situation? Is this realistic?** (Answers will vary.)
- Everything we have (our families, friends, home) should remind us of Jesus and his love for us. We should pray always in thanksgiving for his great gifts to us. We can thank him. Our hearts and thoughts should never be apart

from God. When we're working, studying, or playing, we can be in union with God in prayer, just asking him to be with us. Here are some ways that can help us pray.

- Every time you start something new, offer it to God. Praying a short prayer before any activity, such as the following, will help you to remain in union with God: "Lord, I give this time to you. Bless me and everything I do. Amen."
- Bring all of your needs and even your joys to God in your prayer time, and ask him to lead you in every aspect of your life.
- We pray because we are God's creatures, and we are dependent on him. As the First Commandment reminds us, he is the Lord, our God.
- **What keeps us from praying?** (Answers will vary. For example: It's boring. I'm busy. Distractions.)
- Often when we try to pray, we become distracted. Our busy lives tug at our brains. Our imaginations start to wander when we get bored. But we must try to overcome distractions.
- **How can we stay focused in our prayer life? Write ideas on board.**
  - Use prayerful posture.
    - Kneel or stand, fold hands, etc.
  - Be in a prayerful place.
    - Church, chapel, create a sacred space in your room or home.
      - **What can you use to make a sacred space?** (Bible, candle, crucifix, sacred art; create an altar with small table and cloth, etc.)
  - Use vocal and mental prayer. Have a prayer book handy if your mind starts to wander, and use written prayer to refocus yourself.
  - Use your senses—bless yourself with holy water, light a candle (with parent's permission), hold a crucifix and trace the wounds of Christ, look at a holy image, listen to sacred music.
  - **What other ways can you think of to help concentrate on prayer?** (Answers will vary.)
- **How do we know God hears our prayers?** (Jesus said that he would hear our prayers.)
- Our prayers will always be answered according to God's will and in his time.
  - **Read Matthew 7:7:** "Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you."

**Conclusion:** Prayer needs to be an important part of our lives—even when it's difficult.

#### FOCUS | OPTIONAL ACTIVITY

- Hand out laminated copies of short prayers and the Rosary. Many can be found in Student Text, pp. 147–52.



## Good Confession and Worthy Communion

Steps to a good confession:

1. Know your sins.
2. Be sorry for your sins.
3. Decide not to sin again.
4. Confess your sins to a priest in the Sacrament of Penance.
5. Receive and do your penance.

Steps to a worthy Communion:

1. Be free from mortal sin.
2. Fast for one hour before receiving Communion.
3. Know whom you are about to receive.
4. Receive Communion reverently.
5. Offer thanksgiving.

**Focus 2: Saints lived holy lives.** We are all called to conversion to holiness.

- Our ultimate goal in life is to get to heaven. We are on a journey to heaven, and on this journey we are called to **sanctity** or holiness. In order to become holy, we must turn toward God. Our turning toward God is called conversion.
- **What does “conversion” mean?** (“Conversion” is turning away from sin and turning toward God.) Usually, you hear the word “conversion” as someone changing religions or denominations, such as, “So-and-so converted to Catholicism.” But we are all called to conversion, to convert (turn) from sin to holiness. Every day, we need to say no to sin and yes to Jesus.
- Saying no to sin means saying no to being selfish, no to arguing with our brother or sister, always obeying our parents, never telling a lie, always sharing, never talking about other people, never wishing you had what others had, never complaining, always helping out at home, etc.
  - **Is this always easy?** (No, it is not easy.)
  - **How can we overcome these things?** (We cannot, on our own; we need God’s grace to help us overcome the sin in our lives.)
- **How do we receive the free gift of God’s grace so that we can turn away from sin and lead holier lives?** (Sacraments, prayer, saints [follow their example; pray to them], follow Church teachings, etc.)
  - Despite our own good intentions, we will sin. That is a result of the Fall; we all sin.
  - **Remember the Fall?** (The sin of Adam and Eve that damaged mankind’s relationship with God and took away the life of grace.)
  - We need to restore the life of grace (God’s life in us), to help in our daily conversion. The sacraments are wonderful ways to receive God’s free gift of grace. The Sacrament of Penance (confession) gives us a new beginning so that we can live in union with God. We also receive God’s grace in the Eucharist. We are most perfectly united with God on earth through a worthy reception of Holy Communion.
  - Turning away from sin leads to sanctity (holiness). Holiness leads to happiness.
  - **Write on the board:** Saint Augustine wrote, “You have made us for yourself, O Lord, and our hearts are restless until they rest in you.”
    - The Lord created us to be happy, but he knows our true happiness is union with him, resting in him. Before their conversions, many people, even the saints, chased happiness in forms of entertainment, food, immoral behaviors, and wealth. But as we see in the lives of the saints, none of that will make us eternally happy.

## FOCUS 2 OPTIONAL ACTIVITY

- Activity Book, p. 15

- **Write on the board: Saints**—A saint is anyone who has merited heaven.
  - Canonized saints are holy people whom the Church has declared to have merited heaven.
  - *How does one become a saint? (By leading a holy life, following the commandments, loving God, etc.)*
  - We are all called to be saints. None of the saints were perfect on earth, but they spent much or all of their lives in pursuit of sainthood.
  - The process of being declared a saint is called canonization. The Church does not take the process of sainthood lightly. There must be absolute proof of a soul in heaven before the person is canonized. The Church looks for miracles attributed to his intercession.
- All saints are **intercessors**. They pray on behalf of others.
  - *Has anyone ever asked you to pray for someone else in need? (Answers will vary.)* An intercessor is someone who prays on behalf of another. If you have prayed for someone else, you were an intercessor. The saints in heaven are intercessors. They all pray for us. We should ask them for their prayers.
  - We all pray for one another, even those who have gone before us.
- In our Creed we pray, “I believe in the Communion of Saints.”
  - *What do we mean by “the Communion of Saints”?* (Answers will vary.)
  - The Communion of Saints is the Church. It is made up of the following:
    - Church Militant: the members of the Church on earth
    - Church Suffering: the souls in purgatory, those being purified
    - **Church Triumphant**: the saints in heaven

**Conclusion:** Conversion, or turning away from sin and turning toward God, is necessary to become a saint!

**Focus 3: Intercession and Veneration.** We venerate and pray to the saints in heaven.

- When we are in the church sanctuary, we often see statues of some of the saints. This reminds us that they are with us in prayer.
- When we go to Mass, the angels and saints are also there, worshipping God with us.
  - *Because we have statues reminding us of the saints in heaven who are praying with us, does this mean that we worship Saints? (No.)*
  - *For what other reasons do we have statues of saints?* (Answers will vary.)
- The saints remind us of our call to holiness. We venerate (honor) saints because they are in heaven with God.

## Intercession

The word “intercede” comes from the Latin words *inter*, which means “between,” and *cedere*, a verb that means “to go.” So “intercede” literally means “to go between.”

## Canonization

The Catholic Church takes the sainthood process, or canonization, very seriously. For the Church to be absolutely certain that someone is in heaven, there are many steps that must be accomplished.

- First, a person must live a life of heroic virtue in following Christ and living a life of sanctity.
- After his death, an investigation is conducted that gathers information about the person. Friends, family, and acquaintances are all interviewed. Anything written by the person is read. This creates a file for him, and whoever is promoting his cause for canonization submits this file to the Vatican. The office investigates the data, and if they decide the person did live a heroically virtuous life, he is promoted to the first phase: Venerable. The promoter of the cause then asks people to pray to that person, asking for his intercession, specifically for a miracle!
- The miracle must be scientifically inexplicable, such as the healing of an incurable disease; instantaneous; and attributed to the intercession of this particular person. If it's accepted by the Vatican, the person is promoted to the next step and declared Blessed.
- Upon the acceptance of a second miracle, the person is declared a saint.
- So, the Church doesn't *make* saints. She recognizes through investigation and intercession that they have merited special glory in heaven and also on earth, where, by the authority of the Church, they are publically honored and called upon.

- Mary, as the Mother of Jesus, is the Queen of all the saints. We give her greater reverence than all of the saints. We do not worship Mary. We honor her because she is the Mother of God.
- *Have you ever asked someone else to pray for you? (Answers will vary.)*
- Just as we ask friends to pray for an intention, the saints, our friends in heaven, can pray for us too.
  - All members of the Communion of Saints can intercede, or pray, on someone else's behalf. If you know someone who has died, you should pray for the repose of his soul (that he will merit heaven). All saints are great intercessors.
  - **Patron saints'** intercession is sought for particular things. For example, Saint Cecilia is the patron saint of music, so musicians ask for her intercession before they perform. Saint Sebastian is the patron saint of athletes. Before the big game or tournament, you could ask Saint Sebastian to pray for you or your team.
  - *How does the Church recognize saints? (Through the process of canonization. See sidebar.)*

**Conclusion:** Saints are souls who are united in heaven with God and who intercede on our behalf.

### FOCUS 3 OPTIONAL ACTIVITY

- Research and share the miracles that promoted recent saints' canonizations, such as Saint John Paul II and Saint Teresa of Calcutta (Mother Teresa).

### Review Lesson 3, Chapters 3 and 4 (3 minutes)

- The First Commandment requires us to pray since the Lord longs for a relationship with us.
  - Prayer is the lifting of the heart and mind to God.
  - There are two forms of prayer: vocal and mental.
- We need to pray even when it's difficult.
  - God always hears and answers our prayers.
- The First Commandment requires conversion of everyone from sinful lives to holy lives.
  - The Lord wishes us to be happy, and holiness leads to happiness.
- The Communion of Saints consists of the following:
  - Church Militant—souls on earth
  - Church Suffering—souls in purgatory
  - Church Triumphant—souls in heaven
- Saints are our friends who help us through the examples of their lives and their intercession.

## Saint Ignatius of Loyola

Spain, 1491–1556

Though Ignatius of Loyola was of noble birth and was more interested in a career in knightly gallantry and soldiering than in Jesus Christ, he would become the founder of the Society of Jesus (the Jesuits\*). Also, he is the author of the *Spiritual Exercises* that have, for centuries, helped many to know Jesus. When Ignatius' leg was injured in battle by a cannonball, his career as a soldier was over. While recovering, he had nothing to read but the lives of Christ and the saints. He saw the error of his prior sins, confessed at Montserrat, and went into a cave to fast and pray. It was during these difficult months of deprivation that Saint Ignatius wrote his *Spiritual Exercises*.

The *Spiritual Exercises* is a short book designed to guide souls in the spiritual life. It is divided into four "weeks" with a different meditation for each day. Through a series of teachings and meditations, this book has lead countless people into a deeper relationship with God. Even today, five hundred years after they were written, they are used by many people. One practice related to them today is for people to go on silent retreats for as long as thirty days, to undertake the *Spiritual Exercises* of Saint Ignatius of Loyola.

\*Fun Fact: Pope Francis is a Jesuit.

## Saint Charles Lwanga

Uganda, 1860–1886

One of twenty-two Ugandan martyrs, Charles Lwanga is the patron of youth and Catholic action in most of tropical Africa. He protected his fellow pages (aged thirteen to thirty) from the homosexual demands of the Bagandan ruler, Mwanga, and encouraged and instructed them in the Catholic Faith during their imprisonment for refusing the ruler's demands.

For his own unwillingness to submit to the immoral acts and his efforts to safeguard the Faith of his friends,

- The process by which a person is declared a saint is called canonization.

## Application (10–20 minutes)

Choose one or more of the following for discussion.

- **Do any of you have friends whom you don't talk to regularly? Maybe they've moved away?** (Answers will vary.) **Do you find it difficult to be friends with them?** (It's hard to be friends with someone you don't talk to often.) In the same way, it's difficult to keep a good relationship with the Lord if you don't talk to him often. You can talk to God anytime, anywhere. **Play appropriate music**, allowing students to reflect and spend some time with God in prayer.
- **Arrange for a priest or deacon** to bring the Blessed Sacrament in a monstrance to class, or go to the chapel where the Blessed Sacrament is exposed. Inform students of the proper behavior when before the Eucharist; Reverence the Blessed Sacrament by kneeling; maintain complete silence; have total attention on Jesus; worship and adore him.
- **Have students share stories** of how God has answered their prayers. Share your own stories too.
- **Who is your patron saint?** (Answers will vary.) Have a saint book handy for students who don't know to look up patron saints.
- **What is necessary for you to become a saint?** (Conversion.) Have music and quiet time in a sacred space to allow the students to contemplate what they need to do to turn away from sin and turn toward God.
- **Watch a saint video.**

## Celebration (5–10 minutes)

Choose one or more of the following.

- Pray: Our Father, Student Text p. 147—in the Gospel of Luke, one of the disciples said to Jesus, "Lord, teach us to pray" (11:1), and this is the prayer Jesus taught them.
- Pray: Student Text, pp. 147–48
  - Act of Faith—Student Text, p. 147
  - Act of Hope—Student Text, p. 148
  - Act of Love—Student Text, p. 148
- Read about the life of Saint Ignatius of Loyola. (See sidebar.)

## Take Home

- Student reading for next lesson: Student Text, Chapter 5, pp. 30–32
- Optional: Activity Book: Chapter 3, pp. 9–12; Chapter 4, pp. 13–16
- Optional: Family Guide: G 6–3, pp. 74–75; G 6–4, pp. 76–77

Charles was burned to death at Namugongo on June 3, 1886, by Mwanga's order. Charles first learned of Christ's teachings from two retainers in the court of Chief Mawulugungu. While a catechumen, he entered the royal household as assistant to Joseph Mukaso, head of the court pages.

On the night of Mukaso's martyrdom for encouraging the African youths to resist Mwanga, Charles requested and received Baptism. Imprisoned with his friends, Charles' courage and belief in God inspired them to remain chaste and faithful.

Pope Paul VI canonized these twenty-two martyrs on October 18, 1964.

## Saint John Bosco

### Italy, 1815–1888

Encouraged during his youth to become a priest so he could work with young boys, John Bosco was ordained in 1841. His service to young people started when he met a poor orphan and instructed him in preparation for receiving Holy Communion. He then gathered young apprentices and taught them catechism.

After serving as chaplain in a hospice for working girls, John opened the Oratory of St. Francis de Sales for boys. Several wealthy and powerful patrons contributed money, enabling him to provide two workshops for the boys: shoemaking and tailoring. By 1856, the institution had grown to 150 boys and had added a printing press for publication of religious and catechetical pamphlets. His interest in vocational education and publishing justify him as patron of young apprentices and Catholic publishers.

John Bosco's preaching fame spread, and by 1850 he had trained his own helpers because of difficulties in retaining young priests. In 1854 he and his followers informally banded together, inspired by Saint Francis de Sales (feast day, January 24).

With Pope Pius IX's encouragement, John gathered seventeen men and founded the Salesians in 1859. Their

## CHAPTER 3

# Prayer—Hidden Treasure

"Lord, teach us to pray, as John taught his disciples."

Luke 11:1

The chief exercise of prayer is to speak to God and to hear God speak in the depths of your heart.

—Saint Francis de Sales

nation to consider and seek the Lord and his will for us. Often meditation uses books, such as the Bible, to seek the Lord. In contemplative prayer, we are simply and lovingly united to God.

### Our Need to Pray

Jesus strongly encourages us to pray. Saint Luke records, "And he [Jesus] told them a parable, to the effect that they ought always to pray and not lose heart" (Lk 18:1).

This means that we must pray even when we do not feel like it, as well as when we do. We must pray when unwanted thoughts interrupt our concentration or when worries tug us away from our thoughts about God, about Jesus, and about the saints. These interruptions are called "distractions." When they happen, we must return to prayer calmly and patiently. Distractions like these are not our fault. But if we begin to daydream and, after we realize it, continue to daydream instead of pray, we are at fault. If my mind wanders a hundred times, and I direct it back to prayer each time, there is no fault. In fact, there is great merit because this is hard work and shows God that I love him and want to please him. By praying to God—asking for what we need, thanking him for what he has given us—we acknowledge that we are his creatures and that we are totally dependent on him.

21

*"Let my prayer be counted as incense before you, and the lifting up of my hands as an evening sacrifice."*

Psalm 141:2



Jesus assures us that our prayers will be answered. He says: "Ask, and it will be given you; seek, and you will find; knock, and it will be opened to you" (Mt 7:7).

We will not, of course, get what is bad for us or what is really unnecessary. But God will always give us what is best for us.

### Particular Prayers

There is a special prayer of the Church called the Liturgy of the Hours or the **Divine Office**. The Divine Office is a prayer of praise

and petition using the Psalms and readings from Scripture and the writings of the saints. Certain members of the Church, such as priests, are required to pray the Divine Office every day, but all of us in the Church are invited to join in the Church's praise of God in this rich and beautiful form of prayer.

Another prayer especially recommended by the Church is the Rosary. For about eight hundred years, countless numbers of the faithful have made it part of their daily prayer. The Rosary is divided into mysteries, episodes in the lives of Jesus and Mary. We are to think

22

activity concentrated on education and mission work. Later, he organized a group of Salesian sisters to assist girls.

## Saint Maximilian Kolbe

Poland, 1894–1941

“I prayed very hard to Our Lady to tell me what would happen to me. She appeared, holding in her hands two crowns, one white, one red. She asked if I would like to have them—one was for purity, the other for martyrdom. I said, ‘I choose both.’ She smiled and disappeared.” After that, Maximilian Kolbe was not the same.

Ordained at twenty-four, he saw religious indifference as the deadliest poison of the day. His mission was to combat it. He had already founded the Militia of the Immaculata, whose aim was to fight evil with the witness of the good life, prayer, work, and suffering. He dreamed of and then founded *Knight of the Immaculata*, a religious magazine under Mary’s protection to preach the Good News to all nations.

In 1941, he was arrested and sent to the Auschwitz concentration camp. The commandant announced that ten men would die because a prisoner had escaped. He relished walking along the ranks. “This one. That one.” As they were being marched away to the starvation bunkers, Number 16670 dared to step from the line. “I would like to take that man’s place. He has a wife and children.” “Who are you?” “A priest.” No name, no mention of fame. Silence. In the “block of death” they were ordered to strip naked, and their slow starvation began in darkness. But there was no screaming—the prisoners sang. By the eve of the Assumption, August 14, four were left alive. Father Maximilian was one of those. He was executed by a lethal injection. He was beatified in 1971 and canonized in 1982.

about these mysteries as we say the vocal prayers—mainly the Hail Marys. The prayers should be said slowly as our hearts are moved by what is in our minds. And what could be better suited to help us pray than scenes from the lives of Jesus and Mary?

\* \* \*

A life of prayer is sometimes called the spiritual life or the devout life. Our spiritual life is the sum of all we do to reach heaven, which

includes receiving the Sacraments and doing good works. The spiritual life is a way of growing; and the more we grow in prayer, the more joy, peace, and confidence we will have. A life of prayer makes us fully alive!

Jesus said: “These things I have spoken to you, that my joy may be in you, and that your joy may be full” (Jn 15:11).

### Words to Know:

prayer Divine Office (Liturgy of the Hours)

Form the habit of speaking to God as if you were alone with him, familiarly and with confidence and love, as to the dearest and most loving of friends. Speak to him often of your business, your plans, your troubles, your fears—of everything that concerns you. Talk with him confidently and frankly; for God does not often speak to a soul that does not speak to him.

—Saint Alphonsus Liguori

#### Q. 12 What is prayer?

Prayer is the lifting of the mind and heart to God, in order to know him better, to adore him, to thank him, and to ask him for what we need (CCC 2590).

#### Q. 13 What kinds of prayer are there?

There are five kinds of prayer: blessing and adoration, prayer of petition, prayer of intercession, prayer of thanksgiving, and prayer of praise (CCC 2626–49).

#### Q. 14 What is mental prayer?

Mental prayer is that which is said with the mind and heart alone (CCC 2708).

23

#### Q. 15 What is vocal prayer?

Vocal prayer is that which is expressed by spoken words with the participation of the mind and heart (CCC 2700).

#### Q. 16 How should we pray?

We should pray humbly, attentively, and devoutly (CCC 2559).

#### Q. 17 Why is it necessary to pray?

It is necessary to pray in order to grow in our faith in God, in our hope in him, and in our love for him, and in this way to receive the grace necessary to be united with him in heaven (CCC 2558).

#### Q. 18 How should we pray, and what for?

We should give glory, thanksgiving, and praise to God in our daily prayer. We should hallow (make holy) his name. We should ask for whatever is necessary to obtain eternal life, including things necessary for life in this world. We should ask forgiveness for our sins. Jesus Christ taught us to do this in the Our Father (CCC 2857).

#### Q. 19 What is the most perfect prayer?

The Mass is the most perfect prayer because in it Jesus offers himself to the Father for us. We offer ourselves along with Jesus to the Father by the power of the Holy Spirit (CCC 1358–59, 1369, 1407).

24

Name: \_\_\_\_\_

**Prayer—Hidden Treasure**

**Quiz 3**

**Part I: Answer in complete sentences.**

- 1. What is prayer?  
Prayer is the raising of the mind and heart to God.
- 2. What are the three forms of prayer?  
The three forms of prayer are vocal prayer, meditation, and contemplation.
- 3. What are three prayers that we pray as Catholics?  
Answers will vary. Divine Office (Liturgy of the Hours), Rosary, Our Father, Hail Mary, etc.

**Part II: Write the Mysteries of the Rosary in the correct order.**

- |  |  |
|--|--|
| <p style="text-align: center;">Joyful Mysteries</p> <ol style="list-style-type: none"> <li>1. <u>The Annunciation</u></li> <li>2. <u>The Visitation</u></li> <li>3. <u>The Nativity</u></li> <li>4. <u>The Presentation</u></li> <li>5. <u>The Finding of Jesus in the Temple</u></li> </ol> | <p style="text-align: center;">Sorrowful Mysteries</p> <ol style="list-style-type: none"> <li>1. <u>The Agony in the Garden</u></li> <li>2. <u>The Scouring at the Pillar</u></li> <li>3. <u>The Crowning with Thorns</u></li> <li>4. <u>The Carrying of the Cross</u></li> <li>5. <u>The Crucifixion</u></li> </ol>               |
| <p style="text-align: center;">Glorious Mysteries</p> <ol style="list-style-type: none"> <li>1. <u>The Resurrection</u></li> <li>2. <u>The Ascension</u></li> <li>3. <u>The Descent of the Holy Spirit</u></li> <li>4. <u>The Assumption</u></li> <li>5. <u>The Coronation</u></li> </ol>    | <p style="text-align: center;">Luminous Mysteries</p> <ol style="list-style-type: none"> <li>1. <u>The Baptism of Christ</u></li> <li>2. <u>The Wedding Feast of Cana</u></li> <li>3. <u>The Proclamation of the Kingdom</u></li> <li>4. <u>The Transfiguration</u></li> <li>5. <u>The Institution of the Eucharist</u></li> </ol> |

**Part III: Write a paragraph on one of the following topics.**

- 1. How can we stay focused when we pray?
  - 2. What is the Divine Office or Liturgy of the Hours and who must pray it?
  - 3. What is the spiritual life?
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_

Name: \_\_\_\_\_

**Prayer**

Answer the following questions in complete sentences.



- 1. What is prayer?  
Prayer is the raising of the mind and heart to God.
- 2. What are three forms of prayer?  
Three forms of prayer are vocal prayer, meditation, and contemplation.
- 3. Why should we pray?  
Answers will vary.
- 4. Should we pray even if we do not feel like praying?  
Yes.

5. What should we do if we are distracted in prayer?  
We should return to prayer calmly and patiently.

6. Does God hear and answer our prayers?  
Yes. Jesus promised that our prayers will be answered.

7. Does God always give us what we want? Why or why not?  
No, if we want something that is bad for us God will not grant it, but God will always give what is best for us.



Name: \_\_\_\_\_

**Catholic Prayers**

Answer the following questions in complete sentences.

- 1. What is the Divine Office or the Liturgy of the Hours?  
The Divine Office is a prayer of praise and petition using the Psalms and readings from Scripture and the writings of the saints.
- 2. Who is obliged to say the Liturgy of the Hours?  
Certain members of the Church, such as priests, are required to pray it.
- 3. What is the Rosary?  
The Rosary is a prayer in which we meditate on episodes in the lives of Jesus and Mary as we pray vocal prayers.
- 4. How should we say the Rosary?  
We should pray the vocal prayers slowly as our hearts are moved by what is in our minds.
- 5. What other special prayers do you know?  
Answers will vary.
- 6. What does Saint Alphonsus Ligouri teach us about prayer?  
Answers will vary but should be based on the quote on p. 23 of the student text.



Name: \_\_\_\_\_

**The Rosary**

From the list below, write the Mysteries of the Rosary in order.

- |                                     |                                       |
|-------------------------------------|---------------------------------------|
| The Agony in the Garden             | The Nativity                          |
| The Annunciation                    | The Institution of the Holy Eucharist |
| The Proclamation of the Kingdom     | The Descent of the Holy Spirit        |
| The Assumption                      | The Scouring at the Pillar            |
| The Ascension                       | The Transfiguration of Our Lord       |
| The Coronation                      | The Carrying of the Cross             |
| The Wedding Feast at Cana           | The Finding in the Temple             |
| The Visitation                      | The Resurrection                      |
| The Crucifixion                     | The Presentation                      |
| The Baptism of Christ in the Jordan | The Crowning with Thorns              |

THE JOYFUL MYSTERIES
<u>The Annunciation</u>
<u>The Visitation</u>
<u>The Nativity</u>
<u>The Presentation</u>
<u>The Finding in the Temple</u>
THE SORROWFUL MYSTERIES
<u>The Agony in the Garden</u>
<u>The Scouring at the Pillar</u>
<u>The Crowning with Thorns</u>
<u>The Carrying of the Cross</u>
<u>The Crucifixion</u>

THE GLORIOUS MYSTERIES
<u>The Resurrection</u>
<u>The Ascension</u>
<u>Descent of the Holy Spirit</u>
<u>The Assumption</u>
<u>The Coronation</u>
THE LUMINOUS MYSTERIES
<u>The Baptism of Christ</u>
<u>The Wedding Feast at Cana</u>
<u>Proclamation of the Kingdom</u>
<u>The Transfiguration</u>
<u>Institution of the Eucharist</u>

Name: \_\_\_\_\_

### The Spiritual Life

Answer the following questions in complete sentences.

1. What does the spiritual life include?

1. Prayer
2. Sacraments
3. Good works

2. How does prayer help us to do good works?

Answers will vary.

3. How does prayer relate to the sacramental life?

Answers will vary.

4. How does receiving the Sacraments help us to pray?

Answers will vary.

5. To whom does prayer unite us?

Prayer unites us to God.

6. How does prayer make us fully alive?

A life of prayer fills us with joy, peace, and confidence.



## CHAPTER 4

# Saints—They Made The Most of It

“After this I looked, and behold, a great multitude which no man could number, from every nation, from all tribes and peoples and tongues, standing before the throne and before the Lamb, clothed in white robes, with palm branches in their hands.”

Revelation 7:9

In this life we are all looking for the same thing: *happiness*. **Saints** are those who have found it. They are perfectly happy with God in heaven. On earth they enjoyed a special closeness to God that brought them great happiness even in the midst of their sufferings. But there is one thing we must always remember about the saints: they all started out just like each of us. What is more, each of us is called to be a saint, too.

Many a saint, writing or speaking about his life, remembered being unhappy for years while he ignored God and followed the ways of the world. He might have forgotten his unhappiness for awhile in seeking pleasure, but when the pleasure ended he was sadder than before. Then he had a change of heart, turned to God, and began a new life. This new beginning in God is called a conversion. Through prayer and the Sacraments he practiced loving God, and he practiced loving his neighbors by doing good works. His old life of sin was over and his new life with Christ gave him joy.

The great Saint Augustine wrote: “You have made us for yourself, O Lord, and our hearts are restless until they rest in you.”

We can only be happy if we are in harmony with the will of God, which means we are doing what God wants. Any distance from God, great or small, caused by sin, means that much unhappiness. The key to happiness, then, is “friendship with God,” which means doing God’s will. The saints are close friends of God. This friendship brings them great joy, for we were made for friendship with God and nothing else can make up for that if we do not have it.

There is only one cure for the unhappy man: he must turn to God with all his heart. Nothing else can satisfy him.

Jesus relates **sanctity**, or happiness and holiness, to the “Kingdom of God.” He compares true happiness to a merchant’s search for fine pearls: “The kingdom of heaven is like a merchant in search of fine pearls, who, on finding one pearl of great value, went and sold all that he had and bought it” (Mt 13:45–46).



Saint Charles Lwanga



Saint John Bosco



Saint Maximilian Kolbe

“To the saints honor must be paid as friends of Christ, as sons and heirs of God.”  
—Saint John of Damascus

This is what the saints have done. In many cases they have completely changed their lives in order to obey God and be at peace with him. Now, after a happy life on earth, they enjoy the full and tremendous happiness of seeing God in heaven.

#### Saints Victorious

We call the saints in heaven the **Church Triumphant** because they have grasped the final prize which is God himself. God has given himself to them; he is theirs for all eternity. “Eternal life” doesn’t just mean living forever; it means living *God’s* life forever.

#### Intercessors

We should take advantage of the great power of the saints to intercede for us. “Intercede” means to speak up for someone, to pray for someone. We should pray to the saints and ask them to do this. They are called “**intercessors**”—those who intercede. When we pray to the saints we are honoring them, and in honoring them we honor God because we acknowledge that through God’s grace they have been victo-

rious over sin. We ask other people on earth to pray to God for us. We can also ask the saints in heaven to intercede for us. Their prayers are very powerful because they are dear friends of God. Each of us should pray, particularly, to his **patron saint**, the saint for whom he was named. We should pray especially to the Blessed Virgin Mary, who is the greatest of all the saints, given to us as our Mother by Jesus himself. We have many special prayers to Mary, but the best known is the “Hail Mary.” We should also pray to the good angels, although we know the names of only three of them: Saint Michael the Archangel, Saint Gabriel, whom God sent to the Blessed Virgin to ask her to become the Mother of his Son, and Saint Raphael. We should pray every day to our own guardian angel, for he is always with us to help us. In addition, we should pray to our favorite saints, those for whom we feel a special attraction.

Besides asking the saints to intercede for us, we should study their lives so that we may learn from them how to attain our goal of heaven. By imitating their virtuous lives we will find it easier to know and fulfill the will of God.



We should keep in mind that the saints are real people who are now with Jesus in heaven. If we make friends with them today, they will remember us when we need them most. They will help us grow closer to Jesus.

**The Blessed in Heaven**

Those whom we honor by name as saints are those whom the Church has determined with complete certainty to be now in heaven. There are many, many others in heaven unknown to us whom we will meet when we get there.

How many saints are there, including all those of whom we do not now know?

Saint John, in the Book of Revelation, tells us of a vision of heaven: "After this I looked, and behold, a great multitude which no man could number, from every nation, from all tribes and peoples and tongues" (Rev 7:9).

This is comforting, but we should never take heaven for granted. With Saint Paul we must "finish the race;" we must "fight the good fight" (see 2 Tim 4:7). We must follow Jesus in order to be with him one day in heaven; the saints can help us do this.

**Words to Know:**

saints sanctity Church Triumphant  
intercessor patron saint

**Q. 15 Who are the saints?**

The saints are those who, by practicing the virtues to a heroic degree according to the teachings and example of Jesus Christ, have merited special glory in heaven and also on earth, where, by the authority of the Church, they are publicly honored and called upon (CCC 828, 927).

**Q. 16 Why should we pray to the saints in addition to God?**

We should pray to the saints in addition to God because God wills to help us through the prayers of others, including the saints, who are very holy and close to God (CCC 956).

**Q. 17 Why are the angels, the saints, and our Lady powerful intercessors with God?**

The angels and saints are powerful intercessors with God because they are his faithful servants and his beloved friends. Our Lady is the most powerful intercessor of all because she is the Mother of God. She is also a model for all who pray (CCC 956, 2679).

**Q. 18 What is the prayer that we use in a special way to invoke the intercession of our Lady?**

We invoke the intercession of our Lady especially with the Hail Mary (CCC 2676–77).

**Name:** \_\_\_\_\_

**Saints—They Made the Most of It Quiz 4**

**Part I: Define the following:**

conversion Church Triumphant intercede patron saint

1. Conversion is the turning away from sin and toward God.
2. The Church Triumphant is the saints in heaven.
3. To intercede is to speak up for or pray for another person.
4. A patron saint is a special saint chosen to intercede for a particular person or group.

**Part II: Answer in complete sentences.**

1. What role does Mary have in heaven?  
Mary is the greatest of all the saints and our Mother. She is a powerful intercessor.
2. What is the only way to be happy?  
The only way to be happy is to be in friendship with God and to do what God wants.
3. What is the only cure for the unhappy man?  
The only cure for the unhappy man is to turn to God with all his heart.

**Part III: Yes or No.**

1. Yes Is each of us called to be a saint?
2. Yes Are the saints close friends of God?
3. No Can our hearts rest in anything besides God?
4. Yes Should we pray to our patron saint and to our guardian angel?
5. Yes Are the saints powerful intercessors?
6. No Is there any happiness more wonderful than heaven?

**Name:** \_\_\_\_\_

**Unit 1 Test Chapters 1–4**

**Part I: Fill in the blanks with the correct words from the Word Bank.**

**Word Bank:**

good	evil	Decalogue
law	free will	judge
image	conscience	Ten Commandments

God created man in his image. It is written upon man's heart to do good and avoid evil. Man's conscience helps him to judge right from wrong. To help us form our conscience, God revealed himself and gave us his law. He also gave us free will so that we can love and obey him and live in his friendship. God's law is summarized in the Decalogue, also known as the Ten Commandments.

**Part II: Answer the following questions.**

1. What kind of sin is the result of deliberately breaking a commandment in a serious way?  
mortal sin
2. Besides doing something seriously wrong, what two other things are necessary for a sin to be a mortal sin? Knowing that what you are doing is seriously wrong and freely choosing to do what is seriously wrong.
3. Does the First Commandment require all men to acknowledge God as the one true God, Creator and Lord of all things and to worship and adore him as our God? Yes.

**Part III: Matching.**

1. <u>b</u> being irreverent or irrereligious	a. superstition
2. <u>e</u> worshipping a false god	b. impiety
3. <u>c</u> believing in an error or denying a truth	c. heresy
4. <u>a</u> placing faith or trust in something other than God	d. detachment
5. <u>d</u> being able to let go of things	e. idolatry

Name: \_\_\_\_\_

Unit 1 Test (continued)

Part IV: Answer in complete sentences.

- 1. What are we required to do by the First Commandment. The First Commandment requires us to believe in God, to hope in him, and to love him above all else; to worship and adore only God.
2. What does the First Commandment forbid? The First Commandment forbids heresy, apostasy, voluntary doubt, deliberate ignorance of God's truth, despair, presumption, idolatry, indifference to God, hatred of God, superstition, and irreligious behavior.
3. What is prayer and how should we pray? Prayer is the raising of the mind and heart to God. We should pray humbly, attentively, and devoutly.
4. What are the two forms of prayer? The two forms of prayer are vocal and mental prayer.
5. What is a saint? A saint is someone who loved God totally during his life on earth and is now with God in the perfect happiness of heaven.
6. What is the Church Triumphant? The Church Triumphant is all the saints in heaven.

Part V: Write the Ten Commandments in order.

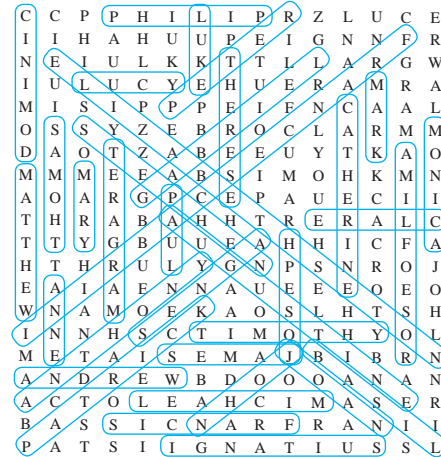
- 1. I am the Lord your God; you shall not have other gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Name: \_\_\_\_\_

Saints—They Made the Most of It

Can you find all thirty-five saints in the puzzle below?

Table listing 35 saints: Agnes, Clare, Ignatius, Luke, Patrick, Lucy, Anne, Dominic, James, Margaret, Paul, Therese, Andrew, Francis, Joan, Mary, Peter, Thomas, Anthony, Gabriel, John, Stephen, Timothy, Elizabeth Seton, Frances Cabrini, Augustine, Catherine, Rose of Lima, Matthew, Philip, Monica, Basil, Mark, Joseph, Michael.



Name: \_\_\_\_\_

Conversion

Answer the following questions in complete sentences.

- 1. From your text, name a saint who had a conversion. Answers will vary.
2. How was this saint unhappy before his conversion? He ignored God and followed the ways of the world.
3. How might he have forgotten his unhappiness for a while? He might have forgotten his unhappiness in seeking pleasure.
4. How did he practice loving God and neighbor? He practiced loving God through prayer and the Sacraments, and loving his neighbor by doing good works.
5. What does Saint Augustine mean when he writes, "You have made us for yourself, O Lord, and our hearts are restless until they rest in you"? Following this statement, what is the key to happiness? Answers will vary.
6. How are the saints close friends with God? What did they do? Answers will vary.
7. What is their reward? Their reward is friendship with God which brings them great joy. Ultimately, their reward is eternal life with God in heaven.



Name: \_\_\_\_\_

Intercession

Answer the following questions in complete sentences.

- 1. What does "intercession" mean? Intercession means to speak up for or pray for another.
2. Who can intercede for us? The saints in heaven and people on earth can intercede for us.
3. In asking the saints to intercede for us, are we honoring God? How? We honor God because we acknowledge that through God's grace they have been victorious over sin.
4. Why are the angels, the saints, and our Lady powerful intercessors with God? They are powerful intercessors because they are his faithful servants and his beloved friends.
5. How can we know which saints to ask for intercessory prayers? We can ask our own patron saint or other saints to whom we feel a special attraction.
6. Why do we have statues of the saints? Do we worship saints? Answer is not in text but should be similar to: We have statues of the saints to remind us of them. We do not worship saints.



Name: \_\_\_\_\_

### Patron Saints

Answer the following questions in complete sentences.



*Blessed Kateri Tekakwitha*

1. Who is your patron saint?

Answers to all of the following will vary.

2. What special virtue did this saint have? What special works did he do?

3. Of what (other than you) is your patron saint a patron?

4. When and where did your saint live?

5. Find a prayer that specifically asks for your saint's intercession and write it below.

# Lesson 4

## Chapter 5—The Holy Name

### Correlated Materials

Student Text: Chapter 5, pp. 30–32  
Activity Book: Chapter 5, pp. 17–20  
Family Guide: G 6–5, pp. 78–79

#### LESSON FOCUS

The Second Commandment teaches us always to respect God, his Holy Name, and holy things. To disrespect God’s name by misusing it, swearing a casual or false oath by it, or speaking against it is a terrible thing to do to God, who gave his life for us. Out of love for God, the same respect should also be shown to holy things, such as the Bible, the vessels used in the Mass, religious statues and pictures, etc., as well as to persons who have consecrated their lives to God—priests, religious, consecrated singles, and so forth.

#### AIMS

- Students will develop a sense of reverence and piety and will learn that they should always have reverence for God and anything holy.
- Students will learn that God has called them by name as members of his family.
- Students will be familiar with their church building.

### Begin the Lesson

## Preparation (5–10 minutes)

Use one or more of the following resources for prayer and student preparation for the lesson.

**SCRIPTURE:** Student Text, p. 30

**“You shall not take the name of the LORD your God in vain; for the LORD will not hold him guiltless who takes his name in vain” (Exodus 20:7).**

The name of the Lord is precious and powerful. Using it in a flippant or disrespectful manner disparages it.

**SACRED ART:** Student Text, p. 31

*Moses Fastening His Sandal on Mount Sinai, Ravenna*

When the Lord called Moses in the burning bush, he told Moses to remove his sandals because he was walking on holy ground. This shows that we need to change our behavior whenever we are referring to holy things.

#### PRAYER WITH CHILDREN:

The Divine Praises (*Have students repeat each line.*)

Blessed be God.  
Blessed be his holy name.  
Blessed be Jesus Christ, true God and true Man.  
Blessed be the name of Jesus.  
Blessed be his Most Sacred Heart.  
Blessed be his Most Precious Blood.  
Blessed be Jesus in the Most Holy Sacrament of the Altar.  
Blessed be the Holy Spirit, the Paraclete.  
Blessed be the great Mother of God, Mary most holy.  
Blessed be her holy and Immaculate Conception.  
Blessed be her glorious Assumption.  
Blessed be the name of Mary, Virgin and Mother.  
Blessed be Saint Joseph, her most chaste spouse.  
Blessed be God in his angels and in his saints. Amen.

## CATECHISM OF THE CATHOLIC CHURCH REFERENCES

- God Reveals His Name: 203–13, 231
- Second Commandment: 2142–59, 2160–67
- Sacramentals: 1667–78

## MATERIALS

- Bible
- Chalkboard or dry erase board
- Students' notebooks and pencils; students are encouraged to take notes
- Printouts of attached Mass sheets (Appendix B5 and B6)
- Printout of Exodus 3:1–15
- Candles or flashlights

## WORDS TO KNOW

**reverence:** honor and respect

**blasphemy:** the sin of speaking about or to God in a scornful or irreverent way

**oath:** a declaration calling on God as a witness to the truth of what is being said

**vow:** a solemn promise made to God of something good and pleasing to him

## Review Lesson 3, Chapters 3 and 4 (3 minutes)

- The First Commandment requires us to pray since the Lord longs for a relationship with us.
  - Prayer is the lifting of the heart and mind to God.
  - There are two forms of prayer: vocal and mental.
- We need to pray even when it's difficult.
  - God always hears and answers our prayers.
- The First Commandment requires conversion of everyone from sinful lives to holy lives.
  - The Lord wishes us to be happy, and holiness leads to happiness.
- The Communion of Saints consists of the following:
  - Church Militant—souls on earth
  - Church Suffering—souls in purgatory
  - Church Triumphant—souls in heaven
- Saints are our friends who help us through the examples of their lives and their intercession.
- The process by which a person is declared a saint is called canonization.

## Proclamation (1 minute)

*(Proclaim slowly, then repeat.)*

The Second Commandment forbids disrespect to and lack of reverence for God's name or for anything holy.

## Lesson Explanation (40–50 minutes)

*Explain focus points in your own words or use the discussion points and questions.*

**Focus 1: I AM.** The Lord revealed to Moses his name: I AM, which is so holy to the Jewish people that they don't say it.

- **Act out Exodus 3:1–15:** Assign one student as Moses, one as the narrator, one as an angel, and the rest as the burning bush. Give the students candles or flashlights and have them huddle together and say the Lord's words in unison.
  - *Why did Moses take off his shoes? (He was standing on holy ground. He needed to be as clean as possible. He was a shepherd in the wilderness and most likely filthy. It was a sign of reverence.)*
  - *What is the name of God? (I AM.)*

- **What does that mean?** (It is from “to be.” God is pure being or existence.)
  - In Judaism, “I AM” is “Yahweh,” a word so precious that many Jews don’t say it. They pause to pray for a long time before writing it. One practice of Orthodox Jews is to break the pen after writing “Yahweh” so that it could never be used for something blasphemous after writing the most holy thing.
- We see in Scripture that names are very important. **Choose a few to review.**
  - The Lord changes Abram’s name to Abraham (Genesis 17:5).
  - The Lord changes Jacob’s name to Israel (Genesis 32:28–31).
  - The Lord calls young Samuel by name (1 Samuel 3:1–10).
  - Jesus calls Zacchaeus by name (Luke 19:2–6).
- Names are still important. The first Sacrament we receive, Baptism, begins with “(NAME), I baptize you in the name of the Father and the Son and the Holy Spirit.” We are called by name from the beginning.
  - **Do you know what your name means?** (Answers will vary.)
  - **How would you feel if your name became a curse word?** (Answers will vary.)

#### CHALK TALK: THE FIRST COMMANDMENT

Chalk Talk	
I am the Lord your God; you shall not have strange gods before me.	
DO	DO NOT
Believe in God	Be culpably ignorant
Love God	Be superstitious
Adore God	Be impious
Serve God	Be irreligious

- The Second Commandment requires us to have **reverence** for the name of the Lord. It also requires reverence for all holy things. For example, before we sit in a pew in church, we reverence the tabernacle by genuflecting. We bow our heads before receiving Jesus in the Eucharist. These are all holy and precious things that demand respect and honor.
- **What does “in vain” mean?** (Useless, flippant, pointless, frivolous.)

#### FOCUS | OPTIONAL ACTIVITY

- If you're a parent, share what you experienced in naming your children. If not, share the meaning of your own name or names in your family.

- **Why is it sinful to take the Lord's name in vain?** (His name is precious and holy and should not be used in a frivolous manner.)
- **Is taking the Lord's name in vain a mortal sin? Review conditions for mortal sin.** (Yes. It is serious matter; you know what you're saying, so if you say it, you could only have the intention of offending God.)
  - Most people who habitually say, "Oh my God," probably don't know it's offensive to God and probably don't mean to offend him. So in those cases, it wouldn't constitute a mortal sin. However, now all of you know it is, so from now on, it is a serious sin for you to say it. Sometimes we get in bad habits of saying things like this and it will take time to break that habit. But all of your sins can be absolved in the Sacrament of Penance. Remember, we must be truly sorry and make every effort not to sin again.
  - **Read Philippians 2:9–11:** "Therefore God has highly exalted him and bestowed on him the name which is above every name, that at the name of Jesus every knee should bow, in heaven and on earth and under the earth, and every tongue confess that Jesus Christ is Lord, to the glory of God the Father."
    - This illustrates the deep reverence we are to have for the name of Jesus. Every time you say any of the Lord's names, you are calling him to you. So say it wisely and with *reverence*.
    - Some people wish to honor Jesus' name so deeply, that they bow their heads every time they hear his name. *Every time.*
  - When we pray, we begin and end with the Sign of the Cross. It's important to make that sign reverently. Doing it half-heartedly, not paying attention, does not show proper reverence to God.

**Conclusion:** The Lord's name is holy and powerful and should not be used in a frivolous manner.

**Focus 2: Watching What We Say.** We will make an account of everything that has come out of our mouths at our judgment. Speak wisely.

- **If time allows, read Genesis 22:1–18.** Or, summarize the story of Abraham and Isaac:

God tested Abraham and asked him to offer his only son, Isaac, as a sacrifice. Because of his faith, Abraham obeyed. As he was getting ready to offer up Isaac as a sacrifice, an angel of the Lord held back Abraham's arm. The Lord provided a ram as the sacrifice to the Lord. In Genesis 22:15–17 we read, "And the angel of the LORD called to Abraham a second time from heaven, and said, 'By myself I have sworn, says the LORD, because you have done this, and have not withheld your son, your only-begotten son, I will indeed bless you.'"

- *Why does God swear by himself? (Because there is no greater authority.)*
- When we swear oaths, we call down the highest authority as our witness. That's why witnesses in trials put their hands on the Bible when they swear to tell the truth. If you lie on the stand, you've committed a crime. Words are important!

**Write on the board:**

- **Blasphemy**—verbal abuse or scorn toward God's name, the saints, or other holy things.
  - For some, this has become a bad habit that **MUST** be stopped. The names of Jesus, the Blessed Mother, and so forth are the most holy words we can say. To use them in the same way you would use certain four-letter words that get movies PG-13 ratings is the *opposite* of reverence. It would be like using the Declaration of Independence to start a bonfire. In our culture, whether it is in movies or even with family and friends, we get so used to hearing holy names used irreverently that we can forget that this is wrong. This is how evil works; the devil tries to trick us to believe that is not a big deal, and it is.
  - *What can you do to make a difference? (Not use God's name in vain, remind people who do that it is wrong, always stand up for what you believe.)*
- **Oath**—calling on the Lord to witness to the truth of what was said.
  - Oaths are not bad unless they're done lightly, for example, saying, "I swear to God . . .," "Honest to God . . .," and then have some vain truth to which you're attesting, like "I swear to God, *Sesame Street* is the best show on TV." You should only take an oath in very serious circumstances such as in a legal proceeding.
  - False oaths (telling a lie under oath) are sinful. They call upon God to witness to a falsehood. God can neither deceive nor be deceived.
- **Vow**—a promise for religious reasons. **Using Chalk Talk, explain:**
  - Clergy and religious take vows of poverty, chastity, and obedience.
  - Married couples vow to be faithful to each other.
  - Breaking a vow is a mortal sin; vows are binding.

**Conclusion:** Words *are* important. What we say is an extension of ourselves, and we must guard our speech.



### FOCUS 3 OPTIONAL ACTIVITIES

- Have a priest, deacon, or sacristan bring the actual vessels to class to describe their use.
- Take students on a tour of the church.

## Saint John Chrysostom

(349–407)

Author of a liturgy still used in the Eastern rite of the Catholic Church, Saint John Chrysostom is venerated throughout the Church for his contributions to the understanding and expression of the Faith. Beginning his spiritual life as a contemplative, Saint John was soon named bishop and patriarch in the politically volatile diocese of Constantinople. As a bishop, Saint John became famous for his preaching and reform. He worked hard to encourage priestly sanctity, and his title Chrysostom means “golden-tongued,” a testament to his preaching. Unfortunately, for him, his fiery preaching got him into trouble. When preaching about vanity, he often brought up the Byzantine Empress Eudoxia who ruled from Constantinople. She did not take kindly to his condemnations and had Saint John exiled. However, he was so popular with the common people of Constantinople that they protested and nearly rioted at his exile. In order to keep the peace, Saint John was allowed to return to the city. Saint John lived a simple, humble life. He sold the treasure and furnishings of his house and gave the money to the poor. Nonetheless, he taught that furnishings within the churches must be respected. His teachings later proved a support against iconoclasts, who wrongly believed that holy images were blasphemous.

**Focus 3: Holy Things.** Due to their sacred nature, persons and objects that assist at Mass deserve reverence.

Under this commandment, we need to respect the place and people who bring us Jesus.

- Priests and religious have made special vows to God and therefore need to be respected.
- The Bible contains the actual words Jesus spoke. It is the inspired Word of God. It should never be put on the floor or used disrespectfully.
- **See/Pass out sheets in the Appendix** (Appendix B5 and B6). These vessels have the honor of holding the Precious Body and Blood of Jesus. They must be always handled with the utmost care.

**Conclusion:** The Second Commandment requires us to respect holy people and holy things.

### Review Lesson 4, Chapter 5 (3 minutes)

- The Lord revealed his name as “I AM” to Moses. Names are important and powerful.
- What we say is an extension of ourselves. We need to guard our language.
  - Blasphemy, false oaths, and broken vows are sins against the Second Commandment.
- Priests and religious, the Bible, and other holy articles are blessed and deserve reverence.

## Application (10–20 minutes)

Choose one or more of the following for discussion.

- “Oh my God” is a pretty popular phrase, especially online, where it appears as “OMG.”
  - *How can you avoid using the Lord’s name in vain?* (Say, “Oh my gosh”; don’t use it.)
  - *What can you do to get out of the habit of taking the Lord’s name in vain?* (Answers will vary.)
- On March 16, 1844, Jesus reportedly told Sister Marie of Saint Peter:  
“Oh if you only knew what great merit you acquire by saying even once, **Admirable is the Name of God**, in a spirit of reparation for blasphemy.”
- Tell students to make a habit of praying, “Admirable is the name of God,” every time they hear the Lord’s name taken in vain.
- Practice reverently making the Sign of the Cross; if possible, have students bless themselves with holy water.

- As with the First Commandment, the Second Commandment requires us to do certain things, not just avoid actions that break it.
- **Draw the following graph on the board. Have students suggest answers before filling them in.**

*What behavior does the Second Commandment require of us? (See answers in graph.)*

BREAK	KEEP
Using name of God or Jesus as a swear word	Praying "Admirable is the name of God"
Being irreverent in Mass	Saying the Lord's name in a reverent manner
Making Sign of Cross in half-hearted manner	Bowing your head when you say the name of Jesus
etc.	etc.

## Celebration (5–10 minutes)

*Choose one or more of the following.*

- Pray: Our Father, Student Text, p. 147, emphasizing "hallowed be thy name."
- Pray: Jesus, Name full of glory, grace, love, and strength! You are the refuge of those who repent, our banner of warfare in this life, the medicine of souls, the comfort of those who mourn, the delight of those who believe, the light of those who preach the true faith, the wages of those who toil, the healing of the sick. To you our devotion aspires; by you our prayers are received; we delight in contemplating you. O Name of Jesus, you are the glory of all the saints for eternity. Amen. (Saint Bernardine of Siena)
- Read about the life of Saint John Chrysostom. (See sidebar.)

### Take Home

- Student reading for next lesson: Student Text, Chapter 6, pp. 33–37; Chapter 7, pp. 38–42
- Optional: Activity Book: Chapter 5, pp. 17–20
- Optional: Family Guide: G 6–5, pp. 78–79

CHAPTER 5

# The Holy Name

“You shall not take the name of the LORD your God in vain; for the LORD will not hold him guiltless who takes his name in vain.”

Exodus 20:7

The Second Commandment forbids any lack of respect, or due reverence, toward God in the use of his most Holy Name, or toward any holy person or thing. Anyone who offends God by breaking this commandment is usually spiritually unwell, since no one who truly loves God would think of purposely misusing his name. On the contrary, someone who loves God goes out of his way to bless God’s name and to make up for the times when others misuse his name.

When Moses asked God for his name, God said, “I AM WHO I AM.” (Ex 3:14) For the Jewish people this name was so great and holy because it was the name that God personally revealed out of love.

What terrible foolishness, therefore, to misuse so great a Name!

\* \* \*

There are different ways in which people violate the Second Commandment.

One way is called **blasphemy**. This is verbal abuse or scorn toward God himself or, by extension, toward the Blessed Virgin, the other saints, or holy things.

Another violation is swearing false oaths. A false **oath** calls on God to witness to the truth of what we are saying when in fact we are

lying. An oath in itself is not wrong. We may be involved in a legal proceeding which requires one. This is a good enough reason to take an oath; however, we should not take oaths invoking the divine name without serious reason.

Obviously, a false oath is a very serious sin, since we are calling God, who is all Truth and all Justice, to witness to a lie.

Aside from the formality of a legal proceeding, it is common for people to use expressions like, “As God is my witness,” or, “Honest to God.” Spoken seriously, these are oaths and should not be used lightly. Said thoughtlessly or for unimportant reasons, they are swearing and should be avoided. (We must not confuse swearing with using bad language or cursing; using impure language is against the Sixth Commandment and cursing against the Fifth.)

The Second Commandment also requires us to fulfill the vows and promises we have made. A vow is a solemn declaration committing oneself to do something. A **vow** in religion is a vow by which someone promises something for a religious reason. Religious brothers and sisters make vows of poverty, chastity, and obedience. A married couple makes a vow of fidelity.

## Holy Things

We must not only respect God but must extend that respect to all those things that belong to God in a special way. We refer to our church as the house of God and a place of worship. It is a building consecrated to the glorification of God, and our behavior in church ought to express that.

All of the objects used for Mass, such as the altar, chalice, and paten, are holy because they are used in the highest form of worship. It is easy to see why we revere the Holy Bible, since it is the Word of God. Just as we treasure pictures and mementos of those we love, we also cherish crucifixes, religious medals, and holy images as reminders of God and his saints.

Certain people within the Church (the Pope, bishops, priests, deacons, religious brothers and sisters) have consecrated their entire lives to God. Because they belong to God in a special way, we honor and respect them.

We express our love and reverence for God in the way we treat those things and people that belong to God.

Remember what God said to Moses from the burning bush: “Moses, Moses! . . . Do not come near; put off your shoes from your feet, for the place on which you are standing is holy ground” (Ex 3:4-5). The ground was holy because God was present.

### Words to Know:

- reverence
- blasphemy
- oath
- vow



### Holy Name Society

Some parishes have an organization called the Holy Name Society. This society goes back to the thirteenth century. Its aim is to bring about due love and reverence for the Holy Name of God and Jesus Christ.

*“O LORD, our Lord, how majestic is your name in all the earth!”*

Psalm 8:1

*“From the rising of the sun to its setting the name of the LORD is to be praised!”*

Psalm 113:3

*“Young men and maidens together, old men and children! Let them praise the name of the LORD, for his name alone is exalted.”*

Psalm 148:12-13

**Q. 19** What does the Second Commandment require us to do?

The Second Commandment requires us to respect and revere the Holy Name of God and to fulfill the vows and promises to which we have bound ourselves (CCC 2142, 2150).

**Q. 20** What does the Second Commandment forbid?

The Second Commandment forbids us from dishonoring the name of God. To dishonor the name of God means to use his name without respect; to blaspheme God, the Holy Virgin, the saints, or holy things; or to swear oaths that are false, unnecessary, or wrong in any way (CCC 2146-49).

**Q. 21** What is an oath?

An oath is calling upon God as witness for what is declared or promised. A person who swears falsely offends God seriously, for God is holiness and truth itself (CCC 2149-50).

**Q. 22** Is blasphemy a serious sin?

Yes, blasphemy is a serious sin because it is injury and scorn toward God and his saints (CCC 2148).

**Q. 23** What is a vow?

A vow is a promise made to God of some good that is pleasing to him (CCC 2102).

# HALLOWED BE THY NAME

## Name:

### The Holy Name

### Quiz 5

#### Part I: Fill in the blanks.

- The Second Commandment forbids any lack of respect, or **reverence**, toward God in the use of his most Holy Name.
- When Moses asked God for his name, God said, “I **AM** WHO I **AM**.”
- Blasphemy** is the verbal abuse or scorn toward God himself or to the Blessed Virgin, the other saints, or holy things.
- An **oath** calls on God to witness to the truth of what we are saying.
- A **vow** is a solemn declaration committing oneself to do something.

#### Part II: Yes or No.

- Yes** Is it permissible for someone to take an oath when he is involved in a legal proceeding that requires it?
- No** Should we ever take an oath lightly or falsely?

#### Part III: Answer in complete sentences.

- What vows do religious brothers and sisters make?  
Religious brothers and sisters make the vows of poverty, chastity and obedience.
- What kind of vow does a married couple make?  
A married couple makes the vow of fidelity.
- Are the objects used for Mass, such as the altar, chalice, and paten considered to be holy? Why or why not?  
Yes, the objects used for Mass are holy because they are used in the highest form of worship.
- How should we treat the people, places, and things consecrated to God?  
We should show special respect for the people, places and things consecrated to God.

Name: \_\_\_\_\_

### God's Name

Answer the following questions in complete sentences.

1. What is God's name as he revealed it in Exodus?  
God's name is "I am who I am." or "Yahweh."
2. To whom did God reveal his name?  
God revealed his name to Moses.
3. How can God's name be misused?  
God's name can be misused by blasphemy and swearing false oaths.
4. How should we use God's name?  
We should use God's name with reverence and respect.
5. What is the Second Commandment?  
The Second Commandment is: You shall not take the name of the Lord your God in vain.
6. Write a poem, song, or prayer blessing the name of the Lord.



Answers will vary.

Name: \_\_\_\_\_

### God as Witness

Find the following words in your textbook or the glossary in the back of your textbook and define them using complete sentences.

- Blasphemy: The sin of speaking about or to God in a scornful or disrespectful way.
- Oath: A declaration calling on God as a witness to the truth of what is being said.
- Vow: A solemn promise made to God of something good and pleasing to him.
- Reverence: Honor and respect.
- Cursing: The sin of expressing hope that evil or harm will happen to someone or something.
- Impiety: The sin of lacking reverence or proper respect for God.
- Scandal: The sin of giving bad example which leads another into sin.
- Make Satisfaction For: Making up for some wrong-doing.
- Swear: To make an oath.
- False Oath: An oath that calls on God to witness to the truth of what is said although we are lying.
- Sacred Objects: Objects that are set apart for the worship of God.

Name: \_\_\_\_\_

### Vows and Oaths

Answer the following questions in complete sentences.

1. What is a vow?  
A vow is a promise made to God of some good that is pleasing to him.
2. What vows do members of religious orders make?  
Members of religious orders make vows of poverty, chastity, and obedience.
3. What vows do husbands and wives make?  
Husbands and wives make vows of fidelity.
4. How does the Second Commandment affect vows?  
The Second Commandment requires us to fulfill the vows and promises we have made.
5. How is making a vow different from swearing an oath?  
With a vow, we promise something to God, with an oath, we ask God to witness to the truth of what we say.
6. Are we expected to speak the truth when we swear an oath?  
Yes.



Name: \_\_\_\_\_

### Holy People and Things

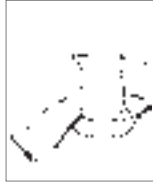
Anything blessed or consecrated to God is holy. Make a list of some holy things and people, and explain the use of each in God's service. Some examples are given to help you. Answers will vary.

- Priest: \_\_\_\_\_
- Church: \_\_\_\_\_
- Holy Water: \_\_\_\_\_
- Advent Wreath: \_\_\_\_\_
- Rosary: \_\_\_\_\_
- Chalice: \_\_\_\_\_
- \_\_\_\_\_ : \_\_\_\_\_
- \_\_\_\_\_ : \_\_\_\_\_
- \_\_\_\_\_ : \_\_\_\_\_
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## Vessels used in the Liturgy



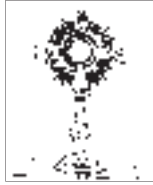
chalice and paten



lavabo



ciborium



monstrance

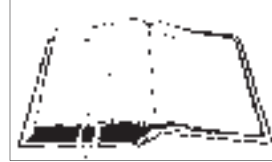


cruets

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B - 5

## Other items used at Mass



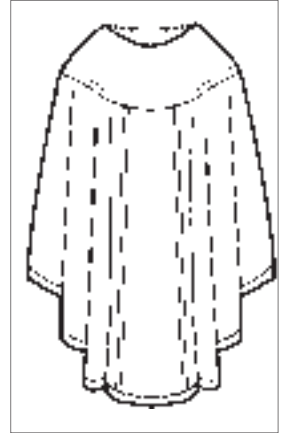
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altar linens



alb and stole



chasuble

B - 6

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