

Grade 6

Activity Guide

How to Use the Activity Guide

ENGAGE WITH THE CHAPTER

1. After reading or working through the online lesson, ask your child to tell back what they’ve heard, noting anything particularly interesting or any questions it may raise for them. This mental work to articulate what they just studied is what will help it to stick.

For the student new to listening and responding (commonly referred to as narrating), have them only read one section at a time before commenting. They may grow towards being able to narrate the whole chapter, or may continue working in small sections. Either is fine!

You might have them write their summary OR speak it aloud to you while you record it so you have a record of the year’s content. We’ve chosen not to provide workbooks this year as often times that kind of wrote engagement doesn’t leave as lasting an impression as wrestling with a section of text in whatever way speaks to your particular child.

1. Invite them to add to their commonplace book anything they would like to remember from this lesson—things like scripture verses, catechism references, or details about or sketches of art they found inspiring. Commonplace books were common devices used for hundreds of years before the internet—a sort of pinterest board or Instagram before those were things-- and for the written word instead of visuals. Many famous presidents and writers have used this tool to record impactful thoughts and to keep a record of their study. Simply the act of taking the time to painstakingly write something down does wonders to help it stick. We recognize this is likely a new exercise for most, but invite both parents and children to try it—and to trust the process.
2. Only *one part* of our role as parents and church passing on the faith from one generation to the next is *intellectual understanding*. The other crucial part is figuring out what it has to do with our *lived lives*. The questions and discussion points in this section are meant to help you think more deeply about the material in the text, and to challenge your kids to do something about it, in the way they live as Catholics. These also can be used as part of a time set-aside for lessons, or incorporated into family life elsewhere.

KEYPOINT

A quick summary of the main point of this lesson. Use it to help keep you focused.

DISCUSSION/JOURNALING PROMPTS  
Take a few minutes sometime during the week to chat about something real-life. Let them see you as human and striving to live your best Catholic life right alongside them. If you’re not sitting down for lessons with your child, you could have this conversation over a meal or in the car—just about anytime, really! Use them all or just pick one or two to focus on.

**\*\*Consider keeping the Parent Guide by a breakfast or dinner table to pull out as you sit down to eat. Pick a question to talk about now and again; or a “Pick 2 Activity” to try before anyone is excused.**

You Pick 2

This section is full of further ideas for engaging with the material in a wide variety of ways, to suit all kinds of learners, and folks with all kinds of interests. It is the “how-to” give your kids a close-up encounter with the face of Christ. This is really the heart of this year. The content in the book and online is great, so far as it goes. The ideas here is what will bring the faith alive. We hope you’ll give it some priority attention, fitting it into your family life wherever you can. One on a weekend here, another on a day off there, a few others before bedtime or elsewhere as a regular part of your weekly rhythm. The goal is 2 each week. You might even give one to your child as an assignment when they have some downtime they’re not sure what to do with!

Here are a few of the many types of activities you can expect to see, and a little additional guidance on how to implement them…

Read

Readings will most often be about a saint or a scripture. We recommend each family acquire a great anthology of saints lives appropriate for children. We can recommend **Glory Story CDs** (as a set, a significant investment, or you may choose to buy one here or there over a number of years); and **Once Upon a Time Saints** (3 volumes, much more cost effective, and with really interesting and lively versions of the stories!). When a saint is recommended, you simply look him or her up… or find an online snippet to share about them. Google works too—just look for hits from **catholic.org** OR **franciscanmedia.org** OR **loyolapress.com**.

If you’re reading a scripture passage, and we hope you do often, try the ancient method of Lectio Divina. There is one short guide here: <https://bustedhalo.com/ministry-resources/lectio-divina-beginners-guide> and if you’d like a longer read, Fr Basil Pennington’s small book titled Lectio Divina is excellent.

If you choose to read no further than here, just try a simplified version…

1. Light a candle.
2. Invite the holy spirit to come.
3. Then read the passage. (Invite the people listening to close their eyes while you do--just helps block out distractions!)
4. Consider any words or phrases that stood out to you. Share amongst any who are listening.
5. Then read again. Listen.
6. Consider why God may be bringing this to your attention.
7. And then read a last time.
8. Consider whether there is anything God may want you to do as a result of your listening.

Simple yet so meaningful. An exercise your kids will keep with them and value through life.

Memorize

A scripture verse and catechism questions from the back of each lesson in the text are included each week. Your child has the option of working toward memorization of either or both of these. Occasionally a prayer will also be suggested for memorization. It’s truly AMAZING how easy memory work comes to little minds. You know they so easily pick up all the lyrics to the songs on the radio; why not challenge them to try something different?

The three children from each grade who memorized the most scripture verses at the end of the year will be invited to a celebration and recognition dinner with Monsignor Royal and the other clergy. Like wise for those who are able to write accurate answers to the most catechism questions.

Make

Some weeks there will be recommendations for crafts or projects for those whose forte is hands-on. Feel free to make these as basic or pinterest-worthy as you and your child are inspired to do—no pressure. Just the act of thinking about and engaging with the material, especially for a more kinesthetic learner, is valuable. Trust the process.

Sing

For some this is a total stretch, and if that’s you, skip this one. If, however, music is your thing, don’t be afraid to sit in your living room—or car!-- and sing an old familiar or completely new hymn with your kiddos. You can google the title and many options will come up—instead of singing, you may just listen to a beautiful rendition sung by someone else. There are lots available on YouTube. Plug in & enjoy!

Reflect (Picture Study)

The concept of Picture Study has been popularized by British educator Charlotte Mason. It is an exercise of close and intentional looking at a great work of art. In the case of the pictures we will recommend this year, it may also be a prayerful encounter with the person of Christ. The process is very simple and you and your child will likely both quickly come to enjoy spending a few minutes doing it.

First, have your child look carefully at the image. Ask them to notice as many things as they can about the painting. Then have them close their books.

Invite them to tell you all about what they’ve seen. What do they think the image is depicting? Let them paint a picture with words, including as much as they can remember.

Then look at the image again. Notice any details you may have missed the first time. Talk about them, and whether or why they might matter.

Lastly, share the title, artist, and/or any pertinent details about the painting, as provided in the guide.

You may choose to end your time in prayer. Your child may choose to try to re-create the image; or to write about it in his or her commonplace.

Closing Note

This year is not about perfection. And it’s not for competition or comparison. As you know, children grow in their own time. Some crawl earlier and others later; some read earlier and others later; some can sit through a conversation with no problem and others wiggle (try your lessons with your child on a trampoline, or laying flat on the floor!); some will make a frameable cardboard creation and others you will be embarrassed not to slip into the trash—and all of these things are ok! Your child is beautiful, just as he or she is. The many ideas you will find herein are simply to help you engage with the faith in fresh ways this year so that at the end of it, your child may know the beautiful heart of Christ more deeply. Nothing else matters. So please, before you jump in, breathe a sigh of relief. Try to stretch yourself a little, into unknown territory. Try something new. Stretch your child. But not too thin. Healthy, whole, Christ-like adults is what we’re looking to grow. Be gentle and positive; your enthusiasm (or lackthereof!) will be contagious.

Saint Catherine of Siena, patroness of homeschoolers, pray for us!

Saint Monica, patroness of mothers, pray for us!

St Joseph, patron of fathers and families, pray for us!

St Don Bosco, patron saint of youth, pray for us!

Lesson 1: God Gives Us the Law

“The Decalogue is a light offered to the conscience of every man to make God’s call and ways known to him and to protect him against evil…”

-Catechism of the Catholic Church #1962

Read Ch 1 or work through the online Lesson 1. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* All of Creation glorifies God, especially man since we are made in his image. God has a plan for each of us, to help us get to heaven.
* After the Fall of Adam and Eve, we lost the hope for Eternal life. Part of god’s plan was to lead us back to him by giving us the Ten Commandments. If we respond to God’s love for us by following his commandments, we will be free.
* We should follow the Ten Commandments as a response to God’s love for us. By loving God through obedience, we will be truly happy.
* God wants nothing more than for us to be in heaven with him. He gave us the Ten Commandments as a guide; he gave us a conscience to help us know right from wrong; he also gave us the Church and our parents to help us properly form our consciences.

DISCUSSION/JOURNALING PROMPTS

* Do you find obeying the commandments difficult?
* If you can understand the Ten Commandments as gifts, not oppressive restrictions, how might that affect your view of your parents’ rules?
* What does a good relationship with God look like?
* Are there any kinds of situations where it is more difficult to tell right from wrong?
* When you do fail to uphold a commandment (sin)—and you will—what can you do?

YOU PICK 2

**Pray** Psalm 1, with silence after for meditation.

**Start a Journal. Copy** the 10 Commandments inside the front cover.

**Move** while you practice repeating the 10 Commandments. Do…

10 Burpees… while you say, I am the Lord your God; you shall not have other gods before me.

10 Jumping Jacks… while you say, You shall not take the name of the Lord your God in vain.

10 Wall sits… while you say, Remember to keep holy the Lord’s Day.

10 Sit-ups… while you say, Honor your father and mother.

10 Push-ups… while you say, You Shall Not Kill

10 High-Knees… while you say, You shall not commit adultery.

10 Punches…. While you say, You shall not steal.

10 Squats … while you say, You shall not bear false witness against your neighbor.

10 Lunges … while you say, You shall not covet your neighbor’s wife.

10 Laps around your house, while you say, You shall not covet your neighbor’s goods.

**Reflect** with the Examination of Conscience on p. 151, and then go to Confession.

**Read** the Blessing for Obedience found in Deuteronomy 28:1-9.

**Watch** the movie The Ten Commandments—prepare yourself, it’s looong!

**Memorize OR Make** an Illuminated Scripture drawing of Deuteronomy 28:1.

**Study** and try to memorize some of the Catechism answers on page 16.

**Listen to OR Watch** Faith of Our Fathers by Marian Grace on Spotify or YouTube.

**Look** at the artwork on page 14.Make your own re-creation or written reflection based on it.

This painting is titled The Presentation of the Tablets of the Law to the Hebrews by Raphael

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

Lesson 2: *The First Commandment*

*in Our Own Day*

“The first commandment embraces faith, hope, and charity. When we say ‘God’ we confess a constant, unchangeable being, always the same, faithful and just, without any evil. It follows that we must necessarily accept his words and have complete faith in him and acknowledge his authority. He is almighty, merciful, and infinitely beneficent… Who could not place all hope in him?”

-Catechism of the Catholic Church #2086

Read **Ch 2** or work through the **online Lesson 2**. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* The First Commandment from God states, “I am the Lord your God… You shall have no other gods before me.” (Exodus 20:2-3). We are called to worship God as a response to his love for us. God deserves our worship. But all too often we give all our attention to other people or things, and they become our god.
* God calls us to worship him above all. We should have no other gods (idols) besides God.
* The First Commandment shows the lord’s desire to have a relationship with us.
* Mass is the highest form of worship!

DISCUSSION/JOURNALING PROMPTS

* Do you believe that God loves you? Who else loves you? What do you do in response to love from your parents, friends?
* How do we worship God?
* What are some “idols” people have today?
* What do you spend most of your free time doing? What are some possessions you like a lot?
* Are any of them idols that you have, keeping you from loving God the way you could?
* It’s easy to see how to break or disobey a commandment. But you are required to KEEP the commandment, meaning it requires you to do something. What positive behaviors does the First Commandment require of us?

YOU PICK 2

**Read** Exodus 32:1-10 OR Mark 10:17-22 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Pray** in a position different from what you are used to, to help bring attention to God and his place of primacy in your life… Hike up a hill or find a private spot in your yard. Lay down on the ground or climb on top of something.Spendsome time in one of the 4 Acts of worship (below).

*Adoration* “Adoration is the first attitude of man acknowledging that he is a creature before his Creator.”

*Contrition* “Contrition is sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again.”

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

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

**Go** to Mass and worship in a new place or way than usual this week.

**Act** out the story in Mark 10:17-22. Include some friends and family members. Make it fun or funny.

**Read** about Saint Francis and Clare OR Blessed Pier Giorgio Frassati.

**Reflect** in a dim and quiet space, so you can turn your attention fully to the First Commandment. Draw a big heart with a throne in the middle.

1. Pray for God to reveal what may be sitting on the throne of your heart in the way of Him.
2. Think of any possessions you really like or hobbies you give a lot of time to that might serve as distractions.
3. What can you do to detach from these distractions to make God the center of your life?
4. Write down how you plan on keeping the First Commandment.

**Memorize OR Make** an Illuminated Scripture drawing of Exodus 20:2-3.

**Study** and try to memorize some of the Catechism answers on page 20.

**Look** at the artwork on page 18.Make your own re-creation or written reflection based on it.

This painting is titled Sacrifice of Abel and Melchisedek (detail), Ravenna

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

Lesson 3: *Prayer & Saints*

“Prayer is the raising of one’s mind and heart to God or the requesting of good things from God.” But when we pray, do we speak from the height of our pride and will, or “out of the depths” of a humble and contrite hart? He who humbles himself will be exalted…”

-Catechism of the Catholic Church #2559

Read Ch 3 & 4 or work through the online Lesson 3. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* Prayer is a conversation and the lifting of the heart and mind to God. Prayer needs to be an important part of our lives—even when it’s difficult.
* Praying and leading a good spiritual life are key factors in becoming a saint.
* Saints are souls who are united in heaven with God and who intercede on our behalf.

DISCUSSION/JOURNALING PROMPTS

* Ask your parent about one of his or her favorite ways to pray.
* Brainstorm some different ways to pray.
* What are some things that keep you from praying?
* How can we stay focused in our prayer life?
* Do you have any friends whom you don’t talk to regularly? Do you find it difficult to remain friends with them?
* Has God ever answered one of your prayers? Share about it.

YOU PICK 2

**Visit** a statue of a saint in your home, the home of a friend, or in your church or town. Spend some time praying to that saint.

**Go** to visit Jesus really, truly present in the Blessed Sacrament at a chapel. Be sure to reverence the Blessed Sacrament by kneeling, maintaining complete silence, and keeping your total attention on Jesus.

**Make** a sacred space in your room or home. Incorporate sacred art or music, a cross or crucifix, holy water; consider an altar, candle, cloth, or other helps to prayer.

**Pray** one of these three types of prayer, as described in your book: vocal, meditation or contemplation.

**Read** about St Ignatius of Loyola, St Charles Lwanga, St John Bosco, or St Maximilian Kolbe.

**Research** the process of Canonization (how a person is recognized as a saint).

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

**Research** your patron saint. What special virtue did this saint have, or special work did he/she do? Of what is he/she patron? When and where did he/she live? Find a prayer specifically to him/her.

**Reflect** in a dim and quiet space, so you can turn your attention fully to the First Commandment. Draw a big heart with a throne in the middle.

1. Pray for God to reveal what may be sitting on the throne of your heart in the way of Him.
2. Think of any possessions you really like or hobbies you give a lot of time to that might serve as distractions.
3. What can you do to detach from these distractions to make God the center of your life?
4. Write down how you plan on keeping the First Commandment.

**Memorize OR Make** an Illuminated Scripture drawing of Luke 11:1 OR 1 Thessalonians 5:17 OR Matt 7:7.

**Make** an artistic writing of this quote: “You have made us for yourself, O Lord, and our hearts are restless until they rest in you.” -St Augustine

**Read** through the prayers on page 147-152 in your book.

**Study** and try to memorize some of the Catechism answers on page 23-24 & 29.

**Pray** the Divine Office—at Universalis.org or download the app.

**Look** at the artwork on page 22.Make your own re-creation or written reflection based on it.

This painting is titled The Angelus by Millet

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

Lesson 4: *The Holy Name*

“To disclose one’s name is to make oneself known to others; in a way it is to hand oneself over by becoming accessible, capable of being known more intimately and addressed personally.”

-Catechism of the Catholic Church #203

Read Ch 5 or work through the online Lesson 4. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* The Second Commandment forbids disrespect to and lack of reverence for God’s name or for anything holy.
* The Lord’s name is holy and powerful and should not be used in a frivolous manner.
* Words are important. What we say is an extension of ourselves, and we must guard our speech.
* The Second Commandment requires us to respect holy people and holy things.

DISCUSSION/JOURNALING PROMPTS

* Do you know what your name means, or why you were named what you were? Find out. Ask your parents about the meanings behind each of the names of members in your family.
* How would you feel if your name became a curse word?
* What are some ways we can show reverence for something or someone?
* What are some ways you can work to avoid taking the Lord’s name in vain (including OMG!)?
* What positive behavior does the Second Commandment require of us?

YOU PICK 2

**Read** Exodus 3:1-15 OR Philippians 2:9-11 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Visit** the church and ask for a tour, including introductions to of some of the most holy items.

**Pray** the Our Father, emphasizing “hallowed be thy name.”

**Pray**: Jesus, Name full of glory, grace, love, and strength! You are the refuge of those who repent, our banner of warfare in this life, the medicine of souls, the comfort of those who morn, the delight of those who believe, the light of those who preach the true faith, the wages of those who toil, the healing of the sick. To you our devotion aspires; by you our prayers are received; we delight in contemplating you. O Name of Jesus, you are the glory of all the saints for eternity. Amen. -St Bernardine of Siena

**Read or watch** a videoabout Saint John Chrysostom.

**Try this:** On March 16th, 1844, Jesus reportedly told Sister Marie of Sain Peter: “Oh if you only knew what great merit you acquire by saying even once, ***Admirable is the Name of God***, in a spirit of reparation for blasphemy.” Pray this quote every time you hear the Lord’s name taken in vain.

**Write** a poem or prayer blessing the name of the Lord.

**Reflect** in a dim and quiet space, so you can turn your attention fully to the First Commandment. Draw a big heart with a throne in the middle.

1. Pray for God to reveal what may be sitting on the throne of your heart in the way of Him.
2. Think of any possessions you really like or hobbies you give a lot of time to that might serve as distractions.
3. What can you do to detach from these distractions to make God the center of your life?
4. Write down how you plan on keeping the First Commandment.

**Memorize OR Make** an Illuminated Scripture drawing of Exodus 20:7.

**Study** and try to memorize some of the Catechism answers on page 32.

**Pray** the Divine Praises with a parent or friend—one of you lead, and the other repeats each line.

**Look** at the artwork on page 31.Make your own re-creation or written reflection based on it.

This painting is titled Moses Fastening His Sandal on Mount Sinai

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

Lesson 5: *Sunday & True Riches*

“The third commandment of the Decalogue recalls the holiness of the sabbath: ‘The seventh day is a sabbath of solemn rest, holy to the Lord.’ In speaking of the sabbath Scripture recalls creation: “For in six days the Lord made heaven and earth, the sea, and all that is in them, and rested the seventh day; therefore the Lord blessed the sabbath day and hallowed it.”

-Catechism of the Catholic Church #2168-2169

Read Ch 6 & 7 or work through the online Lesson 5. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* The Third Commandment requires an external communal form of worship. It sets aside the Lord’s Day for worship and rest. Self-denial means sacrificing our own will or something we desire, for the sake of the Kingdom of God.
* As our Creator, Redeemer, and Sanctifier, we owe the Lord obedience in attending Mass and making Sunday a holy day.
* It is important we strive to keep Sunday holy and a day of rest. We are commanded to relax!
* When we keep holy the Lord’s Day, we go to Mass and participate in the sacrifice of Christ. We are called to join our sacrifices with Christ’s through forms of self-denial. Penance and penitential seasons help us grow in holiness and lead to a stronger relationship with God.

DISCUSSION/JOURNALING PROMPTS

* What do you like to do in your free time?
* What do you think you spend the most time doing?
* Read Genesis 2:2-3. What do you find interesting about these verses?
* What can you do this Sunday to make it a more holy day?
* Why is it important that we refrain from work on Sunday and holy days?
* What are some good and healthy ways to rest?
* Have you ever experienced suffering from a bad decision?
* Do you tend to complain about your sacrifices? How could you handle them instead?
* What positive behavior does this commandment require of us?

YOU PICK 2

**Read** Exodus 3:1-15 OR Philippians 2:9-11 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Pick** one holy day (p. 36) that is unfamiliar to you and make a point to attend Mass on that day this year.

**Make** a pie chart of how you spend your time in a usual week. How could you include more time for God?

**Pray** the Morning Offering on p.147.

**Read or watch** a videoabout Saint Helena.

**Try this:** On March 16th, 1844, Jesus reportedly told Sister Marie of Sain Peter: “Oh if you only knew what great merit you acquire by saying even once, ***Admirable is the Name of God***, in a spirit of reparation for blasphemy.” Pray this quote every time you hear the Lord’s name taken in vain.

**Make** a Liturgical Calendar. You can google this to see samples. It is like a pie char showing each church season; you may also add a line for each of the Holy Days of Obligation and feasts of your patron saint.

**Make** a get ready-get set list of things to do before heading to Mass.

**Review** the Spiritual and Corporal Works of Mercy; brainstorm how you could fulfill them.

**Memorize OR Make** an Illuminated Scripture drawing of Exodus 20:8 OR Matthew 16:24.

**Study** and try to memorize some of the Catechism answers on page 37 or 42.

**Hold** (or look closely at) a crucifix. **Pray** this prayer: Behold, O kind and most sweet Jesus, before they face I humbly kneel, and with the most fervent desire of soul, I pray and beseech thee to impress upon my heart lively sentiments of faith, hope, and charity, true contrition for my sins and a firm purpose of amendment. With deep affection and grief of soul, I ponder within myself, mentally contemplating thy five wounds, having before my eyes the words that David the Psalmist foretold concerning thee: “They have pierced my hands and feet—I can count all my bones” (Psalm 22:16-17). Amen.

**Look** at the artwork on page 34.Make your own re-creation or written reflection based on it.

This painting is titled Triptych of the Resurrection with Saint Sebastian

*We see Jesus stepping from the tomb, defeating death. He is magnificent and triumphant. His red robe reminds us of his Passion, yet his staff flying with a flag of victory shows us that he was triumphant. We rejoice with him in this triumph and celebrate every Sunday.*

Lesson 6*: Family & Citizenship*

“The fourth commandment opens he second table of the Decalogue. It shows us the order of charity. God has willed that, after him, we should honor hour parents to whom we owe life and who have handed on to us the knowledge of God. We are obliged to honor and respect all those whom God, for our good, has vested with his authority. This commandment is expressed in positive terms of duties to be fulfilled. It introduces the subsequent commandments which are concerned with particular respect for life, marriage, earthly goods, and speech. It constitutes one of the foundations of the social doctrine of the Church.”

-Catechism of the Catholic Church #2197-2198

Read Ch 8 & 9 or work through the online Lesson 6. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* The Fourth Commandment, to honor and obey our parents, includes that all members of the family have obligations to fulfill.
* The family resembles the love of the Blessed Trinity. The Fourth Commandment sets forth obligations for all members of the family to love as God loves.
* The honor required by the Fourth Commandment changes as we grow older. Obedience turns to assistance. Focusing on God helps protect families from threats of modern society.
* Man is bound by the authority of the state, which receives its authority from God.

DISCUSSION/JOURNALING PROMPTS

* At your baptism, what did your parents promise to do on your behalf?
* Once parents have been given the gift of children, what are their duties to their children?
* How do your parents remind you of God’s parenting?
* How have you honored your parents recently?
* What opportunities have you missed honoring your parents?
* Can you think of an example of a rule that you didn’t understand when you were younger but you do now?
* What virtues should we develop to help older people?
* What are some ways that being in a family helps you grow in virtue?
* What are some threats the family faces today?
* What is an example of a law that goes against God’s law?

YOU PICK 2

**Read** Luke 2:41-52 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Read or watch** a videoabout Saint Gianna Molla OR Saint Thomas More.

**Read** in the catechism about the duties of the Citizen (#2238-2242) and of the State (#2235-2237). You can find this on the Vatican website by googling it. Make a list of the duties of each.

**Learn** about a law that is currently in place in your town, state, or country that is unjust. Is there anything you can do to work against it?

**Act** out a few skits of situations where someone shows honor to an authority figure; and where they choose instead to dishonor that authority figure.

**Research** the difference between legal Vs moral.

**Talk** to someone in your community who holds office and ask how they work to uphold moral principles.

**Try this:** Have you ever heard the saying, “The family that prays together, stays together”? Spend some time praying with your family.

**Memorize OR Make** an Illuminated Scripture drawing of Exodus 20:12 OR Ephesians 2:19.

**Study** and try to memorize some of the Catechism answers on page 45 & 48.

**Write** a letter to your parents using specific examples of why you are thankful to have them as parents. Pray the prayer on p.45 for them.

**Sing** Now Thank We All Our God.

**Look** at the artwork on page 34.Make your own re-creation or written reflection based on it.

This painting is titled The Adoration of the Magi by Gentile da Fabriano

*In this picture we see the Magi, bowing before a baby. But, above the baby, higher than Jesus, are Mary and Joseph. Even though Jesus is God, he followed the Fourth Commandment and submitted to the authority of Mary and Joseph as his earthly parents. The Magi are honoring the Christ Child. Through their honor we come to know that honor means to give great respect, whether it is to Jesus or to our parents.*

Lesson 7: *Church Authority*

“Just as God’s will is creation and is called “the world,” so his intention is the salvation of men, and it is called “the Church.”

-Catechism of the Catholic Church #760

Read Ch 10 or work through the online Lesson 7. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* The Catholic Church was founded by Jesus Christ to spread his message to all men. Jesus founded the Church and designated Peter to be his representative as the first Pope.
* The Church ahs the responsibility of administering and protecting the Sacraments to lead souls to Heaven.
* The Church is our Mother and has the authority to act as such and deserves our respect and obedience.

DISCUSSION/JOURNALING PROMPTS

* What was the mission of Jesus Christ?
* Is there anything that excites you about the responsibility we have to continue carrying on Christ’s mission on earth?
* What are some good reasons you can think of for priests not to marry?
* What are some ways you can show your love for the Church and her authority?
* What are the precepts of the Church? How can you fulfill them at your age?

YOU PICK 2

**Read** Luke 2:41-52 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Read** about Saint Peter the Apostle.

**Make** a chart or timeline of all the Popes until the present. And/or research various significant papacies using the Catholic Encyclopedia (online).

**Learn** about the current Pope and significant events in his papacy.

**Write** a letter or card of thanks for your bishop, Bishop Caggiano; or our pastor, Monsignor Royal.

**Write** a letter or card of thanks for your mother and the various ways she cares for you.

**Look** online for the Pope’s intention of the month.

**Pray** the Anima Christi on p. 151.

**Memorize OR Make** an Illuminated Scripture drawing of Luke 10:16.

**Sing or Listen** toThe Church’s One Foundation

**Look** at the artwork on page 50.Make your own re-creation or written reflection based on it.

This painting is titled Delivering the Keys of the Kingdom to Saint Peter.

*When you hand the keys of a car or your house to someone, you’re trusting him and giving him power and responsibility. Jesus gave Peter the keys to the Kingdom of God. Peter was singled out from all the Apostles for the responsibility of leading Jesus’ Church. Jesus gives authority to Saint Peter, the first Pope, when he said, “I will give you the keys of the kingdom of heaven, and whatever you bind on earth shall be bound in heaven, and whatever you loose on earth shall be loosed in heaven” (Matthew 16:19).*

Lesson 8: *Respect Life*

“You shall not kill.”

-Exodus 20:13

Read Ch 11 or work through the online Lesson 8. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* God is the giver of life. The Fifth Commandment forbids taking innocent life or causing harm to another.
* Man is comprised of body and soul; both are good and need to be nourished and well-kept.
* Murder is the taking of innocent life and a mortal sin.
* There are instances when taking another life is justified and needed. These killings do not break the Fifth Commandment; in these cases we must receive guidance from the Church to understand the gravity of our actions.

DISCUSSION/JOURNALING PROMPTS

* God has a plan for each person. What are some ways you can see God working in your life; and/or in the lives of other people you know?
* What are some behaviors the Fifth Commandment requires of us?
* What are some things we can do to take care of our bodies? Our souls?

YOU PICK 2

**Read** Genesis 1:26-31 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Read** about Saint Raphael the Archangel. Look up a few images of him. How is he depicted?

**Watch** a video of an ultrasound of an unborn baby, to help illustrate that all life is precious. Discuss the stages of development of a baby in the womb.

**Contact** a local crisis pregnancy center—Birthright or Malta House or the Sisters of Life—and ask someone there to tell you about their mission. Find out if there are any ways you can help.

**Write** about the differences between angels, humans and animals.

**Visit** an elderly person. Spend some time both listening and talking with them… respecting their life.

**Research** a historical war and apply the just war principles, discussing their validity. Pray for peace between nations.

**Pray** this Prayer for Life: *O Mary, bright dawn of the new world, Mother of the living, to you do we entrust the cause of life. Look down, O Mother, upon the vast numbers of babies not allowed to be born, of the poor whose lives are made difficult, of men and women who are victims of brutal violence, of the elderly and the sick killed by indifference or out of misguided mercy. Grant that all who believe in your Son may proclaim the gospel of life with honesty and love to the people of our time. Obtain for them the grace to accept that gospel as a gift ever new, the joy of celebrating it with gratitude throughout their lives, and the courage to bear witness to it resolutely in order to build, together with all people of goodwill, the civilization of truth and love, to the praise and glory of God, the Creator and lover of life. Amen.*

**Memorize OR Make** an Illuminated Scripture drawing of Exodus 20:13.

**Study** and try to memorize some of the Catechism answers on page 56.

**Sing or Listen** toO Lord, the Giver of All Life.

**Look** at the artwork on page 55.Make your own re-creation or written reflection based on it.

This painting is titled Massacre of the Innocents by Fra Angelico

*This painting depicts the murder of hundreds of children during the reign of King Herod. He was trying to kill Jesus to eliminate threats to his power. See how the people are affected by the loss of life. Mothers are throwing themselves in front of their children. The monumental loss of life is devastating to all.*

Lesson 9: *Charity Toward All*

“If you love those who love you, what credit is that to you? For even sinners love those who love them… But love your enemies, and do good, and lend, expecting nothing in return; and your reward will be great, and you will be the sons of the Most High; for he is kind to the ungrateful and the selfish.”

-Luke 6:32, 35

Read Ch 12 or work through the online Lesson 9. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* Jesus calls us to love our neighbors, even our enemies.
* Christians must have goodwill toward their neighbors. Goodwill is a willed love, rather than emotional love.
* The Fifth Commandment forbids anger and hatred. We must not say or do things to intentionally hurt others.
* Regardless of whether or not they ask for it, we must forgive those who hurt us and have goodwill toward them.
* Scandal is the leading others to sin and is a serious offense as it endangers the eternal rewards of other people. There is no greater lack of charity. By following the examples of Jesus, and employing the Spiritual and Corporal Works of Mercy, we can avoid scandal.

DISCUSSION/JOURNALING PROMPTS

* Can you think of something you said that you didn’t mean?
* Have you ever said something in anger and later regretted it?
* Spend some time reflecting on your good qualities, and your imperfections.
* What are some ways you, as an older child, can be a model of charity to younger children? What ways would it be especially important not to give bad example?

YOU PICK 2

**Read** John 2:13-17 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Read** about Saint Elizabeth Ann Seton.

**Act out** the Parable of the Good Samaritan (Luke 10:30-37).

**Discuss** fighting. It is always good, after you’ve fought or argued, to make up as quickly as possible. To do this, we must admit our wrong and apologize. Usually when there is a disagreement, both people have some fault in it. Is there anyone you need to make amends with?

If someone is not willing to seek reconciliation with you, some things you could do instead are… pray for reconciliation. Forgive them in our hearts. Avoid talking about them anger. Wish them goodwill despite our feelings. Be just when we encounter them.

**Meditate** on the sufferings of Jesus at the hand of his enemies and how he responded (Luke 23:34).

**Write** out the Corporal & Spiritual Works of Mercy. Make a list of ways YOU can fulfill them.

**Memorize OR Make** an Illuminated Scripture drawing of Luke 6:32.

**Study** and try to memorize some of the Catechism answers on page 60.

**Sing or Listen** toLove Divine, All Loves Excelling.

**Look** at the artwork on page 58.Make your own re-creation or written reflection based on it.

This painting is titled *Christ Cleansing the Temple* by El Greco

*In this picture, we see Jesus brandishing a whip to drive money changers and opportunists out of the temple. These people were taking advantage of temple goers and using a sacred holy space to better themselves instead of others. Jesus still loved these people. Love means working for the good of others, an Jesus was showing them how extreme their sin was by his extreme punishment.*

Lesson 10: *The Sacred Flame*

“You shall not commit adultery… You shall not covet your neighbor’s house; you shall not covet your neighbor’s wife, or his manservant, or his maidservant, or his ox, or his donkey, or anything that is your neighbor’s.”

-Exodus 20:14, 17

Read Ch 13 or work through the online Lesson 10. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* All men are made in the image and likeness of God. All men are loved by God.
* Everyone is worthy of respect. Reproduction is a blessing from God and we must use the power of reproduction according to God’s will and design.
* We must be pure in thought, word, and deed. God reserves the good of human sexuality for marriage. Any use outside of marriage is seriously sinful.
* The Sixth and Ninth Commandments both require and forbid behaviors. Proper use of our sexual powers requires self-denial and self-control.

DISCUSSION/JOURNALING PROMPTS

* Discuss the pressures and evils in today’s society that re contrary to God’s plan for marriage. What is the proper use of sexuality?
* What are some ways the 3 conditions for sexuality can be violated?
* What are some things we can do to develop self-control?
* What behavior does the Sixth & Ninth Commandments require of us?

YOU PICK 2

**Read** John 5:18-25 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Read** about Saint Maria Goretti.

**Talk** to a priest and a marred couple. Ask questions about their vocation—how it is hard; how it is fulfilling; how they were led to that vocation.

**Pray** in silence, asking God to help you lead a chaste life.

**Write** a prayer for your future spouse—or to Jesus if you believe your vocation may be to religious life.

**Pray** the Prayer for Purity by St Thomas Aquinas: *Dearest Jesus! I know well that every perfect gift, and above all others that of chastity, depends upon the most powerful assistance of they providence, and that without thee a creature can do nothing. Therefore, I pray thee to defend, with thy grace, chastity and purity in my soul as well as in my body. And if I have ever received through my senses any impression that could stain my chastity and purity, do thou, who are the Supreme Lord of all my powers, take it from me, that I may, with an immaculate heart, advance in thy love and service, offering myself chaste all the days of my life on the most pure altar of thy Divinity. Amen.*

**Memorize OR Make** an Illuminated Scripture drawing of Matthew 5:27-28.

**Study** and try to memorize some of the Catechism answers on page 64.

**Sing or Listen** toAll You Who Seek a Comfort Sure.

**Look** at the artwork on page 62.Make your own re-creation or written reflection based on it.

This painting is titled *Marriage of the Virgin* by Fra Angelico

*Here we see the marriage of the Virgin Mary to Saint Joseph. The Blessed Mother and Saint Joseph are models of purity; their marriage had to subsist on faith in the Lord and in each other. Each spouse treated each other with dignity. This is what all mankind should strive for—to see all individuals as equals in dignity and saving their hearts and their bodies, for their spouses alone.*

Lesson 11: *Ownership*

“You shall not steal.”

-Exodus 20:15

Read Ch 14 or work through the online Lesson 11. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* God gave man material goods to use, enjoy, appreciate, and share freely with one another in justice and charity.
* Every person has the right to own property. The Seventh Commandment teaches us not to steal or damage the property of others.
* It also forbids fraud and usury. We must be just in payment for goods and services we receive.
* The Tenth Commandment governs our desire for possessions. An unchecked desire for material goods can lead to serious sin.
* Justice is giving each person his due.

DISCUSSION/JOURNALING PROMPTS

* Has anyone ever damaged or taken something of yours? How did that make you feel?
* Since material things cannot make us truly happy, why do you think some people become enslaved to their desire for them? How can we prevent this in our own lives?
* Do some people have more than they need? What does charity oblige us to do?
* How do charity and justice work together?
* What are some things we can do to keep ourselves from being consumed by having more?
* What behavior do the Seventh & Tenth Commandments require of us?

YOU PICK 2

**Read** Luke 19:1-10 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Read** about Saint Francis of Asissi.

**Act out** one or more of these parables on charity: Matthew 25:31-46; Luke 10:29-37; 16:19-31.

**Find** a newspaper article about a crime against property: stealing, vandalizing, cheating, embezzling, etc. Note the important details. Create a sentence for the guilty party, as if you were part of the judging panel. Temper your desire for retribution with a measure of hope for the criminal’s recovery—seek a JUST sentence. Strive for a creative sentence such as making restitution to the community or offended party. Do this as a family or a group of friends, if possible.

**Work** on an environmental projects, such as recycling, trash collection, planting trees or flowers, or something else.

**Pray** the Prayer of Saint Francis.

**Memorize OR Make** an Illuminated Scripture drawing of the quote by Pope Saint Gregory on p. 66.

**Study** and try to memorize some of the Catechism answers on page 68.

**Sing or Listen** toAs With Gladness Men of Old.

**Look** at the artwork on page 62.Make your own re-creation or written reflection based on it.

This painting is titled *St Francis Giving His Mantle to a Poor Knight* by Giotto di Bondone

*Saint Francis of Assisi is well known for giving up his wealth to follow God. Here, he is giving his cloak to a poor knight. Note that the cloak is a beautiful gold color. He’s giving his “gold” to someone else who needed it.*

Lesson 12: *Backed By Truth*

“You shall not bear false witness against your neighbor.”

-Exodus 20:16

Read Ch 15 or work through the online Lesson 12. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* The Eighth Commandment requires that we speak the truth.
* The Eight Commandment governs our communication. We must not intend to deceive others, for we follow Jesus, who is the Truth.
* Lying is a deliberate attempt to mislead others. We must not lie, even if it will attain something good. Lying can be done in actions, not just words, such as hypocrisy.
* It is a sin to use the truth to harm another. Even though we are required to speak the truth, it is sometimes more prudent and charitable not to speak at all. Malicious ore irresponsible of the use of truth is detraction and a sin.
* We must carefully monitor our words and thoughts, especially when they concern others. We can find ourselves in serious sin quickly when we are careless in our words.

DISCUSSION/JOURNALING PROMPTS

* The truth is absolute; we cannot change the truth. Because we live in a world where many are subject to relativism, we can be easily deceived. Discuss situations where you know what the absolute truth is, yet you or someone else tries to rationalize that truth for his own benefit.
* Is it wrong to make others believe that you are better than you really are, by saying one thing and doing another? Give an example.
* Should we be willing to listen to gossip? If someone else is gossiping, what should we do?
* Is it okay to discuss difficult situations with other people when it involves a third party?
* What behavior does the Eighth Commandment require of us?

YOU PICK 2

**Read** Luke 19:1-10 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Read** about Saint Philip Neri.

**Talk** with someone in town (preferably from our parish) who owns a business and ask them to share how important their reputation is for their business.

**Practice** telling difficult truths in loving ways. Think of situations where you may be tempted to lie to avoid hurting another’s feelings…

**Make** bumper stickers with Scripture verses about truth.

**Make** a family name banner, decorating it accordingly for their good name. Use things you want your family to be known for.

**Pray** this prayer… Psalm 19:14, Let the words of my mouth and the meditation of my heart be acceptable in your sight, O Lord, my rock and my redeemer.  *Bless my words, O Lord, that they may speak the truth in love always and forever. Let my words to and about others be kind. Let my thoughts to and about others be charitable. Guide my words to be stalwart against evil, uplifting in times of sadness, and joyful in times of distress. Amen.*

**Study** and try to memorize some of the Catechism answers on page 72.

**Memorize OR Make** an Illuminated Scripture drawing of Psalm 19:14.

**Look** at the artwork on page 70.Make your own re-creation or written reflection based on it.

This painting is titled *Christ Interrogated by Pilate* by Duccio

*In this scene from Christ’s Passion, Pilate famously asks, “What is truth?” (John 18:38). Pilate had seen many different cultures, and each had its own teachings, religion, even gods. So Pilate didn’t think there was one truth, even though it seems basic to us. Everyone knows the difference between truth and falsehoods, but when falsehoods are put forward as truth, we can get confused and start believing them.*

Lesson 13: *The Beatitudes*

“O Lord of hosts, blessed is the man who trusts in you!”

-Psalm 84:12

Read Ch 16 or work through the online Lesson 13. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* The Beatitudes tell us of the eternal blessings that come from following Jesus.
* We give up much of the world when we decide to follow Jesus. He knew this and gave us the promise of his blessings.

DISCUSSION/JOURNALING PROMPTS

* Do you put God above everything else?
* Do you mourn for your sins?
* Do you allow yourself to be controlled by power, self-importance, or money?
* Do you only want what is right, according to God’s will?
* Are you merciful toward those who have offended you?
* Is your heart always pure?
* Have you ever been a peacemaker in your family or among friends?
* Have you ever experienced persecution for your beliefs?
* Which Beatitude do you find most difficult to follow?

YOU PICK 2

**Read** Matthew 5:1-12 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Read** about Blessed Pier Giorgio Frassati.

**Make** a list of the Beatitudes, and an example of how you can practice each.

**Pray** that God will give you the grace to live the Beatitudes. Pray the Beatitudes (Matthew 5:3-12).

**Sing or Listen to** Be Thou My Vision

**Study** and try to memorize some of the Catechism answers on page 76.

**Memorize OR Make** an Illuminated Scripture drawing of Psalm 84:12

**Look** at the artwork on page 70.Make your own re-creation or written reflection based on it.

This painting is titled *Christ Healing the Blind Men of Jericho,* Ravenna

*We see in this that Jesus is all powerful. He restored sight to blind men. What a multitude of blessings he has to give all of us. In the Beatitudes, Jesus lays forth the blessings he wishes to impart.*

Lesson 14: *The Last Supper &*

*The Living Sacrifice*

“Truly, truly, I say to you, unless you eat the flesh of the Son of man and drink his blood, you have no life in you.”

-John 6:53

Read Ch 17 & 18 or work through the online Lesson 14. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* Jesus gives us his Body and Blood in the Eucharist. Jesus instituted the Eucharist at the Last Supper, which was a celebration of the Passover meal. Jesus saved mankind with his sacrifice and merited grace for us through the Paschal Mystery.
* The Mass is a sacrifice, the one to end all sacrifices.
* The Mass perfectly fulfills all aspects of prayer: worship, thanksgiving, supplication, and contrition.

DISCUSSION/JOURNALING PROMPTS

* After Jesus told his followers what they had to do to inherit eternal life, many walked away. Why do you think they did so? What would you have done?
* What can you do to show God greater appreciation for the gift of the Eucharist?
* If you were on Calvary with Jesus, what would you say to him? Do you think you could say those same things to him during the Mass? Why or why not?

YOU PICK 2

**Read** Exodus 12:1-14 aloud. Light a candle while you listen. Close your eyes. Read it 2 or 3 times. Does anything strike you as important, helpful, or challenging?

**Read** about Saint John Mary Vianney or Padre Pio.

**Watch** a video of an Ordination to Holy Orders, or participate in one, usually in May or June.

**Read** a book or **Watch** a video about the parts of the Mass. Borrow one from the parish…

**Go** to Mass at a parish different from where you usually go. You might find you have a new appreciation in an unfamiliar setting!

**Write** a thank you letter to one of the parish priests for bringing Jesus to us through the Mass.

**Write** a creative fiction piece about what it would have been like to witness the Last Supper, Crucifixion or Resurrection.

**Make** a list of the four types of prayer (adoration, contrition, thanksgiving, and supplication) and identify times within the Mass when we do each of these. You might look at a missal for help!

**Visit** the adoration chapel—and spend some time remembering that you are not God; you are dependent upon God and his goodness; and that God is all powerful and cares for you immeasurably!

**Pray** the Spiritual Communion prayer on p. 152.

**Study** and try to memorize some of the Catechism answers on page 82 & 85.

**Memorize OR Make** an Illuminated Scripture drawing of John 6:53.

**Look** at the artwork on page 81.Make your own re-creation or written reflection based on it.

This painting is titled *Last Supper,* by Rosselli

*The Last Supper was the first Mass where Jesus changed the bread and wine into his Body and Blood. Through his death on the cross, Jesus offered himself as a perfect sacrifice for the sins of mankind.*

Lesson 15: *The Feast of God &*

*The Promise & Fulfillment*

“For as often as you eat this bread and drink the chalice, you proclaim the Lord’s death until he comes”.

-1 Corinthians 11:26

Read Ch 19 & 20 or work through the online Lesson 15. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* The Mass is the feast of God in which we can join in the one perfect sacrifice of Christ and be united with God and the Church in Holy Communion. In Holy Communion we receive the Body, Blood, Soul, and Divinity of Jesus Christ.
* We should have the greatest reverence for Christ present in the Eucharist.

DISCUSSION/JOURNALING PROMPTS

* Before Mass, what can you do to prepare your heart to receive Jesus?
* If you were telling a friend why the Eucharist is important to you, what would you say?

YOU PICK 2

**Go** to Mass.

**Go** to Mass again.

**Consider** – if you were going to Mass to meet a celebrity, how would you prepare? How should we prepare to receive Jesus at Mass?

**Read** about Saint Tarcisius.

**Go** on a tour of the church.

**Read** and reflect on John 6:35-66.

**Research** some things saints have said about Holy Communion.

**Visit** Jesus really, truly present in the Blessed Sacrament at the Adoration chapel.

**Make** a list of the four types of prayer (adoration, contrition, thanksgiving, and supplication) and identify times within the Mass when we do each of these. You might look at a missal for help!

**Visit** the adoration chapel—and spend some time remembering that you are not God; you are dependent upon God and his goodness; and that God is all powerful and cares for you immeasurably!

**Pray** the Anima Christi on p. 151 OR the Prayer after Communion by Saint Pio of Pietrelcina.

**Memorize OR Make** an Illuminated Scripture drawing of John 6:51.

**Sing or Listen** toO Lord, I Am Not Worthy.

**Look** at the artwork on page 86.Make your own re-creation or written reflection based on it.

This painting is titled *Supper at Emmaus,* by Raphael

*At this event, the two disciples did not recognize they were with Jesus until he broke the bread with them.*

**Look** at the artwork on page 91.Make your own re-creation or written reflection based on it.

This painting is titled *Farewell of the Apostles,* by Duccio

*Jesus had many followers leave him after teaching them that they must eat his flesh to live. That was just too difficult to grasp, too disturbing to contemplate for them. The Apostles, however, remained. They didn’t understand the teachings, and were probably disturbed by them as well, but they stepped out in faith and remained with Jesus.*

Lesson 16: *New Life*

“Jesus said to her, “I am the resurrection and the life; he who believes in me, though he die, yet shall he live, and whoever lives and believes in me shall never die. Do you believe this?”

-John 11:25-26

Read Ch 21 or work through the online Lesson 16. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* Jesus rose from the dead, ascended into heaven, and promised to remain with his church until the end of time. He was not a ghost but had a recognizable body.
* Through the power of the Holy Spirit, the Apostles continue in the mission of Christ in his Church.

DISCUSSION/JOURNALING PROMPTS

* Consider what the apostles must have felt/thought at the time of Jesus’ death…
* Do you know anyone who has had a conversion like Saul?

YOU PICK 2

**Look** at an image of the Shroud of Turin. It is believed to be the burial cloth of Christ. This image was not painted on the cloth. Scientists who have studied it say the image was placed on the cloth with the same kind of power as a nuclear blast! What details of Christ’s Passion can be seen there?

**Go** to Confession.

**Read** about Saint Therese of Lisieux.

**Ask** God to send his Holy Spirit to fall on you like at the first Pentecost, and to give you the courage needed to share the gospel with your friends.

**Read** and reflect on John 21:3-18 OR Acts 9:1-22.

**Pray** the Apostles Creed on p. 147.

**Memorize OR Make** an Illuminated Scripture drawing of John 11:25.

**Look** at the artwork on page 94.Make your own re-creation or written reflection based on it.

This painting is titled *Christ Risen from the Tomb,* by Bergognone

*Jesus is triumphant over death. He rose from the dead. His glory and power were revealed when he defeated death. We see here Jesus in glory and majesty, surrounded by light, still bearing his wounds but not suffering from them, and carrying the triumphant flag over his enemy.*

Lesson 17: *Singing & Listening*

“And one called to another and said: “Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory.”

-Isaiah 6:3

Read Ch 22 & 23 or work through the online Lesson 17. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* The Mass is the re-presentation of the death and Resurrection of Jesus.
* The Mass is known as a Sacred Liturgy. “Liturgy” means “work of the people.”
* The first part of the Mass includes the Introductory Rites and the Liturgy of the Word. The Introductory Rites prepare us for the Liturgy of the Word.
* During the Liturgy of the Word, we listen to God and respond in faith.

DISCUSSION/JOURNALING PROMPTS

* How is Jesus present in the Liturgy of the Word?
* What is our role at Mass?
* How should we prepare inwardly before attending Mass?
* What is the Good News you sometimes hear about at Church? Does it feel like good news to you—why or why not?
* During which parts of the Liturgy of the Word do we sit and which do we stand—why?

YOU PICK 2

**Look** at an image of the Shroud of Turin. It is believed to be the burial cloth of Christ. This image was not painted on the cloth. Scientists who have studied it say the image was placed on the cloth with the same kind of power as a nuclear blast! What details of Christ’s Passion can be seen there?

**Go** to Mass. Pay particular attention to the beginning parts—the Introductory Rite notice the candles (a sign of Christ the Light); the processional cross (a sign of our salvation); the Book of the Gospels (the Word of God to be proclaimed at Mass); Incense (sometimes—a sign of our prayers rising to heaven). Consider what sins you need to confess during the Penitential Rite.

**Go** to Mass. Write a summary of the homily afterwards. Or speak your summary to your family in the car on the ride home.

**Read** about Saint Dominic.

**Write** a set of Prayers for the Faithful, personalizing them to include specific people or needs you notice in the world (community, parish, school, home) around you.

**Look** up the readings for this Sunday’s Mass. Find them in the bible and read them ahead of time. How can they be applied to our lives today?

**Write** a letter to one of your parish priests saying what you find helpful about his homilies. Take your time and use proper letter-writing format, neatly written; or send a thank-you card.

**Sing or Listen to** Glorious Things of Thee Are Spoken.

**Pray** the Gloria from Mass—you can google it.

**Memorize OR Make** an Illuminated Scripture drawing of Psalm 43:4.

Lesson 18: *The Table of the Lord*

“When he was at table with them, he took the bread and blessed and broke it, and gave it to them. And their eyes were opened and they recognized him; and he vanished out of their sight.”

-Luke 24:30-31

Read Ch 24 & 25 or work through the online Lesson 18. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* The Mass is the representation of the death and Resurrection of Jesus. It is important for us to understand and follow all the parts of the Liturgy of the Eucharist. During the Communion Rite, we receive our Lord and Savior. We then go forth and live out the Mass.
* In the Liturgy of the Eucharist, the Body and Blood of Christ become truly present.

DISCUSSION/JOURNALING PROMPTS

* How is Jesus present to us in the Liturgy of the Eucharist?
* What is the appropriate way to receive the Eucharist? With what attitude?
* What are some of the financial needs of the Church?
* If we all call God “Father,” what is our relationship the other people at Mass? And at Masses around the world?
* What is the most sacred part of the Mass? Why?
* What are some circumstances under which a person should NOT receive Holy Communion? Why do you think it’s important never to receive Holy Communion unworthily?
* What do we need to do to allow Christ to be in charge of our lives?

YOU PICK 2

**Go** to Mass. Pay particular attention to the Liturgy of the Eucharist. Recite the Holy Holy Holy; watch for the Epiclesis where the priest lifts his hands OVER his head and speaks IN THE PERSON of Jesus…

**Pray** the Our Father SUPER slowly, pausing to emphasize each word, and to reflect on it, before moving on to the next.

**Read** about Saint Agnes or Paschal Baylon.

**Watch** a video or listen to a recording of Agnus Dei by Third Day (Google it).

**Sing or Listen** O Lord Jesus, I Adore Thee.

**Memorize OR Make** an Illuminated Scripture drawing of Acts 2:42.

Lesson 19: *Preparing Our Hearts*

“They said to each other, “Did not our hearts burn within us while he talked to us on the road, while he opened to us the Scriptures?”

-Luke 24:32

Read Ch 26 or work through the online Lesson 19. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* In Holy Communion we unite ourselves with Jesus and offer ourselves, in union with Christ, to the Father. We should always be ready to receive this great gift from God.
* We express our faith in Christ’s presence in the Eucharist by saying “Amen” when we receive Holy Communion. We must properly prepare to receive Holy Communion by following Jesus’ example and receiving him with purity and innocence of soul.
* We should always strive to grow in love for Jesus and learn more about him. We should strive to receive Holy Communion often, with sincere and humble harts, trusting in Christ’s love for us.

DISCUSSION/JOURNALING PROMPTS

* How does receiving Jesus in the Eucharist help us in our daily lives?
* How does the Eucharist help you to grow in trust and love for Jesus?
* How can you prepare your heart to meet Jesus?
* Should you always be ready?

YOU PICK 2

**Research** the weekend and daily Mass times; and Confession times for your parish and any other local parishes you might like to visit. **Make** a small sign and post it somewhere prominent. Set a date to **go.**

**Read** about Blessed Imelda Lambertini. If you can, get ahold of the Glory Story CD of her life and listen to it.

**Look up** and learn what some of these different titles for the Eucharist mean: Eucharist; Lord’s Supper; Breaking of Bread; Memorial; holy Sacrifice; Holy and Divine Liturgy; Most Blessed Sacrament; Viaticum; Medicine of Immortality; Holy Communion; Holy Mass; Source and Summit.

**Make** a poster illustrating one of the titles for the Eucharist.

**Make** a list of things you could do to prepare well to attend Mass—before leaving home; and once you arrive at church. Include your demeanor/attitude and communication.

**Read** and reflect on John 13:1-15.

**Pray** the Spiritual Communion prayer on p. 152.

**Memorize OR Make** an Illuminated Scripture drawing of Luke 24:32.

**Look** at the artwork on page 112.Make your own re-creation or written reflection based on it.

This painting is titled *Christ Washing the Feet of the Apostles,* by Fra Angelico

*We see Christ kneeling to wash the feet of his Apostles. This happened before the Last Supper. We, too, need to be clean before we celebrate the Mass, and we need to remember Jesus’ act of service.*

Lesson 20: *Come, Lord Jesus*

“As the Father has loved me, so have I loved you; abide in my love.

-John 15:9

Read Ch 27 & 28 or work through the online Lesson 20. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* We should receive Holy Communion worthily because the Eucharist is Christ truly and wholly present. Jesus gives us the gift of himself in the Eucharist, and in love we come to adore and worship him.
* Jesus gave the Church the authority to administer the Sacraments. Through the power of the Holy Spirit, the Sacraments work *ex opera operato*, meaning that the effect of the Sacrament is guaranteed and does not depend on the personal holiness of the minister—although our personal interior disposition can have an effect on the fruits of the Sacrament.
* The viaticum is the final preparation for the journey from life on earth to life in heaven. It is the final reception of the Eucharist before death.

DISCUSSION/JOURNALING PROMPTS

* Why is it beneficial to pray before the Blessed Sacrament?
* Why is it important to show reverence for Jesus when you pass a tabernacle or place where the Eucharist is reserved? How can you do this?

YOU PICK 2

**Act out OR Draw** the story of Peter becoming the first Pope in Matthew 16:13-20.

**Read** about Blessed Imelda Lambertini. If you can, get ahold of the Glory Story CD of her life and listen to it.

**Research** and **watch** a video (if possible) about how a Pope is elected.

**Visit** Jesus in the Blessed Sacrament at an adoration chapel; or ask your priest or deacon to you’re your family & some friends in a Eucharistic procession.

**Make** a prayer card with one of the following prayers on it: Prayer for After Communion; Act of Contrition; Examination of Conscience or Act of Spiritual Communion. Illustrate one side and include the prayer on the other.

**Read** and reflect on Matthew 16:13-20.

**Reflect** on one of these quotes:

“What is better than the Blood and Body of Christ? -Saint Isidore

“The bread and the wine are not merely symbols of the Body and Blood of Christ by the deified Body of the Lord.” -Saint John of Damascus

“The world is so hungry for God, and when Jesus came into the world he wanted to satisfy that hunger. He made himself the Bread of Life, so small, so fragile, so helpless, and as if that was not enough, he made himself the hungry one, the naked one, the homeless one, so that we can satisfy his hunger for our love.” -Saint Teresa of Calcutta

**Pray** for the dying.

**Pray** Suscipe: Take, O Lord, and receive all my liberty, my memory, my understanding, and my entire will, all that I have and possess. Thou hast given all to me; to thee O Lord, I return it. All is thine; dispose of it according to thy will. Give me thy love and thy grace, for this is enough for me.

**Pray** the Act of Spiritual Communion on p. 119.

**Memorize OR Make** an Illuminated Scripture drawing of John 15:9.

**Sing or Listen** to Tantum Ergo

**Look** at the artwork on page 112.Make your own re-creation or written reflection based on it.

This painting is titled *Communion of the Apostles,* by Fra Angelico

*Here we see Jesus giving his Apostles the first Eucharist at the Last Supper. Notice the Apostles’ demeanor: quiet, reverent, on their knees. The Eucharist they consume makes them holy and gives them the strength for the life they have before them.*

Lesson 21: *Eternity*

“Then the King will say to those at his right hand, “Come, O blessed of my Father, inherit the kingdom prepared for you from the foundation of the world.”

-Matthew 25:34

Read Ch 29 & 30 or work through the online Lesson 21. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* Our hope is in Jesus, who suffered, died, and rose so that we could live with him forever. Each of us will die and then face judgment. Our greatest joy will be with God in heaven.
* Death is the separation of the body and soul and is a consequence of Original Sin. Jesus died so that we can live with him forever in heaven, should we choose to believe in him and follow his commands.
* In order to get to heaven, we must prepare ourselves so that we might die in the state of grace. We don’t know when that will happen, so we must be prepared at all times.
* Purgatory is the state of the souls who die in the state of grace, but need to be further purified. These souls eventually will be united with God in heaven.
* Hell is a state of eternal suffering and separation from God. The souls there chose to be there by rejecting God and his forgiveness.

DISCUSSION/JOURNALING PROMPTS

* What are some limitations of our bodies?
* Can we get to heaven on our own?
* Why did God create us?
* What happened on the happiest day of your life? Can you imagine being happier? Is there a need to fear death? Why or why not?
* What can you do now to prepare to meet Jesus with a happy heart?

YOU PICK 2

**Read** about Saint Catherine of Genoa or Saint Juan Diego or St Faustina.

**Read and discuss** one or more of the following Scripture passage and consider how they are choosing hell over God… Matthew 25:41-46; Matthew 5:22; Matthew 10:28-33; Mark 9:42-48; Luke 19:12-27.

**Fulfill** the conditions for a plenary indulgence: pray an Our Father; go to Adoration for 30 minutes; read Scripture for 30 minutes; recite the Stations of the Cross; pray the Rosary in a group. Pray for our Pope Francis. Attend Confession, and then receive Communion at Mass. Phew!

**Reflect** on the Examination of Conscience found on p. 151. Then attend Confession.

**Pray** for the souls in purgatory. Saint Gertrude the Great composed a well-known prayer for the souls in purgatory. Tradition says one thousand souls are released each time it’s prayed: *Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the universal church, those in my own home, and within my family. Amen.*

**Pray** in silence, contemplating what you need to work on to perfect your soul.

**Pray** the Hail Mary.

**Pray** a Chaplet of Divine Mercy.

**Memorize OR Make** an Illuminated Scripture drawing of Matthew 25:34.

**Sing or Listen** to For All the Saints

**Look** at the artwork on page 124.Make your own re-creation or written reflection based on it.

This painting is titled *Resurrection of Lazarus,* by Giotto Bondone

*Here Jesus has performed the miracle of raising Lazarus from he dead. Jesus has power over death and life. He exhibits it here, and Lazarus’ resurrection foreshadows his own.*

**Look** at the artwork on page 127.Make your own re-creation or written reflection based on it.

This painting is titled *The Last Judgement,* by Fra Angelico

*This is how the artist imagines the Last Judgment will be like. We see the path leads directly to Jesus. We see his glory and the joy of those on his right hand who followed his teachings, and the blinding and turning away of those on the left who refused to follow him.*

Lesson 22: *He Shall Come Again*

“And when I go and prepare a place for you, I will come again and will take you to myself, that where I am you may be also.”

-John 14:3

Read Ch 31 or work through the online Lesson 22. Afterwards, tell about or write down something interesting or important you’ve heard, and any questions you have…

KEYPOINTS

* Jesus will come again to judge the living and the dead.

DISCUSSION/JOURNALING PROMPTS

* Whose judgment should we care about more—God’s or that of the people we know?
* Whose judgment do you care about more?
* Do you judge others? How do you show this in your actions and thoughts?
* How would you feel if all of your sins were suddenly known to everyone?

YOU PICK 2

**Play** some outdoor games with family and/or friends (like badminton, balloon bat, tug of war) OR run some races together—relays and individual (forwards, backwards, three legged), reminding us of the spiritual life!

Saint Paul compared living the spiritual life to running a race. **Write** a paragraph explaining what the saint and the athlete have in common. Think about the need for self-discipline, the need for perseverance, the need to keep one’s eye on the prize.

**Read** about Saint Vincent Ferrer

**Read and reflect** on one ofthe following Scripture passage… Acts 1:1-11; Luke 21:8-36; Mark 13:5-37.

**Pray** a Litany of the Saints. Make one out of the patrons and favorites of those in your family.

**Pray** for the departed: *Eternal rest, grant unto them, O Lord; and let perpetual light shine upon them. May their souls and the souls of al the faithful departed through the mercy of God rest in peace. Amen*.

**Memorize OR Make** an Illuminated Scripture drawing of John 14:3.

**Sing or Listen** to Hail Holy Queen

**Look** at the artwork on page 131.Make your own re-creation or written reflection based on it.

This painting is titled *Disputa,* by Raphael

*In this painting, heaven and earth are joined in the mystical bond of the Holy Sacrament of the Eucharist. The Communion of Saints is visible (but cannot be seen in this picture). At the Second Coming, the entire Communion of saints will be united.*