

THE NEW
SAINT JOSEPH
BALTIMORE
CATECHISM



OFFICIAL REVISED EDITION

•
Explained By

FATHER BENNET, C.P.

MOST UP-TO-DATE • CLEARLY EXPLAINED • ILLUSTRATED
BIBLE READINGS • STUDY HELPS • LITURGY • MASS PRAYERS

No. 1

PRAYER TO THE HOLY SPIRIT

COME, HOLY SPIRIT, fill the hearts of Thy faithful
and enkindle in them the fire of Thy love.

℣. Send forth Thy Spirit and they shall be created.

℟. And Thou shalt renew the face of the earth.

LET US PRAY

O God, who didst instruct the hearts of the faithful
by the light of the Holy Spirit, grant us in the same
Spirit to be truly wise, and ever to rejoice in His con-
solation. Through Christ Our Lord. Amen.

*An indulgence of 5 years. A plenary indulgence on the usual
conditions, provided this prayer has been recited daily for a month.*

INDULGENCES

For Teaching or Studying Christian Doctrine

The faithful who devote twenty minutes to a half
hour to teaching or studying Christian Doctrine, may
gain:

*An indulgence of 3 years. A plenary indulgence on
the usual conditions twice a month, if the above prac-
tice is carried out at least twice a month.*

— *Apostolic Brief, March 12, 1930; S. P. Ap., May 26, 1949.*

For Reading the Bible

The faithful who read the Bible for at least a quarter
of an hour, with the reverence due to the Divine Word
and as spiritual reading may gain:

An indulgence of 3 years.

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SAINT JOSEPH BALTIMORE CATECHISM

THE TRUTHS OF OUR CATHOLIC FAITH
CLEARLY EXPLAINED AND ILLUSTRATED

With Bible Readings, Study Helps
and Mass Prayers

•
OFFICIAL REVISED EDITION

No. 1

Explained by

REV. BENNET KELLEY, C.P.



Gianna
Romano

8th
grade

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This Edition of the
BALTIMORE CATECHISM
is dedicated to
SAINT JOSEPH
the Foster Father of
JESUS
the First Teacher of these truths.

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INTRODUCTION

THE purpose of religious instruction is to teach Christ. The teacher aims at presenting to the children the words of Christ and even more the Person of Christ, Who is *the* Word in which is contained all truth.

It is chiefly through the inspired pages of Sacred Scripture and the divinely guided actions of the Sacred Liturgy that we come to know the Person of Christ. The better we know and love the Person of Christ, the more we will be able to understand the meaning of what He tells us. A Catechism helps us to understand the meaning of what Christ has taught, but we will understand the Catechism only to the extent that we aim at understanding Christ Himself.

The Baltimore Catechism is the official Catechism of the Confraternity of Christian Doctrine, and has been the standard text for Catholic schools in the United States for many years.

St. Joseph's Baltimore Catechism Number One is a new approach to the Baltimore Catechism. Its aim is to take the main point of each lesson and to show how that is illustrated or exemplified in some event of Sacred Scripture. The concrete picture language of the Bible will be a big help to the child to understand better the main truths presented in the more abstract language of the questions and answers of the official Baltimore Catechism.

We would like to note here, though, that nothing is completely new in the Church, not even the kerygmatic approach to the teaching of religion, which is aimed at here. The Kerygma of the Gospel, heralding of the Good News of Salvation in the Person of Jesus Christ, is as old as the Church. But in our times there is, thank God, a renewed emphasis on this as the fundamental way to present Christianity to children, instead of putting so much emphasis on individual truths of the faith that the simple focus on Him who is Truth Itself was not always maintained. Under the influence of the Holy Spirit, we should endeavor to use the best of new and old.

In this catechism, each lesson begins with an illustration from the Bible which is explained for the child. From the Scriptural

example the child will find it easy to grasp the main idea of the lesson. It will not then be too difficult for the teacher to explain the individual questions. A more detailed explanation of the questions and answers themselves is given in St. Joseph's Baltimore Catechism Number Two.

With each lesson other readings from the Bible are suggested. The object is to introduce the child even at an early age to the Bible itself where we have the Person and message of Our Lord Jesus Christ presented by the Holy Spirit Himself. And just as Our Lord knew how to present His divine message even to children, so will the pages of Sacred Scripture have much to say even to very young minds and hearts. They will not understand everything they read, but they will get much out of it, and if they are given a love for the Bible, they will read and understand more later on. If they learn to love the Bible, they will fall in love with Christ.

With each lesson suggestions are made for incorporating the liturgy. The exercise is described as a liturgical *action*, something the children can do together. It is suggested that when a Psalm is given as an example, the children be divided into two groups (perhaps boys and girls) and recite it alternately. If they can learn to sing what is suggested, that would be better yet. It is not expected that all the examples of liturgical actions will be used, as time or the ability of the children may not permit it. But the more they are used, the better. It will give the children a greater sense of community, of being together in their worship of Christ, and through this a greater sense of the Mystical Body and a greater sense of Christ Himself. This is the object of the Catechism and it is the hope of the author that this will be achieved by those who use it.

FATHER BENNET, C.P.

CONTENTS

The Sign of The Cross	6	Acts of Hope, Love, Contrition	7
The Lord's Prayer	6	Morning Offering	7
The Hail Mary	6	The Angelus	8
Glory Be to the Father	6	The Regina Coeli	9
The Apostles' Creed	6	Hail Holy Queen	9
The Confiteor	6	Prayers Before and After Meals	9
Act of Faith	7		

Part I: THE CREED

Lesson	Page	Lesson	Page
1. The Purpose of Man's Existence	11	8. The Redemption	40
2. God and His Perfections .	15	9. The Holy Ghost and Grace	48
3. The Unity and Trinity of God	19	10. The Virtues and Gifts of the Holy Ghost	52
4. Creation and the Angels ..	22	11. The Catholic Church	56
5. The Creation and the Fall of Man	26	12. The Marks of the Church .	60
6. Actual Sin	30	13. The Communion of Saints and Forgiveness of Sins ..	64
7. The Incarnation	35	14. The Resurrection and Life Everlasting	68

Part II: THE COMMANDMENTS

15. The Two Great Commandments	73	20. The Seventh, Eighth, Ninth, and Tenth Commandments of God	95
16. The First Commandment of God	77	21. The Commandments of the Church: The First and Second Commandments	100
17. Honoring the Saints, Relics, and Images	81	22. The Third, Fourth, Fifth and Sixth Commandments of the Church	105
18. The Second and Third Commandments of God	85		
19. The Fourth, Fifth, and Sixth Commandments of God ..	90		

Part III: THE SACRAMENTS AND PRAYER

23. The Sacraments	111	33. Temporal Punishment and Indulgences	159
24. Baptism	116	34. Anointing of the Sick and Holy Orders	163
25. Confirmation	120	35. Matrimony	167
26. The Holy Eucharist	124	36. The Sacramentals	170
27. The Sacrifice of the Mass .	129	37. Prayer	172
28. Holy Communion	134	Appendix:	
29. Penance	139	Why I am a Catholic	176
30. Contrition	144		
31. Confession	149		
32. How to Make a Good Confession	153		

Dictionary and Index	179	The Holy Rosary	184
The Stations of the Cross ..	186	The Holy Sacrifice of the Mass	187

PRAYERS FOR EVERY DAY

THE SIGN OF THE CROSS

IN the name of the Father, and of the Son, and of the Holy Ghost. Amen. (3 years' indulgence; with holy water, 7 years)

THE LORD'S PRAYER

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

THE HAIL MARY

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

GLORY BE TO THE FATHER

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

THE APOSTLES' CREED

I BELIEVE IN GOD, the Father Almighty, Creator of heaven and earth; and in Jesus Christ, His only Son, Our Lord; Who was conceived by the Holy Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He arose again from the dead; He ascended into heaven, sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

THE CONFITEOR

I CONFESS to Almighty God, to blessed Mary ever Virgin, to blessed Michael the Archangel, to blessed John the Baptist, to the holy Apostles Peter and Paul, and to all the saints, that I have sinned exceedingly in thought, word and

deed, through my fault, through my most grievous fault. Therefore, I beseech blessed Mary ever Virgin, blessed Michael the Archangel, blessed John the Baptist, the holy Apostles Peter and Paul, and all the saints, to pray to the Lord our God for me.

May Almighty God have mercy on me, and forgive me my sins, and bring me to everlasting life. Amen.

May the Almighty and merciful Lord grant me pardon, absolution, and remission of all my sins. Amen.

AN ACT OF FAITH

O MY GOD, I firmly believe that Thou art one God in three Divine Persons, Father, Son, and Holy Ghost; I believe that Thy divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because Thou hast revealed them, Who canst neither deceive nor be deceived.

(3 years)

AN ACT OF HOPE

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

(3 years)

AN ACT OF LOVE

O MY GOD, I love Thee above all things, with my whole heart and soul, because Thou art all-good and worthy of all love. I love my neighbor as myself for the love of Thee. I forgive all who have injured me, and ask pardon of all whom I have injured.

(3 years)

AN ACT OF CONTRITION

O MY GOD, I am heartily sorry for having offended Thee, and I detest all my sins, because of Thy just punishments, but most of all because they offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy grace, to sin no more and to avoid the near occasions of sin.

(3 years)

MORNING OFFERING

O MY GOD, I offer Thee all my prayers, works, and sufferings, in union with the Sacred Heart of Jesus, for the

intentions for which He pleads and offers Himself in the Holy Sacrifice of the Mass, in thanksgiving for Thy favors, in reparation for my offenses, and in humble supplication for my temporal and eternal welfare, for the conversion of sinners, and for the relief of the poor souls in purgatory.

I wish to gain all the indulgences attached to the prayers I shall say and to the good works I shall perform this day.

ANOTHER MORNING OFFERING

O JESUS, through the Immaculate Heart of Mary, I offer Thee my prayers, works, joys and sufferings of this day for the intentions of Thy Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and in particular for all the intentions of this month (*mention intention if known*).

THE ANGELUS

℣. The angel of the Lord declared unto Mary.

℞. And she conceived of the Holy Ghost.

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

℣. Behold the handmaid of the Lord.

℞. Be it done unto me according to thy word. *Hail Mary, etc.*

℣. And the Word was made flesh.

℞. And dwelt among us. *Hail Mary, etc.*

℣. Pray for us, O holy Mother of God.

℞. That we may be made worthy of the promises of Christ.

Let us Pray. Pour forth, we beseech Thee, O Lord, Thy grace into our hearts, that we to whom the Incarnation of Christ, Thy Son, was made known by the message of an angel, may by His passion and cross be brought to the glory of His resurrection, through the same Christ Our Lord. Amen. (10 years each time, if recited at dawn, at noon and at eventide, or as soon thereafter as possible)

REGINA COELI

(Said during Eastertide instead of the Angelus)

Queen of heaven, rejoice, Alleluia.

For He Whom thou didst deserve to bear, Alleluia.

Hath risen as He said, Alleluia.

Pray for us to God, Alleluia.

V. Rejoice and be glad, O Virgin Mary! Alleluia.

R. Because Our Lord is truly risen, Alleluia.

Let us Pray. O God, Who by the resurrection of Thy Son, Our Lord Jesus Christ, hast vouchsafed to make glad the whole world, grant, we beseech Thee, that, through the intercession of the Virgin Mary, His Mother, we may attain the joys of eternal life. Through the same Christ Our Lord. Amen. (At Eastertide same indulgence as for the Angelus)

HAIL, HOLY QUEEN

HAIL, Holy Queen, Mother of Mercy, hail, our life, our sweetness, and our hope! To thee do we cry, poor banished children of Eve! To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, thine eyes of mercy toward us; and after this, our exile, show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

(5 years)

THE BLESSING BEFORE MEALS

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

GRACE AFTER MEALS

✠ We give Thee thanks for all Thy benefits, O Almighty God, Who livest and reignest forever. Amen. (300 days)

May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

EJACULATIONS

MY JESUS, mercy. (300 days) Most Sacred Heart of Jesus, have mercy on us. (500 days) Mother of Mercy pray for us. (300 days) Jesus, Mary and Joseph, bless us now and at the hour of our death. (300 days)

Part I: THE CREED



JESUS IS OUR GOOD SHEPHERD



The sheep of Jesus follow Him to heaven

1. THE PURPOSE OF MAN'S EXISTENCE

We read in the Holy Bible:

"I am the Good Shepherd, and I know Mine and Mine know Me" (John 10, 14).

"He who enters by the door is shepherd of the sheep. To this man the gatekeeper opens, and the sheep hear his voice, and he calls his own sheep by name and leads them forth . . . , and the sheep follow him because they know his voice" (John 10, 2-4).

EXPLANATION

Jesus leads us to Heaven

God made us to live with Him in His happy home in heaven. So He sent His Son, Jesus Christ, to lead

us to heaven. Jesus leads us with love and with protection as a good shepherd leads his flock.

Jesus teaches us to worship God

As we follow Jesus, He wants us, His sheep, to love one another, to help one another, to be kind to one another. He wants us to serve God and worship God together. Worship of God is called the **liturgy**. God is pleased when we join together to worship Him. The Mass is the greatest act in the liturgy. Jesus gave us the Mass at the Last Supper. When we take part in the Mass, we worship God. And we follow Christ, our Good Shepherd.

Practice: Follow Jesus by imitating Him in all things, then you will be sure of reaching heaven.

CATECHISM

1. Who made us?
God made us.
2. Who is God?
God is the Supreme Being who made all things.
"Supreme Being" means "Someone above all other beings."
3. Why did God make us?
God made us to show forth His goodness and to share with us His everlasting happiness in heaven.
4. What must we do to gain the happiness of heaven?
To gain the happiness of heaven we must know, love, and serve God in this world.



Jesus guides
us on the way
to heaven

5. From whom do we learn to know, love and serve God?

We learn to know, love, and serve God from Jesus Christ, the Son of God, who teaches us through the Catholic Church.

The Church is the flock of Christ. In this flock we follow the Good Shepherd. We listen to Him teaching us what to do.

6. Where do we find the chief truths taught by Jesus Christ through the Catholic Church?

We find the chief truths taught by Jesus Christ through the Catholic Church in the Apostles' Creed.

It is called the "Apostles' Creed" because in it are all the chief truths which Christ taught His Apostles.

7. Say the Apostles' Creed.

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

DISCUSSION QUESTIONS

1. What is the purpose of our life on earth?
2. Can we get to heaven without loving God?
3. What three things are necessary to get to heaven?
4. From whom do we learn about God?
5. Who is our Good Shepherd?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. There is more than one Supreme Being.
2. God's Son taught us about God.
3. God did not make everything in the world.
4. God made us for happiness in heaven.
5. The Apostles' Creed contains the chief truths taught by Jesus.

FILL IN THE BLANKS

1. God wants us to share with Him in heaven.
2. To reach heaven we must,, and God.
3. We learn about God from His Son
4. Jesus Christ teaches us through the
5. The chief truths Christ taught us are in the
.....

OTHER READINGS FROM THE BIBLE

1. Knowing God, John 17, 3; loving God, Luke 10, 25-28; serving God, John 12, 24-26.
2. Listening to the Church, Matthew 28, 19-20; John 20, 21.

CLASS LITURGICAL ACTION

Learn to say together the "Our Father."

2. GOD AND HIS PERFECTIONS



The power and wisdom of God were shown when Jesus calmed the storm

**“I believe in God, the Father Almighty,
Creator of heaven and earth . . .”**

We read in the Holy Bible:

“And He [Jesus] said to them [the disciples] on that day . . . , ‘Let us cross over to the other side.’ And sending away the crowd, they took Him . . . in the boat . . . And there arose a great squall [storm], and the waves were beating into the boat, so that the boat was now filling. And He Himself was in the stern [back] of the boat . . . asleep. And they woke Him and said to Him, ‘Master, does it not concern You that we are perishing?’ Then rising up, He . . . said . . . ‘Peace, be still!’ And the wind fell and there came a great calm” (Mark 4, 35-39).

EXPLANATION

Jesus taught us about His Father

We cannot see God. Jesus, the Son of God, came to earth to teach us about His Father in heaven. "No one has at any time seen God. The only-begotten Son . . . He has revealed Him" (John 1, 18). By word and by action, Jesus showed us what the Father is like.

God knows all things

By calming the storm at sea, Jesus showed us, first, that the Father knows all things. Even though He was asleep, He knew there was a storm. God is **all-knowing**.

God can do all things

Second, Jesus showed us that God can do all things. Science tells us that a storm has the power of many atom bombs. Yet with only a word, Our Lord calmed the storm. God is **almighty**.

God is all-good

Third, Jesus showed us that God is **all-good**. He calmed the storm so that no harm would come to those He loved.

All these qualities of God are called His "perfections." He has these powers without limit.

We praise the perfections of God in the Mass, especially in the *Gloria*. We call this "adoration."

Practice: Praise God and His perfections by going to Mass as often as you can.

C A T E C H I S M

8. What do we mean when we say that God is the Supreme Being?

When we say that God is the Supreme Being we mean that He is above all creatures.

9. What do we mean when we say that God is eternal?

When we say that God is eternal we mean that He always was and always will be, and that He always remains the same.

10. What do we mean when we say that God is all-knowing?

When we say that God is all-knowing we mean that He knows all things, past, present, and future, even our most secret thoughts, words and actions.

We may be able to hide things from other people, but we cannot hide anything from God. He knows everything.

11. What do we mean when we say that God is all-present?

When we say that God is all-present we mean that He is everywhere.

God is right in this room, even though we cannot see Him.

He is always with us to help and protect us.



God is always with us

12. Does God see us?

God sees us and watches over us with loving care.

13. What do we mean when we say that God is almighty?

When we say that God is almighty we mean that He can do all things.

There is a limit to what man can do. But there is no limit to what God can do. He has all power.

DISCUSSION QUESTIONS

1. What do we mean by God's perfections?
2. What are some of God's perfections?
3. Does man have any of these perfections?
4. Did God have a beginning?
5. Can we hide from God?

YES OR NO (Explain your answer.)

1. Is the power of God limited?
2. Does God see all things?
3. Does God know everything we do?
4. Is God only in church?
5. Is the future known to God?

FILL IN THE BLANKS

1. We call God the Being.
2. God knows our most secret,
and
3. God can do all things because He is
4. God will always exist because He is
5. Because God is everywhere He is

OTHER READINGS FROM THE BIBLE

1. God is supreme (Question 8), Matthew 4, 8-10.
2. God is all-knowing and all-present (Questions 10-12), Psalm 138.
3. God can do all things (Question 13), Luke 1, 35-37.

CLASS LITURGICAL ACTION

Learn to say (or sing) together the *Gloria* of the Mass.



Jesus sent His Apostles forth in the name of the Blessed Trinity

3. THE UNITY AND TRINITY OF GOD

We read in the Holy Bible:

“Jesus drew near and spoke to them saying, ‘All power in heaven and on earth has been given to Me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you . . .’” (Matthew 28, 18-20).

EXPLANATION

Three Persons in one God

Jesus told His disciples to baptize “in the name of the Father, and of the Son, and of the Holy Spirit.” He made it clear that He and the Father

and the Holy Spirit (or Holy Ghost), are ONE. They are **different Persons**, but only ONE GOD.

The mystery of the Trinity

How there are three Persons in one God is a mystery. It is something we cannot understand. But we believe it because Jesus told us. We will not understand it until we reach heaven. We call this mystery of three Persons in ONE God the "BLESSED TRINITY."

Practice: Think of the Blessed Trinity when you make the Sign of the Cross.

CATECHISM

14. Is there only one God?

Yes, there is only one God.

15. How many Persons are there in God?

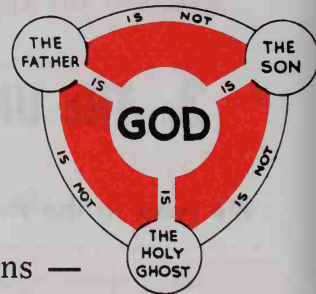
In God there are three Divine Persons — the Father, the Son, and the Holy Spirit.

We may compare the three Persons in one God to three persons in a human family: father, mother and child. But the big difference is that three Persons in God are ONE GOD.

God the Father is the *first* Person. God the Son, Jesus Himself, is the *second* Person. And God the Holy Spirit is the *third* Person. THREE PERSONS, BUT ONLY ONE GOD.

16. What do we mean by the Blessed Trinity?

By the Blessed Trinity we mean one and the same God in three Divine Persons.



DISCUSSION QUESTIONS

1. How many Persons are in God's heavenly family?
2. How do we know this?
3. What are the names of the Persons in God?
4. What do we call this mystery of three Persons in one God?
5. When will we know all about this mystery?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. God the Father is the second Person in God.
2. God the Son is the third Person in God.
3. Three Persons in one God is a mystery.
4. There are only two Persons in God.
5. Jesus told us about the mystery of the Blessed Trinity.

FILL IN THE BLANKS

1. In God there are Divine Persons.
2. God the Father is the Person.
3. God the Son is the Person.
4. God the Holy Spirit is the Person.
5. The mystery of three Persons in one God is called the

OTHER READINGS FROM THE BIBLE

1. The Baptism of Jesus, where all three Persons are mentioned, Matthew 3, 13-17.
2. Jesus and His Father, John 5, 17-21.
3. Jesus and the Holy Spirit, John 14, 25-26.

CLASS LITURGICAL ACTION

Learn to say (or sing) together, the *Sanctus* of the Mass, praising the Blessed Trinity.



Jesus spoke of our Guardian Angels

4. CREATION AND THE ANGELS

We read in the Holy Bible:

"See that you do not despise one of these little ones; for I tell you, their angels in heaven always behold [see] the face of My Father in heaven" (Matthew 18, 10).

EXPLANATION

God created all things

Some of God's creation we can see. For example, the world in which we live and all that is in it. But there is a part of God's creation which we cannot see. Our Lord, Who knows all things, told us about this unseen creation.

God created the angels

The angels are spirits. We cannot see them. They are not weighed down by having a body. They have great knowledge and power.

The bad angels

Some angels were not faithful to God. They would not obey Him. They were cast out of heaven. They are called "devils."

Guardian Angels

Each one of us has a good angel to watch over us and keep us from harm. Our guardian angels give us good thoughts and help us to stay close to God. It is about these angels that Jesus is talking to His disciples in the picture.

Practice: Ask your guardian angel to help you in time of temptation.

CATECHISM

17. What do we mean when we say that God is the Creator of heaven and earth?

When we say that God is the Creator of heaven and earth we mean that He made all things from nothing.

Man has to have some kind of material when he makes something. He has to have stone to build a church. But God can make something from nothing.

18. Which are the chief creatures of God?

The chief creatures of God are angels and men.

19. What are angels?

Angels are created spirits, without bodies.

The angels cannot be seen or heard or touched. They have much greater power than man has and they know much more.

20. Did all the angels remain faithful to God?

Not all the angels remained faithful to God; some of them sinned.

21. What happened to the angels who remained faithful to God?

The angels who remained faithful to God entered into the eternal happiness of heaven, and these are called good angels.

The good angels are always before the throne of God. They love and adore Him and do what He asks of them.

22. How do the good angels help us?

The good angels help us by praying for us, by acting as messengers from God to us, and by serving as our guardian angels.

**Our Guardian
Angel protects us**

**23. What happened to the angels who did not remain faithful to God?**

The angels who did not remain faithful to God were cast into hell, and these are called bad angels, or devils.

The bad angels use their great power and knowledge to tempt us to sin. But our guardian angels help us not to listen to the bad angels.

DISCUSSION QUESTIONS

1. Whose face do the angels always see?
2. Why couldn't you become an angel?
3. Did all the angels obey God?
4. What happened to the bad angels?
5. What do the good angels do?

YES OR NO

(Explain your answer.)

1. Do some of the angels have bodies?
2. Were the bad angels cast out of heaven?
3. In the picture, is Jesus talking about guardian angels?
4. Sometimes did the good angels disobey God?
5. Did the bad angels lose their great power and knowledge?

FILL IN THE BLANKS

1. The angels have no
2. The bad angels are called
3. Each of us has a angel.
4. The good angels are in
5. The bad angels are in

OTHER READINGS FROM THE BIBLE

1. The Angel Gabriel appears to Zachary, Luke 1, 5-20, and then to Mary, Luke 1, 26-38.

2. The devil tempts Our Blessed Lord, and the good angels come to Him afterward, Matthew 4, 1-11.

3. The angel who consoled Our Lord when He was sad in the Garden of Gethsemani, Luke 22, 39-43.

CLASS LITURGICAL ACTION

Say together the Preface of the Mass, and learn to say (or sing) by heart the *Sanctus*. This is the prayer of the angels, as described in Isaia 6.



Adam and Eve had to choose between loving God most
or loving themselves most

5. THE CREATION AND THE FALL OF MAN

We read in the Holy Bible:

"God created man in His image [likeness]. In the image of God He created him. Male and female He created them" (Genesis 1, 27).

"The Lord God took the man and placed him in the garden of Eden And the Lord God commanded the man thus, 'From every tree of the garden you may eat; but from the tree of the knowledge of good and evil you must not eat; for the day you eat of it, you must die'" (Genesis 2, 15-17).

"But the serpent said to the woman, 'No, you shall not die; for God knows that when you eat of it, your eyes will be opened and you will be like God, knowing good and evil'" (Genesis 3, 4-5).

EXPLANATION

Our first parents

God made Adam and Eve. They were the first man and woman. God made all things on earth for them, for their children, and for all who would come after them.

The two trees

But Adam and Eve had to make a choice. They had to choose who would be first in their lives. Would it be God—or themselves? Would they choose to serve God and eat of the Tree of Life or to serve themselves and eat of the tree of knowledge of good and evil?

Original sin

The devil tempted Eve first and she led Adam into sin. They chose the forbidden fruit. This means they chose to please themselves instead of God. This was the first, or **ORIGINAL** sin.

Practice: Please God always even when this means doing something hard.

CATECHISM

24. What is man?

Man is a creature composed of body and soul, and made to the image and likeness of God.

God made us like Himself. God's greatest powers are to *know* and to *love*. He has these powers without limit. He gave us a share in these great powers.

25. Who were the first man and woman?

The first man and woman were Adam and Eve.

26. What commandment did God give Adam and Eve?

God gave Adam and Eve the commandment not to eat of the fruit of a certain tree that grew in the Garden of Paradise.

27. Did Adam and Eve obey the commandment of God?

Adam and Eve did not obey the commandment of God, but ate of the forbidden fruit.

Adam and Eve misused the powers God gave them. They loved themselves more than God. They wanted to have the power and knowledge that God has. They deliberately sinned against God.

28. What happened to Adam and Eve on account of their sin?

On account of their sin Adam and Eve lost sanctifying grace and the right to heaven, and were driven from the Garden of Paradise.

29. What has happened to us on account of the sin of Adam?

On account of the sin of Adam we come into the world without grace, and we inherit his punishment.

30. What is this sin in us called?

This sin in us is called original sin.

Original sin in us means that we are born without God's life of grace in us and we are filled with selfishness. Baptism gives us grace but we still have to work to get rid of our selfishness.



We are all born selfish

31. Was any human person ever free from original sin?

The Blessed Virgin Mary was free from original sin, and this favor is called her Immaculate Conception.

DISCUSSION QUESTIONS

1. What two great powers did God give us?
2. What command did God give Adam and Eve?
3. What did He say would happen if they disobeyed?
4. Why did they disobey God?
5. What happens to us because they disobeyed God?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. We committed original sin.
2. Man has a body and a soul.
3. Adam and Eve spent all their lives in the Garden where God put them.
4. Baptism removes original sin.
5. God made us like Himself.

FILL IN THE BLANKS

1. Adam and Eve lost the right to go to
 2. Man is made to the likeness of
 3. Adam and Eve did not God's command.
 4. We are born without God's life of
 5. The sin Adam and Eve committed is called
-

OTHER READINGS FROM THE BIBLE

1. The story of Creation, Genesis 1 and 2.
2. Man's fall and the promise of a Redeemer, Genesis 3.

CLASS LITURGICAL ACTION

Have the class read together Psalm 50. It expresses well this lesson. If it is too difficult, have the class repeat the Baptismal Promises from the Easter Vigil.



Herod drove Jesus out of his life by sin

6. ACTUAL SIN

We read in the Holy Bible:

“Now when Jesus was born in Bethlehem of Judea, in the days of King Herod, behold, Magi came from the East to Jerusalem, saying, ‘Where is He that is born King of the Jews? For we have seen His star in the East and have come to worship Him.’ But when King Herod heard this, he was troubled, and so was all Jerusalem with him” (Matthew 2, 1-3).

King Herod asked the Magi to return to him. But God warned the Magi not to return to Herod. God told Joseph to take Jesus and His Mother into Egypt.

“Then Herod, seeing that he had been tricked by the Magi, was exceedingly angry; and he sent and slew [killed] all the

boys in Bethlehem . . . who were two years old or under, according to the time that he had carefully ascertained [learned] from the Magi" (Matthew 2, 16).

EXPLANATION

Sin offends God

Here we have a terrible example of what sin is. The sin Herod committed was a big sin, a mortal sin. And every mortal sin is something like the sin of Herod. Every mortal sin drives Our Lord out of the life of the one who commits it.

Little sins grow into big sins

But this was not the first mortal sin Herod committed. All his life Herod did not want anyone to be over him or to tell him what to do, not even God. So he committed little sins when he was small and big sins when he was big.

How our sins can grow

Let us remember what Jesus has said: "He who is faithful in a very little thing is faithful also in much; and he who is unjust in a very little thing is unjust also in much" (Luke 16, 10). Those who commit venial sins on purpose when they are young and do not try to do better will commit big sins when they grow up. They will drive Jesus out of their life the way Herod did.

Practice: Look at a crucifix each day and think how much Jesus suffered for our sins.

C A T E C H I S M

32. Is original sin the only kind of sin?

Original sin is not the only kind of sin; there is another kind, called actual sin, which we ourselves commit.

We did not commit original sin, but we do commit actual sin.

33. What is actual sin?

Actual sin is any willful thought, desire, word, action, or omission forbidden by the law of God.

34. How many kinds of actual sin are there?

There are two kinds of actual sin: mortal sin and venial sin.

A. MORTAL SIN

35. What is mortal sin?

Mortal sin is a grievous offense against the law of God.

36. Why is this sin called mortal?

This sin is called mortal because it takes away the life of the soul.

A serious, or mortal, sin drives Our Lord out of the life of the one who commits it.

Little boys and girls are not usually in danger of committing mortal sins. But they can commit little sins. And if they commit venial sins on purpose when they are small and do not try to avoid them, they will commit big sins when they grow up.

37. What three things are necessary to make a sin mortal?

To make a sin mortal these three things are necessary:

first, the thought, desire, word, action or omission must be seriously wrong or considered seriously wrong;

second, the sinner must know it is seriously wrong;

third, the sinner must fully consent to it.

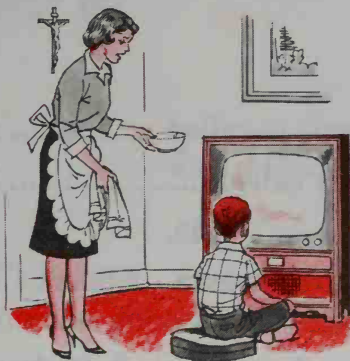
B. VENIAL SIN

38. What is venial sin?

Venial sin is a less serious offense against the law of God.

Some venial sins are deliberate. This means they are committed on purpose. These displease Our Lord. Some venial sins are not fully deliberate. They are committed through fear or without thinking. If we are sorry afterwards and do our best to improve, Our Lord is pleased.

For example: Suppose a boy says "no" to his mother without thinking when she asks him to help with the dishes in the middle of his favorite TV show. But afterward he thinks of how Our Lord said "Yes" to His Father, even when His Father asked Him to die on the Cross for us. If that boy is sorry for saying "no" and is willing to say "yes" to his mother the next time, no matter how good the program is, then Our Lord is pleased.



39. How can a sin be venial?

A sin can be venial in two ways:

- first**, when the evil done is not seriously wrong;
 - second**, when the evil done is seriously wrong, but the sinner sincerely believes it is only slightly wrong, or does not give full consent to it.
-

DISCUSSION QUESTIONS

1. Why did Herod want to kill Jesus?
2. What does mortal sin do to the soul?

3. If we commit venial sin without thinking or through carelessness, is God displeased? Explain.

4. Why should we avoid committing venial sin on purpose?

5. What helps us not to commit sin on purpose?

YES OR NO (Explain your answer.)

1. Was King Herod a good king?
2. Are there two kinds of actual sin?
3. Is mortal sin a bad sin?
4. Do we commit actual sin?
5. Is venial sin a serious sin against God's laws?

FILL IN THE BLANKS

1. The sin we ourselves commit is called sin.
2. The sin we are born with is called sin.
3. A small sin is called a sin.
4. The sin that Herod committed was a
sin.
5. Mortal sin is a offense against God.

OTHER READINGS FROM THE BIBLE

1. Sin makes the sinner want to hide, John 3, 16-21.
2. Sin makes the sinner a slave, John 8, 31-36.
3. Sin makes Jesus sad, Luke 13, 34-35, and 19, 29-48.

CLASS LITURGICAL ACTION

Say the *Confiteor* together and learn it by heart.



The Annunciation — The angel Gabriel told Mary that her Son Jesus, the Lamb of God, would come to her by the power of the Holy Spirit

7. THE INCARNATION

“I believe . . . in Jesus Christ, His only Son, Our Lord; Who was conceived by the Holy Spirit born of the Virgin Mary . . . ”

We read in the Holy Bible:

The Annunciation

“The angel Gabriel was sent from God to a town of Galilee called Nazareth, to a virgin betrothed [promised in marriage] to a man named Joseph, of the house of David, and the virgin’s name was Mary. And when the angel had come to her, he said ‘Hail, full of grace, the Lord is with you. Blessed are you among women.’ When she had heard him she was troubled at his word . . .

"And the angel said to her, 'Do not be afraid, Mary, for you have found grace with God. Behold you . . . shall bring forth a Son; and you shall call His name Jesus. He shall be great, and shall be called the Son of the Most High. . . .'

"'The Holy Spirit shall come upon you and the power of the Most High shall overshadow you; and therefore the Holy One to be born shall be called the Son of God.' . . .

"Mary said, 'Behold the handmaid of the Lord; be it done to me according to your word.' And the angel departed from her" (Luke 1, 26-38).

EXPLANATION

God wanted to send His Son to earth

God wanted to send His Son to earth to save men from their sins. He wanted Him to be born and grow up and work and suffer with us and for us. So He asked Mary to be the Mother of His Son. She knew her Son would have to suffer and die for the sins of men, and she would feel it with Him. But she wanted everything God wanted, no matter what the cost. So she said, "Yes." Then God sent His Son to her by the power of His Holy Spirit.

We read in the Holy Bible:

The Birth of Our Savior

"Now it came to pass in those days, that a decree [order] went forth from Cæsar Augustus that a census [counting of people] of the whole world should be taken. . . . And all were going, each to his own town, to register [sign his name].

"And Joseph also went from Galilee out of the town of Nazareth into Judea to the town of David, which is called

Bethlehem . . . together with Mary his . . . wife. . . . And it came to pass while they were there, that . . . she brought forth her firstborn Son, and wrapped Him in swaddling clothes, and laid Him in a manger, because there was no room for them in the inn" (Luke 2, 1-7).



Jesus, the Son of God and of Mary, was born in Bethlehem

EXPLANATION

Jesus came to live among us

Our Savior was born in a poor stable in Bethlehem. He came to share our poverty and give us His riches. He came to share our sufferings and give us His joy. He came to experience our littleness and give us a share in His greatness. He came to lead us to His Father in heaven. He was happy to do this because He loved us so much.

Practice: Accept all God asks of you as Mary did, and Jesus will come to live with you, too.

C A T E C H I S M

40. Did God abandon man after Adam fell into sin?

God did not abandon man after Adam fell into sin, but promised to send into the world a Savior to free man from his sins and to reopen to him the gates of heaven.

41. Who is the Savior of all men?

The Savior of all men is Jesus Christ.

42. What is the chief teaching of the Catholic Church about Jesus Christ?

The chief teaching of the Catholic Church about Jesus Christ is that He is God made man.

43. Is Jesus Christ more than one Person?

No, Jesus Christ is only one Person; and that Person is the second Person of the Blessed Trinity.

44. How many natures has Jesus Christ?

Jesus Christ has two natures: the nature of God and the nature of man.

A nature is WHAT someone is.

A person is WHO someone is.

45. When was Christ born?

Christ was born of the Blessed Virgin Mary on Christmas Day, in Bethlehem, more than nineteen hundred years ago.

Jesus had no earthly father. Saint Joseph was His foster father. He took the place on earth of Jesus' Father in heaven.

DISCUSSION QUESTIONS

1. What did God ask Mary to do?
2. How did God send His message to Mary?
3. What was her answer?
4. Why did God send His Son into the world?
5. Why was Our Lord born in a stable?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. There are two Persons in Jesus Christ.
2. There is only one nature in Jesus Christ.
3. God promised a Savior to free men from sin.
4. Jesus is both God and man.
5. Mary said “No” to the angel.

FILL IN THE BLANKS

1. God promised to send into the world a
2. Jesus Christ is both and man.
3. In Christ there is (are) Person(s).
4. Jesus Christ has nature(s).
5. Jesus Christ is the of all men.

OTHER READINGS FROM THE BIBLE

1. Our Lady was happy when she knew she was to be the Mother of God and she sang to God about it, Luke 1, 46-55, the *Magnificat*.
2. The shepherds visit the Savior, Luke 2, 8-20.
3. Christ came as the Light of the world, John 1, 1-18.
4. Christ came as the Son of God, Hebrews 1, 1-12.

CLASS LITURGICAL ACTION

Learn to say (or sing) together the *Magnificat*, our Lady's hymn of joy and gratitude for the Incarnation.



Jesus gave His life for His sheep and His Father welcomed Him into heaven

8. THE REDEMPTION

“I believe . . . in Jesus Christ . . . Who . . . suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell; the third day He arose again from the dead; He ascended into heaven, sitteth at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead . . . ”

We read in the Holy Bible:

“I am the Good Shepherd, and I know Mine and Mine know Me, even as the Father knows Me and I know the Father; and I lay down My life for My sheep. . . . For this reason the Father loves Me, because I lay down My life that I may take it up again. No one takes it from Me, but I lay it down of Myself. I have the power to lay it down, and I have the power to take it up again. Such is the command I have received from My Father” (John 10, 14-15, 17, 18).

EXPLANATION

Jesus came to show us how to love

Jesus knew His Father had sent Him to earth to lead His sheep to heaven. He had to show them how to walk in His footsteps of love. He had to show them how much He loved His Father so that they would love His Father that way, too.

He wanted to give His life for us

His Father had asked Him to die on a cross for our sins. Jesus was willing to do this freely. No one could force Him since His divine power could easily overcome the strength of all the men in the world. But Jesus loved us so much that He was willing to let bad men put Him to death.

Jesus went to Jerusalem to die for us

When the time had come for His Passion and Death, He went up to Jerusalem with His Apostles. He told them that He was going there on purpose to suffer and die and rise again.

We read in the Holy Bible:

"They were now on their way, going up to Jerusalem; and Jesus was walking on in front of them, and they were in dismay, and those who followed were afraid. And again taking the Twelve, He began to tell them what would happen to Him, saying, 'Behold, we are going up to Jerusalem, and the Son of Man will be betrayed to the chief priests and the Scribes; and they will condemn Him to death, and will deliver Him to the Gentiles; and they will mock Him, and spit upon Him, and scourge Him, and put Him to death; and on the third day He will rise again' " (Mark 10, 32-34).

EXPLANATION

Jesus died for our sins

That is exactly what happened. On that first Good Friday Jesus died for us. He took all the sins of the world on Himself and died that they might be destroyed.

The sins of the world had offended God very deeply. To make up for sin it was necessary to give God something that pleased Him more than sin displeased Him. Jesus our Good Shepherd did this for us by giving His Father the love of His Sacred Heart. When Our Lord died on the Cross the love in His Heart pleased His Father more than all the sins of the world displeased Him.

Jesus rose that we might rise

To show He was pleased, the Father raised the body of His Son from the dead and took Him to heaven with Himself. There Jesus prepares a place for His sheep who will follow Him by the power of His Precious Blood. We can now have our sins washed off so that we will be able to enter our home in heaven.

The vision of St. John

God gave St. John the Apostle a vision of heaven. There he saw the sheep washed by the blood of the Lamb going to drink the waters of life and to enjoy eternal happiness with God. This means that if we follow Christ along the way of the Cross, we will one day live with Him forever in the land of perfect love which is heaven.

We read in the Holy Bible about the Vision of St. John

"These are they who have come out of the great tribulation, [trouble] and have washed their robes and made them white in the blood of the Lamb. Therefore they are before the throne of God, and serve Him day and night . . . , He who sits upon the throne will dwell with them. They shall neither hunger nor thirst any more, neither shall the sun strike them nor any heat. For the Lamb Who is in the midst of the throne will shepherd them, and will guide them to the fountains of the waters of life, and God will wipe away every tear from their eyes" (Apoc. 7, 14-17).



**The Blood of Jesus cleanses and strengthens His sheep
to follow Him to heaven**

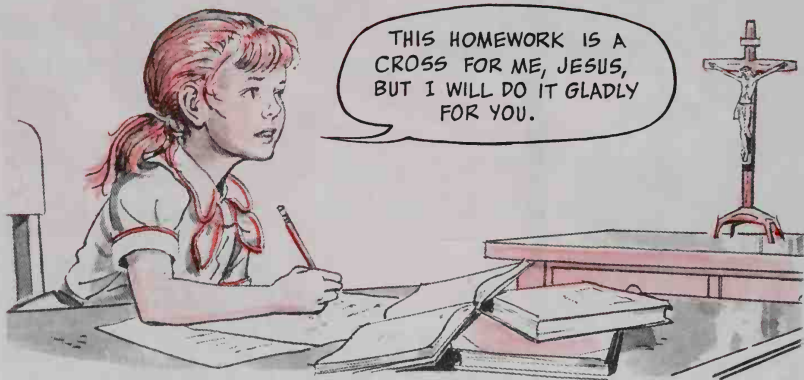
Happiness forever

The waters of God's love in heaven will make us so happy that we could never again be unhappy. Our hearts will be filled with the joy of God's love, and all our desires of love will be satisfied.

The Cross is our Tree of Life

Jesus has made the Cross a new Tree of Life so that we can get back again the life of grace that Adam and Eve lost for us by refusing the first Tree of Life. If we follow Christ, eating of the Tree of Life by our love for Him and by being willing to carry our daily cross after Him, then we, too, will die with Him and rise with Him.

Practice: Bear your small crosses with love, offering them up to God the Father as Christ offered Himself.



CATECHISM

46. What is meant by the Redemption?

By the Redemption is meant that Jesus Christ offered His sufferings and death to God in satisfaction for the sins of men.

The Redemption means **CHRIST DIED FOR OUR SINS** and rose to make us holy.

Christ redeemed, or saved us, by His loving obedience to the Father. He did God's will even to the point of dying on the Cross for us.

The sin of Adam and Eve and of all who lived after them had offended God the Father deeply. He loves us and is hurt when we fail to return love for love.

Christ's great act of love pleased the Father more than sin displeased Him. He accepted the sacrifice of His Son. He took Him to heaven as a sign that all who follow Christ and share in His sacrifice will also go to heaven.

Mary shared in the sacrifice of her Son. She suffered with Him at the foot of the Cross. Eve had refused God's will. Mary accepted God's will. She brought into the world the promised Redeemer Whose suffering and death won eternal life for us.

47. What do we learn from the sufferings and death of Christ?
From the sufferings and death of Christ we learn God's love for man and the evil of sin.

The suffering and death of Christ show us how much God loves man. We read in the Bible: "In this we have come to know His love, that He laid down His life for us" (1 John 3, 16).

His sufferings and death also teach us what a great evil sin is. Looking at the crucifix will help us to realize what sin does to the soul of man. Sin put Christ on the Cross.

48. What do we mean when we say in the Apostles' Creed that Christ descended into hell?

When we say that Christ descended into hell we mean that, after He died, the soul of Christ descended into a place or state of rest, called limbo, where the souls of the just were waiting for Him.

The word "hell" here does not mean the place where those souls go who have lost heaven forever. It means the place where the good souls were waiting until heaven was reopened by Christ. The souls of such good people as Abraham, Moses, and St. Joseph were in limbo waiting for Jesus.

49. When did Christ rise from the dead?

Christ rose from the dead, glorious and immortal, on Easter Sunday, the third day after His death.

50. When did Christ ascend into heaven?

Christ ascended, body and soul, into heaven on Ascension Day, forty days after His Resurrection.

51. What do we mean when we say that Christ sits at the right hand of God, the Father Almighty?

When we say that Christ sits at the right hand of God, the Father Almighty, we mean that Our Lord as God is equal to the Father, and that as man He has the highest place in heaven, next to God.

When we say that Christ "sits at the right hand of God" we do not mean that He is in heaven doing nothing. From heaven Christ rules over all men. He is our King. We celebrate the Feast of Christ the King on the last Sunday of October.

52. What do we mean when we say that Christ will come from thence to judge the living and the dead?

When we say that Christ will come from thence to judge the living and the dead, we mean that on the last day Our Lord will come to judge everyone who has ever lived in this world.

The Last Day is the day for which the Church is waiting and praying. It will be a glorious day for all who love Christ. Our Lord will destroy all the enemies of His sheep and lead His loved ones with Him to His Father in heaven.

DISCUSSION QUESTIONS

- 1 Why did God send His Son to earth?
2. Was Our Lord forced to die for us?
3. Why did He do it?

4. Did He know ahead of time what men would do to Him? Explain.
5. What washes us from our sins?

YES OR NO (Explain your answer.)

1. Does the Redemption mean that Christ died for our sins?
2. Did the soul of Christ go to heaven right away?
3. Will Christ come to earth again?
4. Did only the soul of Christ ascend into heaven?
5. Did Christ know ahead of time that He would die?

FILL IN THE BLANKS

1. Christ descended into a place of rest called
2. Christ's death and resurrection is called the
3. Christ rose from the dead on
4. He ascended into heaven days later.
5. Christ will come to the living and the dead.

OTHER READINGS FROM THE BIBLE

The sufferings and death of Our Lord:

1. Matthew 26 and 27.
2. Mark 14 and 15.
3. Luke 22 and 23.
4. John 18 and 19.

Reading even one of these accounts of the Passion of Our Lord will give a greater understanding and appreciation of what He did for us.

CLASS LITURGICAL ACTION

Learn to say (or sing) together the Agnus Dei "Lamb of God" of the Mass.



Jesus invites His sheep to drink of His spirit

9. THE HOLY SPIRIT AND GRACE

“I believe in the Holy Ghost . . .”

We read in the Holy Bible:

“Now on the last, the great day of the feast, Jesus stood and cried out, saying, ‘If anyone thirst, let him come to Me and drink. He who believes in Me, as the Scripture says, *From within him there shall flow rivers of living water.*’ He said this, however, of the Spirit, Whom they who believed in Him were to receive; for the Spirit had not yet been given, since Jesus had not yet been glorified” (John 7, 37-39).

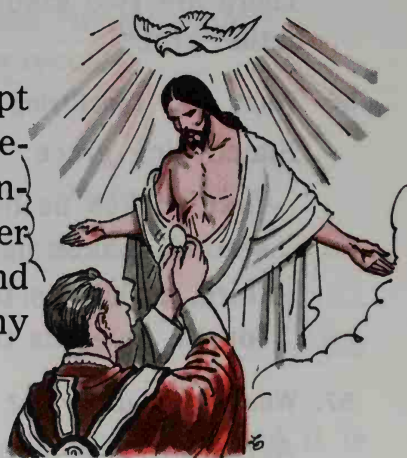
EXPLANATION

The Holy Spirit is "living water" to our souls

The Holy Spirit is the third Person of the Blessed Trinity. Jesus sends Him to us. The living water of the Holy Spirit gives life to the garden of our soul. We call this life **grace**. Without the living water of the Holy Spirit the garden of our soul would be dry and lifeless. King David sang, in Psalm 62: "O God, You are my God Whom I seek; for You my flesh pines and my soul thirsts like the earth, parched [dry], lifeless, and without water."

"Come to Me and drink"

Jesus invites us. We accept when we assist at Mass, especially when we go to Communion, when we receive the other sacraments, when we pray, and when we desire to perform any good action.

**Symbols of the Holy Spirit**

Other symbols for the Holy Spirit are: (1) the dove, a symbol of love; (2) tongues of fire, also symbols of love; (3) the wind, the "breath of God," a symbol of the unseen power of love.

Practice: Receive the sacraments often in order to increase God's life in you.

CATECHISM

53. Who is the Holy Spirit?

The Holy Spirit is God and the third Person of the Blessed Trinity.

The Holy Spirit is the Love between the Father and the Son.

54. What does the Holy Spirit do for the salvation of mankind?

The Holy Spirit sanctifies souls through the gift of grace.

The Holy Spirit gives us grace, which is Christ's life in us.

55. How many kinds of grace are there?

There are two kinds of grace: sanctifying grace and actual grace.

56. What does sanctifying grace do for us?

Sanctifying grace:

- first**, makes us holy and pleasing to God;
- second**, makes us adopted children of God;
- third**, makes us temples of the Holy Spirit;
- fourth**, gives us the right to heaven.

57. What is actual grace?

Actual grace is a supernatural help of God which enlightens our mind and strengthens our will to do good and to avoid evil.

All the special helps that God gives us are actual graces. He gives us these helps when we need them and as long as we need them.

58. What are the principal ways of obtaining grace?

The principal ways of obtaining grace are prayer and the sacraments, especially the Holy Eucharist.

DISCUSSION QUESTIONS

1. What is the work of the Holy Spirit?
2. How can we “come and drink” of the Holy Spirit?
3. Explain the three symbols of the Holy Spirit.
4. Why does Our Lord call grace “living water”?
5. What would happen to our soul without “living water”?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. The Holy Spirit is the first Person of the Blessed Trinity.
2. The Holy Spirit gives us the gift of grace.
3. Sanctifying grace comes and goes as we need it.
4. Christ called sanctifying grace “living water.”
5. We get this grace only by prayer.

FILL IN THE BLANKS

1. The Holy Ghost is the Person in God.
2. The Holy Ghost gives us the gift of
3. Jesus called this gift of the Holy Spirit
4. Sanctifying grace makes us of the Holy Spirit.
5. The special help God gives us when we need it is called

OTHER READINGS FROM THE BIBLE

1. Jesus promised the Holy Spirit, Acts 1, 1-12.
2. The coming of the Holy Spirit and the result, Acts 2, 1-8, 38-47.

CLASS LITURGICAL ACTION

Learn to say (or sing) together the “Come Holy Ghost.”



The Holy Spirit gives the strength to carry our crosses

10. THE VIRTUES AND GIFTS OF THE HOLY SPIRIT

We read in the Holy Bible:

"Whoever are led by the Spirit of God, they are sons of God. . . . But if we are sons, we are heirs also [we receive the rights of sons]: heirs indeed of God and joint heirs with Christ, provided, however, we suffer with Him that we may also be glorified with Him" (Romans 8, 14-17).

EXPLANATION

The Holy Spirit fills us with power

The Holy Spirit is the breath of God. God has breathed into us His life of love to make us His

children. Since we are His children His home of heaven is now our home. This earth is no longer our home. God wants us to stay here only till we have learned how to love perfectly. He sends us our daily crosses so that we can walk in the footsteps of love after Christ, our Good Shepherd. It is the Holy Spirit Who gives us the power to carry these crosses and even to love them.

The powers of the Holy Spirit make our souls strong

The powers He gives us are like muscles in our soul. The chief powers are faith, hope, and charity. He also gives us seven special gifts to make our crosses easier. By these gifts the Holy Spirit even changes our likes and dislikes. If we accept the things God wants of us, even when they are hard, the Holy Spirit will come to make them easy. Then we will know what Our Lord meant when He said, "My yoke is easy and My burden light" (Matthew 11, 30).



Practice: Listen to the voice of the Holy Spirit abiding in you.

C A T E C H I S M

59. What are the chief powers that are given to us with sanctifying grace?

The chief powers that are given to us with sanctifying grace are the three theological virtues and the seven gifts of the Holy Spirit.

60. What are the three theological virtues?

The three theological virtues are faith, hope, and charity.

61. What is faith?

Faith is the virtue by which we firmly believe on the word of God all the truths He has revealed.

Faith means we believe all Christ teaches us through His Church.

62. What is hope?

Hope is the virtue by which we firmly trust that God will give us eternal happiness and the means to obtain it.

Hope means that we trust God to care for all our needs.

63. What is charity?

Charity is the virtue by which we love God above all things for His own sake, and our neighbor as ourselves for the love of God.

Charity is love of God. "The charity of God is poured forth in our hearts by the Holy Spirit, Who has been given to us (Romans 5, 5).

64. Which are the seven gifts of the Holy Ghost?

The seven gifts of the Holy Ghost are: wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

Each of these gifts is explained in the Dictionary on page 179.

DISCUSSION QUESTIONS

1. Who sends the Holy Spirit into our hearts?
2. With what does He fill us?
3. How does He teach us to love the Father?
4. How does the Holy Spirit change us inside?
5. What do we have to be willing to do in order for Him to change us?

YES OR NO (Explain your answer.)

1. Do faith, hope and charity come from the Holy Spirit?
2. Is fear of the Lord a theological virtue?
3. Is charity love of God and our neighbor?
4. Does hope make us believe all that God has revealed?
5. By faith do we believe only what we want to believe?

FILL IN THE BLANKS

1. The three theological virtues are given to us by the
2. is the virtue by which we believe in God.
3. is the virtue by which we trust in God.
4. The virtue by which we love God and our neighbor is called
5. There are gifts of the Holy Spirit.

OTHER READINGS FROM THE BIBLE

The action of the Holy Spirit, Galatians 5, 16-25. Romans Chapter 8.

CLASS LITURGICAL ACTION

Recite together the Proper of the Mass for Pentecost.



Our Lord gave Peter charge of His sheep and said that Peter would die for them too

11. THE CATHOLIC CHURCH

"I believe in . . . the Holy Catholic Church . . ."

We read in the Holy Bible:

"I am the Good Shepherd. The good shepherd lays down his life for his sheep" (John 10, 11).

"Jesus said to Simon Peter . . . 'Do you love Me?' And he [Peter] said to Him, 'Lord, you know all things. You know that I love You.' He [Jesus] said to him, 'Feed My sheep'" (John 21, 15-17).

EXPLANATION

Jesus our Good Shepherd

The Church is the sheepfold of Christ, our Good Shepherd. In the Church, Christ teaches His sheep, He feeds them, He heals their wounds, He guides them to heaven.

The Apostles were helpers of Jesus

Jesus started His Church while He was on earth. He picked a group of men to help Him. They were His Apostles. An Apostle is one who is sent to take the place of someone else.

Jesus told His Apostles to go all over the world. He said to them, "Go into the whole world and preach the gospel to every creature. He who believes and is baptized shall be saved, but he who does not believe shall be condemned" (Mark 16, 15-16).

Jesus made Peter head of His Church

Jesus chose Peter to be the head of the Apostles. "You are Peter and upon this rock I will build My Church" (Matthew 16, 18). The word "Peter" means "rock." Before Our Lord ascended into heaven, He told Peter, "Feed My sheep."

Peter, too, would follow his Master and die for the sheep. Years later he was crucified upside down.

The Pope is the successor of Peter

Peter was the first Pope. He took Christ's place on earth. He was the "Vicar of Christ." There have been many Popes who headed the Church since Saint Peter, nearly two thousand years ago. Our Pope today is the successor of Peter. And the bishops are the successors of the Apostles. The priests are their helpers. They lead us and show us the way to heaven.

Practice: Listen carefully when the priest preaches.



CATECHISM

65. What is the Church?

The Church is the congregation of all baptized persons united in the same true faith, the same sacrifice, and the same sacraments, under the Holy Father, the Pope.

66. Why did Jesus Christ found the Church?

Jesus Christ founded the Church to bring all men to eternal salvation.

67. To whom did Christ give the power to teach, to sanctify, and to rule the members of His Church?

Christ gave the power to teach, to sanctify, and to rule the members of His Church to the apostles, the first bishops of the Church.

68. Who are the successors of the apostles?

The successors of the apostles are the bishops of the Church.

69. Did Christ give special power in His Church to any one of the apostles?

Christ gave special power in His Church to Saint Peter by making him the head of the apostles and the chief teacher and ruler of the entire Church.

70. Who is the successor of Saint Peter?

The successor of Saint Peter is the Holy Father, the Bishop of Rome.

71. Who help the bishops in the care of souls?

The priests, especially parish priests, help the bishops in the care of souls.

DISCUSSION QUESTIONS

1. What do we call the sheepfold of Christ?
2. How does Our Lord help His sheep?
3. Why did Our Lord choose twelve Apostles?
4. Which Apostle did He pick to be the head one?
5. Who takes Our Lord's place today as Shepherd of the Church?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. Jesus founded the Church when He was on earth.
2. St. John was the first Pope.
3. The Church leads us to heaven.
4. The Apostles were the helpers of Jesus.
5. St. Paul was the head of the Apostles.

FILL IN THE BLANKS

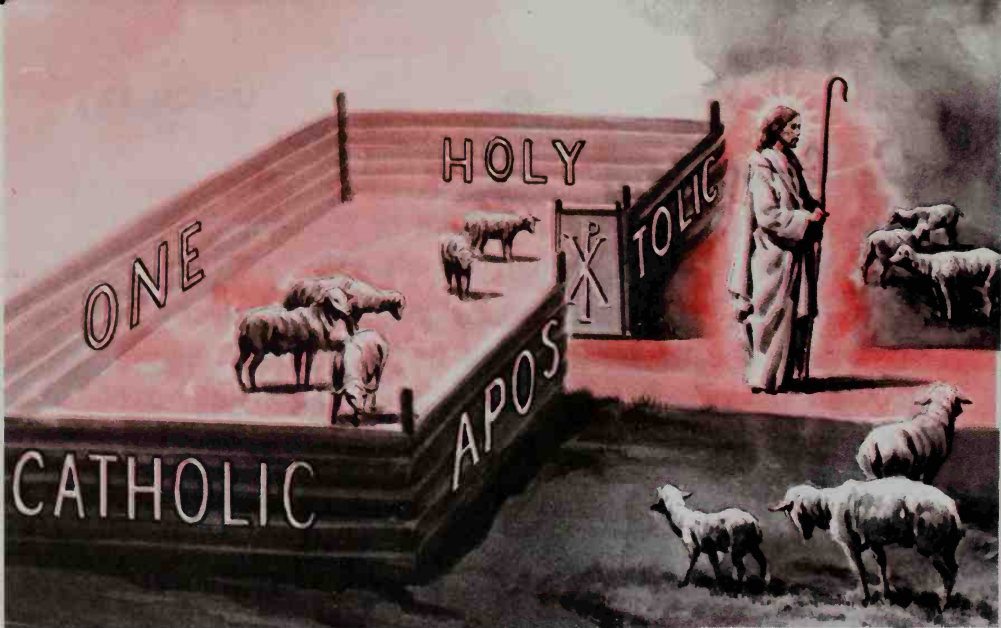
1. Jesus said to Peter, "Feed My"."
2. Jesus takes care of us through His
3. The Church leads us to
4. The head of the Church today is called the
5. The priests help the in caring for souls.

OTHER READINGS FROM THE BIBLE

1. Our Lord chooses His Apostles, Luke 6, 12-16.
2. He sends them out to preach, Luke 9, 1-6.
3. He chooses Peter to be the head, Matthew 16, 13-20.

CLASS LITURGICAL ACTION

Learn to recite together the first prayer of the Canon of the Mass (a prayer for the Church).



The Church is the Sheepfold of Christ

12. THE MARKS OF THE CHURCH

We read in the Holy Bible:

"I am the Good Shepherd, and I know Mine and Mine know Me, even as the Father knows Me and I know the Father; and I lay down My life for My sheep. And other sheep I have that are not of this fold. Them also I must bring, and they shall hear My voice, and there shall be one fold and one Shepherd" (John 10, 14-16).

EXPLANATION

The Church is one

Jesus called His Church a sheepfold. He has only ONE sheepfold.

In the fold of Christ, the Church, the sheep (members of the Church) are very closely united

with their Head (Christ) and with one another. They form but one body. This body is called the "Mystical Body of Christ."

In this Body, the Church, we all believe what the Church teaches. And all the members of the Church receive the same sacraments.

We have one head, the Pope. He is the successor of Saint Peter. He takes the place of Christ on earth, just as Saint Peter did.

The Church is holy

Christ's Church teaches men how to be holy. Those who live up to these teachings will become holy. The Church gives them help to be holy, especially the sacraments.

The Church is Catholic or Universal

The words "Catholic" and "universal" mean that the Church is spread over all the world. It is not for one country. It is for all people of all countries, of every race and color.

The Church is apostolic

The word "apostolic" comes from the word "Apostle." The bishops of the Church today are the successors of the Apostles. They teach what the Apostles taught.

One fold and one Shepherd

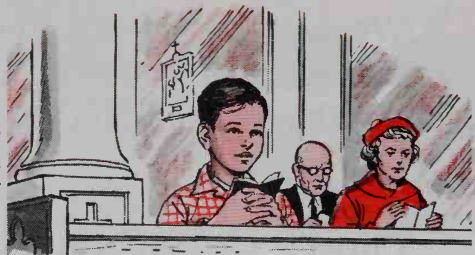
Jesus told us that there are many people outside the sheepfold—who do not belong to His Church.

Jesus wants to bring all men into His sheepfold, so there will be "one fold and one Shepherd." We can help by our prayers and by our love for all men.

Practice: Be kind and helpful to those who do not share our Catholic Faith.

A BOY'S PRAYER

"Lord, give me that charity, obedience, and truthfulness which will be a good example to my non-Catholic friends."



CATECHISM

72. Which is the one true Church established by Christ?

The one true Church established by Christ is the Catholic Church.

It is the Church which Our Lord started when He picked His twelve Apostles, and made St. Peter their head.

73. How do we know that the Catholic Church is the one true Church established by Christ?

We know that the Catholic Church is the one true Church established by Christ because it alone has the marks of the true Church.

A mark is a sign that points out something. The marks of the Church point it out as the Church which Christ started.

74. What are the chief marks of the Church?

The chief marks of the Church are four: It is one, holy, catholic or universal, and apostolic.

75. Are all obliged to belong to the Catholic Church in order to be saved?

All are obliged to belong to the Catholic Church, in some way, in order to be saved.

DISCUSSION QUESTIONS

1. Who are the "other sheep" Jesus was speaking of?
2. What does He desire for them?
3. Did Our Lord establish many churches or only one?
4. How do we know which one He established?
5. How do we help the "other sheep" to know that the Catholic Church is the sheepfold of Christ?

YES OR NO (Explain your answer.)

1. Did Jesus found more than ONE Church?
2. Is the Catholic Church the Church Christ founded?
3. Does the Church have four chief marks?
4. Is the Church for all races?
5. Does Jesus want "one fold and one shepherd"?

FILL IN THE BLANKS

1. Christ started the Church.
2. The Catholic Church is the one Church of Christ.
3. The Church has these four marks: it is,, and
4. To be saved, we must belong to the
5. Jesus wants to have "one fold and one"

OTHER READINGS FROM THE BIBLE

1. Our Lord's prayer for unity, John 17.
2. The Church must grow in unity and love, though those in it have different functions, Ephesians, 4, 1-16; Acts 1, 1-8.

CLASS LITURGICAL ACTION

Learn the prayer for the Chair of Unity Octave.



The early Christians shared all their possessions

13. THE COMMUNION OF SAINTS AND THE FORGIVENESS OF SINS

“I believe in . . . the communion of saints,
the forgiveness of sins . . .”

We read in the Holy Bible:

“And they continued steadfastly in the teaching of the apostles and in the communion of the breaking of the bread and in the prayers. And fear came upon every soul; many wonders also and signs were done by means of the apostles in Jerusalem, and great fear came upon all. And all who believed were together and held all things in common, and would sell their possessions and goods and distribute among all according as any one had need” (Acts 2, 42-45).

EXPLANATION

Christ's followers shared all things

After Our Lord ascended into heaven, His followers continued to love Him and obey His teachings. They went to Mass and received Holy Communion. They shared all they had with one another. This means they shared all their earthly and spiritual goods with one another.

When we love we share

The word "communion" means "a sharing." The more we love one another in Christ, the more we shall want to share our all with one another.

Besides sharing the things we can see, we shall also want to share what we cannot see. This is all the graces and spiritual riches which God has given us. The more we love one another the more we will share in the graces and spiritual riches that God has given every one of us. This sharing is the "communion of saints."

We can help those in spiritual need by our prayers, especially the souls in purgatory. And we can be helped by the prayers of others.

The outward sign of sharing

The sign of our wish to share is the taking of Holy Communion together. Eating at the same table with others is a sign of friendship. Partaking of the Eucharist at God's table is a sign that we love God and that we love one another.

Practice: Imitate the first followers of Christ by sharing all things with one another.



CATECHISM

76. What is meant by "the communion of saints" in the Apostles' Creed?

By "the communion of saints" is meant the union of the faithful on earth, the blessed in heaven, and the souls in purgatory, with Christ as their Head.

The word "saints" means "holy ones." Baptism gives us the beginning of holiness and heaven is for those who are perfectly holy.

77. What is meant in the Apostles' Creed by "the forgiveness of sins"?

By "the forgiveness of sins" in the Apostles' Creed is meant that God has given to the Church, through Jesus Christ, the power to forgive sins.

Jesus gave this power to His Apostles. It has been handed down through the years to the priests of the Church today. This great power will be explained more fully in Lesson 29.

DISCUSSION QUESTIONS

1. What did the early Christians do with their possessions?
2. Why did they do this?
3. Why do we usually receive Holy Communion together at Mass?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. Christ gave the Apostles power to forgive sin.
2. The priests today do not have this power.
3. The "communion of saints" is a union only of those in heaven.

FILL IN THE BLANKS

1. God gave to His Church the power to sins.
2. The "communion of saints" is the of all in heaven, in purgatory and on earth.
3. The early followers of Christ their earthly and spiritual goods.

OTHER READINGS FROM THE BIBLE

1. We all share in the Church, the body of Christ, 1 Corinthians 12, 12-26.
2. We show our unity and our desire to share by receiving Holy Communion together, 1 Corinthians 10, 16-17.

CLASS LITURGICAL ACTION

One day should be designated as a day for the class to receive Communion together. Allowances could be made for those who may not care to do so.



**The sheep must follow the Good Shepherd through death
to Resurrection**

14. THE RESURRECTION AND LIFE EVERLASTING

**“I believe in . . . the resurrection of the
body, and life everlasting.”**

We read in the Holy Bible:

**“Now may the God of peace, Who brought forth from the dead
the great Pastor of the sheep, our Lord Jesus, in virtue of the
blood of an everlasting covenant, fit you with every good thing
to do His will; working in you that which is well pleasing in His
sight, through Jesus Christ, to Whom is glory forever and ever.
Amen” (Hebrews 13, 20-21).**

Heaven is our true home

**Our Blessed Lord loves us very much. He went
to heaven to prepare a place for us. He told this to**

His Apostles the night before He died. "I go to prepare a place for you. And if I go to prepare a place for you, I am coming again, and I will take you to Myself; that where I am, there you also may be. And where I go you know and the way you know" (John 14, 2-4).

Thomas was not sure of the way, so he asked Our Lord what it was. Our Lord answered, "I am the way, and the truth and the life. No one comes to the Father but through Me" (John 14, 6).

By dying to ourselves we shall live forever

Our Lord has shown us that we must die in order to rise. We die to ourselves each time we do something we don't feel like doing to please Him. This kills the selfishness in us.

Some day our bodies will die. If our selfishness is dead, too, then we will be ready to rise with Christ.

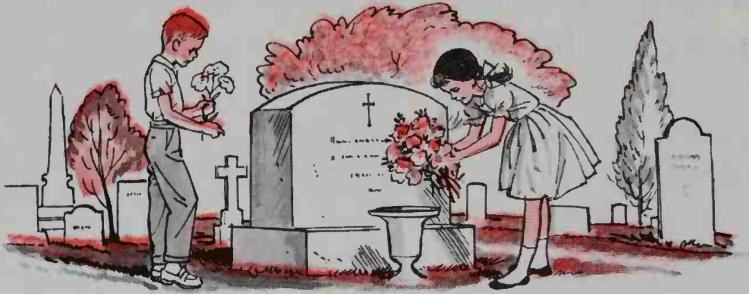
Those who die with some selfishness still in them have to go to purgatory to be cleansed. Those who die in mortal sin must go to hell.

Practice: We will die to ourselves today in some way so that we may rise with Jesus to live with Him forever.

C A T E C H I S M

78. What is meant by "the resurrection of the body"?

By "the resurrection of the body" is meant that at the end of the world the bodies of all men will rise from the earth and be united again to their souls, nevermore to be separated.



We must always show respect for the dead

CATECHISM

- 79.** Has the body of any human person ever been taken into heaven?

By the special favor of her Assumption, the body of the Blessed Virgin Mary was raised from the dead and taken into heaven.

- 80.** What is the judgment called which will be passed on all men immediately after the general resurrection?

The judgment which will be passed on all men immediately after the general resurrection is called the general judgment.

- 81.** What is the judgment called which will be passed on each one of us immediately after death?

The judgment which will be passed on each one of us immediately after death is called the particular judgment.

- 82.** What are the rewards or punishments appointed for men after the particular judgment?

The rewards or punishments appointed for men after the particular judgment are heaven, purgatory, or hell.

- 83.** What is meant by the word "Amen" with which we end the Apostles' Creed?

By the word "Amen," with which we end the Apostles' Creed, is meant "So it is," or "So be it."

DISCUSSION QUESTIONS

1. Is death the end of all life for us?
2. What is Our Lord doing for us in heaven?
3. What must we do on earth?
4. When will Jesus come again?
5. Why must we always be prepared for death?

YES OR NO

(Explain your answer.)

1. Will the world last forever?
2. Is death the end for us?
3. Is life a preparation for heaven?
4. Will Jesus come again on the Last Day?
5. Will Jesus take everybody to heaven?

FILL IN THE BLANKS

1. Mary's body taken into heaven is called the
2. On the Last Day our will rise again.
3. The judgment will be at the end of the world.
4. The judgment right after death is called the
.....
5. By to ourselves we shall live forever.

OTHER READINGS FROM THE BIBLE

1. The happiness of heaven, Apocalypse, 21, 3-4.
2. The way in which we must die to sin to rise with Christ, Romans 6, 3-11.
3. What the resurrection will be like, 1 Corinthians 15.

CLASS LITURGICAL ACTION

Learn to say (or sing) the "*Victimae Paschali*." This is the Sequence from the Easter Mass, which explains the victory of Christ's Resurrection.

Part II: THE COMMANDMENTS



JESUS LEADS US TO HEAVEN



The sheep are those who love as the Good Samaritan did in helping the wounded man.

The goats are those who refuse to love as the rich man did in not feeding Lazarus.

15. THE TWO GREAT COMMANDMENTS

1st Commandment: Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind, and with thy whole strength.

2nd Commandment: Thou shalt love thy neighbor as thyself.

We read in the Holy Bible:

"But when the Son of Man shall come in His majesty, . . . He will separate them one from another as the shepherd separates the sheep from the goats . . . Then the King will say to those on His right hand, 'Come, blessed of My Father . . . for I was hungry and you gave Me to eat; . . . thirsty and you gave Me to drink; . . . a stranger and you took Me in; naked and you covered Me; sick and you visited Me; . . . in prison and you came to Me . . .

As long as you did it for one of these, the least of My brethren, you did it for Me.'

"Then He will say to those on His left hand: 'Depart from Me . . . into the everlasting fire . . . as long as you did not do it for one of these least ones, you did not do it for Me'" (Matthew 25, 31-45).

EXPLANATION

Jesus our King and Judge

Some day we will all appear before Jesus our King. He will judge us on all we have ever done. But He will do it in a simple way. He will look in our hearts to find one thing—love.

How much do we love Him

Test your love of God by your love for others. Are you kind in speech and action, helpful, generous, forgiving, even to those you don't like?



By love we keep the commandments

If we are always growing in love for others, then we can be sure we are keeping the Commandments. We are following our Good Shepherd, and when we appear before Him some day He will know us as His sheep and say those wonderful words to us: "Enter into the joy of your Master" (Matt. 25, 21).

Practice: Be kind today to one person you do not like.

C A T E C H I S M

84. Besides believing what God has revealed, what else must we do to be saved?

Besides believing what God has revealed, we must keep His law.

85. Which are the two great commandments that contain the whole law of God?

The two great commandments that contain the whole law of God are:

first, Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind, and with thy whole strength;

second, Thou shalt love thy neighbor as thyself.

86. What must we do to love God, our neighbor, and ourselves?

To love God, our neighbor, and ourselves we must keep the commandments of God and of the Church.

87. Which are the commandments of God?

The commandments of God are these ten:

1. I am the Lord thy God; thou shalt not have strange gods before Me.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember thou keep holy the Lord's day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

The first three of the commandments of God show us what we must do for LOVE OF GOD. The other seven commandments show us what we must do for LOVE OF NEIGHBOR.

DISCUSSION QUESTIONS

1. Who will take us to the Father on the Last Day?
2. What must be in our hearts when Our Lord comes?
3. Will Our Lord have to ask us if we love Him?
4. What are some ways to show love of neighbor?
5. Do we love God if we love only those we like?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. Jesus will know without asking if we love Him.
2. We love God when we love some of our neighbors.
3. We must keep holy the Lord's day.
4. The first great commandment tells us not to steal.
5. The fourth commandment forbids us to kill.

FILL IN THE BLANKS

1. We must love and our
2. We must believe in God and keep His
3. The fifth commandment says: Thou shalt not
4. We must love even those we do not
5. We must keep the laws of and the

OTHER READINGS FROM THE BIBLE

1. An example of how we should love, Luke 10, 25-37.
2. How to love others, Luke 6, 27-38.

CLASS LITURGICAL ACTION

Say (or sing) Psalm 1 after your teacher. This Psalm speaks of the reward of those who keep God's laws.



Jesus worshipped His Father, not Satan

16. THE FIRST COMMANDMENT OF GOD

I am the Lord thy God; thou shalt not have strange gods before Me.

We read in the Holy Bible:

“Jesus was led into the desert by the Spirit, to be tempted by the devil . . . the devil took Him to a very high mountain, and showed Him all the kingdoms of the world and the glory of them. And he said to Him, ‘All these things will I give You, if You will fall down and worship me.’ Then Jesus said to him, ‘Begone, Satan! for it is written, The Lord your God shall you worship and Him only shall you serve.’ Then the devil left Him; and behold, angels came and ministered to Him” (Matthew 4, 1.8-11).

EXPLANATION

God is above all

God is our Creator. He made us and all things. We owe Him our love and service. Our Lord show-

ed us by His example how to love and serve God above all things. When the devil tempted Him by offering Him “all the kingdoms of the world,” Jesus refused to “fall down and worship” him. He loved and served only God, His Heavenly Father. Jesus did His will even to death on the Cross to save us. Our Lord said, “I do always the things that are pleasing to Him [the Father]” (John 8, 29).

We follow Christ

Our Lord showed us how to obey the first commandment. He told the devil to go away. He did not give in to temptation.

Do we follow Christ? Do we refuse to listen when the devil tempts us? Do we place God first? Do we serve God by faith, hope and charity?

We save our soul

Jesus said, “For what does it profit a man, if he gain the whole world, but suffer the loss of his own soul?” (Matthew 16, 26). If we follow Christ, we shall never place anyone or anything above God. We shall love and serve Him alone. And in doing this, we shall save our soul. We shall earn heaven. We shall have happiness with God forever.

Practice: Resolve to please God in everything today.

C A T E C H I S M

88. What is the first commandment of God?

The first commandment of God is: I am the Lord thy God; thou shalt not have strange gods before Me.

89. What are we commanded by the first commandment?

By the first commandment we are commanded to offer to God alone the supreme worship that is due Him.

90. How do we worship God?

We worship God by acts of faith, hope, and charity, and by adoring Him and praying to Him.

Acts of Faith, Hope, and Charity are among the prayers at the front of this book, page 7.

91. How does a Catholic sin against faith?

A Catholic sins against faith by not believing what God has revealed, and by taking part in non-Catholic worship.

92. What are the sins against hope?

The sins against hope are presumption and despair.

93. What are the chief sins against charity?

The chief sins against charity are hatred of God and of our neighbor, envy, sloth, and scandal.

Charity means love. Hatred is against love. Envy is being displeased at another's success. Sloth is laziness. Scandal is bad example.



Laziness is not love of God

DISCUSSION QUESTIONS

1. What did the devil tempt Our Lord to do?
2. What did Our Lord do?
3. What should we do when tempted to sin?
4. Why do we owe supreme worship to God?
5. What do we earn by loving and serving God alone?

YES OR NO (Explain your answer.)

1. Did Our Lord do what the devil wanted?
2. Did Our Lord always do what pleased His Father?
3. Does prayer help when we are tempted?
4. Does charity mean only giving money to the poor?
5. Do we obey the first commandment when we give God the worship that He deserves?

FILL IN THE BLANKS

1. Presumption and despair are sins against
2. When we do not believe all that Jesus told us we sin against
3. Hatred of God or of our neighbor is a sin against
4. If we resent somebody else's good luck we commit the sin of
5. If we do not give God our love and service we sin against the commandment of God.

OTHER READINGS FROM THE BIBLE

1. The faith of the woman, Matthew 15, 21-28.
2. What St. Paul says about hope, Romans 8:23-25.
3. What St. Paul says about charity, 1 Corinthians 13.

CLASS LITURGICAL ACTION

Learn to say Psalm 42, the opening Psalm of the Mass, which expresses our desire to worship God.



**Jesus and the Apostles honored Moses and Elias,
two saints who had lived before them**

17. HONORING THE SAINTS, RELICS, AND IMAGES

We read in the Holy Bible:

The Transfiguration

“Now it came to pass . . . that He [Jesus] took Peter, James and John and went up the mountain to pray. And as He prayed, the appearance of His countenance [face] was changed, and His raiment [clothing] became a radiant white. And behold, two men were talking with Him. And these were Moses and Elias, who, appearing in glory, spoke of His death, which He was about to fulfill in Jerusalem.

“Now Peter and his companions were heavy with sleep. But when they were fully awake, they saw His glory and the two men who were standing with Him . . . There came a cloud and overshadowed them [the disciples]; and they were afraid as

they entered the cloud. And there came a voice out of the cloud, saying, 'This is My beloved Son; hear Him.' And after the voice had passed, Jesus was found alone" (Luke 9, 28-36).

EXPLANATION

Moses and Elias, friends of God

Moses and Elias lived on earth long before God sent His Son to save us from sin. They lived good lives. They were God's friends. Our Lord talked with them on the mountain. The disciples Peter, James and John saw it all. They were amazed. Our Lord appeared in all His Glory. And Moses and Elias appeared in all their glory as saints, or special friends, of God.

The saints are God's friends

The saints were once people on earth like us. They knew the joys and the sorrows and the sufferings of earth. But they never forgot God. They loved Him and they tried always to do His will. Often this was very difficult, but they never hesitated. They knew the road to heaven, and they stayed on it.

We honor God's friends

God wants us to honor His friends. He wants us to pray to them and to imitate their holy lives.

Many of our churches, schools and other buildings are named after saints. Statues and paintings of them are placed in these buildings. The stained glass windows of many churches show scenes from

the lives of God's saints. And we often carry about with us holy pictures. We have them in our prayer books. We set them up at home.

Let us pray often to the saints of God and try to be close to God, as they were. Let us honor and respect their images and their relics. Relics of saints are parts of their body, or of their clothing, or some object, preserved and honored by the Church.

Practice: Imitate the saints, not always their outward actions, but the love of God and other virtues in their hearts.



CATECHISM

94. Does the first commandment forbid us to honor the saints in heaven?

The first commandment does not forbid us to honor the saints in heaven, as long as we do not give them the honor that belongs to God alone.

95. When we pray to the saints what do we ask them to do? When we pray to the saints we ask them to offer their prayers to God for us.

96. Do we pray to the crucifix or to the images of Christ and of the saints?

We do not pray to the crucifix or to the images of Christ and of the saints, but to the persons of whom they remind us.

We all like to have pictures of relatives and friends. We look at them and we feel almost as though the persons they represent are present before us.

In the same way, a crucifix reminds of Christ and His suffering and death on the Cross. And statues and pictures of Our Lord, the Blessed Virgin, and the saints help to bring them very close to us. They help us to think and to pray better.

DISCUSSION QUESTIONS

1. Who are the saints?
2. Where are they now?
3. In what ways do we honor them?

TRUE OR FALSE (If statement is false, change the underlined words to make it a true statement.)

1. The saints can help us.
2. We pray to the crucifix and to statues.
3. We honor the saints as much as we honor God.

FILL IN THE BLANKS

1. The saints are God's special
2. They can help us by their to God.
3. The saints are in

OTHER READINGS FROM THE BIBLE

St. John's vision of the saints in heaven, Apocalypse 7, 9-12.

CLASS LITURGICAL ACTION

Recite the "Benedictus," the song of Zachary in praise of his son, St. John the Baptist, Luke 1, 68-79.



Jesus preached in the synagogue on the Sabbath Day

18. THE SECOND AND THIRD COMMANDMENTS OF GOD

2nd Commandment of God: Thou shalt not take the name of the Lord thy God in vain.

3rd Commandment of God: Remember thou keep holy the Lord's day.

We read in the Holy Bible:

"And He [Jesus] taught in their synagogues, and was honored by all.

"And He came to Nazareth, where He had been brought up; and according to His custom, He entered the synagogue on the Sabbath and stood up to read . . .

"And He went down to Capharnaum, a town of Galilee. And there He was teaching them on the Sabbath. And they were

astonished at His teaching, for His word was with authority" (Luke 4, 15.16.31-32).

EXPLANATION

Worship among the Jews

The Jews had one great Temple, which was in Jerusalem. Here sacrifices were offered on the great feasts of the Jewish year. Every Jew was supposed to go up to Jerusalem during the year, at least to the great feast of the Passover.

The ordinary place of worship among the Jews was the synagogue. There was a synagogue in every town and village. The Sabbath, or Saturday, was the day set aside among the Jews as God's special day. On the Sabbath they prayed and sang hymns, and the rabbis (teachers) preached to them.

Jesus set an example

Our Lord kept holy the Sabbath day. He went to the synagogue and took part in the worship of God. When He was thirty years old, He started the work for which He came into the world. He began preaching to the people about God, their Father in heaven. He went from place to place preaching to them in the synagogues.

Sunday is our day of worship

Our Lord gave the Apostles power to change the Lord's day from Saturday to Sunday. The Apostles did this because on Sunday Our Lord rose from the dead. And it was on Sunday that the Holy Ghost came upon the Apostles.

On Sunday we worship God by taking part in the Holy Sacrifice of the Mass. We should also spend more time thinking about God on this day.

Respect for God's Name

In the great prayer Jesus has taught us, the "Our Father," He teaches us to respect and honor the name of God.

Practice: Do something more than you have to for God each Sunday. Make an extra visit, or do some reading about God or one of the Saints.



THE SECOND COMMANDMENT

97. What is the second commandment of God?

The second commandment of God is: Thou shalt not take the name of the Lord thy God in vain.

98. What are we commanded by the second commandment?

By the second commandment we are commanded always to speak with reverence of God, of the saints, and of holy things.

A name is a word-picture of a person. We must use the name of God and of holy persons with respect.

99. What is meant by taking God's name in vain?

By taking God's name in vain is meant that the name of God or the holy name of Jesus Christ is used without reverence.

100. What is cursing?

Cursing is the calling down of some evil on a person, place, or thing.

THE THIRD COMMANDMENT

101. What is the third commandment of God?

The third commandment of God is: Remember thou keep holy the Lord's day.

102. What are we commanded by the third commandment?

By the third commandment we are commanded to worship God in a special manner on Sunday, the Lord's day.

On Sunday we should give all the time we can to the things of God.

103. How does the Church command us to worship God on Sunday?

The Church commands us to worship God on Sunday by assisting at the Holy Sacrifice of the Mass.

The Mass is our greatest act of worship. We offer it together to our Father in heaven.

104. What is forbidden by the third commandment of God?

By the third commandment of God all unnecessary servile work on Sunday is forbidden.

105. What is servile work?

Servile work is that which requires labor of body rather than of mind.

Necessary work is never forbidden.

DISCUSSION QUESTIONS

1. What is the second commandment of God?
2. What is the third commandment of God?
3. How can we honor God's name?
4. How can we keep Sunday holy?
5. How did Our Lord keep the Sabbath holy?

YES OR NO

(Explain your answer.)

1. Was the synagogue a Jewish place of worship?
2. Did Our Lord ever go to the synagogue?
3. Was Saturday ever the Lord's day?
4. Do we have to go to Mass on Sunday?
5. Is all servile work forbidden on Sunday?

FILL IN THE BLANKS

1. The Apostles changed the Lord's day from
..... to
2. The Lord's day among the Jews was called the
3. The second commandment tells us not to take the
..... of in vain.
4. The third commandment tells us to keep
the Lord's day.
5. Our best way to worship God on Sunday is by going
to

OTHER READINGS FROM THE BIBLE

1. What Our Lord said about swearing, Matthew 5, 33-37.
2. What He said about cursing, or wishing evil on another, Matthew 5, 21-24.
3. What He said to those who did not show proper respect in Church. Matthew 21, 12-13.

CLASS LITURGICAL ACTION

Learn to say the Divine Praises in honor of God and His Holy Ones.



Jesus obeyed and respected His parents

19. THE FOURTH, FIFTH AND SIXTH COMMANDMENTS OF GOD

The 4th commandment of God: **Honor thy father and thy mother.**

The 5th commandment of God: **Thou shalt not kill.**

The 6th commandment of God: **Thou shalt not commit adultery.**

We read in the Holy Bible:

"He [Jesus] went down with them [Mary and Joseph] and came to Nazareth and was subject to them" (Luke 2, 51).

"He humbled Himself, becoming obedient to death, even to death on a cross" (Philippians 2, 8).

EXPLANATION

All power comes from God

God has all power in heaven and on earth. He gives a share in His power, or authority, to people on earth. He gives parents authority over their children. He gives rulers power over countries. We owe obedience to earthly power because it comes from God.

Jesus obeyed those in power

Our Lord obeyed, first, His Heavenly Father. He said, "I have come down from heaven not to do My own will, but the will of Him Who sent Me" (John 6, 38). Again Jesus said, "I love the Father and I do as the Father has commanded Me" (John 14, 31).

Jesus obeyed His parents on earth. He obeyed Mary, His Mother, and Joseph, His foster father. He knew that His Heavenly Father had given them power, or authority, over Him. Jesus obeyed His parents in all things. That is what is meant by the words "and was subject to them."

Jesus obeyed the earthly rulers. He knew that they would have no power except from God, His Father in heaven. Pontius Pilate, the Roman governor of Palestine, asked Him, "Do you not know that I have power to crucify You, and that I have power to release You?" (John 19, 10). Our Lord replied, "You would have no power at all over Me were it not given you from above" (John 19, 11).

Jesus obeyed this authority, even to death on the Cross.

Jesus is our Model

Our Lord showed us the way of love and obedience. We must follow Him. He obeyed the Ten Commandments given to man by God the Father. We are learning in this lesson about the Fourth, Fifth, and Sixth Commandments. Let us follow Jesus in our obedience to them. Let us imitate Him in loving obedience to our parents, teachers, and all who have power from God over us.

When we obey, we are listening to the voice of our Good Shepherd. We are showing how much we love Him. We show this especially when we obey in something we do not feel like doing.

Practice: Be obedient for the love of Jesus, especially when it is hard.

CATECHISM

THE FOURTH COMMANDMENT

106. What is the fourth commandment of God?

The fourth commandment of God is: Honor thy father and thy mother.

107. What are we commanded by the fourth commandment?

By the fourth commandment we are commanded to respect and love our parents, to obey them in all that is not sinful, and to help them when they are in need.

When we obey our parents, we are obeying God. They take God's place. Besides obeying our parents in all that is not sinful, we must also help them. When we are helpful to our parents, we can be sure God will be pleased.

108. What does the fourth commandment forbid?

The fourth commandment forbids disrespect, unkindness, and disobedience to our parents and lawful superiors.

THE FIFTH COMMANDMENT

109. What is the fifth commandment of God?

The fifth commandment of God is: Thou shalt not kill.

110. What are we commanded by the fifth commandment?

By the fifth commandment we are commanded to take proper care of our own spiritual and bodily well-being and that of our neighbor.

We must take care of our health and help others to do the same.

111. What does the fifth commandment forbid?

The fifth commandment forbids murder and suicide, and also fighting, anger, hatred, revenge, drunkenness, reckless driving, and bad example.

THE SIXTH COMMANDMENT

112. What is the sixth commandment of God?

The sixth commandment of God is: Thou shalt not commit adultery.

113. What are we commanded by the sixth commandment?

By the sixth commandment we are commanded to be pure and modest in our behavior.

God the Holy Ghost lives in us. If we bear this in mind, we shall always want to keep a pure and clean dwelling for Him. We shall have respect for our own body and for the bodies of others.

114. What does the sixth commandment forbid?

The sixth commandment forbids all impurity and immodesty in words, looks, and actions, whether alone or with others.

DISCUSSION QUESTIONS

1. From whom does all earthly power come?
2. How did Our Lord obey His Heavenly Father?
3. Did Jesus obey His parents?
4. Did Jesus obey Pontius Pilate?
5. How can we imitate Jesus?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. We never need to think of our health.
2. We must respect our own body.
3. God is displeased when we try to get even with others.
4. We must obey our parents even in something sinful.
5. Jesus always obeyed His parents.

FILL IN THE BLANKS

1. The fourth commandment says: Honor thy and thy
2. The fifth commandment says: Thou shalt not
3. The sixth commandment says: Thou shalt not adultery.
4. All power on earth comes from
5. Our Model of obedience is

OTHER READINGS FROM THE BIBLE

1. The obedience of Abraham, Genesis 22.
2. Obedience of children, Ephesians 6, 1-3; 1 Peter 2, 13-25.
3. Respect for the body, 1 Corinthians 6, 19-20.

CLASS LITURGICAL ACTION

Learn Psalm 94, which sings of obedience to the Good Shepherd.



When we are generous with others we lay up treasures of love in Heaven

20. THE SEVENTH, EIGHTH, NINTH, AND TENTH COMMANDMENTS OF GOD

7th Commandment of God: Thou shalt not steal.

8th Commandment of God: Thou shalt not bear false witness against thy neighbor.

9th Commandment of God: Thou shalt not covet thy neighbor's wife.

10th Commandment of God: Thou shalt not covet thy neighbor's goods.

We read in the Holy Bible:

"Do not lay up for yourselves treasures on earth, where rust and moth consume, and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither rust nor moth consumes, nor thieves break in and steal. For where your treasure is, there also will your heart be" (Matthew 6, 19-21).

EXPLANATION

How to lay up heavenly treasures

We must follow the example of Jesus, our Good Shepherd. He could have had all the riches of the world, for He was God. But He wanted to be poor. He was born in a poor stable in Bethlehem. He grew up in the poor town of Nazareth. He was the son of a poor carpenter.

When He left home to do the work for which He came to earth, He had no money. He lived in poverty. And He died naked on the Cross after the soldiers had taken away his poor clothing.

Trust in Our Lord

If we trust in Our Lord and work hard, He will give us what we need. We can be very selfish with what God has given us. Or we can be very generous. If we are generous with what belongs to us, we shall be piling up treasures in heaven. Each generous act is like a jewel we send ahead of us to heaven. It is a jewel we send to God. It represents our love for Him.



Let us share our toys, games, books, clothes, and other things with brothers and sisters. Let us not get angry if things get broken or lost. Remember they are only things of earth. We must be generous with what belongs to us, and not take what belongs to others.

Practice: Be generous with others, giving whatever you can to make them happy.

C A T E C H I S M

THE SEVENTH COMMANDMENT

115. What is the seventh commandment of God?

The seventh commandment of God is: Thou shalt not steal.

116. What are we commanded by the seventh commandment?

By the seventh commandment we are commanded to respect what belongs to others.

117. What does the seventh commandment forbid?

The seventh commandment forbids all dishonesty, such as stealing, cheating, unjust keeping of what belongs to others, and unjust damage to the property of others.

We must not take anything belonging to another and keep it for our own. We must not destroy or damage on purpose what belongs to others.

We must not cheat. This means that we must not copy answers from someone else in the classroom. And we must be fair when playing with others.

118. Are we obliged to restore to the owner stolen goods, or their value?

We are obliged to restore to the owner stolen goods, or their value, whenever we are able.

THE EIGHTH COMMANDMENT

119. What is the eighth commandment of God?

The eighth commandment of God is: Thou shalt not bear false witness against thy neighbor.

"To bear false witness" means to lie about our neighbor. Our Lord said, "I am . . . the truth." If we claim to love Our Lord and follow Him, we must always tell the truth.

120. What are we commanded by the eighth commandment?

By the eighth commandment we are commanded to speak the truth in all things.

121. What does the eighth commandment forbid?

The eighth commandment forbids lies and harming the name of another.

THE NINTH COMMANDMENT

122. What is the ninth commandment of God?

The ninth commandment of God is: Thou shalt not covet thy neighbor's wife.

"Covet" means to wish to get a thing unjustly.

123. What are we commanded by the ninth commandment?

By the ninth commandment we are commanded to be pure in thought and in desire.

124. What is forbidden by the ninth commandment?

The ninth commandment forbids all thoughts and desires contrary to chastity.

THE TENTH COMMANDMENT

125. What is the tenth commandment of God?

The tenth commandment of God is: Thou shalt not covet thy neighbor's goods.

126. What does the tenth commandment forbid?

The tenth commandment forbids all desire to take or to keep unjustly what belongs to others, and also forbids envy at their success.

DISCUSSION QUESTIONS

1. What was Our Lord's attitude toward money?
2. What does He want us to do with earthly goods?
3. What are "treasures in heaven"?
4. How can we lay up treasures in heaven?
5. What is a generous act like?

YES OR NO (Explain your answer.)

1. Did Our Lord care about riches?
2. Are prayers and good deeds heavenly treasures?
3. Do we have to share our things with others?
4. Is cheating in class or at play dishonest?
5. Is it all right to damage the property of others?

FILL IN THE BLANKS

1. We must respect what to others.
2. We must always speak the
3. We must be pure in thought and
4. We must not envy the of others.
5. Jesus tells us not to be selfish but

OTHER READINGS FROM THE BIBLE

1. What happened to the rich young man who was too selfish, Matthew 19, 16-24.
2. The foolish rich man who did not prepare for heaven, Luke 12, 13-34.
3. How Our Lord suffered from the lies told about Him during His trial, Mark 14, 55-59.

CLASS LITURGICAL ACTION

Say together Psalm 48 which shows the danger of trust in riches. The teacher will help you.



The early Christians assembled for the Holy Sacrifice of the Mass

21. THE COMMANDMENTS OF THE CHURCH; THE FIRST AND SECOND COMMANDMENTS

- 1st Commandment of the Church:
To assist at Mass on all Sundays and holydays of obligation.
- 2nd Commandment of the Church:
To fast and abstain on the days appointed.

We read in the Holy Bible:

“And they continued steadfastly in the teaching of the apostles and in the communion of the breaking of the bread and in the prayers” (Acts 2, 42).

EXPLANATION

Worship and sacrifice among the Jews

The Jewish people worshiped God and sacrificed to Him in a special way. They fasted and kept

away from certain foods. They gave to the Lord a certain amount of their worldly goods and money.

On the Sabbath they went to their synagogues for prayers, hymns and a sermon. And on the special feasts they went up to the Temple in Jerusalem to take part in the great sacrifices offered to God.

Christ gave a new sacrifice

But our Lord told the Jews that there would be a change. He would give them new ceremonies and a new sacrifice. "New wine," He told them, "must be put into fresh skins" (Luke 5, 38). The new wine of holy love, the spiritual wine of the Holy Spirit, which He would pour out into His Church beginning on Pentecost, would have to have new wineskins of new ceremonies to contain it (Acts 2, 12-17). These new ceremonies would be something like what they had had, yet they would be different.

The Sacrifice of the Mass

Our great ceremony is the Mass. It continues the sacrifice of Christ on the Cross. We must assist at the Mass every Sunday and holyday of obligation. To show that we are willing to share in this sacrifice and to suffer with Christ, we fast and abstain on the days appointed by the Church.



Practice: When you assist at Mass, do your best to pay careful attention to the prayers and ceremonies.

CATECHISM

127. Which are the chief commandments, or laws, of the Church?

The chief commandments, or laws, of the Church are these six:

1. To assist at Mass on all Sundays and holydays of obligation.
2. To fast and to abstain on the days appointed.
3. To confess our sins at least once a year.
4. To receive Holy Communion during the Easter time.
5. To contribute to the support of the Church.
6. To observe the laws of the Church concerning marriage.

128. What sin does a Catholic commit who through his own fault misses Mass on a Sunday or holyday of obligation?

A Catholic who through his own fault misses Mass on a Sunday or holyday of obligation commits a mortal sin.

The Mass is our great act of sharing in the love of Our Lord. It hurts Him deeply if we sin on purpose.

129. Which are the holydays of obligation in the United States?

The holydays of obligation in the United States are these six:

Christmas Day (December 25)

The Octave Day of Christmas (January 1)

Ascension Thursday (40 days after Easter)

The Assumption (August 15)

All Saints' Day (November 1)

The Immaculate Conception (December 8)

130. What else does the Church oblige us to do on holydays of obligation?

The Church obliges us to abstain from servile work on holydays of obligation, just as on Sundays, as far as we are able.

131. What is a fast day?

A fast day is a day on which only one full meal is allowed; but in the morning and evening some food may be taken, the quantity and quality of which are determined by approved local custom.

Only those over 21 years of age have to obey the law.

132. What is a day of abstinence?

A day of abstinence is a day on which we are not allowed the use of meat.

When we do not eat meat we show Our Lord that we are willing to give up something we like for love of Him. We show Him that we thank Him for giving up His life for us on Good Friday.

133. Who are obliged to observe the abstinence days of the Church?

All baptized persons who have reached the use of reason and passed their fourteenth birthday are obliged to observe the abstinence days of the Church, unless excused or dispensed.

DISCUSSION QUESTIONS

1. What did the Jews do on the Sabbath Day?
2. What did they do on big feasts?
3. What change did Our Lord make?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. Christ gave us the Sacrifice of the Mass.
2. The Church makes laws without Christ's help.
3. If we go to Church only on some Sundays, we obey the law of the Church.

FILL IN THE BLANKS

1. There are holydays of obligation.
2. On a day of abstinence we do not eat
3. On a fast day only one full is taken.

OTHER READINGS FROM THE BIBLE

1. Jesus at the Feast of the Passover, Luke 2, 41-42.
2. Jesus replaces old sacrifice and ceremony with "new wine" and "fresh skins," Luke 5, 37-38.
3. The Apostles are filled with the "new wine," the Holy Spirit, Acts 2, 12-17.

CLASS LITURGICAL ACTION

Learn by heart and recite together Psalm 116, which praises God.



Jesus washed the feet of His Apostles before He gave them Communion

22. THE THIRD, FOURTH, FIFTH, AND SIXTH COMMANDMENTS OF THE CHURCH

3rd Commandment of the Church:

To confess our sins at least once a year.

4th Commandment of the Church:

To receive Holy Communion during the Easter time.

5th Commandment of the Church:

To contribute to the support of the Church.

6th Commandment of the Church:

To observe the laws of the Church concerning marriage.

We read in the Holy Bible:

"Before the feast of the Passover, Jesus, knowing that the hour had come for Him to pass out of this world to the Father, having loved His own who were in the world, loved them to the end.

"And during the supper, the devil having already put it into the heart of Judas Iscariot, the son of Simon, to betray Him,

Jesus, knowing that the Father had given all things into His hands, and that He had come forth from God and was going to God, rose from the supper and laid aside His garments, and taking a towel girded Himself. Then He poured water into the basin and began to wash the feet of the disciples, and to dry them with the towel with which He was girded.

"He came, then, to Simon Peter. And Peter said to Him, 'Lord, do You wash my feet?' Jesus answered and said to him, 'What I do you know not now; but you shall know hereafter.' Peter said to Him, 'You shall never wash my feet!' Jesus answered him, 'If I do not wash you, you shall have no part with Me.' Simon Peter said to Him, 'Lord, not my feet only, but also my hands and my head!' Jesus said to him, 'He who has bathed needs only to wash, and he is clean all over. And you are clean, but not all.' For He knew who it was that would betray Him. This is why He said, 'You are not all clean.'

"Now after He had washed their feet and put on His garments, when He had reclined again, He said to them, 'Do you know what I have done to you? You call Me Master and Lord, and you say well, for so I am. If, therefore, I the Lord and Master have washed your feet, you also ought to wash the feet of one another' " (John 13:1-14).

EXPLANATION

Our Lord wants our souls to be clean

At the Last Supper our Lord gave His Apostles their first Communion. He said the first Mass and gave them the power to do the same. But before He did, He washed their feet to show them how clean they should be in body and soul to be pleasing to the Father and to receive Holy Communion. And He wanted to give them an example of how they should love one another and serve one another.

Our Lord wants us to receive Communion often

Our Blessed Lord would like us to receive Communion often. He has told us, "Unless you eat the Flesh of the Son of Man, and drink His Blood, you shall not have life in you" (John 6, 54). The Church tells us that if we do not eat Our Lord's Body in Holy Communion at least once a year, our souls will be dead in mortal sin. Anyone who would stay away from Communion that long would be very ungrateful for all Our Blessed Lord did and suffered for us to give us His Flesh to eat and His Precious Blood to drink.

Our Lord wants us to go to Confession often

It is good to be as clean as we can before we go to Communion. We let Our Lord wash our souls in His Precious Blood in the Sacrament of Penance, just as He washed the feet of His Apostles. The Church obliges those in mortal sin to take a bath in the Precious Blood of Christ in confession at least once a year, but it is good to have our souls washed often.



Practice: Go to confession and Communion often. so your soul will be healthy and strong.

CATECHISM

- 134.** What is meant by the commandment to confess our sins at least once a year?

By the commandment to confess our sins at least once a year is meant that we are strictly obliged to make a good confession within the year, if we have a mortal sin to confess.

Frequent confession of all sins, either mortal or venial, keeps our souls clean and helps us to grow in God's love.

- 135.** What sin does a Catholic commit who neglects to receive Holy Communion worthily during the Easter time?

A Catholic who neglects to receive Holy Communion worthily during the Easter time commits a mortal sin.

A person who goes to Holy Communion only once a year is starving his soul. No one would think of going without food for a whole year. The more often we eat the Bread of Life, the healthier our soul will be.

- 136.** What is meant by the commandment to contribute to the support of the Church?

By the commandment to contribute to the support of the Church is meant that each of us must help to pay the expenses of the Church.

What we give to the Church we give to God. It is a sign of our love for Him.

- 137.** What is the ordinary law of the Church to be observed at the wedding of a Catholic?

The ordinary law of the Church to be observed at the wedding of a Catholic is this: A Catholic can be married only in the presence of an authorized priest and two witnesses.

Catholics "married" by a justice of the peace or any one but a priest are not really married at all.

DISCUSSION QUESTIONS

1. When did the Apostles make their first Communion?
2. Who gave it to them?
3. What did Our Lord say about our need of Communion?
4. How does Our Lord wash our souls?
5. Why is it good to go to confession often?

YES OR NO (Explain your answer.)

1. Should only those in mortal sin go to confession often?
2. Do we need to go to Communion often?
3. Does Holy Communion help us to love God more?
4. Should Catholics be married before a priest?
5. Do we give to God what we contribute to the Church?

FILL IN THE BLANKS

1. We must confess our sins at least once a
2. We must receive Communion during the time.
3. We must contribute to the support of the Church by helping to pay the
4. Catholics must be married by a

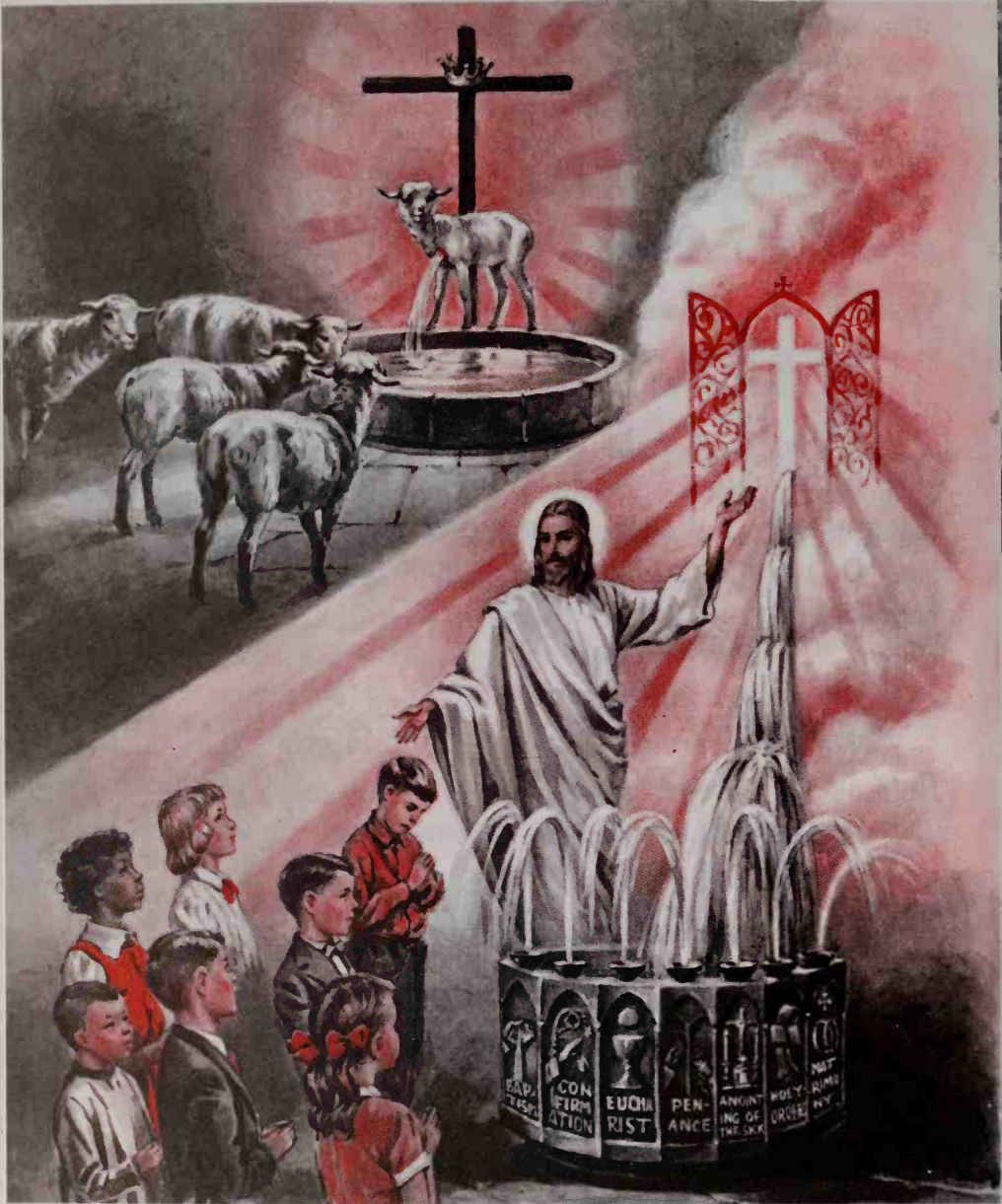
OTHER READINGS FROM THE BIBLE

Many references are given after the lessons on the Sacraments of Holy Eucharist, Penance, and Matrimony (Lessons 26-32 and Lesson 35).

CLASS LITURGICAL ACTION

Recite together Psalm 22 which tells how Christ the Good Shepherd protects and feeds His sheep.

Part III: The SACRAMENTS and PRAYER



JESUS GIVES US THE LIVING WATERS OF GRACE



The sacraments are signs of Jesus taking care of His sheep

23. THE SACRAMENTS

We read in the Holy Bible:

"For thus says the Lord God: 'I Myself will look after and tend My sheep. As a shepherd tends his flock when he finds himself among his scattered sheep, so will I tend My sheep. I will rescue them from every place where they were scattered when it was cloudy and dark . . . In good pastures will I pasture them, and on the mountain heights of Israel shall be their grazing ground . . . I Myself will pasture My sheep; I Myself will give them rest,' says the Lord God. 'The lost I will seek out, the strayed I will bring back, the injured I will bind up, the sick I will heal [but the sleek and the strong I will destroy], shepherding them rightly'" (Ezekiel 34, 11-16).

EXPLANATION

The sacraments are signs of Christ's actions of love

Our Blessed Lord loves us, His sheep. He is always taking care of us and never leaves us alone. He is always doing something for us.

But He wants us to have some sign of what He is doing for us. We cannot see Him, so we need signs to help us to understand His presence among us and His actions. The signs of Christ's actions on our soul we call "sacraments."

The sacraments are signs which give life

Our Blessed Lord gives life to His flock, that life which we call sanctifying grace. He has said, "I came that they may have life, and have it more abundantly" (John 10, 10).

Once He has given this life, He takes care of it in each of His sheep; He feeds each one, heals its wounds, protects it from danger and leads it to the fullness of that life in heaven. The sacraments are the signs of these actions of Our Blessed Lord to give or increase this life in our souls. By them He gives and increases the power of the Holy Spirit in each of us.

Practice: Treat the sacraments with the same respect and love you have for Christ.

C A T E C H I S M

138. What is a sacrament?

A sacrament is an outward sign instituted by Christ to give grace.

139. How many sacraments are there?

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

140. Do the sacraments give sanctifying grace?

The sacraments do give sanctifying grace.

141. Does each of the sacraments also give a special grace?

Each of the sacraments also gives a special grace, called sacramental grace.

For example, in Baptism, besides receiving a share in God's life, we also get the special "sacramental" grace which helps us to keep God's life in us. It helps us to believe in God and to live as if we believe in God. It lessens our inclination to sin.

142. Do the sacraments always give grace?

The sacraments always give grace if we receive them properly.

143. Why are Baptism and Penance called sacraments of the dead?

Baptism and Penance are called sacraments of the dead because their chief purpose is to give the life of grace to souls dead through sin.

Before Baptism our souls are dead to the life of grace through original sin. Baptism washes away original sin and brings God's life, the life of grace, to us.

Souls dead in mortal sin can come back to life through the Sacrament of Penance.

144. Why are Confirmation, Holy Eucharist, Anointing of the Sick, Holy Orders, and Matrimony called sacraments of the living?

Confirmation, Holy Eucharist, Anointing of the Sick, Holy Orders, and Matrimony are called sacraments of the living because their chief purpose is to give more grace to souls already alive through grace.

145. What sin does he commit who knowingly receives a sacrament of the living in mortal sin?

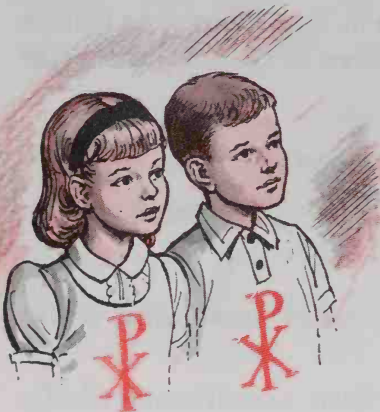
He who knowingly receives a sacrament of the living in mortal sin commits a mortal sin of sacrilege.

"Sacrilege" means that one of God's sacraments or some holy person or thing is not treated with due reverence.

146. Why can Baptism, Confirmation, and Holy Orders be received only once?

Baptism, Confirmation, and Holy Orders can be received only once because they imprint on the soul a spiritual mark which lasts forever.

This mark is like a stamp on our soul that can never be taken away. It stamps us as belonging to Christ forever, and each stamp gives us a greater share in the priestly powers of Christ.



DISCUSSION QUESTIONS

1. What are some things Jesus does for His sheep?
2. Of what are the sacraments signs?
3. Why do we need signs?

4. What is the life that the sacraments give or increase?
5. How can we lose the life we receive in Baptism?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. The sacraments give us God's grace.
2. God the Father gave us the sacraments when He was on earth.
3. The first time we ever receive God's life in us is in Penance.
4. We can lose God's life, or grace, by sin.
5. We can never get back God's grace once it is lost.

FILL IN THE BLANKS

1. A sacrament is an outward
2. The sacraments let us share the life of
3. The sacraments give sanctifying
4. Baptism and Penance are sacraments of the
5. Receiving a sacrament irreverently is a

OTHER READINGS FROM THE BIBLE

1. Our Lord promised He would be with His Apostles and His Church when He sent them out to give the sacraments in His name, Matthew, 28, 18-20.

2. Our Lord promised to be with us and help us, Matthew, 11, 25-30.

CLASS LITURGICAL ACTION

Say (or sing) Psalm 135 which praises God for leading Israel to safety.



Jesus is the door to heaven. By Baptism we enter this door

24. BAPTISM

We read in the Holy Bible:

"Jesus said to them, 'Amen, amen, I say to you, I am the door of the sheep. . . . If anyone enter by Me he shall be safe, and shall go in and out, and shall find pastures. The thief comes only to steal, and slay, and destroy. I came that they may have life, and have it more abundantly'" (John 10, 7-10).

EXPLANATION

Baptism is birth to a new life

The sacraments are actions of Our Blessed Lord on our soul. Baptism is a sign of Christ acting on our soul and in it to give it divine life.

In Baptism we first receive the Holy Spirit into our souls. Our Lord has said, "Unless a man be born again of water and the Spirit, he cannot enter into the kingdom of God" (John 3, 5).

Baptism frees us from the devil

We are born with souls that are dead in original sin under the power of the devil. Baptism gives us the new life of sanctifying grace and frees us from the power of the devil. Once we have been baptized, the devil can never hurt us unless we let him.

In Baptism we promise to live our lives for love of God in imitation of Christ, and not for love of ourselves in imitation of the devil. We promise that we will love Him with our whole heart and soul and try to please Him in everything.

Baptism is the door to the sheepfold

Jesus is the door to heaven and to the Church. But Baptism is also called the door because by it we enter into Jesus. We become one with Him in His Mystical Body. We become members of His Mystical Body and live with His life. Only those who pass through the door of Baptism are members of the Church, the sheepfold of Christ.

Baptism is also the door to the other sacraments. No one can receive any other sacrament until he has first been baptized.

Practice: Live your Baptism today by choosing what pleases Christ even when it is something you don't like.



CATECHISM

147. What is Baptism?

Baptism is the sacrament that gives our souls the new life of grace by which we become children of God.

148. What sins does Baptism take away?

Baptism takes away original sin; and also actual sins, if there be any, and all the punishment due to them.

Baptism washes away all sins. If a person were to die right after Baptism, he would go straight to heaven. But he could not increase his love of God the way he could if he remained on earth longer.

149. Who can administer Baptism?

The priest is the usual minister of Baptism, but if there is danger that someone will die without Baptism, anyone else may and should baptize.

150. How would you give Baptism?

I would give Baptism by pouring ordinary water on the forehead of the person to be baptized, saying while pouring it: "I baptize thee in the name of the Father, and of the Son, and of the Holy Ghost."

DISCUSSION QUESTIONS

1. Who is the "door of the sheep"?
2. What does Christ do to us in Baptism?
3. What does Christ do to the devil at Baptism?
4. Why is Baptism so important?
5. Why is Baptism called a "door"?

YES OR NO (Explain your answer.)

1. Does Baptism take away all sin?
2. Can only a priest give Baptism?
3. Does Baptism give us a share in God's life?
4. Does Baptism give us sanctifying grace?
5. After Baptism can we never sin?

FILL IN THE BLANKS

1. In Baptism we become *children* of God.
2. Baptism takes away *original* and *actual* sin.
3. Baptism is usually given by a *priest*
4. Baptism makes us members of the
5. Baptism frees us from the power of the

OTHER READINGS FROM THE BIBLE

1. Our need for Baptism, John 3, 1-8.
2. How baptized persons should live, Ephesians 4, 1-6.

CLASS LITURGICAL ACTION

1. Say (or sing) Psalm 99. This Psalm expresses the joy we should have as baptized members, or sheep, of Our Lord's flock.
2. Repeat the Class Liturgical Action given in Lesson 5.



Jesus makes His sheep strong to spread the Faith

25. CONFIRMATION

We read in the Holy Bible:

"Behold, I am sending you forth like sheep in the midst of wolves. . . . beware of men; for they will deliver you up . . . and scourge you . . . and you will be brought before governors and kings for My sake, for a witness to them and to the Gentiles. But when they deliver you up, do not be anxious how or what you are to speak; for what you are to speak will be given you in that hour. For it is not you who are speaking, but the Spirit of your Father Who speaks through you" (Matthew 10, 16-20).

EXPLANATION

The Holy Spirit came upon the Apostles

Before Our Lord ascended into heaven, He told the Apostles that He would send them the Holy

Spirit. He would guide them and tell them what to say when they were delivered up to the enemies of God.

Our Lord kept His promise on Pentecost when He sent the Holy Spirit upon the Apostles in the form of tongues of fire. On that day, a complete change took place in them. After they were filled with the Holy Spirit, they were no longer afraid. They went forth filled with the love of God. They preached the Gospel without fear. They were willing to suffer all things for Our Lord, even death.

Confirmation makes us strong

Confirmation is an action of Christ, our Good Shepherd, by which He strengthens us through the power of the Holy Spirit to go out and spread our Faith. This power of the Holy Spirit is so great that it makes the sheep of the flock of Christ stronger than the wolves—the enemies of the Church.

It helps us to love all others and to give them the good example needed to bring them all into the sheepfold of Christ. It makes us willing to suffer all things, even death, for the sake of Christ. It makes us generous with God in giving our time and our abilities to help as much as we can in the work of spreading the Kingdom of God on earth.

Practice: Learn all you can about your religion so that you may love God more than yourself and have more light to spread that love to others.



CATECHISM

151. What is Confirmation?

Confirmation is the sacrament through which the Holy Ghost comes to us in a special way and enables us to profess our faith as strong and perfect Christians and soldiers of Jesus Christ.

"To profess our Faith" means to believe in it and to live by it.

152. Who is the usual minister of Confirmation?

The bishop is the usual minister of Confirmation.

In case of necessity, a priest may be given the power to confirm by the Pope.

153. Why should all Catholics be confirmed?

All Catholics should be confirmed in order to be strengthened against the dangers to salvation and to be prepared better to defend their Catholic faith.

The Sacrament of Confirmation is not necessary to enter heaven. It is necessary, however, to make us strong in our Faith and ever ready to defend and spread it.

DISCUSSION QUESTIONS

1. Who promised to send the Holy Spirit upon the Apostles?
2. How did the Apostles change after Confirmation?
3. Who comes to us in Confirmation?
4. What does this sacrament do for us?
5. How can we help to win the world for Christ?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. We cannot get to heaven without Confirmation.
2. The Holy Spirit comes to us in this sacrament.
3. The Apostles were afraid after Pentecost.
4. Only a bishop can ever give Confirmation.
5. Confirmation helps us to defend our Faith.

FILL IN THE BLANKS

1. In Confirmation the Holy Spirit comes to us.
2. Confirmation is usually given by the bishop.
3. Confirmation makes us soldiers of Jesus Christ.
4. Confirmation helps us profess our faith.
5. The Holy Spirit came to the Apostles on Pentecost.

OTHER READINGS FROM THE BIBLE

1. The account of Pentecost, Acts 2, 1-4.
2. The example of the early Christians, Acts 2, 42-47.

CLASS LITURGICAL ACTION

Say (or sing) Psalm 45. This Psalm sings of the strength and freedom from fear that comes to those who serve God.



Jesus promised to feed us with His Flesh and Blood

26. THE HOLY EUCHARIST

We read in the Holy Bible:

“I am the Bread of life. . . . I am the living Bread that has come down from heaven. If anyone eat of this Bread he shall live forever; and the Bread that I will give is My Flesh for the life of the world.’

“The Jews on that account argued with one another, saying, ‘How can this man give us His Flesh to eat?’

“Jesus therefore said to them, ‘Amen, amen, I say to you, unless you eat the Flesh of the Son of Man, and drink His Blood, you shall not have life in you. He who eats My Flesh and drinks My Blood has life everlasting and I will raise him up on the last day. For My Flesh is food indeed, and My Blood is drink indeed. He who eats My Flesh and drinks My Blood, abides in Me and I in him’” (John 6, 48-57).

Jesus promised us His Body and Blood

Our Lord gave this promise when speaking in the synagogue at Capharnaum. He was speaking to the people who had seen Him multiply the loaves and fishes to feed them the day before. Many of them refused to believe that Our Lord could give them His own Flesh and Blood. The Apostles, too, could not understand how this could be. But they believed Our Lord's words.

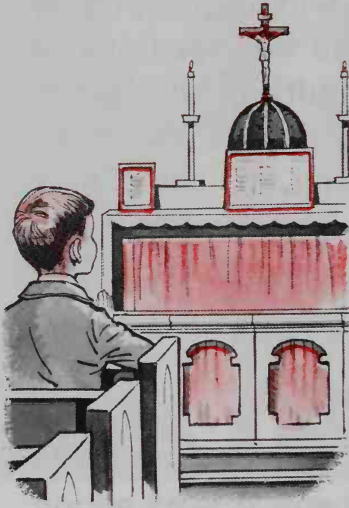
The Eucharist is the Sacrament of the Body and Blood of Christ

The Holy Eucharist is a sacrament. It is an action of Christ by which He offers Himself to the Father as a sacrifice for us and then comes to us as the food and drink of our soul. In this sacrament He keeps His promise to give us His Flesh to eat and His Blood to drink.

The Eucharist is a sign of food and drink

The Holy Eucharist is a sign. It is a sign which looks like bread and tastes like bread, but it is really the Flesh and Blood of Christ as the food and drink of our soul. In the Holy Eucharist the Good Shepherd feeds His sheep with the Bread of Life which is His Flesh. We need this food to live as sheep of the fold of Christ and to keep His life strong and growing in us. Without it we would grow sick and die on the way. To be good and strong we need it often.

The Eucharist is a sign of Christ with us



The Eucharist is a sign of the presence of Christ among us. He is really present in the tabernacle. We cannot see Him there but He is really there. He wants to be with us always so that we can come to Him at any time. He loves to listen to us and to have us speak to Him. We are His sheep and He loves us.

Practice: Make a daily visit to Jesus in the Blessed Sacrament; talk to Him in your own words and listen.

CATECHISM

154. What is the Holy Eucharist?

The Holy Eucharist is a sacrament and a sacrifice. In the Holy Eucharist, under the appearances of bread and wine, the Lord Christ is contained, offered, and received.

In Lesson 27 we shall learn about the Eucharist as a *sacrifice*.

155. When did Christ institute the Holy Eucharist?

Christ instituted the Holy Eucharist at the Last Supper, the night before He died.

156. What happened at the Last Supper when Our Lord said: "This is My body . . . this is My blood"?

When Our Lord said, "This is My body," the bread was changed into His body; and when He said, "This is My blood," the wine was changed into His blood.

157. Did anything of the bread and wine remain after they had been changed into Our Lord's body and blood?

After the bread and wine had been changed into Our Lord's body and blood, there remained only the appearances of bread and wine.

158. What do we mean by the appearances of bread and wine?

By the appearances of bread and wine we mean their color, taste, weight, and shape.

The *appearances* of anything are the things we can see, touch, and taste. The *substance* of anything is what it is. The appearances in the Holy Eucharist are what looks like bread and wine. The substance is Our Lord Himself under these appearances.

159. When did Christ give His priests the power to change bread and wine into His body and blood?

Christ gave His priests the power to change bread and wine into His body and blood when He said to the apostles at the Last Supper: "Do this in remembrance of Me."

DISCUSSION QUESTIONS

1. What is the "Bread of Life"?
2. Who gave us this "Bread"?
3. When was it given to us?
4. What is the Sacrament of the Eucharist?
5. What are the outward signs of this sacrament?

YES OR NO

(Explain your answer.)

1. Does the Holy Eucharist nourish Christ's life in us?
2. Is the Holy Eucharist only bread and wine?
3. Are the appearances of a thing what we can see, touch or taste?
4. Did Jesus give the Eucharist after the Ascension?
5. Did many believe that Christ could give us His Body and Blood as Food for our soul?

FILL IN THE BLANKS

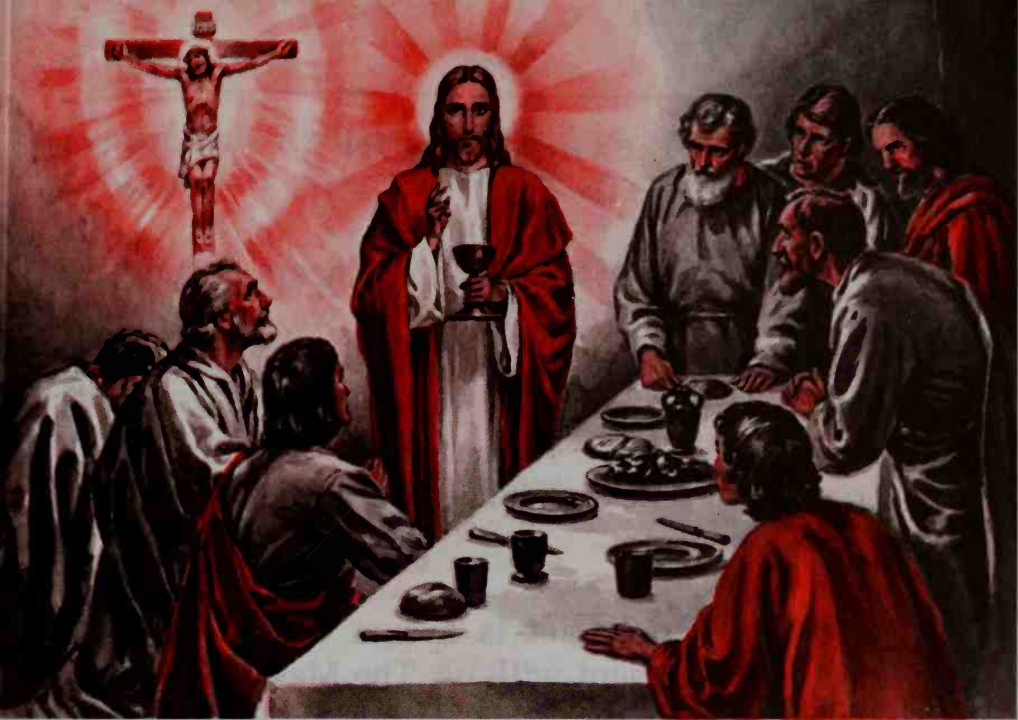
1. Our Lord took bread and said, "This is My" ."
2. He took wine and said, "This is My" ."
3. Christ gave us the Sacrament of the Eucharist at the
4. The has the power to change bread and wine into Christ's Body and Blood.
5. The substance of anything is what it

OTHER READINGS FROM THE BIBLE

1. The manna which God gave the Israelites, Exodus, chapter 16. This was a type, or symbol, of the Eucharist which Christ would give as Food for the soul.
2. How God fed the prophet Elias through an angel, 3 Kings 19, 1-8. This also gives us an idea of the strength the Food of the Eucharist gives us.

CLASS LITURGICAL ACTION

1. The great liturgical action is the Mass. Since this cannot be performed in class, perhaps a class project can be undertaken. This would give a greater understanding of the Mass. It would also help the child to know more about the altar, the vestments, and the liturgical year.
2. Learn to sing the "*Tantum Ergo*" and to know what it means.



At the Last Supper Jesus gave us the Holy Sacrifice of the Mass to continue the Sacrifice of the Cross

27. THE SACRIFICE OF THE MASS

We read in the Holy Bible:

“And when the hour had come, He reclined at table, and the twelve apostles with Him. And He said to them, ‘I have greatly desired to eat this passover with you before I suffer . . .’

“And having taken bread, He gave thanks and broke, and gave it to them, saying, ‘This is My Body, which is being given for you; do this in remembrance of Me.’ In like manner He took also the cup after the supper, saying, ‘This cup is the new covenant in My Blood, which shall be shed for you’” (Luke 22, 14-15, 19-20).

EXPLANATION

A Sacrifice is a gift to God

A gift is a sign of what is in the heart. A sacrifice is a gift to God which tells Him we love Him. A sacrifice is something we see, but the important thing about it is something we cannot see; that is what is in the heart. A sacrifice is offered through a priest who takes our place before God.

The Mass is a sacrifice

The Holy Eucharist is a sign of Christ. It IS Christ really present with us. The Mass is the Holy Eucharist in action. In this action Our Blessed Lord gives Himself to His Father and we offer ourselves with Him. Christ is the hidden Priest, and the priest we can see takes His place.

The Mass is a reminder

It reminds us of the Sacrifice of Christ on the Cross. There the Good Shepherd gave His life for His sheep. He did this to show the great love in His Heart. The Mass is a living reminder since it actually IS that same act of love.

The Mass is a ceremony

Our Blessed Lord wanted His action on the Cross to be continued. So the night before He died. He ate the Last Supper with His Apostles. There He gave them the ceremony we now call the Mass. Our Mass today is the same ceremony as the Last

Supper, but its inner meaning is the same as the Cross.

The Mass is a sign of our love united with the love of Christ in giving ourselves to the Father.

It is the same as the Cross—Christ's act of love. It is the same as the resurrection—the Father's acceptance.



Practice: Never miss an opportunity to assist at the Holy Sacrifice of the Mass.

CATECHISM

160. What is the Mass?

The Mass is the sacrifice of the New Law in which Christ, through the priest, offers Himself to God in an unbloody manner under the appearances of bread and wine.

The sacrifices of the Old Law were animals or bread and wine. They were symbols of Christ. The one true sacrifice is the Sacrifice of Christ on the Cross. This is continued in a different way in the Mass.

161. Is the Mass the same sacrifice as the sacrifice of the cross?

The Mass is the same sacrifice as the sacrifice of the cross.

The **PRIEST** is the same, Jesus Christ. He was visible on the Cross and is invisible at Mass.

The **GIFT** is the same, Jesus Christ. He was visible on the Cross and is hidden at Mass under the appearances of bread and wine.

The **ACTION** is the same, the act of love in the Sacred Heart of Jesus.

162. Is there any difference between the sacrifice of the cross and the Sacrifice of the Mass?

The manner in which the sacrifice is offered is different. On the cross Christ physically shed His blood and was physically slain, while in the Mass there is no physical shedding of blood nor physical death.

Christ really died on the Cross but He does not die at Mass. Christ was visible on the Cross, but He is invisible at Mass. Christ's enemies tormented Him on the Cross but His friends join Him in prayer at Mass. Christ alone was both priest and gift on the Cross, but in the Mass He unites all of us with Himself.

DISCUSSION QUESTIONS

1. What is the Mass?
2. What is the difference between the Holy Eucharist and the Mass?
3. When did Our Lord say the First Mass?
4. What is the difference between the Sacrifice of the Cross and the Sacrifice of the Mass?
5. What power did Christ give to His Apostles?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. The first Mass was said on Mount Calvary.
2. Christ offered Himself in a bloody manner on the Cross.
3. Christ offers Himself in a bloody manner in the Mass.
4. People never offered sacrifice to God before Christ came to earth.
5. The Mass is our greatest Gift to God.

FILL IN THE BLANKS

1. The first Mass was offered at the
2. The first Mass was offered by
3. Today Holy Mass is offered by the
4. In the Mass Christ offers Himself to
5. On the Cross He offered Himself for our.....

OTHER READINGS FROM THE BIBLE

1. Other descriptions of the Last Supper, Matthew 26, 26-28, and Mark 14, 22-25.
2. St. Paul's description of the Last Supper, 1 Corinthians 11, 23-28. He tells us it is the same action as the action of Our Blessed Lord dying on the Cross.

CLASS LITURGICAL ACTION

1. The great liturgical action is the Mass itself. The projects begun in the previous lesson could be continued.
2. Learn to say together the *Orate Fratres* (Pray, brethren), which the priest says, and the *Suscipiat* (May the Lord accept), which the server says. These prayers remind us that the priest and people offer the Mass together.



Jesus invites His sheep to His banquet

28. HOLY COMMUNION

We read in the Holy Bible:

"Blessed are they who are called to the marriage supper of the Lamb" (Apoc. 19, 9).

"Jesus . . . spoke to them . . . saying, 'The kingdom of heaven is like a king who made a marriage feast for his son. And he sent his servants to call in those invited . . . but they would not come.'

"'When the king heard of it, he was angry . . . He said to his servants: "The marriage feast indeed is ready, but those who were invited were not worthy; go therefore to the crossroads, and invite . . . whomever you shall find." And his servants went out into the roads and gathered all whom they found . . . And the marriage feast was filled with guests'" (Matthew 22, 1-14).

EXPLANATION

The Jews sacrificed the Paschal Lamb

At the feast of the Passover the Jewish people sacrificed a lamb to God. It was called the Paschal Lamb. The sacrifice was completed by the eating of the Paschal Lamb at the feast which followed.

Jesus is the Lamb of God

Our Lord gave a new sacrifice to the people. He gave Himself at the Last Supper and on the Cross. He is our "Paschal Lamb." He is the "Lamb of God."

Before we receive Communion, the priest says, "Behold the Lamb of God." This is our invitation to come to the table of Christ, and He Himself becomes our food. This is called a marriage feast because it unites the Lamb, the Bridegroom, in a union of love with His Bride, the Church.

The Lamb of God is our heavenly Banquet

At Holy Communion, when we go up to the Banquet Table (the altar rail), Our Lord comes to us. He enters our hearts and souls. This action is called "Com-munion" which means "union together." It unites the sheep with the Lamb Who shepherds them and also unites them with one another.

This food makes us strong in love

The Flesh and Blood of Christ makes our souls strong with divine life. The power of the Holy Spirit grows inside till we are able to love one

another as Christ has loved us. This is what He has commanded us to do when we eat at His table.

Practice: Each time you assist at Mass, go to Communion also if this is possible.



CATECHISM

163. What is Holy Communion?

Holy Communion is the receiving of Jesus Christ in the sacrament of the Holy Eucharist.

164. What is necessary to receive Holy Communion worthily?

To receive Holy Communion worthily it is necessary to be free from mortal sin, to have a right intention, and to obey the Church's laws on fasting before Holy Communion. But if a Catholic is in danger of death or is trying to protect the Blessed Sacrament from insult, no fast is required before receiving the Holy Eucharist.

165. Does he who knowingly receives Holy Communion in mortal sin receive the body and blood of Christ and His Graces?

He who knowingly receives Holy Communion in mortal sin receives the body and blood of Christ; but he does not receive His graces, and he commits a grave sin of sacrilege.

166. How must we fast before Holy Communion?

Before Holy Communion we must fast by not taking any food or drink for one hour, except water, which may be taken at any time.

167. How should we prepare ourselves for Holy Communion?

We should prepare ourselves for Holy Communion by thinking of Our Divine Redeemer, whom we are about to receive, and by making fervent acts of faith, hope, love, and contrition.

It is a good practice to say fervently the prayers before Communion contained in your prayer book or Missal.

168. What should we do after Holy Communion?

After Holy Communion we should spend some time adoring Our Lord, thanking Him, renewing our promises of love and of obedience to Him, and asking Him for blessings for ourselves and others.

This is the best time of all for prayer. Our Lord is Sacramentally present within us a short time after Communion. Talk to Him then and listen.

169. Why is it well to receive Holy Communion often, even daily?

It is well to receive Holy Communion often, even daily, because this close union with Jesus Christ is the greatest aid to a holy life.

DISCUSSION QUESTIONS

1. What did the Jews eat at the feast of the Passover?
2. What do we eat at the Banquet of the Mass?
3. What does this Food do to our soul?
4. Can we receive this Food when we are in mortal sin?
5. How often should we receive Holy Communion?

YES OR NO

(Explain your answer.)

1. Can we take water before Holy Communion?
2. Must we fast from food three hours before Communion?
3. Is an unworthy Communion a sin of sacrilege?
4. Is Christ present in us after Communion?
5. Do we receive grace in an unworthy Communion?

FILL IN THE BLANKS

1. In Holy Communion we receive
2. Receiving Communion unworthily is a
3. The Eucharist is a marriage
4. It is well to receive Communion
5. Com-munion means union

OTHER READINGS FROM THE BIBLE

1. The Parable of the Great Supper, Luke 14, 15-24.
2. What St. Paul says about how Holy Communion unites us with one another, 1 Corinthians 10, 16-17.

CLASS LITURGICAL ACTION

1. In this lesson, too, the great liturgical action is the Mass in which we share to the full by actually communicating. Perhaps on one day the class could assist at Mass in a body, to show their union in love (though this should not be forced).
2. Learn to say together the prayer before Communion, the "Lord I am not worthy."



Jesus seeks His lost sheep

29. PENANCE

We read in the Holy Bible:

"Now the publicans [tax collectors] and sinners were drawing near to Him [Jesus] to listen to Him. And the Pharisees and the Scribes murmured, saying, 'This Man welcomes sinners and eats with them.'

"But He spoke to them this parable, saying, 'What man of you having a hundred sheep, and losing one of them, does not leave the ninety-nine in the desert, and go after that which is lost, until he finds it? And when he has found it, he lays it upon his shoulders rejoicing. And on coming home he calls together his friends and neighbors, saying to them, "Rejoice with me, because I have found my sheep that was lost." I say to you that, even so, there will be joy in heaven over one sinner

who repents, more than over ninety-nine just who have no need of repentance' " (Luke 15, 1-7).

EXPLANATION

The Good Shepherd seeks His lost sheep

The Sacrament of Penance is an action of Christ. It is an action by which the Good Shepherd rescues His lost sheep from sin.

A good shepherd tries to protect his sheep from danger—such as danger from wolves, danger from floods, from cliffs and other things that might take the life of the sheep. And if the sheep is caught in a dangerous place, the good shepherd goes to rescue it.

We are the sheep who have fallen into the danger of sin through our own fault. Our Blessed Lord comes to rescue us in the Sacrament of Penance. He stoops down from heaven to pick up His sheep and take us out of danger.

The Good Shepherd heals the wounds of His sheep

He loves to forgive our sins. No matter how often we fall or how badly we fall, He loves to have us turn to Him for forgiveness by coming to receive the Sacrament of Penance. We do not like to forgive people, but He is different. He loves it. Forgiving us gives Him the greatest joy.

Our Blessed Lord does not only take the sheep back to the flock. He even heals its wounds. He does this by washing it in His Precious Blood.

The Sacrament of Penance is an action of Christ by which He heals the wounds of sin in us by the power of His Precious Blood.

Practice: Make frequent use of the Sacrament of Penance.

C A T E C H I S M

170. What is the sacrament of Penance?

Penance is the sacrament by which sins committed after Baptism are forgiven.

171. What must we do to receive the sacrament of Penance worthily?

To receive the sacrament of Penance worthily we must:

first, examine our conscience;

second, be sorry for our sins;

third, make up our minds not to sin again;

fourth, confess our sins to the priest;

fifth, be willing to do the penance the priest gives us.

172. What is an examination of conscience?

An examination of conscience is a sincere effort to call to mind all the sins we have committed since our last confession.

This means to think of what we have done. Our conscience is the judgment of our mind which tells us whether the things we do are pleasing or displeasing to God. We try to remember all the things that are displeasing to God since our last confession.

173. What should we do before our examination of conscience?

Before our examination of conscience we should ask God's help to know our sins and to confess them with sincere sorrow.

When we ask God He gives us the light of the Holy Spirit to see what we have done, and the courage to confess all our sins.

174. How can we make a good examination of conscience?

We can make a good examination of conscience by calling to mind the commandments of God and of the Church, and by asking ourselves how we may have sinned with regard to them.

Think especially of any ways in which you have offended against God's great Commandment of Love: Have we acted unkindly toward others? Have we held grudges and tried to get even? Have we teased others in a way they did not like? Have we spoken unkindly to or about others? Have we called people names? Have we hurt anyone's feelings? Have we neglected to join with others in worshipping God at Mass on Sunday through our own fault?



DISCUSSION QUESTIONS

1. What does the Good Shepherd do for His sheep in the Sacrament of Penance?
2. How does Our Lord feel about forgiving our sins?
3. What does He do for the wounds of our soul?
4. What power does Our Lord use to heal us?
5. How is Our Lord's forgiveness different from ours?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. The Sacrament of Penance forgives original sin.
2. We can get back divine life through this sacrament.
3. We can forget about the penance the priest gives us.
4. Mortal sin drives out Christ's life received in Baptism.
5. We can have our sins forgiven without being sorry.

FILL IN THE BLANKS

1. The Sacrament of Penance forgives sins committed after
2. This sacrament was given to us by
3. Today this power from Christ is exercised by the
4. Christ forgives our sins when we are for them.
5. We must examine our before confession.

OTHER READINGS FROM THE BIBLE

1. The parable of the lost coin, Luke 15, 8-10.
2. How Our Lord forgave the man who was paralyzed, Matthew 9, 1-8.
3. How Our Lord forgave the sick man, John, 5, 1-14.

CLASS LITURGICAL ACTION

Learn to say (or sing) Psalm 141. This Psalm is the sinner's cry to God to rescue him.



The prodigal son was sorry for his sins

30. CONTRITION

We read in the Holy Bible:

THE PRODIGAL SON

"And He [Jesus] said, 'A certain man had two sons. And the younger of them said to his father, "Father, give me the share of the property that falls to me." And he divided his means between them.

"'And not many days later, the younger son gathered up all his wealth, and took his journey into a far country; and there he squandered [wasted] his fortune in loose living. And after he had spent all, there came a grievous famine [lack of food] over that country, and he began himself to suffer want. And he went and joined one of the citizens of that country, who sent him to his farm to feed swine [pigs]. And he longed to fill himself with the pods that the swine were eating, but no one offered to give them to him.

"But when he came to himself, he said, "How many hired men in my father's house have bread in abundance, while I am perishing here with hunger! I will get up and go to my father, and will say to him, Father, I have sinned against heaven and before you. I am no longer worthy to be called your son; make me as one of your hired men"'" (Luke 15, 11-19).

EXPLANATION

The sins of the Prodigal Son

The young man Our Lord speaks of had committed many sins. He was a lost sheep, badly wounded through his own fault. He had found out that pleasures do not lead to happiness. He even felt lower than pigs.

The sorrow of the Prodigal Son

Then he was sorry. He had offended his father who was so good to him. He made up his mind to go to his father, tell him he was sorry and that he would not do such a thing again.

Perfect and Imperfect Contrition

When we have contrition for our sins, it means that we are sorry for them because they have offended the good God, our Father, and we do not want to commit them again.

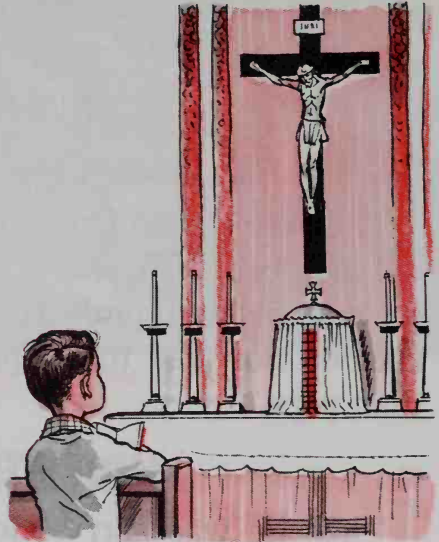
If we are sorry for our sins because we love God, this is **perfect contrition**.

If we are sorry for our sins because we are afraid of what God has said will happen to sinners, then this is **imperfect contrition**. At least it shows that

we believe what God has said and God is pleased at that. But He is more pleased when we love Him.

As long as we are sorry, God will always forgive us when we come to Him in confession.

Practice: Before you go to confession, examine your conscience, then look at a crucifix for at least a minute to see what sin has done to Our Lord.



CATECHISM

175. What is contrition?

Contrition is sincere sorrow for having offended God, and hatred for the sins we have committed, with a firm purpose of sinning no more.

Our sorrow is sincere when it comes from the heart, not just from the lips. We cannot always FEEL sorry but if we wish we had not done it, we ARE sorry.

176. Why should we have contrition for mortal sin?

We should have contrition for mortal sin because it is the greatest of all evils, gravely offends God, keeps us out of heaven, and condemns us forever to hell.

Young boys and girls rarely commit mortal sins. The Good Shepherd protects them in a special way. But if they

keep committing venial sins on purpose they are in danger of falling into mortal sins when they get older.

177. Why should we have contrition for venial sin?

We should have contrition for venial sin because it is displeasing to God, merits temporal punishment, and may lead to mortal sin.

Besides being sorry for venial sins we should try to find out why we committed them so that we can do better.

178. How many kinds of contrition are there?

There are two kinds of contrition: perfect contrition and imperfect contrition.

179. When is our contrition perfect?

Our contrition is perfect when we are sorry for our sins because sin offends God, whom we love above all things for His own sake.

Perfect contrition comes from deep love.

180. When is our contrition imperfect?

Our contrition is imperfect when we are sorry for our sins because they are hateful in themselves or because we fear God's punishment.

Imperfect contrition comes from love of God mixed with some selfishness.

181. To receive the sacrament of Penance worthily, what kind of contrition is sufficient?

To receive the sacrament of Penance worthily, imperfect contrition is sufficient.

182. What should we do if we commit a mortal sin?

If we commit a mortal sin, we should make an act of perfect contrition at once and go to confession as soon as we can.

183. May we receive Holy Communion after committing a mortal sin if we merely make an act of perfect contrition?

We may not receive Holy Communion after committing a mortal sin if we merely make an act of perfect contrition; one who has sinned grievously must go to confession before receiving Holy Communion.

DISCUSSION QUESTIONS

1. When did the sinful young man begin to be sorry?
2. Why was he sorry?
3. What did he make up his mind to do?
4. Why should we be sorry for our sins?
5. What kind of contrition is best to have? Why?

YES OR NO (Explain your answer.)

1. Can our sins be forgiven even if we are not sorry?
2. Is Our Lord always ready to forgive our sins?
3. Is contrition necessary in the Sacrament of Penance?
4. Do we need to have contrition for venial sin?
5. Will venial sins ever do us any harm?

FILL IN THE BLANKS

1. Contrition is for sin.
2. We must also resolve not to again.
3.contrition comes from deep love of God.
4. It is better to have contrition.
5. In the Sacrament of Penance contrition is sufficient.

OTHER READINGS FROM THE BIBLE

1. How sorry Peter was after his sin, Luke 22, 54-62.
2. How sorry the dying thief was, Luke 23, 39-43.

CLASS LITURGICAL ACTION

Say (or sing) Psalm 85, a prayer of a sinner who is sorry.



The prodigal son confessed his sins to his father

31. CONFESSION

We read in the Holy Bible:

THE PRODIGAL SON

"And he arose and went to his father.

"But while he was yet a long way off, his father saw him and was moved with compassion, and ran and fell upon his neck and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you. I am no longer worthy to be called your son.' But the father said to his servants, 'Fetch quickly the best robe and put it on him, and give him a ring for his finger and sandals for his feet; and bring out the fattened calf and kill it, and let us eat and make merry; because' this my son was dead, and has come to life again; he was lost, and is found.' And they began to make merry" (Luke 15, 20-24).

EXPLANATION

What confession is

The young man was sorry for his sins. He went and told this to his father. This is what we mean by confession.

Confession means that we admit that we have sinned but that now we are sorry for it.

Why we tell our sins to a priest

When Our Lord was on earth, people did not have to tell Him what they had done. He knew all they had ever done. He could see into their hearts and know if they were really sorry.

Our Lord gave the power to forgive sin to His priests. But they cannot know what sins we have committed, or if we are sorry, unless we say so. That is why we must confess our sins.

We tell our sins to Our Lord

The priest takes Our Lord's place. Our Lord is there though we don't see Him. When the priest forgives us, Our Lord forgives us just as the father forgave the prodigal son.



Practice: Before each confession, stop to think that you are going to tell your sins to Our Lord and that He will be most happy to forgive you.

C A T E C H I S M

184. What is confession?

Confession is telling our sins to a priest to obtain forgiveness.

We go to the priest who takes Christ's place and Christ, through the priest, forgives our sins.

185. Is it necessary to confess every sin?

It is necessary to confess every mortal sin which has not yet been confessed and forgiven; it is not necessary to confess our venial sins, but it is better to do so.

Children rarely have mortal sins to confess, but venial sins are frequent. To grow in love of God we should confess every venial sin we can remember.

186. What are we to do if without our fault we forget to confess a mortal sin?

If without our fault we forget to confess a mortal sin, we may receive Holy Communion, because the sin is forgiven; but we must tell the sin if it again comes to our mind.

187. What must a person do who has knowingly kept back a mortal sin in confession?

A person who has knowingly kept back a mortal sin in confession must confess that he has made a bad confession, tell the sin he has kept back, mention the sacraments he has received since that time, and confess all the other mortal sins he has committed since his last good confession.

DISCUSSION QUESTIONS

1. Why did the father forgive the prodigal son?
2. What do we admit in confession?
3. Did people tell Our Lord their sins? Why not?
4. To whom did Our Lord give His power to forgive sins?
5. Why must we tell our sins to the priest?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. We never need to confess our sins to a priest.
2. Venial sins must be confessed.
3. Mortal sins must be confessed.
4. It is better to confess all our sins.
5. If we forget to confess a mortal sin, it is forgiven.

FILL IN THE BLANKS

1. The priest forgives sins in the name of
2. In confession we admit our
3. Christ forgives us if we are
4. We tell our sins to a priest to obtain
5. Never keep back a sin in confession.

OTHER READINGS FROM THE BIBLE

1. Peter admitted to Our Lord that he was a sinner, Luke 5, 1-11.
2. The publican confessed that he was a sinner and God was pleased with him, Luke 18, 9-14.

CLASS LITURGICAL ACTION

Learn Psalm 129 (the *De Profundis*), which is the cry of the sinner to God, asking forgiveness.



Jesus forgave the sins of the woman who was sorry

32. HOW TO MAKE A GOOD CONFESSION

We read in the Holy Bible:

"Now one of the Pharisees asked Him [Jesus] to dine with him; so He went into the house of the Pharisee and reclined at table. And behold, a woman in the town who was a sinner, upon learning that He was at table in the Pharisee's house, brought an alabaster jar of ointment; and standing behind Him at His feet, she began to bathe His feet with her tears, and wiped them with the hair of her head, and kissed His feet, and anointed them with ointment.

"Now when the Pharisee, who had invited Him, saw it, he said to himself, 'This Man, were He a prophet, would surely know who and what manner of woman this is who is touching Him, for she is a sinner.'

"And Jesus answered and said to him, 'Simon, I have something to say to you.' And he said, 'Master speak.' . . .

"Turning to the woman, He said to Simon, 'Do you see this woman? I came into your house; you gave Me no water for My feet; but she has bathed My feet with tears, and has wiped them with her hair. You gave Me no kiss; but she, from the moment she entered, has not ceased to kiss My feet. You did not anoint my head with oil; but she has anointed My feet with ointment. Wherefore I say to you, her sins, many as they are, shall be forgiven her, because she has loved much . . . And He said to her, 'Your sins are forgiven' " (Luke 7, 36-40; 44-48).

EXPLANATION

The sinful woman admitted her sins

This woman admitted that she was a sinner. She was sorry for her sins and cried so much she could wash Our Lord's feet with her tears. She did not care what the other people at the table would think of her. She just wanted to show Our Lord how sorry she was and how much she loved Him.

Simon, the Pharisee, did not admit he was a sinner. He did not wash Our Lord's feet. Our Lord was more pleased with the sinful woman than He was with Simon.

In confession we admit our sins

When we go to confession we cannot wash Our Lord's feet. But we can have the same desire to admit our sins that the sinful woman had. We can have the same sorrow for our sins. We may not have tears in our eyes, but we can have them in

our heart. And we should not care what anyone thinks of us. When Our Lord sees we love Him this much, He will be very much pleased.

Practice: Each night tell your sins to Our Lord and also how sorry you are, and then you will find going to confession much easier.



CATECHISM

188. Before entering the confessional, how should we prepare ourselves for a good confession?

Before entering the confessional, we should prepare ourselves for a good confession by taking time to examine our conscience, to have sorrow for our sins, and to make up our minds not to commit them again.

We should try to make each confession better than the one before. We will do this if we discover the hidden cause of at least one sin and remove it.

The occasions of sin are often outside of us, but the cause is within us. It is an unwillingness to accept some cross God is giving us to enable us to follow Christ. When you examine your conscience, always look for the cause of a sin.

Examples: I was impatient with my brother BECAUSE I did not want him to call me names. Or: I copied on a test BECAUSE I wanted a higher mark.

Then remove the cause by being willing to imitate Christ; for example, by being willing to be called names or by being willing to get a lower mark on a test.

189. How should we begin our confession?

We should begin our confession in this manner: Entering the confessional, we kneel, and making the sign of the cross say to the priest: "Bless me, Father, for I have sinned"; and then we tell how long it has been since our last confession.

190. After telling the time of our last confession, what do we confess?

After telling the time of our last confession, if we have committed any mortal sins since that time we must confess them, and also any that we have forgotten to tell in past confessions, telling the nature and number of each; we may also confess any venial sins we wish to mention.

191. What should we do if we cannot remember the exact number of our mortal sins?

If we cannot remember the exact number of our mortal sins, we should tell the number as nearly as possible, or say how often we have committed the sins in a day, a week, a month, or a year.

192. What should we do when we have committed no mortal sin since our last confession?

When we have committed no mortal sin since our last confession, we should confess our venial sins or some sin told in a past confession, for which we are again sorry.

Children rarely have mortal sins. But the Precious Blood of Jesus cleanses our venial sins and helps us to do better.

193. How should we end our confession?

We should end our confession by saying: "I am sorry for these and all the sins of my past life, especially for..."; and then it is well to tell one or several of the sins which we have previously confessed and for which we are particularly sorry.

194. What should we do after confessing our sins?

After confessing our sins, we should answer truthfully any question the priest asks, and accept the penance he gives us.

195. What should we do when the priest is giving us absolution?

When the priest is giving us absolution, we should say from our heart the act of contrition in a tone to be heard by him.

196. What should we do after leaving the confessional?

After leaving the confessional we should return thanks to God for the sacrament we have received, and do our penance.

Take at least 5 minutes after confession to thank God, to say your penance, and to think over how you can do better.

DISCUSSION QUESTIONS

1. How did the woman show Our Lord she was sorry?
2. What did Our Lord see in her heart?
3. What did the Pharisee say to himself?
4. Why did Christ forgive the sinful woman?
5. How should we imitate the sinful woman?

YES OR NO (Explain your answer.)

1. Did Our Lord know what the Pharisee was thinking?
2. Was the sinful woman sorry for her sins?
3. Must we confess venial sins first?
4. Does the priest forgive our sins whether or not we are sorry?
5. Can we say our penance after we leave church?

FILL IN THE BLANKS

1. Take at least minutes after confession.
2. After confession we should say our right away.
3. Pray an act of contrition while receiving
4. Jesus loves to forgive
5. Always God for forgiving your sins.

OTHER READINGS FROM THE BIBLE

1. Confession of sins to St. John the Baptist, Matthew 3, 1-16; and to St. Paul, Acts 19, 1-20.

CLASS LITURGICAL ACTION

Say together the *Confiteor* of the Mass, by which we all admit we are sinners.



Jesus cleanses His sheep so that they will not have a single spot on them

33. TEMPORAL PUNISHMENT AND INDULGENCES

We read in the Holy Bible:

"These are they who have come out of the great tribulation and have washed their robes and made them white in the Blood of the Lamb" (Apoc. 7, 14).

EXPLANATION

Temporal punishment

To get to heaven the sheep must be perfectly clean. It is sin and selfishness that make them dirty. Our Blessed Lord, the Divine Lamb, must clean off all sin and selfishness by His Precious

Blood. (Selfishness means the desire to please ourselves more than to please God).

Temporal means “for a time” since it does not last forever. We need to be willing to suffer for a while.

Punishment means “suffering” or “tribulation.” It means being willing to accept what is difficult; that is, what we don’t like. Examples are: troubles, pain, disappointments, upset plans, failures, lost games, heat, cold, rain, sorrows, and so forth. When we accept these things, we draw close to the Cross. Our Lord cleanses us as a washing machine cleans clothes so that our souls will be entirely clean.



Indulgences

Indulgences act on our soul as a washing machine acts on clothes. Indulgences do not forgive sin, but help to clean away the selfishness that is often still there even after the sin has been forgiven.

They are not as helpful as troubles and trials for making our souls grow in love, but they are very helpful to cleanse us.

Practice: Say at least one prayer a day to which an indulgence is attached.

C A T E C H I S M

197. What is an indulgence?

An indulgence is the taking away of the temporal punishment due to sins already forgiven.

A sin must first be forgiven before we can gain an indulgence to heal its after-effects.

198. How many kinds of indulgences are there?

There are two kinds of indulgences, plenary and partial.

199. What is a plenary indulgence?

A plenary indulgence is the remission of all the temporal punishment due to our sins.

200. What is a partial indulgence?

A partial indulgence is the remission of part of the temporal punishment due to our sins.

An indulgence of 300 days, for example, is the same as 300 days of the severe penances done in the early Church.

201. What must we do to gain an indulgence for ourselves?

To gain an indulgence for ourselves we must be in the state of grace, desire to gain the indulgence, and perform the works required.

We can also gain indulgences for the souls in purgatory but not for others on earth.

DISCUSSION QUESTIONS

1. What does "temporal" mean?
2. What does "punishment" mean?
3. What is temporal punishment for sin?
4. What is often left in our soul after sin?
5. What cleanses the sin and selfishness from our soul?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. An indulgence takes away mortal sin.
2. A plenary indulgence takes away all temporal punishment due to sin.
3. Temporal means "lasting forever."
4. Indulgences forgive sin.
5. We can gain indulgences for those in purgatory.

FILL IN THE BLANKS

1. There are two kinds of indulgences:
and
2. Selfishness is cleaned from our souls by
3. An indulgence takes away punishment.
4. Partial indulgences remit only a part of
punishment.
5. All temporal punishment due to sin is taken away
by a indulgence.

OTHER READINGS FROM THE BIBLE

How God washed Naaman, the Syrian, from the disease of leprosy, 4 Kings 5, 1-14.

Grace helps us overcome selfishness, Romans 7, 18-25.

CLASS LITURGICAL ACTION

Learn to say (or sing) the *Asperges Me*, which is the prayer used before the parish High Mass on Sundays at the ceremony of the sprinkling with water. It reminds us of our need to be cleansed by God from all sin.



The angel strengthens Jesus in Gethsemani

34. ANOINTING OF THE SICK AND HOLY ORDERS

A. ANOINTING OF THE SICK

We read in the Holy Bible:

“There appeared to Him an angel from heaven to strengthen Him” (Luke 22, 43).

EXPLANATION

The angel strengthened Our Lord

Our Blessed Lord was praying in Gethsemani. His Father’s will was hard to accept. He knew He was going to die the next day. His friends would leave Him. He felt very bad. He suffered so much that His sweat became as drops of blood, trickling

down onto the ground. It was so hard for Him to do His Father's will. Then His Father sent an angel to strengthen Him.

Our Lord strengthens us

In the Sacrament of Anointing of the Sick, Our Blessed Lord Himself comes to strengthen the sick person. He knows that when we are suffering and feel bad, it is hard to accept the will of His Father. So He gives us strength to do it. If we are going to die, He helps us to die a holy death. But if it is better for us to get well, then He makes us better.

C A T E C H I S M

202. What is Anointing of the Sick?

Anointing of the Sick is the sacrament which gives health and strength to the soul and sometimes to the body when we are in at least probable danger of death.

B. HOLY ORDERS

We read in the Holy Bible:

"And Jesus was going about all the towns and villages, teaching in their synagogues, and preaching the gospel of the kingdom, and curing every kind of disease and infirmity. But seeing the crowds, He was moved with compassion for them, because they were bewildered and dejected, like sheep without a shepherd. Then He said to His disciples, 'The harvest indeed is great, but the laborers are few. Pray therefore the Lord of the harvest to send forth laborers into His harvest'" (Matt. 9, 35-38).



Jesus sends His apostles to labor in His harvest and to take care of His sheep

Our Lord sends His priests to His sheep

Our Blessed Lord sent His Apostles to help His sheep who were in need. He does the same thing today by making men bishops and priests, giving them the Sacrament of Holy Orders. He asks us to pray that many young boys will accept the invitation to work in the field of the Lord.

Practice: Pray that many will accept Christ's call to follow Him into the harvest.

CATECHISM

203. What is Holy Orders?

Holy Orders is the sacrament through which men become bishops, priests, and other ministers of the Church.

DISCUSSION QUESTIONS

1. Why did Our Lord need strength in Gethsemani?
2. Why do sick people need to be strengthened?
3. Who were sent by Our Lord to help His sheep?
4. Who are sent to help His sheep today?
5. What did Our Lord tell us to do about the need for laborers in the harvest?

YES OR NO (Explain your answer.)

1. Is Holy Orders received by bishops and priests?
2. Is Anointing of the Sick only for the dying?
3. Are priests sent to save God's sheep today?
4. Did Jesus cure only certain diseases?
5. Was Our Lord strengthened in His sufferings?

FILL IN THE BLANKS

1. In one often regains health.
2. We should for many priests.
3. The harvest is great, but the laborers are
4. An angel came to Jesus in Gethsemani.
5. Anointing of the Sick gives to sick people.

OTHER READINGS FROM THE BIBLE

Anointing of the Sick, James 5, 14-15.
 The priesthood, Hebrews 14, 5-10.

CLASS LITURGICAL ACTION

Learn to say (or sing) together the song of Simeon in the Temple, the "Now You dismiss" (Luke 2, 29-32), which is a prayer of preparation for death.



Jesus helps the newly-married couple at Cana

35. MATRIMONY

We read in the Holy Bible:

"And on the third day a marriage took place at Cana of Galilee, and the mother of Jesus was there. Now Jesus too was invited to the marriage, and also His disciples. And the wine having run short, the mother of Jesus said to Him, 'They have no wine.' And Jesus said to her, 'What would you have Me do, woman? My hour has not yet come.' His Mother said to the attendants, 'Do whatever He tells you.'

"Now six stone water-jars were placed there, after the Jewish manner of purification, each holding two or three measures. Jesus said to them, 'Fill the jars with water.' And they filled them to the brim. And Jesus said to them, 'Draw out now, and take to the chief steward.' And they took it to him.

"Now when the chief steward had tasted the water after it had become wine, not knowing whence it was (though the attendants who had drawn the water knew), the chief steward

called the bridegroom, and said to him, 'Every man at first sets forth the good wine, and when they have drunk freely, then that which is poorer. But you have kept the good wine until now.'

"This first of His signs Jesus worked at Cana of Galilee; and He manifested His glory and His disciples believed in Him" (John 2, 1-11).

EXPLANATION

The purpose of Matrimony

Matrimony is an action of Christ, the Good Shepherd. It is an action by which He unites two of His sheep, a man and a woman, in marriage, so that they can bring forth new members for His flock.

Married people must live together until death, they must bring into the world the children God sends them, and they must educate their children especially to know and love God. This is very hard to do, so Our Lord gives them special helps just as He helped the young married couple at Cana.



CATECHISM

204. What is the sacrament of Matrimony?

Matrimony is the sacrament by which a baptized man and a baptized woman bind themselves for life in a lawful marriage and receive the grace to discharge their duties.

Practice: Attend a Nuptial Mass and write two paragraphs on the prayers and ceremonies.

DISCUSSION QUESTIONS

1. What did Our Lord do for the young couple at Cana?
2. What does He do for all married people?
3. How long do married people stay married?

TRUE OR FALSE

(If statement is false, change the underlined words to make it a true statement.)

1. Both parties must be baptized before receiving the Sacrament of Matrimony.
2. The marriage bond can be broken.
3. God blesses those who keep His laws in marriage.

FILL IN THE BLANKS

1. The sacrament uniting a man and a woman in marriage is called
2. The purpose of marriage is to bring into the world.
3. Married people must live together until

OTHER READINGS FROM THE BIBLE

The symbolism of marriage, Ephesians 5, 25-32. How husband and wife should act, 1 Peter 3, 1-7.

CLASS LITURGICAL ACTION

Recite Psalm 127 which promises God's blessing on those who keep His laws in marriage.



Jesus blesses the children who came to Him

36. THE SACRAMENTALS

We read in the Holy Bible:

"And they were bringing little children to Him that He might touch them; but the disciples rebuked those who brought them. But when Jesus saw them, He was indignant, and said to them, 'Let the little children come to Me, and do not hinder them, for of such is the kingdom of God. Amen I say to you, whoever does not accept the kingdom of God as a little child will not enter into it.' And He put His arms about them, and laying His hands upon them, He began to bless them" (Mark 10, 13-16).

EXPLANATION

Our Lord blesses people and things through His priests

Our Lord blessed little children. He loved them and showed it by this blessing. His blessing was a sign of love and a promise of His help.

The priest takes Our Lord's place. He blesses people and things, so that they can better show forth God's honor and glory. The blessings and the things blessed are called "sacramentals."

Practice: Treat blessed things with respect.

C A T E C H I S M

205. What are sacramentals?

Sacramentals are holy things or actions of which the Church makes use to obtain for us from God spiritual and temporal favors.

206. Which are the sacramentals most used by Catholics?

The sacramentals most used by Catholics are: holy water, blessed candles, ashes, palms, crucifixes, medals, rosaries, scapulars, and images of Our Lord, the Blessed Virgin, and the saints.

FILL IN THE BLANKS

1. Blessed things should be treated with
2. The use of sacramentals obtains for us spiritual and temporal from God.
3. Holy water, rosaries and medals are

OTHER READINGS FROM THE BIBLE

1. Jacob blessing his sons, Genesis 49 (especially verse 28).
2. Blessing of ashes, Matthew 11, 21.
3. Blessing of palms, John 12, 12-13.

CLASS LITURGICAL ACTION

Say (or sing) together Psalm 66 which asks God for His blessing on ourselves and our work.



Jesus spent much time alone in prayer

37. PRAYER

We read in the Holy Bible:

"Now it came to pass in those days, that He went out to the mountain to pray, and continued all night in prayer to God" (Luke 6, 12).

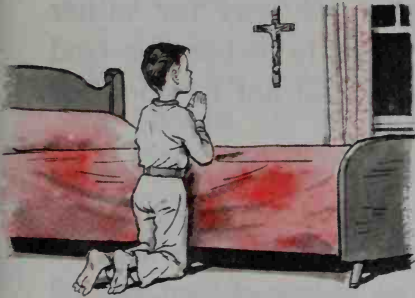
Follow the example of Our Lord

Our Blessed Lord often prayed to His Father. He prayed before He chose His twelve Apostles, on the Mount of the Transfiguration, before He raised Lazarus from the dead, at the Last Supper, in Gethsemani, and on the Cross. He loved to talk to His Father.

Prayer is talking to God and listening. We listen

with our heart when we are willing to accept and to do whatever God wants of us, just as Our Lord did in Gethsemani.

We ask Him for what we think we need, and if it is something that will really help us to grow in His grace, we will get it. If not, He will give us something better.



Even when we don't use our lips, we can pray with our heart when we just stay in His presence and try to think about God. He loves to have us do this.

Practice: Spend one minute a day looking at a crucifix. Think of how much Our Lord loves you and let your heart speak to Him.

207. What is prayer?

Prayer is the lifting up of our minds and hearts to God.

We speak to God and listen in our hearts to see what God wants us to do.

208. Why do we pray?

We pray:

first, to adore God;

second, to thank Him for His favors;

third, to obtain, from Him the pardon of our sins and the remission of their punishment;

fourth, to ask graces and blessings for ourselves and others.

209. For whom should we pray?

We should pray especially for ourselves, for our parents, relatives, friends, and enemies, for sinners, for the souls in purgatory, for the Pope, bishops, and priests of the Church, and for the officials of our country.

210. Why do we not always obtain what we pray for?

We do not always obtain what we pray for, either because we have not prayed properly or because God sees that what we are asking would not be good for us.

If we ask selfishly for something we want and don't even care whether it would help us love God more or not, then this is not even prayer. But if we pray for something we think will help us or others to grow in love of God, He will always give us what we ask or something better.

211. May we use our own words in praying to God?

We may use our own words in praying to God, and it is well to do so often.

212. How do we usually begin and end our prayers?

We usually begin and end our prayers with the sign of the cross.

213. Why do we make the sign of the cross?

We make the sign of the cross to express two important mysteries of the Christian religion, the Blessed Trinity and the Redemption.

214. Why is the Our Father the best of all prayers?

The Our Father is the best of all prayers because it is the Lord's Prayer, taught us by Jesus Christ Himself.

DISCUSSION QUESTIONS

1. Name three occasions on which Our Lord prayed.
2. In prayer, what else shall we do besides speak?
3. What should we ask God for?
4. Can we pray without using our lips?
5. How do we listen to God with our heart?

YES OR NO (Explain your answer.)

1. Do we always obtain what we ask?
2. Do we pray to God to adore, thank, beg pardon, and ask Him for graces?
3. Should we always use our prayerbooks to pray?
4. Does the Sign of the Cross usually begin and end our prayers?
5. Should we pray only for our friends?

FILL IN THE BLANKS

1. The best prayer is the
2. Prayer is the lifting up of our and to God.
3. Prayer is talking to God and
4. God always gives what will help us grow in
5. We can use our own in praying to God.

OTHER READINGS FROM THE BIBLE

1. Our Lord's teaching on prayer, Luke 11, 1-13.
2. Prayer before raising of Lazarus, John 11, 41-44.
3. The Transfiguration, Luke 9, 28-36.
4. The Agony, Luke 22, 39-46.
5. Our Lord's prayer for unity, John 17.

CLASS LITURGICAL ACTION

Recite together Psalm 142, which expresses the attitude we should have in prayer.

APPENDIX— WHY I AM A CATHOLIC

(This appendix may be found useful for the instruction of adult converts.)

I. How does our reason point out the truth of the Catholic religion?

Our reason points out the truth of the Catholic religion by these principles:

first, there is a God;

second, the soul of man is immortal;

third, all men are obliged to practice religion;

fourth, the religion God has revealed through Christ is worthy of belief;

fifth, Christ established a Church with which all must be connected, at least in desire, in order to be saved;

sixth, the only true Church of Christ is the Catholic Church.

II. How can we prove that there is a God?

We can prove that there is a God because this vast universe could not have come into existence, nor be so beautiful and orderly, except by the almighty power and wisdom of an eternal and intelligent Being.

III. How can we prove that the soul of man is immortal?

We can prove that the soul of man is immortal because man's acts of intelligence are spiritual; therefore, his soul must be a spiritual being, not dependent on matter, and hence not subject to decay or death.

IV. How can we prove that all men are obliged to practice religion?

We can prove that all men are obliged to practice religion because all men are entirely dependent on God, and must recognize that dependence by honoring Him and praying to Him.

V. How can we prove that the religion God has revealed through Christ is worthy of belief?

We can prove that the religion God has revealed through Christ is worthy of belief, because:

first, Jesus Christ, announcing Himself as the ambassador and the true Son of God, whose coming was foretold by the prophets, preached doctrines which He said all must believe;

second, Christ worked wonderful miracles, which show that the God of truth approved His teachings.

VI. How can we prove that Christ established a Church with which all must be connected, at least in desire, in order to be saved?

We can prove that Christ established a Church with which all must be connected, at least in desire, in order to be saved, because:

first, He gathered about Him a group of disciples, and called it His Church;

second, He promised that this Church would last until the end of time;

third, He declared that all men must believe and be baptized, that is, connected with His Church in some way, in order to be saved.

VII. How can we prove that the only true Church of Christ is the Catholic Church?

We can prove that the only true Church of Christ is the Catholic Church, because:

first, only the Catholic Church possesses the marks of the Church established by Christ, that is, unity, holiness, catholicity, and apostolicity;

second, the history of the Catholic Church gives evidence of miraculous strength, permanence, and unchangeableness, thus showing the world that it is under the special protection of God.

VIII. Whence do we chiefly derive our historical knowledge of Jesus Christ, His life and teachings, and of the Church He established?

We derive our historical knowledge of Jesus Christ, His life and teachings, and of the Church He established chiefly from the books of the Bible, which can be proved to be reliable historical records.

IX. What else are the books of the Bible besides being reliable historical records?

Besides being reliable historical records, the books of the Bible are the inspired word of God, that is, written by men with such direct assistance of the Holy Ghost as to make God their true Author.

X. How is the Bible divided?

The Bible is divided into the Old Testament and the New Testament, the Old Testament being the inspired books written before the time of Jesus Christ, and the New Testament the inspired books written after His coming.

XI. Are all the truths revealed for us by God found in the Bible?

Not all the truths revealed for us by God are found in the Bible; some are found only in Divine Tradition.

XII. What is meant by Divine Tradition?

By Divine Tradition is meant the revealed truths taught by Christ and His apostles, which were given to the Church only by word of mouth and not through the Bible, though they were put in writing by the Fathers of the Church.

XIII. Why must Divine Tradition be believed as firmly as the Bible?

Divine Tradition must be believed as firmly as the Bible because it also contains the word of God.

XIV. How can we know the true meaning of the doctrines contained in the Bible and in Divine Tradition?

We can know the true meaning of the doctrines contained in the Bible and in Divine Tradition from the Catholic Church, which has been authorized by Jesus Christ to explain His doctrines, and which is preserved from error in its teachings by the special assistance of the Holy Ghost.

XV. How can we best show our gratitude to God for making us members of the only true Church of Jesus Christ?

We can best show our gratitude to God for making us members of the only true Church of Jesus Christ by often thanking God for this great favor, by leading edifying and practical Catholic lives, by trying to lead others to the true faith, and by helping the missions.

XVI. How can we help the missions?

We can help the missions:

first, by praying for the missions, home and foreign, and for missionaries that they may fulfill the command of Christ: "Go, therefore, and make disciples of all nations";

second, by knowing the missions and making them known to others;

third, by making sacrifices for the missions, that is, by helping to support them and by personal service;

fourth, by fostering vocations of self-sacrificing young men and women for every need of the missions.

DICTIONARY AND INDEX

NOTE: Numbers refer to Questions in Catechism, not to pages.

- ab so lu' tion**, the freeing from sin by God through the priest. 195.
- ab stain'**, to keep away from something, as flesh meat. 127, 130.
- ab' sti nence**, not doing or eating something. 132, 133.
- ac' tu al grace**, special help from God to do good and keep away from evil. 55, 57.
- ac' tu al sin**, any sin that we ourselves commit. 32-39.
- a do re'**, to praise and worship God as our Creator. 90, 168, 208.
- a dul' ter y**, giving to another love that belongs to husband or wife. 87, 112.
- al might' y**, having power to do all things. 7, 13.
- an' gel**, a spirit without a body, having understanding and free will. 18-23.
- an' ger**, a strong feeling of being displeased, often resulting in a loss of temper. 111.
- A noint' ing of the Sick**, the sacrament of the sick who are in danger of death. It gives strength to the soul, and often to the body, through prayers and anointing with oil. 139, 144, 202.
- A pos' tles**, the men picked by Christ to preach the Gospel to the world. 6, 7, 48, 76, 77, 83.
- ap os tol' ic**, going back to Christ's Apostles and their times. 74.
- Bap' tism**, the sacrament which takes away original and actual sin and gives Christ's life, sanctifying grace, to the soul. 139, 143, 146-150.
- bear false wit' ness**, to lie about one's neighbor. 87, 119.
- be lieve'**, to accept as truth the word of another. 7, 61, 84, 91.
- bish' op**, the head of a diocese, who has the same powers as the Apostles who were the first bishops. 67, 71, 152, 203.
- Bless' ed Sac' ra ment**, the Host in which Christ is present in the tabernacle. 164.
- Bless' ed Trin' i ty**, the three divine Persons in one God: Father, Son and Holy Ghost. 15, 16, 43, 53, 213.
- Cath' o lic**, a member of the Roman Catholic Church. Appendix I-XVI.
- char' i ty**, love, the theological virtue which makes us able to love God above all things and our neighbor for the love of God. 60, 63, 93.
- chas' ti ty**, the virtue of purity in thought, word and act. 124.
- Chris' tian**, one who believes, and follows Christ. 151.
- Church**, the Mystical Body of Christ, founded by Christ and governed by the Apostles and their successors. 5, 6, 65-75, 137, Appendix VI-VIII, XII, XIV, XV.
- com mand' ment**, a law of God. 26, 27, 85-137.
- com mit'**, to do. 32.
- Com mun' ion**, a union with, a sharing. See **Holy Communion**.
- com mun' ion of saints**, the sharing of grace among all members of Christ's Church, whether on earth, in purgatory, or in heaven. 7, 76.
- con fes' sion**, the telling of our sins to a priest. 134, 183, 184-196.
- con fes' sion al**, the box where the priest hears confessions. 188, 189, 196.
- Con fir ma' tion**, the sacrament, given by the bishop, in which a baptized person receives special strength from the Holy Ghost to be strong in his Faith and its defense. 139, 146, 151-153.
- con' science**, judgment by our reason as to whether an act is good or bad. 188.

- con sent'**, (of the will), acceptance, agreement, permission. 37, 39.
- con tri' tion**, sorrow for sin and a firm purpose not to commit the sin again. 175-183, 188, 195.
- coun' sel**, advice, especially the gift of the Holy Ghost which guides us in practical matters. 64.
- Cre a' tor**, God, the Maker of all things. 1-3, 7, 17, 24, Appendix II.
- cov' et**, to want possessions, especially those of another. 87, 122, 125.
- Creed**, a set of beliefs, as the Apostles' Creed which contains the chief truths taught by Christ to the Apostles. 6, 7, 48, 76, 77.
- cru' ci fy**, to put to death by fastening to a cross. 7.
- curs' ing**, wishing evil upon a person or thing. 100.
- de spair'**, deliberate lack of trust in God. 92.
- dev' il**, a fallen angel, especially Satan, the chief of the bad angels. 23.
- dis hon' es ty**, lack of truth, lying, cheating, stealing. 117.
- dis o be' di ence**, not obeying the commandments of God or the commands of those over us. 108.
- dis pense'**, to grant a special exception, from a law. 133
- dis re spect'**, lack of honor, respect, or courtesy. 108.
- East'er**, the day on which Christ rose from the dead. 49, 135.
- en' vy**, discontent, and often resentment, at another's good fortune. 126.
- e ter' nal**, lasting forever. 9.
- ev er last' ing**, without end, forever. 3.
- e' vil**, bad, the opposite of good. 39.
- ex am i na' tion of con' science**, calling to mind all sins committed since the last confession, so that they may be confessed, repented of and forgiven. 171-174.
- faith**, the theological virtue by which we believe all that God has revealed, or made known, to us; also, the whole body of truths which we as Christians believe. 60, 61, 90, 91, 167.
- faith' ful**, firm, steadfast in one's beliefs; also, the members, of the Church who are practicing their Faith. 20, 21, 23, 76.
- fast**, to take no food or drink within a certain period of time. 131, 164, 166.
- fear of the Lord**, great love and reverence for Our Lord, which keeps us from offending Him by sin. 64.
- for give'**, to let someone off without making him pay for something wrong that he has done. 77.
- for' ti tude**, a gift of the Holy Ghost which makes us able to love God no matter what stands in the way. 64.
- God**, the Maker of all things, our Creator. 1-3, 8-13, 15, 17, 18, 24, 41-52, 53-64.
- good' ness**, all the things that make us what God wants us to be.
- grace**, any gift of God, but especially God's divine life in our soul: sanctifying grace. 28, 29, 54-58, 140, 141, 143, 144, 147, 165.
- griev' ous**, serious or very bad. 35
- guard' i an an' gel**, the special angel given to each of us by God to keep us from harm and lead us on the way to heaven. 22.
- hap' pi ness**, a state of joy, peace and comfort. 3, 4.
- ha' tred**, extreme dislike, the opposite of love. 111.
- heav' en**, eternal happiness. 3, 4, 7, 40, 50, 76, 79, 82.
- hell**, eternal punishment. 7, 23, 48, 82.
- ho' ly**, a person or thing that is close to God. 56.
- Ho' ly Com mun' ion**, receiving the Body and Blood of Our Lord. 135, 154, 163-169.

ho. ly day, a special day of worship on which we must go to Mass and not do any unnecessary servile work. 127-130.

Ho' ly Eu' cha rist, the sacrament in which we receive Our Lord's Body and Blood under the appearances of bread and wine. 139, 144, 154-159, 163-169.

Ho' ly Fa' ther, the Pope. 65, 70.

Ho' ly Ghost, the third Person of the Blessed Trinity; God. 7, 15, 53-64, 151, Appendix IX, XIV.

Ho' ly Or' ders, the sacrament through which men become priests. 139, 144, 146, 203.

ho' ly wa' ter, water blessed by the priest to drive away the power of the devil and to give grace to us. 206.

hon' es ty, truthfulness.

hon' or, to praise, to show respect for someone. 87, 94, 106.

hope, the theological virtue which makes us trust in God and His promise of eternal life to those who love and obey Him. 60, 62, 90, 92, 167.

im' age, likeness of man to God; also, a picture or statue of Our Lord, the Blessed Mother, or the saints. 24, 96, 206.

Im mac' u late Con cep' tion, the special favor God gave the Blessed Virgin Mary by which she was free from original sin from the first moment of her life. 31.

im mod' es ty, conduct or dress that is not proper. 114.

im mor' tal, never dying, lasting forever. 49, Appendix I, III.

im pu' ri ty, lack of cleanness in thought, word, or act. 114.

In car na' tion, the taking of a human nature by the Son of God when He became man. 40-45.

in dul' gence, the taking away by the Church of some or all the temporal punishment that one must suffer, in this life or in purgatory, for sin. 197, 201.

judg' ment, the time after death when we shall receive from God the reward or punishment earned by our life on earth. 52, 80-82.

know, to understand, to recognize; as to know right from wrong. 4, 5.

knowl' edge, a gift of the Holy Ghost which enables us to see God reflected in all creatures and to praise Him in them, but yet to see the nothingness of creatures in themselves so that we will desire God alone. 64.

law, a command of God, the violation of which demands punishment. 33, 35, 38, 84-126.

lie, a statement which one knows is not true when he makes it. 121.

lim' bo, the place of rest where the souls of all the just remained until heaven was reopened by Christ; also, the place where unbaptized infants go. 48.

liturgy, public worship of God.

love, to want only what is good for another. 4, 5, 63, 85, 86, 179.

mark, a sign by which one can know or recognize something. For example, the Church has special marks by which it is known. 73, 74, Appendix VII.

Mass, the continuation of the Sacrifice of the Cross under the ceremonies given us by Our Lord at the Last Supper, chiefly the changing of bread and wine into His own Body and Blood. 160-162.

Mat' ri mo ny, the sacrament in which a baptized man and woman bind themselves in marriage for life. 137, 139, 144, 204.

mod' es ty, purity, or chastity, in words and actions, and also in regard to dress and sex. 113.

mortal' sin, a serious offense against God's laws which kills the life of Christ, sanctifying grace, in us. 34-37, 128, 145, 165, 176, 182, 183.

- mys' ter y**, a truth of our Faith which we cannot understand but which we believe because God has told it to us. 213.
- na' ture**, the essence of a thing; what it is. 44.
- o bey'**, to do as God wants and also as our parents and those over us command. 27, 107.
- o rig' i nal sin**, the disobedience of Adam and Eve, our first parents, to the command of God. This sin is on our soul when we are born and is taken away only by Baptism. 30, 31, 148.
- par' don**, to forgive, to free someone from punishment. 208.
- Pen' ance**, the sacrament in which all sins committed after Baptism are forgiven by the priest through the power received from Christ; also, whatever the priest tells one to do after he has confessed his sins; also, self-denial, or giving up something for the good of our soul. 139, 143, 170-196.
- per' son**, a being with the power to know and to will. 15, 16, 43.
- pi' e ty**, a gift of the Holy Ghost which makes us love and reverence God as our Father, and helps us to love all men as children of God and brothers in Christ. 64.
- pope**, the visible head of the Church and the successor of Saint Peter. 65, 69, 70.
- prayer**, talking with God; lifting up the mind and heart to God. 207-214.
- pre sump' tion**, the belief that one can be saved without God's help, or that God's help alone can save without any effort by the individual. 92.
- priest**, a mediator between God and man, especially one who has received Holy Orders and takes the place of Christ, the High Priest. 71, 137, 149, 159, 160, 184.
- pur' ga to ry**, the place of temporary punishment where the souls of those who die in the state of grace must be cleansed before entrance into heaven, if their love for God is not yet perfect. 76, 82.
- pu' ri ty**, cleanness, or chastity, in thought, word and act. 113, 123.
- Re demp' tion**, Christ's sufferings and death offered by Him to God the Father for the sins of men. This satisfaction of Christ freed man from sin and made him a friend of God again. 46-50, 213.
- rel' ic**, part of the body of a saint, or anything connected with a saint, for which the Church has great respect because of the holiness of the saint while on earth.
- re li' gion**, the bond, or relationship, between God and man; also, all the teachings and practices of the Church by which we join ourselves to God. Appendix I, IV, V.
- re' spect**, high regard, honor. 107.
- Res ur rec' tion**, rising from the dead. 7, 49, 50, 78-80.
- re veal'**, to make known. All that God has revealed to us is called "Revelation." The Bible (the word of God) and Tradition (what has been handed down from age to age) contain what God has made known to us. 61, Appendix I, V, VIII-XIV.
- re venge'**, harm or injury to another person in return for a wrong. 111.
- right**, what agrees with God's law, the opposite of wrong; also, that to which a person has a just claim. 28.
- sac' ra ment**, an outward sign given by Christ to produce grace in the soul. 138-204.
- sac ra men' tal**, special prayers, actions, or objects used to obtain spiritual benefits through the prayers of the Church to God. 205, 206.
- sac' ri fice**, the offering of a gift (victim) to God by a priest on behalf of the people. This offer-

- ing is made to adore God, to satisfy for sin, to thank God, and to ask His blessings. God's acceptance of the sacrifice shows His acceptance of the heart of the giver. 160-162.
- sac' ri lege**, lack of respect and mistreatment of sacred persons, places, or things; also, the reception of any of the sacraments unworthily. 145, 165.
- saint**, a very holy person, one who loved God perfectly while on earth and is now in heaven. 94-96.
- sal va' tion**, gaining heaven through the freeing of the soul from sin and its punishment. 54.
- sanc' ti fy**, to make holy. 54.
- sanc' ti fy ing grace**, divine life in the soul, which comes to us in Baptism and is lost only by mortal sin. 55, 56, 59, 140.
- scan' dal**, any word or deed that may be the occasion of sin to our neighbor. 93.
- scap' u lar**, two small squares of cloth joined by strings worn over the shoulders, one to the back and one to the front. Indulgences can be gained by wearing a scapular. 206.
- ser' vile work**, any work requiring effort of the body rather than of the mind. Unnecessary work of this kind is forbidden on Sundays and holydays. 104, 105, 130.
- sin**, breaking God's law. 20, 28-39.
- sloth**, laziness that causes one to neglect his duty; a sin against charity.
- soul**, the spiritual part of man, the source of his life. 24, 71, 146, 147, Appendix I. III.
- spir' it**, a being without a body; the Spirit (with capital S) is God the Holy Ghost, the third Person of the Blessed Trinity. 19.
- spir' it u al**, relating to the soul, to angels, or to God. 146.
- steal**, to take as our own something which does not belong to us; a sin against the seventh commandment of God. 117.
- su' i cide**, the taking of one's own life. 111.
- su per nat' u ral**, above the natural order of things. 57.
- tem' po ral pun' ish ment**, the medicine of suffering given either here or in purgatory to heal the effects of sins already forgiven. 197, 199, 200.
- the o log' i cal**, relating to God. 59, 60.
- truth**, agreement between what we say or do with the actual facts and with our conscience. 120.
- un der stand' ing**, a gift of the Holy Spirit which enables us to see more clearly into the mysteries of our Faith, so that we may live according to its teachings. 64.
- u ni ver' sal**, referring to the whole world, to all men of all time. 74.
- ve' ni al sin**, an offense against the laws of God which is not so serious as mortal sin. It lessens God's grace in the soul, but does not drive it out completely as does mortal sin. 34, 38, 39, 177, 185.
- vir' tue**, the habit of doing good and avoiding evil. 59-64.
- will**, the power of free choice.
- wis' dom**, a gift of the Holy Ghost which makes us able to judge rightly about the things of God and to want them rather than the things of the world. This gift enables us to endure crosses with great patience and love. 64.
- wor' ship**, love, honor, and adoration which we give to God alone. 89, 90.
- wrong**, all that does not agree with the laws of God; the opposite of right. 37, 39.

THE HOLY ROSARY

THE Rosary is Our Lady's special prayer. It is not hard to say. On the big beads we say an **Our Father** and on each small bead a **Hail Mary**. Usually we say a **Gloria be to the Father** at the end of each ten **Hail Mary's**, though this is not strictly necessary. At the very end we may say the **Hail Holy Queen**.

While we say the prayers of the Rosary, we try to think of Our Blessed Lord. We try to look at Him through Our Lady's eyes and to understand Him with her heart. While we say each group of ten **Hail Mary's**—which is called a decade—we think of one of the mysteries of His Birth, Passion and Glory. If we notice our mind wandering, we bring it back to the mystery. As long as we are doing our best, our Rosary is well said, even though we have distractions. The following suggestions will help us to think about each mystery.

Say your Rosary every day. Families which say it together will be specially blessed by God.

The FIVE JOYFUL MYSTERIES

*Said on
Mondays
and Thursdays*



1. The Annunciation
Think of Mary accepting God's plan for her life.



2. The Visitation
Think of Mary's kindness to her cousin, St. Elizabeth.



3. The Nativity
Think of Jesus born in a poor stable for love of us.



4. The Presentation
Think of Mary and Joseph offering Jesus to the Father.



5. The Finding in the Temple
Think of the Boy Jesus preparing for the work His Father gave Him.

THE FIVE SORROWFUL MYSTERIES

*Said on
Tuesdays
and Fridays*



1. The Agony in the Garden
Think how Jesus loved us to accept the cup of suffering He did not feel like drinking.



2. The Scourging
Think how much Jesus loved us to accept the pain of being scourged.



3. The Crowning with Thorns
Think how much Jesus loved us to let men crown Him with thorns and laugh at Him.



4. The Way of the Cross
Think how much Jesus loved us to carry His Cross to show us the way.



5. The Crucifixion
Think how much Jesus loved us to die on the Cross for us.

THE FIVE GLORIOUS MYSTERIES

*Said on Sundays,
Wednesdays
and Saturdays*



1. The Resurrection
Think of Jesus rising that our souls might rise from death in sin to life in Him.



2. The Ascension
Think of Jesus ascending into Heaven to prepare our new home for us.



3. Descent of the Holy Spirit
Think of Jesus sending His Holy Spirit to spread the fire of His love over the earth.



4. The Assumption
Think of Jesus taking Mary's body and soul to heaven that she might be with Him forever.



5. The Coronation
Think of Jesus crowning Mary as Queen that she might draw many to follow Him.

STATIONS OF THE CROSS

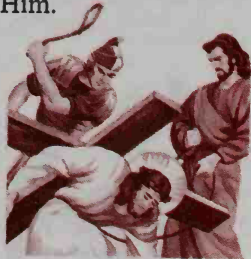
Although it is not required, it is best to begin with an Act of Contrition between each Station. Then think of Our Lord's suffering as you visit each Station. Let your heart speak to Him.



1. Jesus is Condemned to Death



2. Jesus Accepts His Cross



3. Jesus Falls Under the Cross



4. Jesus Meets His Mother



5. Simon Helps Jesus



6. Veronica Wipes the Face of Jesus



7. Jesus Falls Again



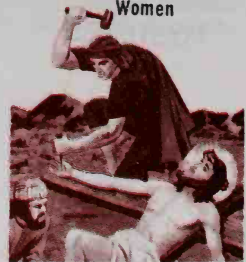
8. Jesus Speaks to the Women



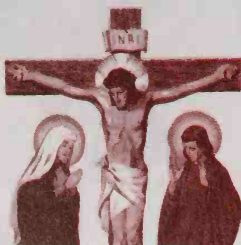
9. Jesus Falls a Third Time



10. Jesus is Stripped of His Clothes



11. Jesus is Nailed to the Cross



12. Jesus Dies on the Cross



13. Our Lady Receives the Body of Jesus



14. Our Lady Watches Her Son Being Buried

THE HOLY MASS

The Mass is our Gift of love to the Father.

The ordained priest takes the place of Christ, our High Priest, and takes our place, too.

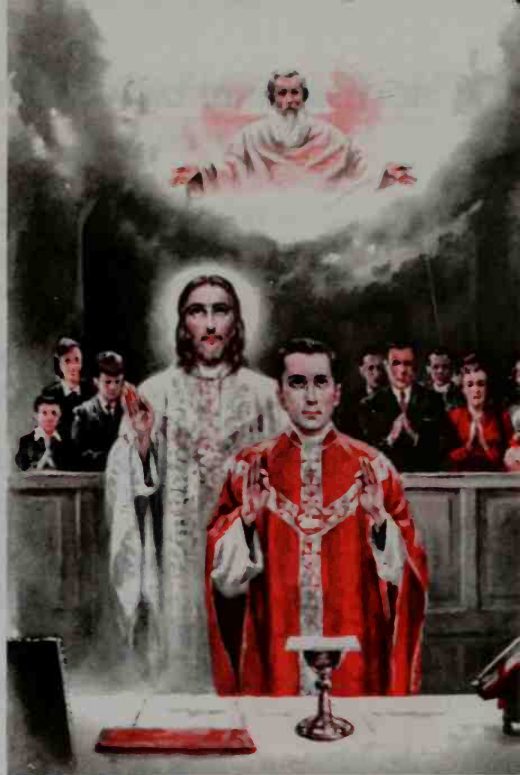
The Father is pleased with this Gift and invites us to eat at His table in Holy Communion.

The Liturgy of the Word of God

The priest comes to the foot of the altar and begins the prayers of preparation for Mass. The people may sing a hymn at this time.

Entrance Rite

GLORY be to the Father and to the Son and to the Holy Ghost.



The Mass—Christ's Gift and ours

AT THE KYRIE

Priest: Lord, have mercy. **People:** Lord, have mercy.
Priest: Lord, have mercy. **People:** Christ, have mercy.
Priest: Christ, have mercy. **People:** Christ, have mercy.
Priest: Lord, have mercy. **People:** Lord, have mercy.
Priest: Lord, have mercy.

AT THE GLORIA

Priest: Glory to God in the highest.

People: And on earth peace to men of good will. * We praise You. We bless You. We worship You. We glorify You. * We give You thanks for Your great glory. * Lord God, heavenly King, God the Father almighty. * Lord Jesus Christ, the Only-begotten Son. * Lord God, Lamb of God, Son of the

Father. * You, Who take away the sins of the world, * have mercy on us. * You, Who take away the sins of the world, * receive our prayer. * You, Who sit at the right hand of the Father, * have mercy on us. * For You alone are holy. * You alone are Lord. * You alone, O Jesus Christ, are most high, * With the Holy Spirit, in the glory of God the Father. Amen.

— AT THE PRAYER (COLLECT) —

Priest: The Lord be with you. **People:** And with your spirit.

Priest: Let us pray . . . forever and ever. **People:** Amen.

The Word of God

AT THE END OF THE EPISTLE

Server (at low Mass) concludes: Thanks be to God.

At the GOSPEL



We listen to the word of God

AT THE GOSPEL

Deacon (or Priest): The Lord be with you.

People: And with your spirit.

Deacon (or Priest): ✠ A reading from the holy Gospel according to N. . .

People: Glory to You, O Lord.

O GOD, I stand out of respect for the words of Your Son, Whom You have sent to teach us. Give me the grace to imitate Him.

AT THE END OF THE GOSPEL

Server (at low Mass) concludes: Praise to you, O Christ.

AT THE NICENE CREED

Priest: I believe in one God.

People: The Father almighty, Maker of heaven and earth,* and of all things visible and invisible.* And I believe in one Lord, Jesus Christ,* the Only-begotten Son of God.* Born of the Father before all ages.* God of God, Light of Light, true God of true God.* Begotten, not made,* of one substance with the Father.* By Whom all things were made.* Who for us men and for our salvation came down from heaven.* And He became Flesh by the Holy Spirit of the Virgin Mary:* **AND WAS MADE MAN.*** He was also crucified for us,* suffered under Pontius Pilate, and was buried.* And on the third day

He rose again, according to the Scriptures.* He ascended into heaven and sits at the right hand of the Father.* He will come again in glory to judge the living and the dead.* And of His kingdom there will be no end.*

And I believe in the Holy Spirit, the Lord and Giver of life,* Who proceeds from the Father and the Son.* Who together with the Father and the Son is adored and glorified,* and Who spoke through the Prophets.* And One Holy, Catholic, and Apostolic Church.* I confess one Baptism for the forgiveness of sins.* And I await the resurrection of the dead.* And the life of the world to come. Amen.

At the
OFFERTORY



We offer
Bread and
Wine

At the
PREFACE



We give
thanks

At the
SANCTUS



Our hymn
of praise

The Liturgy of the Eucharist

The Preparation of the Gifts

— AT THE OFFERTORY —

Priest: The Lord be with you.

People: And with your spirit.

Priest: Let us pray.

PRAYER OVER THE GIFTS (SECRET)

WE offer You, O Heavenly Father, our gifts of bread and wine as a sign of our love and our desire to give ourselves and all our actions to please You. We beg You to accept our offering. Come, Holy Spirit, and bless this sacrifice we offer to You in remembrance of the Passion, Resurrection and Ascension of Jesus Christ, our Lord. **Priest:** . . . forever and ever.

People: Amen.

The Eucharistic Prayer

AT THE PREFACE

Priest. The Lord be with you.

People: And with your spirit.

Priest: Lift up your hearts.

People: We have lifted them up to the Lord.

Priest: Let us give thanks to the Lord our God.

People: It is right and just.

YOU deserve, O God, that at all times and in all places we should give thanks to You through Christ our Lord. Let us sing Your praises in union with the Angels.

AT THE SANCTUS



People: Holy, Holy, Holy Lord God of Hosts. *
Heaven and earth are filled with Your Glory. *
Hosanna in the highest. *

Blessed is He Who comes in the name of the Lord. * Hosanna in the highest.

At the
CONSECRATION



Look at the Host
and say: "My Lord
and my God!"



Adore the Precious
Blood with the Priest.

THE CANON OF THE MASS

CONSECRATION OF THE BREAD

WHO, the day before He suffered, took bread into His holy and venerable hands, and having raised His eyes to heaven, to You, O God, His Almighty Father, giving thanks to You, He blessed it, ✠ broke it, and gave it to His disciples, saying: All of you take and eat of this:

FOR THIS IS MY BODY

CONSECRATION OF THE WINE

IN like manner, when the supper was done, taking also this goodly chalice into His holy and venerable hands, again giving thanks to You, He blessed ✠ it, and gave it to His disciples, saying: All of you take and drink of this:

FOR THIS IS THE CHALICE OF MY BLOOD OF THE NEW AND ETERNAL COVENANT: THE MYSTERY OF FAITH: WHICH SHALL BE SHED FOR YOU AND FOR MANY UNTO THE FORGIVENESS OF SINS.

As often as you shall do these things, in memory of Me shall you do them.

OFFERING OF THE VICTIM TO GOD

MINDFUL, therefore, O Lord, not only of the blessed passion of the same Christ, Your Son, our Lord, but also of His resurrection from the dead, and finally His glorious ascension into heaven, we Your ministers, as also Your holy

people, offer to Your supreme Majesty, of the gifts bestowed upon us, the pure ✠ Victim, the holy ✠ Victim, the all-perfect ✠ Victim: the holy ✠ Bread of life eternal and the Chalice ✠ of unending salvation.

THE MINOR ELEVATION

THROUGH Him and with Him and in Him is to You God the Father Almighty all honor and glory.

AT THE CONCLUSION OF CANON

People: Amen.

At the
OUR FATHER



We ask bread
for the body
and the soul

At the
AGNUS DEI



We prepare to
receive Jesus

At the
COMMUNION
of the PRIEST



The priest
receives Jesus

The Eucharistic Banquet

AT THE LORD'S PRAYER

Priest: Let us pray: Taught by our Savior's command and formed by the word of God, we dare to say:

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

AT THE PRAYER FOR PEACE

Priest: . . . forever and ever.

People: Amen.

Priest: May the peace of the Lord be always with you.

People: And with your spirit.

AT THE AGNUS DEI

People: Lamb of God, Who take away the sins of the world, * have mercy on us. *

Lamb of God, Who take away the sins of the world, * have mercy on us. *

Lamb of God, Who take away the sins of the world, * grant us peace.

(*In Requiem Masses:* . . . grant them rest . . . grant them rest . . . grant them eternal rest.)

AT THE COMMUNION

I will take the Bread of heaven, and call upon the name of the Lord.

At the
COMMUNION
of the PEOPLE



We receive
Jesus

At the
LAST
BLESSING



The priest
blesses us

Priest: Behold the Lamb of God,* behold Him Who takes away the sins of the world.

People (three times): Lord, I am not worthy that You should come under my roof.* Speak but the word and my soul will be healed.

The Priest gives Holy Communion to each saying:

Priest: The Body of Christ.

Communicant: Amen.

(Thank Our Lord in your own words for coming into your heart and listen to Him in silence for a while.)

AT THE POSTCOMMUNION PRAYER

Priest: The Lord be with you.

People: And with your spirit.

Priest: Let us pray . . . forever and ever.

People: Amen.

AT THE DISMISSAL

Priest: The Lord be with you.

People: And with your spirit.

Deacon (or Priest): The Mass is ended. Go in peace.

People: Thanks be to God.

(In Requiem Masses: May they rest in peace.)

People: Amen.

AT THE BLESSING

Priest: May almighty God bless you, the Father, and the Son, ✠ and the Holy Spirit.

People: Amen.

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LOOK AT JESUS AS MARY DID

SEE His bleeding wounds.

SEE the nails in His hands and feet.

SEE the thorns in His head.

SEE His side open for us to enter.

SEE how much He loves us.

HOW do you think our Lady felt?

HOW should we feel?

**If Jesus loves us so much, what are we going
to do for Him today?**

**MAY THE PASSION OF OUR LORD JESUS CHRIST AND THE
SORROWS OF OUR MOTHER MARY BE ALWAYS IN OUR HEARTS.**

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