



**OUR LADY OF FATIMA  
CATHOLIC CHURCH**

**BAPTISM  
FIRST HOLY COMMUNION  
PENANCE AND RECONCILIATION  
PREPARATION HANDBOOK**

**AGES 14 – 17  
IN HIGH SCHOOL**

**September 2022**

**SOME PEOPLE BELIEVE THAT THE FINEST DAY FOR MANKIND WAS WHEN MAN SET  
FOOT ON THE MOON!**

**BUT THE FINEST DAY FOR MANKIND WAS WHEN JESUS STEPPED FOOT OUT OF HIS  
TOMB THE SUNDAY MORNING WE CALL RESURRECTION, OR EASTER, SUNDAY!**

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### SACRAMENTS PREPARATION SCHEDULE

TOPIC	GET DONE BY	YOUR SIGN-OFF
<b>Session 1 – The Basics</b>		
Lesson 1 – How It All Began		
Lesson 2 – You are Made in God’s Image and Likeness		
Lesson 3 – It’s NOT All About Me–It’s All About You		
Lesson 4 – What is Faith		
Lesson 5 – Knowing Right From Wrong (Sin)		
Lesson 6 – Jesus Christ–One Way–The ONLY Way		
Meet with Parish Representative		
<b>Session 2 – The Sacraments and Mass</b>		
Lesson 7 – Grace and the Seven Sacraments		
Lesson 8 – More on the Sacrament of Baptism		
Lesson 9 – The Sacrament of Penance and Reconciliation		
Lesson 10 – The Sacrament of the Eucharist (Holy Communion)		
Lesson 11 – The Mass		
Contact Parish Representative to Meet, as Directed		
<b>Session 3 – Catholic Treasures</b>		
Lesson 12 – The Saints		
Lesson 13 – The Blessed Mother of God and Jesus–Mary		
Lesson 14 – God’s Gift of Sexuality to Us		
Lesson 15 – Prayers		
Lesson 16 – The Rosary		
Lesson 17 – Places and Things in the Catholic Church		
Contact Parish Representative to Meet, as Directed		

### FOREWORD

This Preparation Handbook is preferred to be accomplished as a **self-paced correspondent course with the assistance of an adult, parent, godparent (preferred) or older brother or sister.** However, as conditions permit or as requested, this Handbook may be complete face-to-face with a parish representative.

**SESSION 1**  
**LESSONS 1 – 6**

***THE BASICS***



- Lesson 1 – How It All Began
- Lesson 2 – You are Made in God’s Image and Likeness
- Lesson 3 – It’s NOT All About Me–It’s All About You
- Lesson 4 – What is Faith
- Lesson 5 – Knowing Right From Wrong (Sin)
- Lesson 6 – Jesus Christ–One Way–The ONLY Way

## LESSON 1    HOW IT ALL BEGAN

### Opening Prayer: **The Lord's Prayer**

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

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.

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

**God** created everything that you see and don't see.

The first thing God created were **angels** in Heaven with Him.

An **angel** is a **Spirit** with **no Body** but they are very **smart**, they have a **Soul** and have **free will** to choose what they do. Angels know what is right and what is wrong. **Your Soul is a part of you that is also a part of God. It is where God lives inside of you.** Very cool!

God told His angels that He wanted to share His love not only with them but also with people. He was going to create the Earth for us to live on. People were to love each other as God loves them.

This made one of God's angels named **satan**, also known as the **devil**, very angry and he and God argued over God's love being shared with us. God threw **satan** and his followers out of Heaven because of the argument.

God then started creating the **Earth** for us to live on. He created birds, fish, animals, mountains, rivers and oceans. And then He created us.



It took God **six days** to create everything that you see on Earth—the land and in the oceans below—and the stars at night in the sky above.

On the sixth day, God created people, you and me, your mom and dad, who are just like the angels. We are smart, have a Spirit, and are able to choose what we do. **But God gave us Bodies which angels don't have.**

The first two people that God created were a man named **Adam** and a woman named **Eve**.



After doing all that creating, God rested on the seventh day.

How many days are there in a week? \_\_\_\_\_

Describe what you see around you during night and day? \_\_\_\_\_

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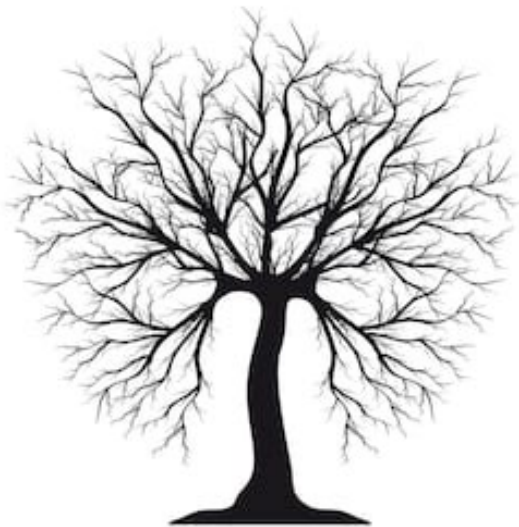
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God and His angels live in **Heaven** and we live on the **Earth**.

**Adam and Eve** had everything they wanted and did not have to work. They never got sick, they would never die, and they were always happy. They enjoyed the beautiful Earth including the garden that they lived in.

The garden, the **Garden of Eden**, was **Paradise** where there were many beautiful mountains, trees and waterfalls.

In the center of the Garden were two special trees that God gave names to—the **Tree of Life** and the **Tree of Knowledge of Good and Evil**.



**The Tree of Life**



**The Tree of Knowledge  
of  
Good and Evil**

**Evil is another name for bad!**

**Name some good behaviors or actions that you could do.** \_\_\_\_\_

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**Name some bad behaviors or actions that you could do.** \_\_\_\_\_

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God told Adam that he could eat the fruit from any tree that he wanted **except** from the **Tree of Knowledge of Good and Evil** and if he did eat that fruit, he would die.

In exchange for Adam’s obeying God and not eating the **forbidden fruit from the Tree of Knowledge of Good and Evil**, God offered Adam and Eve, and all of us, both **Physical Life (Body)** and **Spiritual Life (Soul)**. There would be no death or illness (sickness).



Do you know someone who is sick? If so, who is it and how are they special to you?

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Do you know someone who has died? If so, who is it and how were they special to you?

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**THE CHOICE THAT CHANGED EVERYTHING**

One day, while Eve was in the Garden, a **serpent** (a snake), who was really **satan** (the devil), told Eve to eat the fruit from the **Tree of Knowledge of Good and Evil**.

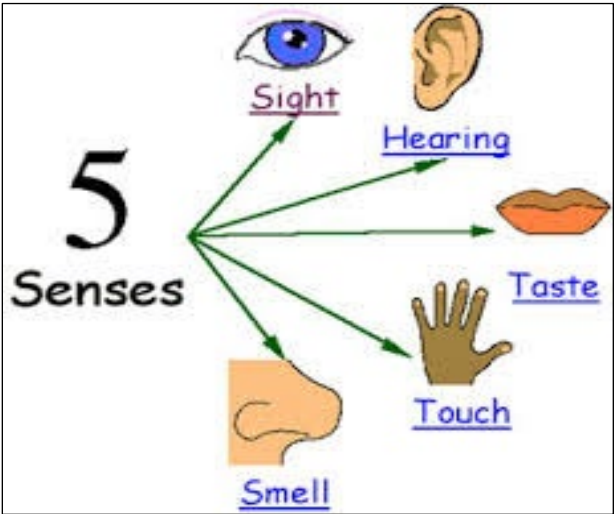


Eve said no to the devil but the devil lied and told her that she would not die like God said she would.

So when Eve saw that the fruit from the **Tree of Knowledge of Good and Evil** was **pleasing to her eyes** (looked really good) and was **good for gaining knowledge**, she ate the fruit and then she offered it to Adam and he ate it also.

How many senses do you have? \_\_\_\_\_

Most people have 5 senses. They are:



Eve SAW that the fruit from the Tree of Knowledge of Good and Evil was “pleasing to her eyes”.

God was angry with the devil because he tempted Eve to eat the fruit from the **Tree of Knowledge of Good and Evil**.

And so, God told the devil that He would send two people in the future to do battle with him and his bad angels (demons). Those two people would be a woman and her Son and they would defend us against the devil.

The woman would be **God’s Blessed Mother Mary** and her Son would be **Jesus**.

What do you know about Jesus? \_\_\_\_\_

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**What do you know about Mary, the Blessed Mother of Jesus?** \_\_\_\_\_

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**Adam and Eve disobeyed God** and because of it, they committed the first sin of God's people. Simply, **sin** is an offense against God—Adam and Eve disobeyed God's command not to eat the fruit from the **Tree of Knowledge**. Their sin is referred to as **Original Sin** since it is the first sin of humanity and you are born with this sin on your Soul. Original sin will be removed from your Soul in **Baptism**.

Now Adam and Eve did not die at the time they ate the fruit but they did die later on in their life. God was right and Satan had lied to them. God kicked Adam and Eve out of the **Garden of Eden** and closed this **Paradise** forever. However, since God loves us so much, He gave us a **NEW Paradise, Heaven**, later to be open by His Son, Jesus.



Because Adam and Eve sinned and God loves us so much, God had to help us to be friends with Him again. To do this, He would send His Son Jesus to live with us. But God would do this much later in our history.

God first revealed His plan to send Jesus to us to the **Hebrew**, or **Jewish**, nation of **Israel**. See the map on page 19 below to see where Israel is located. BTW, today, there are ~195 countries, or nations, in the world.

God would later reveal Himself to all the people of the world, both you and me.

Until God sent Jesus to us, God's people made so many bad choices that God decided to flood the Earth and start all over again.

God told a very old man named **Noah** to build a big boat called an **Ark** and put two of every animal and bird in the Ark along with his family.



After God flooded the Earth, He gave us the **Rainbow** to remind us that He would never flood the Earth again.



**God is holy and good. He put us here on Earth so that we can be holy and good and for us to take care of each other.**

We are **holy** when we pray to God before we go to bed and before we eat something, when we thank God for our family and the stuff that we have, and when we go to Church on Sundays.

We are **good** when we love our family and friends and even people we don't like, and when we treat them with honor, respect and love.

**How can you treat people with honor, respect and love and take care of them?**

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God tells us that people who are holy and good when they die will be in Heaven with Him, His Son Jesus and His Mother Mary forever.

**What do you know about Heaven?** \_\_\_\_\_

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**Heaven** is more beautiful than any mountain, lake or sunset on Earth. In Heaven, there are angels and very holy and good people. The

angels fly around like beautiful butterflies. There is no pain or suffering in Heaven, just peace and love.

But some people chose not to be good. God tells us that people who are evil when they die, instead of going to beautiful Heaven, they will go to **hell**, a place of fire and ugliness where there is nothing but pain and suffering. There is no peace or love in hell and hell is forever.



**What bad / evil things can people do?**

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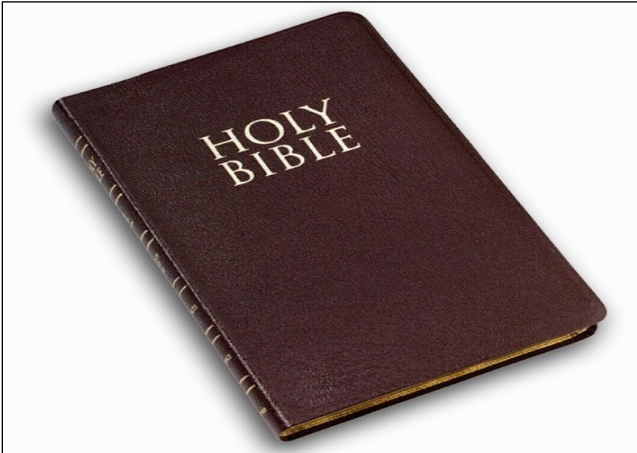
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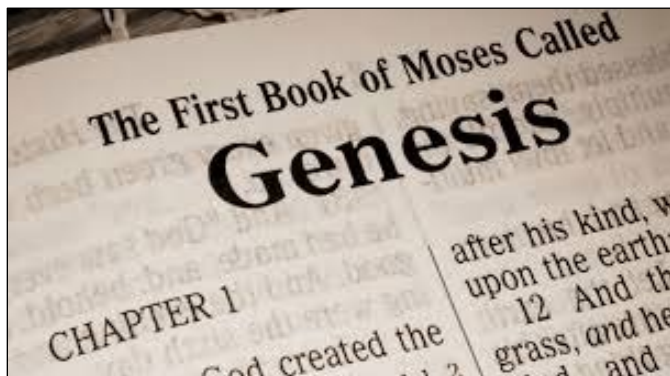
**THE BIBLE**





Briefly, the **Holy Bible** is a collection of 73 short books written by people that God revealed Himself and His Son Jesus Christ to.

The Bible also documents the **Story of Creation of everything in the Universe**. This story is documented in the first book of the Bible, the **Book of Genesis**.



**Does your family have a Bible in the house?**

If so, open it and see if you can find the first book, Genesis just to get an idea of where the book is. Great if you found it, if not, ask for help. You can also use the Table of Content, generally found in the front of the Bible.

So, what's up with the argument between believing in **God's Story of Creation of Earth and people** and the **Theory of Evolution** taught in schools in science class?

**There IS NO argument!**

There is only one God who is the source of everything – Creation, Science, Biology, Medicine, Faith, etc. – and **God never contradicts Himself**.

For instance, the Creation (of the Earth) Story written in the Bible does not say how or when God made man's Body from the dust of the Earth; and the Theory of Evolution does not say how our Souls were made, it only teaches about our Bodies. **Bodies leave fossils, Souls don't leave fossils!**



We don't know how God arranged for the world He created to come to perfection.

The Bible says that God created man out of the dust of the Earth. However, the breath of life, or the Soul, was then breathed into man by God. Remember, you are both Body and Soul, or, **you are both Physical and Spiritual**.

Since **Souls are Spiritual**, Souls cannot evolve from matter (something you see), so they must be created from nothing by God.

As you can see, there is no argument that could be made that would discredit either the **Story of Creation** documented in the Bible or the **Theory of Evolution** taught in science class at your school.

**Closing Prayer: The Hail Mary Prayer**

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

Hail Mary, full of grace, the Lord is with you. Blessed art thou, among woman, and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now and the hour of our death. Amen.

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

**Sometimes in Life We Need to Follow Our Heart Rather than to Listen to Our Mind!**

## LESSON 2

## YOU ARE MADE IN GOD'S IMAGE AND LIKENESS

Opening Prayer: **The Glory Be Prayer**

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

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

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

When God made you, He made you in His **Image and Likeness**.

When we think of an image, we think of something we can see like a picture or a statue. But **God is a Spirit and He has no Body**.

To say you are created in **God's Image and Likeness** is to say that you are **Smart, Emotional, Spiritual**, and have **Free Will** to choose right from wrong.

To be **Smart** means you know right from wrong. Take a short quick quiz:

✚ Is stealing Right or Wrong? \_\_\_\_\_

✚ Is sharing your lunch with another kid who is hungry Right or Wrong? \_\_\_\_\_

✚ Is not listening to your parents Right or Wrong? \_\_\_\_\_

✚ Is fighting with you brother or sister Right or Wrong? \_\_\_\_\_

To be **Emotional** is to be able to show **how you feel** like angry (being mad), sad, happy and joyful.

Have you ever cried? \_\_\_\_\_

Crying is showing **Emotion**.

Write about a time when you were really happy. \_\_\_\_\_

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To be **Spiritual** means that you have a connection with the one who gave you life—**GOD**.

To be made in **God's Image and Likeness** also means **you are made to love each other like God loves you**.

You also have **Free Will**, or freedom to choose, to freely make choices like to steal or not to steal, hate or not to hate, to love or not to love, to forgive or not to forgive.

How do you show love to family and friends? Any ideas? \_\_\_\_\_

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Closing Prayer: **The Glory Be Prayer**

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

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

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

**WE ARE WHO WE ARE BECAUSE OF  
GOD'S GRACE.**

## LESSON 3 IT'S NOT ALL ABOUT ME-IT'S ALL ABOUT YOU

### Opening Prayer: The Glory Be Prayer

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

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

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

You read in the last lesson that to be made in God's Image and Likeness also means we are made to **love each other like God loves us**.

Jesus said, "*I come to serve, not to be served.*" He washed the feet of His friends at His Last Supper, the night before He died, to show this.

Saint Mother Teresa of Calcutta said that we are called to live in God's **JOY- Jesus Other Yourself** (in that order). Awesome!

God is **SELF-GIVING LOVE** and He created us in **His Image and Likeness**, hence, God created us to live in **SELF-GIVING LOVE** with Him and with one another. **SELF-GIVING LOVE** is an attitude that is it's about you NOT it's about me, which is **self-focus love**.

The **Original Sin** of Adam tainted our created Image of God's **SELF-GIVING LOVE**—turning it to **self-focus love**. We can see this all around us in our "**It's ALL About Me**" society.

Before Original Sin, Adam was created to serve Eve and to NOT think about his own desires or needs. And Eve was created for Adam in the same way. This is **SELF-GIVING LOVE**.

**SELF-GIVING LOVE** is incapable of **offending God, others, and self, or sin, BUT self-focus love is the cause of sin**.

When we break the Ten Commandments, commit sin, it's because we're thinking of our

selves. If I steal, it's because "**I**" want something. If I kill, it's because "**I**" want to get even with someone.

**So how do we show SELF-GIVING LOVE? By putting other people's needs before ours.** Jesus told us to feed the hungry, to give drink to the thirsty and give shelter to the homeless.



How do you see yourself, **SELF-Giving** or **self-focused** and, if **self-focused**, are you willing to change? \_\_\_\_\_

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### Closing Prayer: The Glory Be Prayer

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

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

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

**Opening Prayer: The Glory Be Prayer**

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

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

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

**Faith** is a realization of what is hoped for and evidence of things not seen (Bible – Hebrews 11:1).

Faith often refers to religious belief, but we can have faith in many things. Faith begins as **trust**, an essential element in any healthy relationship. As young children, we believed that our parents, caregivers, and teachers would provide for our needs and safety. We later extended our faith and trust to friends, classmates, and God.

For Christians, the most important faith is in God as revealed through Jesus Christ. As we grow in relationship with Jesus, nurture our faith and trust in Him, and we come to believe in His message, our lives have greater purpose and richness. Faith is our free response to God's loving invitation.

**WHAT DOES FAITH FEEL LIKE?**

Spiritual longing is part of human nature. Saint Augustine wrote about God, "You have made us for yourself, and our hearts are restless until they rest in you."

This longing manifest itself differently in each person. For many, it arises as a search for meaning. As we ask fundamental questions—**Who am I? Where do I come from? Where am I going?**

We may be drawn into deeper reflection and tap into an inner longing for God. These questions challenge our minds, but the mind's answers are insufficient—just as, we discover, are worldly pursuits of personal fulfillment or self-improvement. We are drawn to something more.

So, this longing for "something more" is the beginning of our response to God's call to relationship—*friendship*—with Him. Recalling Saint Augustine's words: "You have made us for yourself."

In other words, it is built into our nature to return to God, our Creator, and to respond to His love with our lives. The Catechism of the Catholic Church (CCC) tells us, "The desire for God is written in the human heart, because man is created by God and for God."

Does this mean the way of faith is easy? Or that we won't ever struggle or feel far from God? **Closeness to God can't be measured in terms of feelings.** God is just as near to us when we struggle as when we're full of peace and joy.

**Faith in God is a lens through which we see all of life.** We find strength in our faith in difficult times, and the joys of life are more meaningful when we recognize them as God's blessings.

**FAITH DOES NOT MEAN WE WON'T HAVE  
QUESTIONS OR DOUBT**

Asking questions is one way we learn about the world and each other. God places questions within our hearts and minds to draw us closer to Him and to His will.

God also gives us perception, reason, and conscience to guide us to the truth. **Faith seeks understanding.**



**True faith isn't anti-intellectual;** it makes full use of the sciences, history, logic, emotions, and imagination. The Catholic faith is so grounded in essential truth that it will support and assist you in exploring your questions. You may not always understand or like the answers, but Jesus is present in you and with you in your journey. Remember, **God creates everything – science, medicine and faith.**

**Do you have questions about the Catholic Faith, the Catholic Church, religion or any other questions?** \_\_\_\_\_

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**FAITH IN ACTION**

For most of us, our faith beginning isn't dramatic. God is like a quiet gardener who knows where the "good soil" lies within us better than we do. God plants the first small seed in Baptism, but if we want our faith to grow, we have to be active about it.

Once you ask God for the gift of faith, God gives it to you freely. He gives you the gift of faith in the **Sacrament of Baptism**. But we can't just ask God to give us the gift of faith and be done with it. **We must nurture the gift God gives us.**

We can't expect our faith in God to grow if we do nothing. Acting on faith takes practice and courage. We witness faith and action in the lives of others—and in our own choices and behaviors:

- ✚ Choosing selfless acts over personal interests;
- ✚ Acting with good intentions and giving others the benefit of the doubt;
- ✚ Reaching out to strangers or those with poor reputations;
- ✚ Engaging in dialogue and civil discourse to determine the greater good and best solutions.

These acts are a reflection of Jesus. Jesus often said to those He healed or forgave, "Your faith has saved you." In every case, their faith was both internally felt and shown in their actions:

- ✚ The woman who washed Jesus' feet with her tears (Bible – Luke 7:37-47);
- ✚ The centurion who told Jesus his servant would be healed at Jesus' word (Bible – Matthew 8:6-8 and Luke 7:2-7);
- ✚ The woman who touched Jesus' cloak (Bible – Matthew 9:20-21 and Mark 5:25-28).

**What situation can you hand over to God this week? (If this is a secret, just reflect on this question)** \_\_\_\_\_

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**HOW WE NURTURE OUR FAITH**

- ✚ **Reading.** Reading the Sacred Scripture contained in the Bible and spiritual writings of saints or contemporary authors helps us resist temptations and inclinations to selfishness. Spiritual reading introduces us to the wisdom of others who have traveled the way of faith.
- ✚ **Lifestyle.** Those with faith grow in God's love and share it with others. Spreading the good news (the Gospel) of Jesus, preaching the good works, and avoiding what's harmful becomes joys, not burdens.

Saint Francis of Assisi said, “Go out and preach the Gospel, and if necessary, use words.”

What does your lifestyle say about what you believe? (if this is a secret, just reflect on this question)

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✠ **Prayer.** Spending time together is vital to any relationship. We grow in relationship with Jesus through speaking and listening to Him in prayer.

✠ **Community Participation.** We, as an individual Christian, are but one part of the body of Christ, the Church. We need to be open to the gifts God extends to us through His community. **We should go to Mass (Lesson 11) every Sunday and Holy Days (Christmas, etc.) to worship God and Jesus in community.**

**Closing Prayer: The Glory Be Prayer**

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

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

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

***Jesus said:*** Do not worry about your life, what you will eat or drink, or about your body, what you will wear. ***Is not life more than food and the body more than clothing?***

*Look at the birds in the sky; they do not sow or reap, they gather nothing into barns, yet your heavenly Father feeds them. Are not you more important than they?*

***Can any of you by worrying add a single moment to your life-span? Why are you anxious about clothes?***

*Learn from the way the wild flowers grow. They do not work or spin. But I tell you that not even Solomon in all his splendor was clothed like one of them. If God so clothes the grass of the field, which grows today and is thrown into the oven tomorrow, will he not much more provide for you, O you of little faith?*

*So do not worry and say, ‘What are we to eat?’ or ‘What are we to drink?’ or ‘What are we to wear?’ Your heavenly Father knows that you need them all. But seek first the kingdom of God, and all these things will be given to you.*

***Do not worry about tomorrow; tomorrow will take care of itself.*** (Matthew 6:25-34)

We are NOT too DIRTY for God to CLEANSE us.

We are NOT too BROKEN for God to FIX us.

We are NOT too FAR for God to REACH us.

We are NOT too GUILTY for God to FORGIVE us.

And we are NOT too WORTHLESS for God to LOVE us. – Faith Pondo

**JESUS SAID, “AS THE FATHER HAS LOVED ME, SO HAVE I LOVED YOU!”**

## LESSON 5

## KNOWING RIGHT FROM WRONG (SIN)

### Opening Prayer: **The Lord's Prayer**

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

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.

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

### **Knowing What Is Right and What Is Wrong**

God, gave us **Ten Commandments**, or laws, to help us make choices every day.

**God tells us that in order for us to stay friends with Him and to be holy and good, these Ten Commandments are how we are to live our life with others and how to behave. Jesus said, “If you love Me, you will keep My Commandments” (John 14:15).**

**The first Three Commandments that God gives us is about your relationship with Him.**

**Commandment # 1.** I am the LORD your God. You shall have no false gods before Me.

- ✚ Make God number one in your life. Stay away from anything that draws you away from your relationship with God (Sports, video games, TV.....).

**Commandment # 2.** You shall not take the name of the LORD your God in vain.

- ✚ Only use God's name in honor, never as bad language. Don't talk bad about God.

**Commandment # 3.** Remember to keep holy the Sabbath day.

- ✚ Go to Mass on Sundays and Holy Days.

**The next Seven Commandments that God gives us are about your relationship with everyone (family and friends).**

**Commandment # 4.** Honor your father and your mother.

- ✚ Respect, honor and obey (listen) your parents, teachers and police.
- ✚ No talking back.

**Commandment # 5.** You shall not kill.

- ✚ Don't hurt or kill anything.
- ✚ Don't talk about someone or gossip or start rumors about someone.
- ✚ Don't bully or pick on someone.

**Commandment # 6.** You shall not commit adultery.

- ✚ Honor and respect all people and yourself.
- ✚ Don't look at someone of the same or opposite sex with impure/sexual thoughts or intent.
- ✚ Don't watch impure/sexually explicit or suggestive movies, TV shows or videos.
- ✚ Don't listen to impure/sexually explicit or suggestive music.
- ✚ Don't read or look at impure/sexually explicit or suggestive books, magazines or photos.
- ✚ Don't view impure/sexually explicit or suggestive internet sites.
- ✚ Don't aroused sexual desire or actions in yourself or another by impure kissing, embracing, touching, etc.
- ✚ Don't dress immodestly or have excessive concerned with the way you look.

**Don't be Ashamed of How Many Times You Fall. Be Proud of the Times You Got Up!**

**Commandment # 7.** You shall not steal.

- ✚ Don't take something from someone else without asking.
- ✚ Don't cheat on homework or tests.

**Commandment # 8.** You shall not bear false witness against your neighbor.

- ✚ Don't tell lies.
- ✚ Don't break promises.

**Commandment # 9.** You shall not covet (want with evil intent) thy neighbor's wife.

- ✚ Again, honor and respect people and yourself.
- ✚ Again, don't look at someone of the same or opposite sex with impure/sexual thoughts or intent.

**Commandment # 10.** You shall not covet (want with evil intent) thy neighbor's goods.

- ✚ Don't want something so much that you do something bad to get it.
- ✚ Don't be ungrateful to God for not having as much stuff as someone else.

**Did you hear about the Ten Commandments before our discussion?**

**Without looking above, what commandments do you remember?**

When you don't keep the commandments, your thoughts and actions result in **sin**.

**WHAT IS SIN?**

In Lesson 1, we said that **sin** is an offense against God. More explicitly, **sin is when we offend God by NOT doing what He asks us to do or doing what He tells us NOT to do!**

To help understand sin, we must know that God is perfect—Jesus calls us to perfection when He said, “*Be perfect like your Heavenly Father is perfect*” (Matthew 5:48). Since we are made in **God’s Image and Likeness**, Adam and Eve were made “perfect”. But after their “**Original Sin**”, we, you and me, are not perfect.

In fact, even though **Original Sin** is removed from our Soul in the **Sacrament of Baptism**, our desire to do good is weakened and we are easily drawn to temptation and sometimes, by free choice, sin. Remember in the previous lesson (3), when we break the Ten Commandments it’s because we’re thinking of our selves. If I steal, it’s because “**I**” want something. If I kill, it’s because “**I**” want to get even with someone.

You could also offend others if the sin involves other people. For instance, if you steal something, you not only disobey God because He tells you not to steal in the 7<sup>th</sup> commandment but you also offend the person you steal from.

**Very serious sin** must be forgiven by God in the **Sacrament of Penance and Reconciliation**, another Sacrament (see Lesson 9) that requires you to prepare for.

FAITH IS NOT MULTIPLE CHOICE!

DON'T ASK FOR A LIGHTER CROSS, ASK FOR A STRONGER BACK.

God Created Our Skin Tones with Beautiful Variety, but All of Our Souls are the Same Color.





### Closing Prayer: **The Hail Mary Prayer**

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

Hail Mary, full of grace, the Lord is with you.  
Blessed art thou, among woman, and blessed is  
the fruit of thy womb Jesus. Holy Mary,  
Mother of God, pray for us sinners, now and  
the hour of our death. Amen.

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

*LOVE does not mean we Accept, Tolerate or  
Approve of SIN.*

**When We Spend All Our Energy Being Angry, We Cease Seeing the Beauty & Good of God's  
Creation.**

**We Can Complain Because Rose Bushes Have Thorns,  
or  
Rejoice Because Thorn Bushes Have Roses!**

**THE DEVIL CAN TEMPT US BUT HE CAN'T MAKE US DO ANYTHING. WE  
CHOOSE TO EITHER FOLLOW THE TEMPTATION TO SIN OR NOT!**

**SELF-GIVING LOVE, God's Love, is incapable of sin.  
Self-focus love is the cause of sin!**

**WHEN LIFE SEEMS DIFFICULT – P.U.S.H.:**  
**PRAY**  
**UNIL**  
**SOMETHING**  
**HAPPENS**

**JESUS SAID, "TO LOVE YOUR NEIGHBOR AS YOURSELF."**

**LIFE is 10 % of What Happens to Us, 90 % on How We React to It!**  
***Do We become bltter or bEtter?***

**Before we ask God for anything, we must first thank God for everything.**

**With Every Life Experience Comes a Decision to be**  
**bltter**  
**or**  
**bEtter**

**NO GOD – NO PEACE! KNOW GOD – KNOW PEACE!**

## Opening Prayer: **The Glory Be Prayer**

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

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

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

Jesus was born on the day we celebrate as **CHRISTmas** around 2020 years ago.

What is the date of your birthday?

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What presents did you receive this past Christmas? \_\_\_\_\_

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Did you make or buy a present for your mom and dad? If so, what was it? \_\_\_\_\_

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Did you make or buy a present for your brothers or sisters? \_\_\_\_\_

God's "CHRISTmas" gift to us is His Son Jesus CHRIST.

Remember in the story of **Adam and Eve** after Adam and Eve ate the fruit from the **Tree of Knowledge of Good and Evil**? God said He would send someone to make Him and us friends again. And that person would do battle with satan and his bad angels, demons.

That someone is God's Son, Jesus Christ.

## WHO IS JESUS CHRIST?

Jesus is God's only Son and was born in the country of **Israel** in a town called **Bethlehem**. The people that live in Israel are **Jewish**, or **Jews**. This is the same as you are referred to as **Catholic**. See page 19 below to locate Israel.

Jesus is the name given to the Son of God and the son of the Blessed Mother Mary by God Himself. At the time Jesus was born, people had no last name. A person was known by their purpose or mission in life. For example, Jesus' foster father **Joseph** was known as **Joseph the Carpenter** since he was a carpenter.

What is your last name? \_\_\_\_\_

Write something about your mom.

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Write something about your dad.

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Jesus was the long-awaited **Messiah** that God said He would send into the world to do battle with satan and his bad angels, demons.

The Hebrew, or Jewish, word "**Messiah**" means the "**Anointed One of God**"—in Greek "**Christos**"—and in English "**Christ**".

Sometimes Jesus is referred to as "**Jesus the Christ**".

While Jesus was alive, He learned how to obey His parents. Obey means to "listen to".

Do you always obey your parents? \_\_\_\_\_

When have you not obeyed to your parents?

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Jesus said that He is the way, the path, to God and to Heaven. This is why you should always follow Jesus in life.

Jesus tells us how much God loves us and even when we do something bad, He still loves us. Remember, all we have to do is to be sorry and ask for His forgiveness for what we did and He will forgive us and we are friends with Him again.

**Jesus tells us that He is God's Son.** While He was alive, a lot of people accepted Him as God's gift to us, but some did not. The people that did not accept Jesus, beat Him, whipped Him, made a crown of thorns and pushed it on His head and then nailed Him to a **Cross**. Because of their actions, **Jesus died**. He died willingly so that we can be with Him when we die.



When we look at a **Crucifix**, a **Cross with the Body of Christ on it** (pictured in the next column below), we remember the sacrifice Jesus made so that we could go to Heaven.



But God's goodness is so great, that He brought **Jesus back to life three days after His death in His Resurrection (Easter)** so that He could open the gates of Heaven for us.



After opening the gates of Heaven, Jesus went back to Heaven with His Father and He remains there today.

Since Jesus loves us so much, He sent His **Holy Spirit**, sometimes seen in the form of a beautiful white dove, to live inside of you when you are **Baptized**.

The Holy Spirit helps us to be holy and good, two of the hardest things for some of us to be. But like we said earlier, if you want to live with God, Jesus, and His Blessed Mother Mary and all the angels and Holy People in Heaven when

you die, you must always try very hard to be **holy and good**.

**God, Jesus and His Holy Spirit are the same person.** They are called the **Holy or Blessed Trinity**. The Holy Trinity is ONE God—the Father (God), the Son (Jesus Christ) and the Holy Spirit, but Three Distinct Persons (NOT three Gods). One God in Three Persons!

God the Father is the Creator of everything we see and don't see, God the Son (Jesus) is our Savior from Spiritual death (hell) because of our sins, and God the Holy Spirit is the one who helps you to be holy and good.



The Holy Trinity is like you being a brother or sister, you are also a niece or nephew, a student and you are a son or daughter. But you are the same you.

**Jesus tells us that if we want to be with Him and God and His Mother Mary in Heaven when we die, we must only be good and holy but we must also be Baptized. Do you have date that you will be Baptized, and if so, what is that date? \_\_\_\_\_**

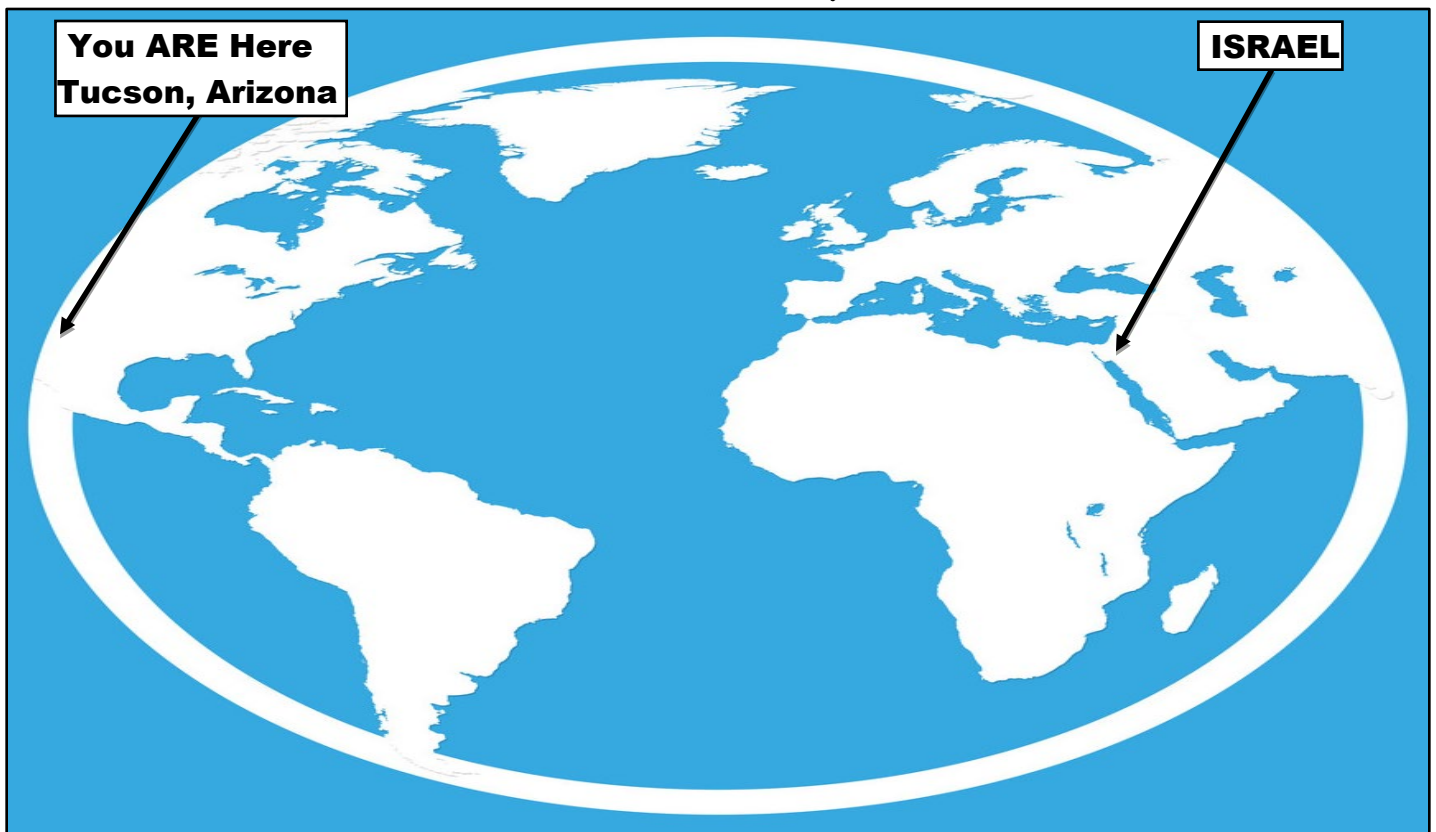
**Closing Prayer: The Glory Be Prayer**

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

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

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

*Jesus Loves You!*



**You ARE Here  
Tucson, Arizona**

**ISRAEL**



**SESSION 2**  
**LESSONS 7 – 11**

*THE SACRAMENTS*  
*&*  
*MASS*



**Lesson 7 – Grace and the Seven Sacraments**  
**Lesson 8 – More on The Sacrament of Baptism**  
**Lesson 9 – The Sacrament of Penance and Reconciliation**  
**Teen Examination of Conscience and How to Go to Confession**  
**Lesson 10 – The Sacrament of the Eucharist (Holy Communion)**  
**Guide to Receiving Holy Communion**  
**Lesson 11 – The Mass**

## Opening Prayer: **The Lord's Prayer**

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

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.

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

You experience love and love is real. Your expressions of love aren't the same as love, but you communicate your love through them – words (I love you), hugs and kisses, sending "I love you" cards and notes, and giving someone a gift.

**Pick at least two people that you love and write down why you love them.** \_\_\_\_\_

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When Jesus lived with us, He realized that we were not only Spiritual Beings like God but we were intertwined with our Physical Being—we have a Physical Body.



As a Physical Being, you use physical signs and symbols to communicate. Jesus also uses physical signs and symbols so that you can understand that His love for you is real. These signs and symbols are called a **Sacrament**.

## **WHAT IS A SACRAMENT?**

A **Sacrament** can be any person, event, or thing through which you experience God's presence in a new or deep way. A sunset, a time of quiet prayer, the birth of a child, and a good conversation with a close friend all have the potential for revealing God to you in new and deeper ways. A Sacrament is an encounter, a relationship, with Jesus.

## **SACRAMENTS ARE EXPRESSIONS OF GOD'S GRACE; HIS SUPERNATURAL LIFE**

To understand Sacraments, you must first understand what Grace is.

**Grace** is the gift of God's love and presence into which you grow. It is a share in God's life.

**Grace is a relationship between God and you.** Just like any relationship, it develops gradually as your understanding of God's ever presence in your life develops through your life's experiences.

The gift of God's Grace that He gives you is totally free. What you do with that gift is your choice.

## **MORE ON GRACE**

**Grace is God's Supernatural Life that you need to reach your final destination—Heaven.**

## **You Could Think Of Grace In This Way:**

Imagine falling out of a boat and sinking to the bottom of a lake because you are not wearing a life jacket.



## LIFE JACKET

What's the first thought to cross your mind?  
That's right: ***I'm going to die!***

You would die because, as a human being, you are not equipped to live underwater – only fish can live underwater.



In your “natural state” or, in other words, with your natural equipment, your lungs, when you were born, you would not survive.



## THE HUMAN LUNG



If you want to live in the water, you will need extra equipment that you weren't born with. You will need something that will elevate you above your **natural state**, your lungs.

Something ***super-natural*** such as an oxygen or air tank will do it.

It's much the same with your Soul. At birth, in its natural state, your Soul does not have God's Grace, God's Supernatural Life, because of the Original Sin of Adam.

Your Soul isn't fit for Heaven since it doesn't have the right equipment (Grace). What you need is **God's Supernatural Life, Sanctifying Grace**, not just your own natural life. Sanctifying Grace comes to you for the first time in the **Sacrament of Baptism**.

**Write something you know about Grace that you just read about.** \_\_\_\_\_

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### JESUS GAVE US SEVEN SACRAMENTS

While Jesus lived with us over 2000 years ago, He gave us **Seven Sacraments**, each celebrating His presence in your life.

### THE SEVEN SACRAMENTS TOUCH ALL STAGES AND ALL-IMPORTANT MOMENTS OF YOUR PHYSICAL AND SPIRITUAL LIFE:

- ✙ Physical Birth from your mom and dad– **Sacrament of Baptism**– You Are reborn in Spiritual rebirth;
- ✙ Keeping Alive by Food and Drink– **Sacrament of Eucharist (Holy Communion)**– Body and Blood of Jesus as Spiritual Food for your Soul;
- ✙ Adolescent Maturing– **Sacrament of Confirmation**– Christian Maturity;
- ✙ Physical Healing by Doctors– **Sacrament of Penance and Reconciliation** for Spiritual Healing;
- ✙ Physical and Spiritual Healing and Preparation for Death or Hospice–

## Sacrament of Anointing of Sick

preparing for the Heavenly journey.

- ✚ Married Life– **Sacrament of Matrimony** where God Blesses the Union of Man and Woman in marriage; and
- ✚ Life of Service– Anyone who wears a uniform– **Sacrament of Holy Orders**– Men Only (however, women can enter into Religious life – Sister or Nun).



The **Seven Sacraments** are grouped into three groups:

- ✚ **Sacraments of Initiation (3):** These are Sacraments that initiate you into the Catholic Church. There are three Sacraments of Initiation:
  - ✚ **Baptism** makes you a member of God's Church and gives you rebirth as adopted daughters and sons of God. By water and the Holy Spirit, you are given new life in Jesus. You will prepare for this Sacrament in a different program.
  - ✚ **Eucharist, or Holy Communion**, is the Sacrament from which all others have meaning. In the Eucharist, Jesus' Body and Blood is profoundly present to you as Spiritual Life and nourishment for your Soul. This Sacrament you also have to prepare for.
  - ✚ **Confirmation** is a continuation or the **Grace** of Baptism. Confirmation helps us focus on our **mission as Christians**.

This Sacrament you will prepare for receiving when you are in High School.

- ✚ **Sacraments of Healing (2):** These Sacraments celebrate and revealed to you God's power to heal your Soul and Body. There are two Sacraments of Healing:
  - ✚ **Penance and Reconciliation** focuses on forgiveness in your life and on your acceptance of that forgiveness, which brings you back to Spiritual health and the family of God after you have turned away from God. You will prepare for this Sacrament in a different program.
  - ✚ **Anointing of the Sick** takes place as a priest, prays for and lay hands on those who are sick. This Sacrament prepare those that are sick for the journey from this life to their Heavenly life.

- ✚ **Sacraments of Service (2):** These Sacraments celebrate the Christian call of service. The two Sacraments of Service are:

- ✚ **Matrimony** celebrates the covenant, a promise, of love between a man and a woman and symbolizes the Christ's Covenant of Love with His Church. It is the Sacrament where God Blesses the Union of Man and Woman in marriage.
- ✚ **Holy Orders** is a Sacrament of service by which some men are called by God through the Church to be spiritual leaders. Remember, women can enter into Religious life – Sister or Nun.

You will learn more about each of these Sacraments as you continue your study.

## SACRAMENTS CELEBRATE CHRIST'S LIFE

The Seven Sacraments were instituted by Jesus.

Jesus Himself was Baptized in a river by His cousin John. **The Sacrament of Baptism** reminds us of the **Baptism of Jesus**.





Jesus gave His Body and Blood to you as Spiritual Food for your Soul at His Last Supper. Jesus's Body and Blood is referred to as the Eucharist, or Holy Communion. This Sacrament you will also need to prepare for and is briefly discussed in Lesson 10.



**The Sacrament of Penance and Reconciliation reminds us of Jesus' invitation to forgive one another** and of the way He forgave you when you offend Him and others. This Sacrament you will also need to prepare for and is briefly discussed in Lesson 9.



**DON'T BE A VICTIM OF YOUR PAST, BE THE VICTOR OF YOUR FUTURE!**

**Closing Prayer: The Hail Mary Prayer**

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

Hail Mary, full of grace, the Lord is with you. Blessed art thou, among woman, and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now and the hour of our death. Amen.

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

**Don't Let the UGLY in Others Kill the BEAUTY in You!**

Do the RIGHT Thing. Even When No One is Looking – that's is Called INTEGRITY!

**Let the Lord help you fight your battles, He ALWAYS WINS!**

**We Often Hear "Life is Short... Better Enjoy it!"  
How About "Eternity is Long... Better Prepare For It!"**

**The devil doesn't care if You Go to Church or Read Your Bible, as long as you don't Apply it to Your Life! –**  
[www.kingdomconnectinc.com](http://www.kingdomconnectinc.com)

If We have a Family that Loves You,  
a Few GOOD Friends,  
Food on the Table, and  
a Roof Over Our Heads,  
**WE ARE RICHER THAN WE THINK!**

**People Don't Always Say "I Love You." Sometimes it Sounds Like, "Did You Eat?" or "Call Me When You Get Home." or "Be Safe." or "I Made You This." –**  
*enlightened consciousness*

**The devil wants us to pay attention to our FEELINGS, Jesus wants us to pay attention to His TRUTH.**



- ✠ You become an heir to the Kingdom of Heaven;
- ✠ You are given, into your Soul, the virtues of Faith, Hope and Love;
- ✠ You are given the mission to love and to be kind to one another as Jesus loves you;
- ✠ You become a Temple, home, of the God's Holy Spirit.
- ✠ You become a part of Jesus in a special way; a part of His Life.



## Opening Prayer: The Lord's Prayer

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

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.

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

**You will be Baptized "In the Name of the Father and of the Son and of the Holy Spirit."**

## WHAT WILL CHANGE IN YOU AS A RESULT OF BAPTISM

- ✠ The Original Sin of Adam is removed from your Soul;
- ✠ You become an adopted daughter or son of God; you become a child of God;
- ✠ You become a member Body of Jesus Christ;
- ✠ You become a member of the Catholic Church, the Christian family on Earth;

## WHAT WILL HAPPEN DURING YOUR BAPTISM

### Your Godparents

When you go to the Church to be baptized, you will be with your parents and **godparents**. Your godparents, or **padrinos**, will be one or two people that will help you in your journey through life to get to Heaven.

**Who will be your godfather, or nino?**

**Write something about your nino?**

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Who will be your godmother, or nina?  
\_\_\_\_\_

Write something about your nina?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

We will use water in your Baptism. Why water?  
  
Do you drink a lot of water every day? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

What do think will happen to you if you don't drink water? \_\_\_\_\_

You could live for weeks without food but only a few days without water. Water is the main element that makes up your Body.

But water can remind us of death as well (flooding and drowning). **Stay away from swimming pools unless you are with an adult or have permission from an adult.**

The waters of Baptism remind us that **Christ has washed us clean of sin** and made us friends with God.

In **Baptism**, all the bad things that you might have done in your life so far are washed away.

During your Baptism, the minister will pour water on your head three times while saying “I Baptize you in the Name of the Father, and of the Son, and of the Holy Spirit”.

**WHITE GARMENT, ANOINTING, AND LIGHTED CANDLE**

At your Baptism, you will be **wearing something white**. The white symbolizes that you are being clothed in Jesus, who is pure.

Just as you put on clothes in the morning to go to school or go out and play, when you wear white at your Baptism, you are putting on Jesus so that you can go out and be like Jesus. To love others and forgive people who hurt you.  
**Do you remember a time when a friend said something mean to you or treated you badly? What was it?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Did you forgive them for hurting you?**  
\_\_\_\_\_  
\_\_\_\_\_

Your family will also be providing a **candle** to signify the Light of Jesus and that **YOU are the Light of Jesus to others**.

Think of entering a dark room. Without any light, it would be pretty scary. You could trip and fall and hurt yourself pretty badly.

Or how about a very dark night with a full moon. That full moon, very white, sticks out from the darkness around it.

**Jesus said, “I am the Light of the World”.**

Your candle, when lit, is like Jesus. Jesus shines in the darkness of the world. Jesus will be the light that guides you through your life when you feel lonely.

**Have you ever felt lonely?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**Are you willing to let Jesus help you when you are lonely?** \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



Your candle will be lit from the **Easter candle**, which represents Jesus. The lighted candle is a reminder that Jesus, the Light of the World, is the light and that you must “live as a child of the light”.

**Baptism is your first Sacrament and allows you to receive other Sacraments.** You may already be in preparation for these Sacraments, are:

- ✠ **First Holy Communion**– you should be preparing for the Sacrament of First Holy Communion, First Eucharist, either this year or next year;
- ✠ **Penance and Reconciliation**– you should be preparing for the Sacrament of Penance and Reconciliation either this year or next year;
- ✠ **Confirmation**– you should be preparing for the Sacrament of Confirmation in High School.
- ✠ And when you are an adult (18 years old and older) you can also receive the **Sacrament of Marriage**.



Remember, we are both Physical and Spiritual. You have already been born Physically through your parents.  
**Baptism is**

**Spiritual Rebirth.**



**Baptism joins you to Jesus forever. What an awesome feeling!**

**Closing Prayer: The Hail Mary Prayer**

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

Hail Mary, full of grace, the Lord is with you. Blessed art thou, among woman, and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now and the hour of our death. Amen.

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

**God is not going to rewrite the Bible for the current generation; STOP trying to change Sacred Scripture when it was written to change US!**

**WE NEED TO SEE THE FACE OF CHRIST IN EVERYONE REGARDLESS OF HOW UGLY THE DISGUISE!**

## LESSON 9 THE SACRAMENT OF PENANCE AND RECONCILIATION

### Opening Prayer: The Apostle Creed

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

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; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will 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.

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

We often wish for chances to receive forgiveness for hurting others.

**Recall something you did recently that hurt someone you love** \_\_\_\_\_

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**Did you ask or receive forgiveness and why?** \_\_\_\_\_

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Or maybe you were the one who was hurt. Maybe you'd like to give forgiveness.

Feeling the need to seek and give forgiveness is common among good people. When thoughts, words, or actions have been intentionally unloving, relationships—between people and with God—are affected. **Reconciliation**, or mending the broken relationship, is needed.

**How difficult is it for you to ask for forgiveness or to offer forgiveness?** \_\_\_\_\_

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**Do you love someone so much that you don't want to lose them?** \_\_\_\_\_

**Who is this person why don't you want to lose them?** \_\_\_\_\_

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This is the same love that Jesus has for you. Jesus loves you so much, He doesn't want to lose you. He always wants to be close to you and wants you to be close to Him.

Remember, in Baptism, you became a child of God and Jesus is your brother since God is His Father and your Father in Heaven.

You read in Lesson 2 that you are made in the Image and Likeness of God. That includes that you having **free will**, or **freedom to choose**; to freely make choices like to steal or not to steal, hate or not to hate, to love or not to love, or to forgive or not.

You also read in Lesson 3, **sin is when we offend God by NOT doing what He asks us to do or doing what He tells us NOT to do!**



## Do you love God and Jesus and Why?

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**The relationship between you, God and Jesus were born out of love.** God created you out of His unconditional (no strings attached) love for you and Jesus died on the Cross out of His love for you.

## Write about how you show your love for God and Jesus

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Because loving God and loving our neighbor are tied together, sin will always be expressed in and through our relationships with them.

### **You Could Think About Sin In This Way:**

When we steal something that belongs to someone else, that is not showing them that we love them. Or if we bully someone, again, that is not showing them that we love them. And how about God, if you use His or Jesus' name in an ugly way instead of in a respectful way, that is **not showing God and people that we love them.**

## **TYPES OF SINS**

There are **two categories of sin:**

- ✠ **Venial sin** occurs when we fail to show care for others. We may speak sharply or engage in gossip. Venial sins don't turn

us away from God, but the habit of unloving acts can weaken our relationship with Him. We must take venial sin seriously because they can weigh us down with bad habits. Venial sin is to our Soul as disease is to our Body;

✠ **Mortal sin seriously breaks our relationship with God.** Three conditions are needed for a **sin** to be considered **mortal**:

- (1) The act is wrong and serious (grave – against the Ten Commandments);
- (2) The person knows its wrong (full knowledge); and
- (3) The person chooses to do it (deliberate or full consent of free will).

Mortal sin is to our Soul as death is to our Body.

## **WHY DO WE SIN?**

As mentioned in Lesson 4, even though Original Sin is removed from our Soul and we are brought out of the **darkness of sin** and into the **light of Jesus in Baptism**, our desire to do good is weakened and we are easily drawn to the “dark side”.



**NO SIN CAN BE UNDONE, IT CAN ONLY BE FORGIVEN BY WASHING IT AWAY BY THE BLOOD OF CHRIST!**

Remember the story of Eve's sin when she was in the Garden? The story tells us two things:

- ✠ The fruit from the Tree of Knowledge of Good and Evil **was pleasing to Eve's eyes**; and
- ✠ Eve saw that **the fruit was desirable for obtaining knowledge**.

Whatever leads us to make choices has these same two elements that Eve faced:

- (1) Things both good and evil are "**pleasing to our eyes**" through one of our **five senses**. We desire those things of the world because they taste good, feel good, smell good, look good and/or sound good, regardless of whether they are good for us or not; and
- (2) When making a choice between good and evil, we are always seeking to answer the question ***what's in it for me?***

**What we often fail to ask is: *What are the consequences of my choice? How does my life change as a result of my choice?***

Recall after the **Original Sin** of Adam where our Image of God's **SELF-GIVING LOVE** was changed to **self-focus love**. God's first step to help us move back to **SELF-GIVING LOVE** was to give us the Ten Commandments.

Remember, when we break the **Ten Commandments** it's because we're thinking of our selves. If I steal, it's because "**I**" want something. If I kill, it's because "**I**" want to get even with someone. You get the point, **it's about me (self-focused)**.

## **THE EFFECTS OF SIN ON EACH ONE OF US**

In the story of Adam and Eve, they experienced harmony with themselves, God, each other, and creation until the serpent (the devil) entered the Garden and they committed the Original Sin of disobedience.

## **ALIENATION FROM SELF**

After Adam and Eve sinned, **Self-focused love replaced SELF-GIVING LOVE**. No matter how attractive and pleasurable sin may seem, it has a destructive effect on our inner selves.

## **ALIENATION FROM GOD**

Adam and Eve "hid themselves from the Lord God among the trees of the Garden." When we sin, we distance ourselves from God, thinking we're unworthy of God's love.

## **ALIENATION FROM OTHERS**

Adam said, "The woman whom you put here with me, she gave me fruit from the tree, so I ate it." **Adam blamed God and Eve** for leading him into disobedience and **Eve blamed the devil** for tempting her. As a result, Adam and Eve became alienated from each other. Our self-centeredness (self-focus love) alienates us from others.

## **PREPARATION FOR THE SACRAMENT OF PENANCE AND RECONCILIATION**

**After Baptism, if you commit a mortal sin, you must confess that sin in the Sacrament of Penance and Reconciliation to get forgiveness from God.** You will prepare for this Sacrament in a separate program.



You may have heard that **Jesus is your Savior**. What does Jesus save you from? **Eternal Death!** Through the **Sacrament of Penance and Reconciliation**:

- Do you want to be friends with God and Jesus after you have hurt Them and why?**

[illegible]

**THE ONLY WAY TO DEFEAT DARKNESS IS TO  
BECOME THE LIGHT! -MLK**

**Is there anything holding you back from forgiving someone who hurts you? If YES, write about it**

[illegible]

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



## God wants Full Custody of Us, NOT just Weekend Visits!

## TEEN EXAMINATION OF CONSCIENCE AND HOW TO GO TO CONFESSION

✠ **EXAMINATION OF CONSCIENCE FOR TEENS.** Before going to Confession, you need to examine your conscience to see how you have offended God, others or self through sin. Here is an examination of conscience you could use:

**Before Getting Started** --- You could say these short prayers – O Lord, grant me light to see myself as Thou see me and the Grace to be truly contrite for my sins. O Mary, help me to make a good Confession.

During your Confession, besides telling the **NATURE** of your sins, you must also recollect **as far as possible**, the **NUMBER** of times (mas o menos) you have committed them.

- ✠ Have I ever failed to confess a serious sin or disguised it?
- ✠ Have I been guilty of irreverence for this Sacrament by failing to examine my conscience carefully?
- ✠ Have I failed to perform the penance given me by the confessor or disobeyed any of his directions?
- ✠ Have I neglected the Easter duty of receiving Holy Communion or failed to confess my sins within a year?
- ✠ Have I any habits of serious sin to confess first (impurity, drunkenness, etc.)?

### ✠ **FIRST COMMANDMENT – YOU SHALL HAVE NO FALSE GODS BEFORE ME.**

- ✠ Did I fail to love God, to make God first in my life, to thank Him, trust Him, love Him as He deserves?
- ✠ Did I fail to pray?
- ✠ Have I denied my faith?
- ✠ Was I careless in saying my prayers?
- ✠ Do I give God time every day in prayer?
- ✠ Do I make a god out of my work, my possessions, or my image in the eyes of others so that these rule my life instead of God?
- ✠ Am I angry toward God because of illness or misfortune?
- ✠ Have I been involved with magic, horoscopes, Ouija boards or fortune telling?
- ✠ Have I practiced any superstitions (horoscopes, fortune tellers/palm readers, tarot cards, Ouija board, practicing witchcraft, Spiritism, séances, Santa Muerte, Illuminati, etc.)?

### ✠ **SECOND COMMANDMENT – YOU SHALL NOT USE THE NAME OF THE LORD GOD IN VAIN.**

- ✠ Have I used God's name in vain by way of profanity?
- ✠ Did I curse or swear?
- ✠ Did I use God's name in vain, lightly, carelessly, by blasphemy?
- ✠ Have I used foul language?
- ✠ Have I said or listened to dirty / nasty jokes?
- ✠ In conversation, have I passively listened to slander and to jokes demeaning to the Church or God's authority?
- ✠ Have I spoke badly about priests, deacons or others consecrated to God?

### **✘THIRD COMMANDMENT – YOU SHALL KEEP HOLY THE SABBATH.**

- ✚ Have I deliberately missed Mass on Sundays or Holy Days of Obligation?
- ✚ Did I leave Mass early without a good reason?
- ✚ Have I been to Holy Communion at least once a year?
- ✚ Did I receive Holy Communion in the state of mortal sin?
- ✚ Have I been to confession recently?
- ✚ Have I allowed myself to become so dominated by my work and chores that I have not set aside Sunday for spiritual and family activities?

### **✘FOURTH COMMANDMENT – YOU SHALL HONOR THY FATHER AND THY MOTHER.**

- ✚ Did I honor and obey my parents?
- ✚ Did I respect my brothers and sisters?
- ✚ Did I respect others with lawful authority, especially teachers?
- ✚ Have I talked back?
- ✚ Did I fail to help at home or to spend time with my family?
- ✚ Do I blame my parents for my own shortcomings?

### **✘FIFTH COMMANDMENT – YOU SHALL NOT KILL.**

- ✚ Did I give in to feelings of anger or jealousy?
- ✚ Did I keep hatred in my heart?
- ✚ Have I ever struck anyone in anger, intending to injure the person?
- ✚ Did I fight, give a bad example or cause scandal?
- ✚ Have I abused alcohol or drugs?
- ✚ Have I had or in any way permitted or encouraged abortion?
- ✚ Have I had thoughts of cutting or suicide?
- ✚ Have I killed someone?
- ✚ Have I killed someone with gossip or by what I said?
- ✚ Have I bullied someone?

### **✘SIXTH COMMANDMENT – YOU SHALL NOT COMMIT ADULTERY.**

- ✚ Have I practiced birth control?
- ✚ Have I sinned impurely with others of the same sex?
- ✚ Have I committed Passionate kisses?
- ✚ Did I consent to impure glances or lustful thoughts or fantasies?
- ✚ Have I touched or embraced myself or another impurely?
- ✚ Was I immodest in my dress or behavior?
- ✚ Have I viewed impure / sexually explicit / suggestive movies, television shows, stories / literature / books or pictures?
- ✚ Do I avoid laziness, gluttony, idleness and the occasions of impurity?



### ✠SEVENTH COMMANDMENT – YOU SHALL NOT STEAL.

- ✠ Have I stolen anything?
- ✠ Have I damaged anyone's property through my own fault or on purpose
- ✠ Have I failed to make restitution for something I have taken or damaged?
- ✠ Have I cheated on a test or had someone else do my homework?
- ✠ Have I cheated or defrauded anyone?
- ✠ Have I neglected my duties or been lazy in my work?
- ✠ Have I taken something from work without my boss' permission?
- ✠ Have I refused or neglected to pay any debts (money loaned or credit card)?
- ✠ Have I been extravagant in my manner of life, to the neglect of the poor at home and abroad?

### ✠EIGHTH COMMANDMENT –YOU SHALL NOT BEAR FALSE WITNESS AGAINST THY NEIGHBOR.

- ✠ Have I lied, gossiped?
- ✠ Talked about another person behind their back?
- ✠ Do I always tell the truth?
- ✠ Did I reveal secrets that should have been kept confidential?
- ✠ In any of my previous confessions, did I lie to or deliberately conceal something from the priest?
- ✠ Am I critical, negative or uncharitable in my talk?
- ✠ Have I injured the reputation of others by speaking about their failures and sins with little desire or intention to help them?
- ✠ Have I condoned or committed prejudice towards people of other nationalities, races or religions?

### ✠NINTH COMMANDMENT – YOU SHALL NOT COVET YOUR NEIGHBOR'S WIFE.

- ✠ Have I consented to impure thoughts?
- ✠ Have I encouraged them by stares, curiosity or impure conversations?
- ✠ Did I neglect to control my imagination or desire of other people?
- ✠ Have I rejected my family in my heart, wishing to distance myself emotionally and personally from them?

### ✠TENTH COMMANDMENT – YOU SHALL NOT COVET YOUR NEIGHBOR'S GOODS.

- ✠ Is my heart greedy?
- ✠ Am I jealous of what another person has?
- ✠ Am I envious of others because I don't have what they have?
- ✠ Do I habitually compare myself with others?
- ✠ Am I moody or gloomy?
- ✠ Do I work, study and keep busy to counter idle thoughts?
- ✠ Am I critical, negative or uncharitable in my thoughts of others?
- ✠ Is my heart set on earthly possessions or on the treasures in Heaven?

**After your examination of conscience, go to Confession with a priest.**

Although you should confess your sins every night before you go to bed, **Jesus calls you to Sacramental Confession, not one or the other.** Once again, you use your sense of hearing when

you hear the priest, who is acting in the person of Christ, say, “...*I absolve you (forgive you) from your sins...*,” your mind processes this verbal forgiveness (using your sense of hearing) to your heart, mind and soul.

✠**GOING TO CONFESSION.** (1) Enter the confessional, (2) make the Sign of the Cross and (3) say, “***Bless me father for I have sinned, this is my first confession and these are my sins***” **OR** after your first confession, the opening of your confession will be “***Bless me father for I have sinned, it has been \_\_\_\_\_ {how long} since my last confession and these are my sins***”.

Then you proceed to tell your sins to the priest. When you are finished, you will say, “***I am sorry for these and all the sins that I have committed.***” (Sin that you “*honestly*” forget to confess are also forgiven)

The priest may discuss some of your sins with you or he may not.

Then the priest will say, “*For your penance \_\_\_\_\_.*” The he will say, “*Say the Act of Contrition.*” You will say one of the Acts of Contrition below or one that you know.

✠**MOST COMMON ACTS OF CONTRITION:**

- ✠ O my God, I am heartily sorry for having offended you, and I detest all my sins, because of Your just punishments, but most of all because they offend You, my God, who are all-good and deserving of all my love. I firmly resolve, with the help of your Grace, to sin no more and to avoid the near occasion of sin. Amen. **OR**
- ✠ My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy. Amen.

✠**ABSOLUTION.** After you say the Act of Contrition, the priest will say the words of absolution. He may say the short formula: “*I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit. Amen,*” **OR** the long formula: “*God the Father of mercies, through the Death and Resurrection of His Son has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen.*”

Then the priest may say, “*Go in Peace.*” And you say, “*Thanks be to God.*”

✠**SAYING OR DOING YOUR PENANCE GIVEN TO YOU BY THE PRIEST.** You should then go before the altar, kneel (or sit) and say your penance and/or do any penance the priest tells you to do.

✠**HELPFUL TIPS FOR CONFESSION.** Before receive our Lord Jesus Christ in Holy Communion, you should first examine your conscience to see if you have mortal sin on your soul (Bible – 1 Corinthians 11:23-27). If you do, you must **NOT** receive Holy Communion until you go to **Sacramental Confession with a priest** to get the mortal sin removed so that you can receive our Lord and Savior with a clean soul.

**You must go to Sacramental Confession to confess only mortal sins.** Remember, in order for a sin to be mortal, it must be grave in nature (against the **Ten Commandments**), you must know that it is a sin and you must commit the sin of your own **free will**. Again, **you must not receive Holy Communion with mortal sin on your soul. This is a sacrilege (a really bad sin)!**

**You do not need to confess venial sin;** however, you are encouraged to do so. **Venial sins are forgiven at the Mass** when the priest says these words at the beginning of the Mass, “May Almighty God have mercy on us, forgive us our sins and lead us to everlasting life.”

**When in doubt, CONFESS IT OUT (of your soul)!** If you remember a sin after you go to Confession, you are ok (as long as it wasn’t purposely forgotten). The next time you go to Confession, you must tell the priest you forgot the sin the last time and confess it. You need to go to Confession as often as you need to. **Monthly Confessions are encouraged.**

**Every night before we go to bed, we should confess our sins to God and say an Act of Contrition (just in case....)**

A **PERFECT ACT OF CONTRITION**, or sorrow, is an act of sorrow motivated by the deep love we have for God.

An **IMPERFECT ACT OF CONTRITION** is an act of sorrow motivated by the fear of the punishment of hell.

Both Acts of Contrition are accepted by God since they both recognize we need God’s forgiveness to get to Heaven. However, for obvious reasons, a Perfect Act of Contrition is what we should strive for.

**Sometimes God Closes Doors Because it’s Time to MOVE Forward. He Knows We Won’t Move Forward Unless Our Circumstances Force Us to. Trust in the Transition. God’s Got You! – [www.kingdomconnectinc.com](http://www.kingdomconnectinc.com)**

**Until we realize that logic, reason and science don’t define everything in this universe, we will miss half of our life!**

**OUR LONGEST RELATIONSHIP IS WITH GOD, HE HAS BEEN WITH US SINCE CONCEPTION!**

**GOD never sends us into a situation ALONE! GOD goes BEFORE us. HE STANDS before us. HE STANDS behind us. Whatever situation we have going right now, be confident that GOD IS WITH US!**

**THERE IS NOTHING BETTER THAN GOD. AND SIN SEPARATES US FROM GOD. THEREFORE, THERE IS NOTHING WORSE THAN SIN!**

**A FALSE GOD is anything that draws us away from the TRUE GOD**

**Every Morning We Get the Chance to be Different, a Chance to Change, a Chance to be the Best Version of Our Self. The Past is the Past – Leave It There!**

## LESSON 10 THE SACRAMENT OF THE EUCHARIST (HOLY COMMUNION)

### Opening Prayer: The Apostle Creed

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

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; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will 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.

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

### JESUS – THE LAMB OF GOD WHO TAKES AWAY THE SINS OF THE WORLD

John the Baptist, Jesus's cousin and the man who Baptized Jesus, said that **Jesus is the Lamb of God Who Takes Away the Sins of the World**.

In the Jewish culture, and remember that Jesus was Jewish, the sacrifice offered to God for the forgiveness of sins before Jesus died was a lamb.

Have you ever seen a real live lamb? Write about it \_\_\_\_\_

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**So cute!!!!!!!!!!**

### THE ALTAR

For thousands of years before Jesus was born, the **Jewish priest** offered the life of a lamb on an **altar** for the forgiveness of sins. A life was taken and a life was given – the lamb's life was taken so that the people could have renewed life after they were dead to sin. The lamb was the most perfect sacrifice the **Jewish people** could offer to God.

A **Catholic priest** is a man that represents the Church and Jesus Christ, the High Priest, in leading us in prayer and at the **Mass**.



### THE MASS

Briefly, the **Mass** is a form of worshiping, giving praise to, God and Jesus that we do together. It generally happens on Sundays but

could also happen on weekdays such as Christmas and New Year’s. As you progress in the formation of your faith, you will learn more about the Mass.

**Recall a time when you went to Mass with your family. What did you do?** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

Have you noticed that at the front of the Church, in the center, there is a table? That table is called an **altar**. The altar is where the priest offers the Mass.



On the altar at the Mass, the Body and Blood of Jesus Christ is made present to you as a **Sacred Meal** for your Soul as Spiritual Food.

**JESUS’ LAST SUPPER**

On the night before Jesus died on the **Cross**, Jesus gave us a treasure to remember Him by; **His Body and Blood, the Holy Eucharist**, Holy Communion, so that He would be present to us all the time and be food for our Soul.

It is crazy to think that someone could give someone else their body and blood. But that is exactly what Jesus did.

At His **Last Supper** with His twelve closest friends, Jesus took ordinary **bread**, which sustains our physical life, blessed it, broke it, and gave it to His friends and said, “**Take this all of you and eat it, this IS My Body which will be given up for you**”.

And then Jesus took a cup of ordinary **wine**, which also sustains “Adult” physical life, blessed it, and gave it to His friends and said, “**Take this all of you and drink from it. This IS the cup of My Blood, the Blood of the New Covenant, it will be shed for you and the for many for the forgiveness of sins, DO THIS IN MEMORY OF ME**”.



**So how do you celebrate this treasure “In Memory of Jesus”? At the Mass.**

When the Catholic priest lifts up the **host** (the bread) at Mass, and says the same words Jesus said at His Last Supper, “*Take this all of you and eat it, this IS My Body which will be given up for you*”, the **bread** become **Jesus’ Body** through a miracle and by the Power of the Holy Spirit. See the picture on the next page that shows the priest holding up a host.





## THE EUCHARIST AND THE TREE OF LIFE

Remember the **Tree of Life** that was in the middle of the **Garden of Eden** with the Tree of Knowledge that you read about in Lesson 1, *How it All Began?*



**The Tree of Life is fully revealed in the Cross of Jesus Christ! It is the Fruit that hangs on the Tree of Life, Jesus Christ, that is the cure for the effects of Original Sin.**

Physical death is the consequence of Original Sin; however, your Spirit is immortal and must be feed by the **Bread of Life, Jesus Christ.**



### Closing Prayer: **The Glory Be Prayer**

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

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

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

And when the Catholic priest lifts up the cup at Mass, and says the same words Jesus said at His Last Supper, *“Take this all of you and drink from it. This IS the cup of My Blood, the Blood of the New Covenant, it will be shed for you and the for many for the forgiveness of sins, DO THIS IN MEMORY OF ME”*, the **wine** become **Jesus’ Blood** through a miracle and by the Power of the **Holy Spirit**.



**At the Mass, you are made present at the Supper of the Lord, His Last Supper. You are present as one of Jesus’ friends, His disciple, sitting around the table with Jesus and sharing His Last Meal with Him in Holy Communion. Way cool!**

### **GRACE – God’s Riches At Christ’s Expense**

**Each One of Us is a THOUGHT of GOD. Each One of Us is WILLED by GOD. Each One of Us is LOVED by GOD. Each One of Us is NECESSARY – Pope Benedict XVI**

**The Enemy is Only Attacking Us Because We are Valuable to God. Thieves don’t break into empty houses. WE ARE ALL IMPORTANT!**

## GUIDE TO RECEIVING HOLY COMMUNION

Holy Communion, the Body and Blood of Jesus Christ, is distributed during Part 3 of the Mass– The Liturgy of the Eucharist. After the Lord’s Prayer (Our Father), the Rite of Peace and the “Lamb of God” (See Lesson 11 below on the Mass), the priest, standing behind the altar, will elevated the Body of Christ, the Host, and the Chalice of the Blood of Christ, and say:

- ✠ *“Behold the Lamb of God, behold Him who takes away the sins of the world. Blessed are those called to the supper of the Lamb.”*
- ✠ **And you respond, “Lord, I am not worthy that you should enter my roof, but only say the word and my soul shall be healed.”**

The priest, after consuming the Body and Blood of Christ, will offer generally only the Body of Christ, in the form of a Host, to the people.

Before receiving Holy Communion, you could prepare by saying one of the following prayers, either in our seat or on the way up to receive Holy Communion:

- ✠ Most Holy Trinity, I adore Thee! My God, My God, I love Thee in the Most Blessed Sacrament. Amen. **OR**
- ✠ Most Holy Trinity, Father, Son and Holy Spirit, I adore Thee profoundly. I offer You the most precious Body, Blood, Soul and Divinity of Jesus Christ, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference with which He Himself is offended. Through the infinite merits of the Sacred Heart of Jesus, and the Immaculate Heart of Mary, I beg the conversion of poor sinners. Amen.

✠ **RECEIVING THE BODY OF CHRIST.** When it is your turn to receive Holy Communion, you should perform a slight bow of your head before the Sacrament as a gesture of reverence for the Body of Christ. There are two approved ways of receiving Holy Communion:

- ✠ The **traditional and preferred method** is the reception of the Host is on the **tongue**. If you choose this method, step forward and you should fold our hands and when the **minister says, “Body of Christ,” you respond, “Amen.”** Tilt your head back slightly, extending your tongue and holding still. The minister will place the Host on your tongue after your “Amen” response. It is customary to make the sign of the Cross after consuming the Body of Christ.
- ✠ The **second method** to receive Holy Communion is reverently on the **hand**. If you choose this method, step forward and, if you are **right-handed**, extend your left hand upwards with your right hand cupped underneath the left hand, or, if you are **left-handed**, extend your right hand upwards with your left hand cupped underneath the right hand. Holding still, receive the Host in your hand. Reverently take and consume the Host in the presence of the minister priest (before turning around for your retreat to the pew). It is customary to make the sign of the Cross after consuming the Body of Christ.

✠ **RECEIVING THE BLOOD OF CHRIST.** If, at the Mass, a minister is distributing the “Blood of Christ” in the Chalice, it is your option to “drink from the cup” or not. If you do not want to drink from the cup, just walk past the minister holding the cup. If you want to drink from the cup, step forward and when the **minister says, “Blood of Christ,” you respond, “Amen.”** Take the Chalice from the minister and consume a small sip of the Blood of Christ. When finished, return the Chalice to the minister. It is customary to make the sign of the Cross after consuming the Blood of Christ. Return to your seat. You could again say one of the prayers listed above. If there are kneelers and if you are able, you should kneel when saying the prayers and stay kneeling until the priest or deacon returns the left-over Eucharist to the Tabernacle.

**GOD IS MORE CONCERNED ABOUT WHERE WE ARE GOING AND  
NOT WHERE WE HAVE BEEN! WE CAN’T CHANGE THE PAST!**

**FORGIVE Others, not because they Deserve Forgiveness, but because YOU Deserve PEACE.**

## LESSON 11 THE MASS

### Opening Prayer: **The Apostle Creed**

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

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; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will 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.

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



**The Mass is so important to Catholics that we participate in it every Sunday or Saturday evening and Holy Days throughout the year. Many Catholics also attend Mass on weekdays.**

Mass has been important enough over the centuries that people have died defending and exercising their religious freedom to participate in the Mass. In some places still today, Catholic priests offer the Mass in secret.

**You Could Think Of The Mass In This Way:** A movie comes out in 1990. You see a movie at the theater when it first comes out. However, if you were born 10 years later, you would not have had the opportunity to see the movie's first showing. In either case (whether you saw the movie's first showing or not), if you see the movie 10 years after it was released, it's the same movie but not the first showing. The same is true with the celebration of the Mass. It's the same event of made present at a different time.

**At the Mass, we are made present at the Supper of the Lord, His Last Supper.**

The priest is "in the person of Jesus Christ", or "*in persona Christi*" in Latin, speaks the words of Christ at His Last Supper. **How cool is that? We are present as one of the apostles at dinner with Jesus!**

Mass is a Christian Family gathering and has all the elements of a family gathering we attend when we celebrate a Quinceañera or a wedding:

- ✙ **Music** – Church Music (Opening, Offertory, Communion and Closing);
- ✙ **Stories** – Stories from the Bible (First and Second Readings and the Gospel);
- ✙ **Food and Drink** – The Most Holy Eucharist (Body of Blood of Jesus Christ).

The Mass is referred to by many names:

- ✙ The Sacrifice (of the Cross);
- ✙ The Sacrifice of the Eucharist;
- ✙ The Sacrifice of the Mass;
- ✙ The Eucharistic Liturgy.



The Mass is our most precious and highest form of prayer.

Let's briefly examine the four principal parts of the Mass for a better understanding of what is happening during Mass.

## PART 1: THE INTRODUCTORY RITES

The introductory rites bring the community together as one.

As the Mass begins, the priest leads us in the Sign of the Cross remembering that we were Baptized in the Name of the Father, and of the Son and of the Holy Spirit. We respond, **Amen**, a Hebrew word meaning "I Believe, or Truly".

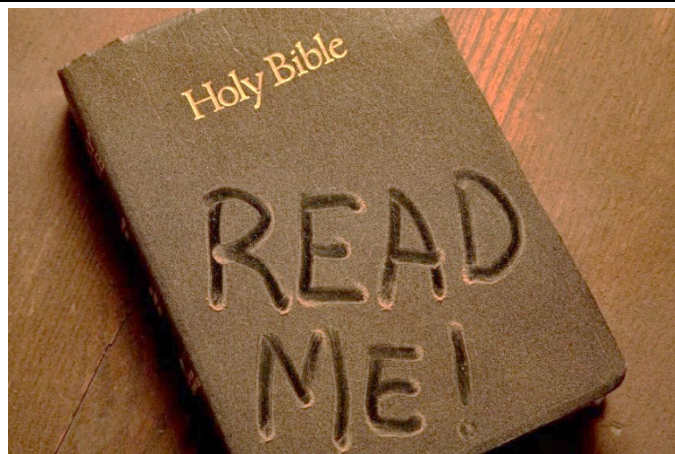
Our awareness of God's presence reminds us that we haven't always lived as we should. We take part in the **Penitential Act**, which involves asking for and receiving God's forgiveness with a prayer or a chant, "**Lord Have Mercy**".

Next comes the **Gloria**, an ancient hymn of praise. The opening lines from Luke's account of Jesus' birth express our wonder at what God has done for us. Then the priest says, "Let us Pray", and pauses for silence. Moments of silence provide space for a deeper experience of God's presence. The priest gathers or collects our prayers in a prayer called the **Collect**.

## SITTING, STANDING, AND KNEELING

God created us with physical bodies, so we worship God with our bodies, minds, and spirits. We stand as a sign of reverence—when encountering Christ in the Gospel, in the Eucharist, and in moments of important conversation with God. We sit to listen and reflect. We kneel to express our humility before God and our adoration of God. "At the name of Jesus every knee should bend of who in heaven and on earth" (Bible – Philippians 2:10).

## PART 2: THE LITURGY OF THE WORD



The **Liturgy of the Word** is the first of two main parts of the Mass. We listen and reflect on the presence of God in the words of Sacred Scripture as documented in the **Bible**.

- ✠ The **First Reading** is from the Old Testament except during the Easter season. It usually relates to the Gospel.
- ✠ The **Responsorial Psalm** is a hymn of praise from the Book of Psalms in the Old Testament. The psalms were composed as song-prayers so it's usually sung or chanted with the assembly of people repeating a response.
- ✠ The **Second Reading** is from the epistles or letters of Saint Paul or another New Testament letter. This reading doesn't always relate to the others but exposes us to more Sacred Scripture.
- ✠ The **Gospel Acclamation**, usually an Alleluia—"Praise ye the Lord"—or other acclamation during Lent, acknowledges and welcomes Christ presence in God's word.
- ✠ The **Gospel Reading** is proclaimed by the priest or deacon and is given highest honor because it contains the words of Jesus. With our **thumb**, we **trace a small Cross** on our **forehead, lips, and chest** over our heart and silently pray these words or similar words: **May your word, O Lord, be in my thoughts, on my lips, and in my heart.**

- ✠ The **Homily** follows the Gospel. In the homily, the priest or deacon explains the Sacred Scriptures read and proclaimed at the Mass and apply it to our lives today
- ✠ We stand and recite the main beliefs of our faith using the words of the **Nicene Creed** or the **Apostles' Creed**.
- ✠ A deacon or lector presents our petitions (request or appeals) in the **Universal Prayer**, also known as the Prayers of the Faithful or General Intercessions.

### PART 3: THE LITURGY OF THE EUCHARIST

We celebrate the wondrous deeds of God in every celebration of the **Liturgy of the Eucharist**, the second main part of the Mass.

#### PREPARATION OF THE GIFTS

In the **Offertory**, or presentation of the gifts, we express our participation by making an offering, bringing to the altar the bread and wine for the Eucharist and our monetary contributions for the needs of the Church and the poor.

The bread and wine become for us the Body and Blood of Christ at the words of the **Consecration** said by the priest in the Eucharistic Prayer (see below). God, who is never outdone in generosity, returns to us more than we could ever give.

#### THE EUCHARISTIC PRAYER

This prayer is the center and highest point of the Mass. It is spoken by the priest but it is the prayer of the entire community.

- ✠ **Acclamation of Praise.** The words of *Sanctus* (Holy, Holy, Holy...) come from Isaiah 6:3: "Holy, holy, holy is the Lord of Hosts! All the heaven is filled with his glory!" and Matthew 21:9: "Blessed is he who comes in the name of the Lord; hosanna in the highest".

#### ✠ **Institution Narrative and Consecration.**

The priest recounts the Last Supper: how Jesus took bread, blessed it, gave thanks, and said, "Take and eat; this is my Body." Then he took a cup, gave thanks, and gave it to them saying, "Drink from it, all of you, for this is my Blood of the covenant, which will be shared on behalf of many for the forgiveness of sins" (Matthew 26:26-28).

In this moment of **Consecration**, the priest is not speaking for himself but is speaking the Words of Christ, in the person of Christ, and it is by the power of the Holy Spirit, that makes really present, under the species (appearance) of bread and wine, Christ's Body and Blood, His sacrifice offered on the Cross for all (CCC 1353). We call this the **Real Presence of Christ in the Eucharist**.

- ✠ **Memorial Acclamation.** The people proclaim the "mystery of faith"—that Jesus died for our sins, rose from death, and will return in glory.
- ✠ **Offering.** The offering of Jesus is accompanied with the prayers of intercession for the entire Church. The priest raises the Body of Christ and the Chalice of Blood—a gesture suggestive of offering.
- ✠ **Great Amen.** An enthusiastic "Amen" places the seal of the community's approval on all that's been said and done in the Eucharistic Prayer.

#### THE COMMUNION RITE

- ✠ **The Lord's Prayer.** This prayer reminds us that God is our Father and that we depend on Him for everything.
- ✠ **The Sign of Peace.** We exchange a sign of unity and communion with one another and with God.
- ✠ **Communion.** Following the "Lamb of God" prayer asking for God's mercy, the priest lifts Christ's Body and Chalice of



Blood from the altar and says the words:  
***“Behold the Lamb of God, behold him who takes away the sins of the world, blessed are those who call to the Supper of the Lamb”*** and we respond, ***“Lord I am not worthy that you should enter under my roof but only say the word and my soul shall be healed.”***

Then we proceed to receive the Body and Blood of the Lord in Holy Communion (Eucharist) – see page 40 above, **Guide to Receiving Holy Communion**. We, though many, become one body in Christ. Each of us is empowered to share in the life and work of Christ, to bring Him to all we meet.

#### **PART 4: THE CONCLUDING RITES**

There is a **Prayer After Communion** and the **Final Blessing**. Following a blessing, the priest or deacon commissions us to live out the challenge of the Gospel, bringing Christ to the world and also discovering Him there.

The word disciple comes from the Latin *discipulus* meaning “student or follower.”

**What might your mission be as a disciple of Jesus?** \_\_\_\_\_

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#### **LITURGICAL COLORS**

- ✚ **Green** is worn during Ordinary Time. Ordinary does not mean ordinary in the sense of common or normal. Ordinary means counting, as in the 15th Sunday in Ordinary Time.

**When the Pain is Deep,  
Go Deeper in Prayer**

- ✚ **Red** is worn on Passion (Palm) Sunday, Good Friday, Pentecost Sunday, and on the Feast Days of Martyrs who shed their blood for the faith including the Apostles and Evangelists. It is also worn for Confirmation Mass.
- ✚ **Violet or Purple** is worn during Advent and Lent or at Masses for the Dead (Funeral Mass).
- ✚ **White** is worn during the Christmas and Easter seasons and celebrations of Mary, the Angels, Saints who were not martyrs, All Saints Day, Birth of Saint John the Baptist, Chair of Saint Peter, Conversion of Saint Paul, Saint John the Evangelist and is the preferred color for Masses for the dead (Funeral Mass).
- ✚ **Rose** is worn on the 3rd Sunday of Advent (Gaudete Sunday – pronounced gow-deh-the, Rejoice in the Lord always. Let our forbearance be known to all, for the Lord is near at hand) and the 4th Sunday of Lent (Laetare Sunday – Oh be joyful Jerusalem, 4<sup>th</sup> Sunday in Lent).

#### **Closing Prayer: The Glory Be Prayer**

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

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

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

**When a Train goes through a Tunnel and it get Dark, We don't Throw away the Ticket and Jump Off! We TRUST the Engineer to Guide us Safely through the Tunnel. We TRUST that Jesus will be the Beacon of Light in the World to lead US Safely through Life.**

**In the Same Way We MUST TRUST GOD no Matter How Dark Our Situation. Amen**

**SESSION 3**  
**LESSONS 12 – 16**

***CATHOLIC TREASURES***



- Lesson 12 – The Saints
- Lesson 13 – The Blessed Mother of God and Jesus–Mary
- Lesson 14 – God’s Gift of Sexuality to Us
- Lesson 15 – Prayers
- Lesson 16 – The Rosary
- Lesson 17 – Places and Things in the Catholic Church

## LESSON 12 THE SAINTS

### Opening Prayer: **The Apostle Creed**

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

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; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will 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.

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

Think of someone you consider to be a very good person that shows the love of God to others. Much like the person who came to your mind, the **saints** are real people who led holy lives. You might not think of people in your life, or yourself, as holy.

**Who did you think of and why?** \_\_\_\_\_

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We're all called to be holy; we're all called to be saints.

As in sports, saints are role models for us. They are Our Hall of Fame although none of the saints wanted fame.

Most of us won't be officially recognized by the Catholic Church as saints, but we are all called to choose God in our lives and be holy and good. "Not all of us can do great things. But we can do small things with great love" (Saint Mother Teresa of Calcutta).

### **IS HAVING IMAGES OF SAINTS IDOLATRY?**

**NO.** Some people think that Catholics use of images and statues of saints is idolatry. But that's not how Catholics think of our devotion to the saints. **Saints serve as role models** of faithful Christian living and intercede for us in prayer.

We use images to remind us of their faithful example and their ongoing concern for us. It's similar to how people keep pictures and mementos as reminders of loved ones, yet don't worship the items or the individuals. Seeing a statue of Saint Thérèse of the Child Jesus, whose mother died when Thérèse was a child, might help us feel less alone when we are grieving.

A picture of Saint Francis of Assisi might remind us of his love for God's creation and make us more aware of our environment. These images allow our sight, one of our five senses, to process this information.

### **DO CATHOLICS PRAY TO SAINTS?**

**NO.** We don't pray **TO** saints; we **ASK** them to pray with us and for us. To pray "to" saints implies that saints are equal to God which is wrong. **Only God is worthy of worship.**

**Have you ever asked anyone to pray for you to pass a big test at school, or for you to not get in really bad trouble when you did something you were not supposed to do?**

If so, the person was likely someone you trusted, who understood your problem, or who was close to God. Those are all reasons to ask saints to pray for and with you in times of trouble.

Since saints led holy lives while on Earth and are close to God in Heaven, their prayers are particularly effective. Catholics often ask a specific saint to pray for them if they feel she or he has a particular interest in their problem.

For example, since Saint Monica prayed for 20 years for her son to become a Christian. Saint Monica’s prayers were eventually answered: Her son, Augustine, became a saint and the doctor of the Church. Our Cathedral in the Diocese of Tucson is named after Saint Augustine.

**TAKING A SAINT NAME FOR CONFIRMATION**

It is customary that the one preparing for Confirmation take the name of a person who has officially been declared by the Catholic Church as a Saint, Blessed, Venerable, Servant of God or who is one of the faithful people from the Bible (both Old and New Testaments).

Why? When something big was done by God, He often changed the person’s name as a sign. Abram’s name was changed to Abraham (Genesis 17:5), Jacob to Israel (Genesis 32:28) and Simon to Peter (Matthew 16:17-18). So too in Catholic tradition, there are many life-changing situations when a person takes on a new name in addition or in place of the old one. Receiving the **Sacrament of Confirmation** is one of them.

The Saint, Blessed, Venerable, Servant of God or one of the faithful people from the Bible selected should be one for you to pray with when facing life’s struggles and temptations, for strengthened faith, or to bring a petition to our Lord Jesus, who is in Heaven with them.

Do some research on the patron saint of your occupation, hobby or nationality. Find a saint who shares your name or whose feast day is on your birthday. Learn about the saint, his or her life, vocation or career, good works, and close companions.

**Do you have a favorite saint and why are they your favorite?** \_\_\_\_\_  
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**CHURCH PROCLAIMED SAINTS**

- ✚ **Servant of God.** As soon as the person is accepted for consideration, she or he is called a Servant of God.
- ✚ **Venerable.** After the Vatican Congregation for the Causes of Saints (in Rome) determines that the servant of God lived a life of heroic virtue, she or he is granted the title of venerable. Heroic virtue doesn’t mean a person was perfect or sinless, but that she or he worked aggressively to improve herself or himself spiritually and never gave up trying to be better and grow in holiness.
- ✚ **Blessed.** After the Church establishes one miracle attributed to the intercession of the venerable, the venerable person’s cause is presented to the pope to see whether he deems her or him worthy of being called blessed. Martyrdom (given their life) for

the faith will bring the person to the Blessed stage.

✠ **Saint.** Another miracle and the blessed person's cause is presented to the pope again for his judgment. If he determines that the evidence is clear and that contrary reports aren't credible, he may initiate the canonization procedure.

**Closing Prayer: The Glory Be Prayer**

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

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

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

**It's NOT the Will of God if it Goes Against the Word of God (as cited in the Bible).**

**2000 Years Ago, Jesus settled the Debate of Which Lives Matter; the Born or the Unborn.  
JESUS DIED FOR EVERYONE!**

**God Gave You a Unique Fingerprint that No One Else Has So That You Can Leave; An Imprint that No One Else Can!**

**EACH ONE OF US IS GOD'S MASTERPIECE, SCULPTURED BY GOD HIMSELF IN HIS IMAGE AND LIKENESS!**

***YOU are FREE to CHOOSE.  
BUT YOU are NOT FREE from the Consequences of YOUR CHOICE.***

**SCIENCE TELLS US THAT WE NEED FOUR BASIC ELEMENTS TO SURVIVE:**

- 1. Water**
- 2. Air**
- 3. Food**
- 4. Light**

**JESUS TELLS US:**

- 1. I Am the Living Water** (John 4:14)
- 2. I Am the Breath of Life** (John 11:25 and 14:6)
- 3. I Am the Bread of Life** (John 6:35)
- 4. I Am the Light of the World** (John 8:12)

**SCIENCE IS RIGHT! WE NEED JESUS TO LIVE!**

**NELSON MANDELA SAID, "OUR WORLD IS NOT DIVIDED BY RACE, COLOR, GENDER, OR RELIGION. OUR WORLD IS DIVIDED INTO WISE PEOPLE AND FOOLS. AND FOOLS DIVIDE THEMSELVES BY RACE, COLOR, GENDER, OR RELIGION."**

**EINSTEIN'S DEFINITION OF INSANITY IS  
DOING THE SAME THING OVER AND OVER AGAIN AND EXPECTING DIFFERENT RESULTS!**

**IT DOESN'T MATTER HOW MANY TIMES WE FALL.  
WHAT MATTERS IS HOW MANY TIMES WE GET UP!**



## LESSON 13 THE BLESSED MOTHER OF GOD AND JESUS–MARY

### Opening Prayer: **The Lord's Prayer**

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

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.

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

**Jesus is the center of the Catholic faith.  
God is the center of our lives.**

This lesson is about **Mary, Jesus' mother**, one of the most honored people in the Catholic faith. When Mary was asked to be the Mother of the Son of God, Jesus Christ, by the Angel Gabriel, she responded: "May it be done to me according to your word."

**Mary accepted God's will for her life.** She gave birth to Jesus, our hope for Salvation.

Mary's cousin Elizabeth said of Mary, "Blessed are you among women, and blessed is the fruit of your womb." This is part of the **Hail Mary Prayer**.

**Think of a woman who has influenced you in your life. What makes her so special to you?**

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### **GOD FIRST HONORED MARY**

**God the Father first honored Mary** by choosing her to give birth to Jesus Christ who took human form in her. Remember, God is a Spirit and He became human in His Son Jesus Christ.

At Christmas time, we recall the Angel Gabriel's words to Mary, "**Hail, favored one!** The Lord is with you." This greeting has also become the first part of the Hail Mary Prayer.

Jesus, the Son of God, honored Mary. He was obedient to His mother by performing a miracle of changing water into wine at the Wedding Feast of Cana because His Mother Mary requested it.

### **CATHOLICS HONOR MARY**

**Catholics honor Mary** by taking her as our mother and learning to imitate her. Mary accepted God's will completely. She put her trust in God taking care of her.

Mary shows us how to follow Jesus and share His life with others. In honoring and imitating Mary, we praise and thank God for all He has done through her.

**Catholics also honor Mary by requesting her intercession**, asking her to pray to God for us or to join our prayer with hers. Is it necessary to do this? **No.** We can pray directly to God. By calling on Mary and her intercession, however, we have someone praying for us and with us who is very close to Jesus.

**Catholics don't worship (adore or pay homage to) Mary. God alone is worthy of worship.** We do, however, honor her for her acceptance of God's will.

## THE IMMACULATE CONCEPTION OF MARY

The **Immaculate Conception** proclaims that Mary was free of Original Sin from the moment of her conception in her mother's womb and free of all personal sin throughout her life. In other words, God saved her from the inheritance of Adam's (Original) sin and prevented her from the corruption and the burden of guilt. We celebrate the feast of the **Immaculate Conception** on **December 8<sup>th</sup>** each year. We are asked to go to Mass on this day to honor the Blessed Mother of God.

## THE ASSUMPTION OF MARY

Mary's gifts and graces did not end with her last breath. The Catholic Church says: "The Immaculate Mother of God, the ever-Virgin Mary, having completed the course of her earthly life, was assumed Body and Soul into heavenly glory." This is called the **Assumption**. We celebrate the feast of the **Assumption** on **August 15<sup>th</sup>** each year. We are asked to go to Mass on this day to honor the Blessed Mother of God.

## WE CALL MARY THE MOTHER OF GOD

Mary is the Mother of God because Jesus is God and Mary is the birth mother of Jesus.

## MARIAN APPARITIONS

Many trustworthy and holy people have reported **apparitions**, or supernatural visions, of Mary and messages. Shrines dedicated to these apparitions are visited by millions of people each year.

The most famous Marian apparitions are:

- ✠ Our Lady of Guadalupe (Mexico) in AD 1530.
- ✠ Our Lady of Grace (or the Miraculous Medal) (France) in AD 1830.
- ✠ Our Lady of La Salette (France) in AD 1846.

✠ Our Lady of Lourdes (France) in AD 1858.

✠ Our Lady of Fatima (Portugal) in AD 1917.

In the Mexican culture, the Virgin of Guadalupe is of particular interest.



Our Lady of Guadalupe is the focus of the **Quinceañera**. The Blessed Mother was said to be 15 years old when giving birth to Jesus. The Quinceañera is a blessing by the Church for the Quinceañera to make a **vow of abstinence until marriage or a call to religious life**.

Do some research on the five Marian apparitions listed above. **Which Marian apparition most intrigues you and why?**

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### Closing Prayer: The Hail Mary Prayer

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

Hail Mary, full of grace, the Lord is with you. Blessed art thou, among woman, and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now and the hour of our death. Amen.

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

## LESSON 14 GOD'S GIFT OF SEXUALITY TO US

### Opening Prayer: The Lord's Prayer

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

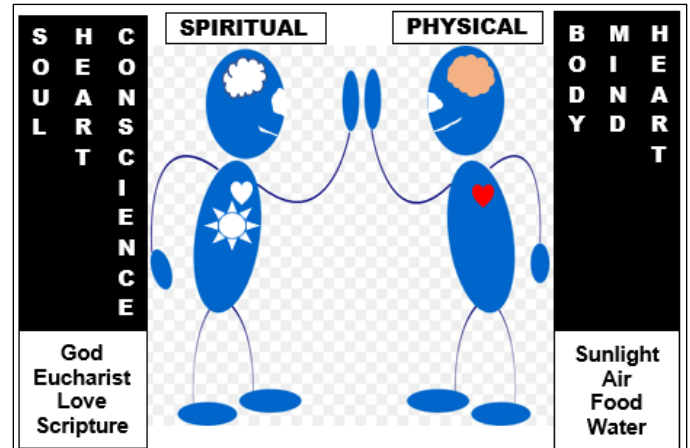
Our Father, who art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth as it is in heaven. Give us this day, our daily bread. And forgive us our trespasses, as we forgive those, who trespass against us. And lead us not, into temptation, but deliver us from evil. Amen.

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



Jesus' mission was to restore the order of love in the world seriously distorted by the **Original Sin of Adam**. Remember, we were made in **God's Image and Likeness of SELF-GIVING LOVE** that was tainted by Original Sin to **self-focused love (Its ALL About Me! – NOT good)**.

In order to understand Jesus' mission, we must first understand that we are the fullest expression of God's creative power—we have **both a Soul and a Body—Spiritual and Physical and we are rational and have free will**.



**Our Body is either male or female.** In the story of Creation story in the Book of Genesis in the Bible, God created humans only male and female. This is referred to as our “**sex**” (**male or female**). Note that sometimes we hear the word “**gender**” also being used to describe whether we are **male or female**.

**God's view of our sexuality is more than skin deep – more than lipstick or muscles!** It's more than just looks or our Body. It has to do with us being **male or female** – we are different both physically and psychologically.

**When God took a Body in the person of Jesus Christ, our own body took on a sacred, or holy, dimension.**

Unfortunately, modern society has lost sight of the greatness, dignity and sacredness of human life. This is evident by the big debates about abortion, birth control, and euthanasia.

✠ Euthanasia is the painless killing of a person suffering from an incurable and/or painful disease or in an irreversible coma. Euthanasia can be considered as assisted suicide if it is done at the request of the ill or suffering person.

This is also evident by the actions of many people involving a high rate of murder and addictions to drugs and alcohol.

Society fails to see how valuable our Body is in the Kingdom of God. Remember, our Body is used to not only commit sin but also to worship God.

God, our Creator, who made us in His Image and Likeness, knows what can hurt us both Physically and Spiritually.

That is why He gives us the Ten Commandments to keep us in check with His vision on how we fit into His Kingdom. Two commandments deal with the misuse of the **Gift of Our Sexuality**, the sixth and ninth commandments:

- ✚ **Commandment # 6. You shall not commit adultery.** Remember:
  - ✚ Honor and respect all people and yourself.
  - ✚ Don't look at someone of the same or opposite sex with impure/sexually explicit thoughts or intent.
  - ✚ Don't watch impure/sexually explicit movies or videos.
  - ✚ Don't listen to impure/sexually explicit music.
  - ✚ Don't read or look at impure/sexually explicit books, magazines or photos.
  - ✚ Don't view impure/sexually explicit internet sites.
  - ✚ Don't aroused sexual desire or actions in yourself or another by impure kissing, embracing, touching, etc.
  - ✚ Don't dress immodestly or have excessive concerned with the way you look.
- ✚ **Commandment # 9. You shall not covet (want with evil intent) thy neighbor's wife.** Remember:
  - ✚ Again, honor and respect all people and yourself.
  - ✚ Again, don't look at someone of the same or opposite sex with impure/sexually thoughts or intent.

## BODY LANGUAGE

Did you know that our bodies have their own language? We can speak without saying a word through the language of our Body.

A wave of the hand says "hello" or "goodbye". A shrug of the shoulder says, "I don't know". A raise of the fist expresses anger. A "Thumbs up" means everything is cool. And the rolling of our eyes means, well, you get the picture. Wearing clothes that show too much skin may send the wrong message to those that are looking!

## FAKE LOVE

We must avoid **FAKE love** in our life, which is love associated only with pleasure and looks and **NOT TRUE love** that comes from our heart.

FAKE love can be very destructive and can lead to diseases, infections, unwanted pregnancy, regret, feelings of being used, and a loss of self-respect and/or self-esteem. **How do we avoid FAKE love? To be chase.** To be chase is to:

- ✚ **Dress appropriately** – No crack or back, no cleavage, no muscles, no midriff (belly), no really tight clothes or showing too much skin;
- ✚ **Speak appropriately** – No F bombs, dirty jokes or disrespecting comments;
- ✚ **Act appropriately** – No disrespecting acts or gestures;
- ✚ **Think appropriately** – Don't let our minds or eyes wander;
- ✚ **Always be careful in what we watch, listen, read and view** – No nasty or impure movies, videos, music, books, magazines, photos or internet sites;
- ✚ **Appropriate Use of Cell Phones** – Don't send pictures of yourself or others showing parts of the Body that were meant to have clothes. Coverup like the Blessed Mother and Jesus did;



✠ **Avoid situations that will lead to sin.**

These could be persons, places, or things:

- ✠ Don't get touchy feely with someone – once the roller coaster starts moving, it's almost impossible to stop;
- ✠ If the computer leads us to sin, then we should use the computer out in the open, and not in our bedroom, where we might go where we shouldn't go;
- ✠ Don't be in the house alone or in a bedroom with the door closed with someone of the opposite sex. BTW, there is NO reason why we should be in bedroom with someone of the opposite sex anyway; and
- ✠ Abstain from physical contact that might lead us somewhere we don't want to go!

There are many great Christian books on dating and understanding our God-given gift of our sexuality. A great series is from Jason and Crystalina Evert. Some of their great books on sexuality and dating are:

- ✠ Pure Womanhood or Pure Manhood;
- ✠ Pure Love;
- ✠ How to Find Your Soulmate Without Losing Your Soul;
- ✠ If You Really Love Me;
- ✠ A Guide to the Dating Project;
- ✠ Love or Lust? (DVD);
- ✠ Pure Intimacy; and

✠ Dating, A Practical Catholic Guide by Jason E. King.

Before purchasing any of these books, get permission from your parents.

**In the End – Honor what God honors– Yourself and Others. Amen.**



**Closing Prayer: The Hail Mary Prayer**

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

Hail Mary, full of grace, the Lord is with you. Blessed art thou, among woman, and blessed is the fruit of thy womb Jesus. Holy Mary, Mother of God, pray for us sinners, now and the hour of our death. Amen.

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

**Your Relationship with God is the Best Relationship You Will Ever Have!**

**SUICIDE IS PERMANENT – PROBLEMS ARE NOT! IT TOO WILL PASS LIKE GAS!**

**Oh God, Grant Me in Heaven What You Have Denied Me on Earth – True Happiness and Love!**

**OWN YOUR PAST OR IT WILL OWN YOU!**



## LESSON 15 PRAYERS

When we enter a Church or when we say a prayer, we bless ourselves with the **Sign of the Cross** and sometimes with **Holy Water**.

This reminds us of our Baptism. On that day, we become a child of God, a member of the Body of Jesus and a member of Jesus' Church on Earth – the Catholic Church.

There are other times when we should also say prayers such as when we get up in the morning, at breakfast, lunch and dinner, and at bed time.

Another good time for prayer is in front of a Crucifix. **A Crucifix is a Cross with the Body of Christ on it.**

### MAKING THE SIGN OF THE CROSS (5 STEPS)

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

- (1) Using your right hand, touch your forehead and at the same time say, "*In the Name of the Father*";
- (2) then moving your hand to the lower middle of your chest (just above stomach) and at the same time say, "*And of the Son*";
- (3) next move your hand to your left shoulder and at the same time say, "*Holy*";
- (4) then move your hand across your chest to your right shoulder and at the same time say, "*Spirit*"; and finally
- (5) bringing your left and right hands together and at the same time say, "*Amen.*"

The **Sign of the Cross** is the way Catholics begin prayers and begin and end the Mass.

We also end most prayers by saying "**Amen**", which means, "Yes I believe."

### THE OUR FATHER (THE LORD'S PRAYER)

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

### THE HAIL MARY PRAYER

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

### THE GLORY BE PRAYER

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

### THE APOSTLE 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; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father Almighty; from there He will 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.

## **A PRAYER IN THE MORNING**

You should say a prayer in the morning thanking God for waking you up that day and to ask Him for you to have a good day. Here is a suggested prayer:

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

Thank you, dear Lord, for waking me up today so that can love, learn, and have fun today. Help me to make good choices today and to share the things that you have given me with people around me that are less fortunate than I am. Protect my family and me from the evil one today. Amen.

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

## **A PRAYER, GRACE, AT BREAKFAST, LUNCH AND DINNER (SUPPER)**

You should say a prayer before eating breakfast, lunch and dinner, thanking God for food to eat. Here are two suggested prayers:

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

God is great, God is good. Let us thank Him for our food. Amen.

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

**OR**

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

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

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

**If the BIBLE Calls it a Sin,  
OPINIONS Don't Matter!**

## **A PRAYER AT BED TIME**

You should say a prayer at bedtime thanking God for the day that you had, and asking God for forgiveness for the things you might have done to hurt Him, others or yourself. Here are two suggested prayers:

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

Protect my family and me, Lord, as we stay awake; watch over us as we sleep; that awake, we may keep watch with Christ, and asleep, rest in his peace. Amen.

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

**OR**

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

Now I lay me down to sleep, I pray the Lord my Soul to keep. Please angels watch me through the night, and wake me with the morning light. And If I die before I wake, I pray to God my Soul to take. If I should live for another day, I pray the Lord to guide my ways. Amen.

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

**OR**

You can just speak to Jesus from your heart whatever you want to say and then say an Our Father, a Hail Mary Prayer and a Glory Be Prayer. Remember to make the **Sign of the Cross** before you start and after you finish. `

## **A PRAYER BEFORE A CRUCIFIX**



When we look at a **Crucifix**, we can easily be overcome with sorrow. However, God’s love for us was enough for Him to have His Son Jesus go to the Cross for the gates of Heaven to be opened to us. Here are two suggested prayers:

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

Dear Lord, thank You for the Sacrifice of Your life so that I may have life with You in Heaven. Amen.

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

OR

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

Look down upon me, good and gentle Jesus, while before Your face I humbly kneel and, with burning Soul, pray and beseech You to fix deep in my heart lively sentiments of faith, hope and charity; true contrition for my sins, and a firm purpose of amendment.

While I contemplate, with great love and tender pity, Your five most precious wounds, pondering over them within me and calling to mind the words which David, Your prophet, said of You, my Jesus: “They have pierced My hands and My feet, they have numbered all My bones.” Amen.

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

**A PRAYER FOR WHEN YOU LOSE A PET**

Gentle St. Francis, I love my pet, \_\_\_\_\_.  
You know how I feel because you love

animals, too. My pet died. I am so sad. I miss my pet very much. Please watch over my pet in heaven. May God bless and take care of all animals. Amen.

**MEMORIZING PRAYERS BEFORE YOU ARE BAPTIZED**

Before you are Baptized, you will need to memorize the Sign of the Cross and the Our Father. If you say all four prayers every night, it won’t take long for you to know these prayers without having to read them.

**SIGNS OF OUR BELONGING TO GOD**

Some signs that draw you closer to God and make you holy are:

- ✙ The Sign of the Cross;
- ✙ Saying Prayers;
- ✙ Using Holy Water;
- ✙ Using Candles (**DON’T LIGHT without mom or dad sayin OK!**);
- ✙ Saying Rosaries;
- ✙ Having Statues of Saints, Jesus or Mary;
- ✙ Having Pictures of Saints, Jesus or Mary.

**Which of these signs do you know about?**

**GOD KNOWS WHAT IS IN OUR HEART, AND SO DO WE!**

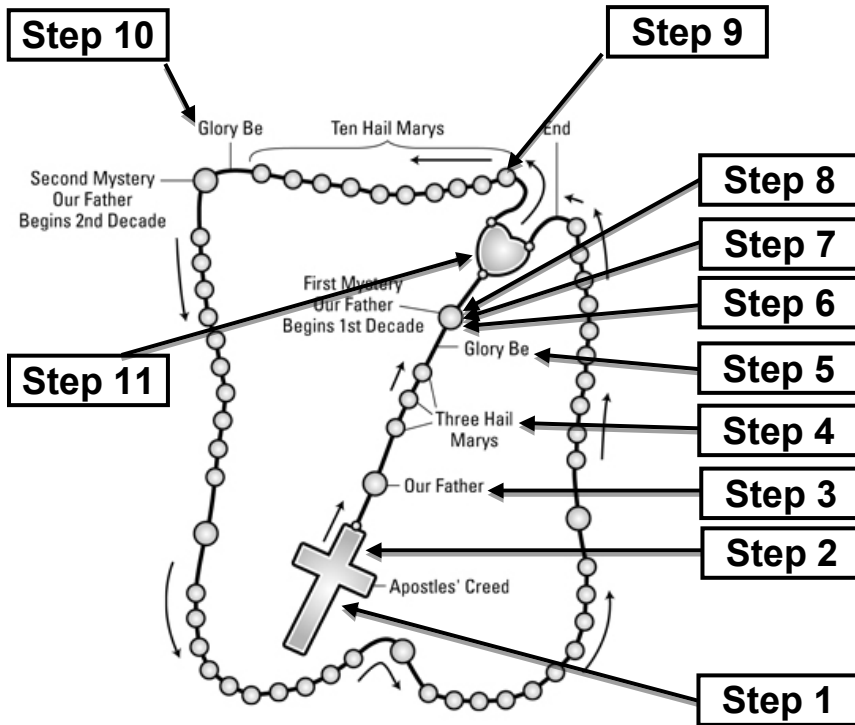
***HELL is NOT Full of People Who GOD Rejected... It is Full of People Who Rejected GOD!***

**GOD DOESN’T NEED YOUR GOOD WORKS; BUT YOUR NEIGHBOR DOES! MLK**

## LESSON 16 THE ROSARY

The rosary is associated with Saint Dominic (~AD 1200). Originally, Christian recited 50 of the 150 psalms at the Mass for the dead. This tradition was replaced by the recital of the rosary.

Our Lady of Fatima told the children Lucia, Francisco and Jacinta that we should say a rosary every day. How do you say the rosary— First, you need to get a rosary. There are several different “rosaries” but the one used for the Marion Rosary looks like this:



**It takes  
around 20  
minutes to  
pray a  
Rosary**

### ✠ STEP 1— The Sign of the Cross

Start the rosary holding the Crucifix (Cross) and making the Sign of the Cross— (1) Using your **right hand**, touch your **forehead** and at the same time say, “*In the Name of the Father*”; (2) then moving your hand to the **lower middle of your chest** (just above stomach) and at the same time say, “*And of the Son*”; (3) next move your hand to your **left shoulder** and at the same time say, “*Holy*”; (4) then move your hand across your chest to your **right shoulder** and at the same time say, “*Spirit*”; and finally (5) **bringing your left and right hands together** and at the same time say, “*Amen*.”

### ✠ STEP 2— Still holding the Crucifix, 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; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will 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.

✠ **STEP 3**– Move fingers to the first (**large**) bead and say the **Our Father (The Lord’s Prayer)**:

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

✠ **STEP 4**– Next, move fingers to the first (**small**) bead in the set of three beads and say the **Hail Mary Prayer**, or the Angelical Salutation. Repeat Hail Mary on second and third beads:

Hail Mary, full of grace. Our Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**NOTE.** Sometimes people say at the (1) first “Hail Mary” bead, “For Faith”, then say one Hail Mary; (2) at the second bead, “For Hope”, then say one Hail Mary; and finally (3) at the third bead, “For Love”, then say one Hail Mary.

✠ **STEP 5**– Next, move fingers to the second (**large**) bead (just before the split of the rosary) and, while making the Sign of the Cross, say the **Glory Be Prayer**:

Glory be to the Father, to the Son, and to the Holy Spirit, as it was, is now, and ever shall be, world without end. Amen.

✠ **STEP 6**– Still holding the second (**large**) bead, say the **Fatima Prayer**:

O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Thy mercy.

✠ **STEP 7**– Still holding the second (**large**) bead, introduce the first **Mystery of the Rosary**. Pray a mystery for each of the five decades of the rosary for the appropriate day of the week:

**NOTE.** In AD 1569, Pope Saint Pius V established three “Mysteries of the Rosary.” The mysteries of the rosary are meant to immerse the person into the Gospel of Jesus Christ. Pope Saint Pius V established:

✠ **The Joyful Mysteries** (Christ’s Birth)– Recited on Monday and Saturday.

✠ **The Sorrowful Mysteries** (Christ’s Passion and Death)– Recited on Tuesday and Friday.

✠ **The Glorious Mysteries** (Christ’s Resurrection from the Dead and His Ascension into Heaven)– Recited on Wednesday and Sunday.

**NOTE.** In AD 2002, Pope Saint John Paul II established another set of mysteries:

✠ **The Luminous Mysteries** (Christ’s Ministry)– Recited on Thursday.

**NOTE.** It is most important that when you say the rosary, you meditate on the 20 mysteries and **their intensions**. The intensions are what we desire, e.g. “***I desire the love of humility.***”

**Helping one person might not change the world, but it could change the world for one person.**



# THE MYSTERIES OF THE ROSARY

## MONDAY AND SATURDAY

### THE FIVE JOYFUL MYSTERIES

- ✝ **The First Joyful Mystery—The Annunciation.** The Archangel Gabriel announces to Mary that she shall conceive the Son of God (Bible – Luke 1:26–38)— Intension: **I desire the love of humility.**
- ✝ **The Second Joyful Mystery—The Visitation.** Mary visits her cousin Elizabeth, who is pregnant with John the Baptist (Bible – Luke 1:39–56)— Intension: **I desire charity towards my neighbor.**
- ✝ **The Third Joyful Mystery—The Nativity.** Jesus is born (Luke 2:1–21)— Intension: **I desire the love of God.**
- ✝ **The Fourth Joyful Mystery—The Presentation.** Mary and Joseph present Jesus in the Temple to the priest (Bible – Luke 2:22–38)— Intension: **I desire the spirit of sacrifice.**
- ✝ **The Fifth Joyful Mystery—The Finding in the Temple.** After losing Him, Mary and Joseph find young Jesus teaching the Rabbis in the Temple (Bible – Luke 2:41–52)— Intension: **I desire enthusiasm for the Glory of God.**

## TUESDAY AND FRIDAY

### THE FIVE SORROWFUL MYSTERIES

- ✝ **The First Sorrowful Mystery—The Agony in the Garden.** Jesus sweats water and blood while praying the night before his passion (Bible – Matthew 26:36–56)— Intension: **I desire true repentance for my sin.**
- ✝ **The Second Sorrowful Mystery—The Scourging at the Pillars.** Pilate has Jesus whipped (Bible – Matthew 27:26)— Intension: **I desire the virtue of purity.**
- ✝ **The Third Sorrowful Mystery—The Crowning with Thorns.** Roman soldiers crown Jesus' head with thorns (Bible – Matthew 27:27–31)— Intension: **I desire moral courage to stand up for what is right and speak out against injustice.**
- ✝ **The Fourth Sorrowful Mystery—The Carrying of the Cross.** Jesus meets His mother and falls three times on the way up Calvary (Bible – Matthew 27:32)— Intension: **I desire the virtue of patience to carry my crosses without complaint or despair.**
- ✝ **The Fifth Sorrowful Mystery—The Crucifixion of Our Lord Jesus Christ.** Jesus is nailed to the cross and dies before His mother and His apostle John (Bible – Matthew 27:33–56)— Intension: **I desire the grace of final perseverance to conquer satan.**

## WEDNESDAY AND SUNDAY

### THE FIVE GLORIOUS MYSTERIES

- ✝ **The First Glorious Mystery—The Resurrection of Our Lord Jesus Christ.** Jesus rises from the dead (Bible – John 20:1–29)— Intension: **I desire a strong faith in Jesus Christ.**

- ✠ **The Second Glorious Mystery—The Ascension of Jesus into Heaven.** Jesus leaves the Apostles and bodily ascends to heaven (Bible – Luke 24:36–53)– Intension: I desire the virtue of hope.
- ✠ **The Third Glorious Mystery—The Descent of the Holy Spirit.** The Apostles receive the Holy Spirit in tongues of fire in the upper room with Mary (Bible – Acts 2:1–41)– Intension: I desire enthusiasm for the Glory of God.
- ✠ **The Fourth Glorious Mystery—The Assumption of our Blessed Mother into Heaven.** Mary is taken bodily--assumed--into heaven by God at the end of her life here on earth– Intension: I desire the grace of a holy death.
- ✠ **The Fifth Glorious Mystery—The Coronation of our Lady as Queen of Heaven and Earth.** Mary is crowned Queen of Heaven and Earth– Intension: I desire a greater love for the Blessed Mother.

## THURSDAY

### THE FIVE LUMINOUS MYSTERIES

- ✠ **The First Luminous Mystery—The Baptism in the River Jordan.** The voice of the Father declares Jesus the beloved Son (Bible – Matthew 3:13–16)– Intension: I desire a new self in Christ.
  - ✠ **The Second Luminous Mystery—The Wedding Feast at Cana.** Christ changes water into wine, his first public miracle (Bible – John 2:1–11)– Intension: I desire to participate in the miracles of Christ.
  - ✠ **The Third Luminous Mystery—The Proclamation of the Kingdom of God.** Jesus calls to conversion and forgives the sins of all who draw near to him (Bible – Mark 1:14–15)– Intension: I desire a spirit of evangelization in my actions and words.
  - ✠ **The Fourth Luminous Mystery—The Transfiguration.** The glory of the Godhead shines forth from the face of Christ (Bible – Matthew 17:1–8)– Intension: I desire to be transfigured into Christ.
  - ✠ **The Fifth Luminous Mystery—The Institution of the Holy Eucharist.** Jesus offers the first Mass at the Last Supper with his apostles, establishing the sacramental foundation for all Christian living (Bible – Matthew 26)– Intension: I desire a strong belief and reverence for the presence of Jesus Christ in the Holy Eucharist.
- ✠ **STEP 7 (CONTINUE)–** *Back to saying the rosary.* Still holding the second (**large**) bead, introduce the first mystery of the rosary, e.g., **The First Luminous Mystery—The Baptism in the River Jordan** Intension: I desire A new self in Christ.
  - ✠ **STEP 8–** Still holding the second (**large**) bead, say the **Our Father** (The Lord’s Prayer). See Our Father Prayer above.
  - ✠ **STEP 9–** Move fingers through the first set of ten Hail Mary’s. Say ten **Hail Mary’s**. See Hail Mary Prayer above.
  - ✠ **STEP 10–** Move fingers to the (**large**) bead:

- ✠ While making the Sign of the Cross, say the **Glory Be Prayer** – Glory be to the Father, to the Son, and to the Holy Spirit, as it was, is now, and ever shall be, world without end. Amen.
- ✠ Say the **Fatima Prayer** – O my Jesus, forgive us our sins, save us from the fires of hell, and lead all souls to Heaven, especially those in most need of Thy mercy.

**Repeat steps 7, 8, 9 & 10 for the next four decades (ten Hail Mary's each).**

✠ **STEP 11**– After the last decade (completed five sets of ten Hail Mary's), say the **Hail Holy Queen**:

Hail, holy Queen, Mother of mercy, 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 valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

Leader: Pray for us O Holy Mother of God,

All: That we may be worthy of the promises of Christ.

(Optional)

Leader: Let us pray.

All: O God whose only begotten Son by his life, death, and Resurrection has purchased for us the rewards of eternal life; grant we beseech thee, that meditating on these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise through the same Christ our Lord.

Amen.

**Complete the rosary by holding the Crucifix (Cross) and making the Sign of the Cross (see above).**

**A LIE DOESN'T BECOME TRUTH; A WRONG DOESN'T BECOME RIGHT; AND EVIL DOESN'T BECOME GOOD, JUST BECAUSE IT'S ACCEPTED BY THE MAJORITY!**

**The devil Doesn't Come Dressed in a Red Cap and Pointy Horns. He Comes as Everything that is Immoral Though the Media and Friends. Pray for Wisdom and Strength.**

**Think of the Ten Commandments this way: The manufacturer of your car tells you to put gasoline in your gas tank. *Would you use sugar?* No way! In the same way, God created us; He knows what's best for us, both Physically and Spiritually, hence, the Ten Commandments.**

**Our Culture Emphasizes Ego, Sensuality, Consumerism, and "It's All About Me"– this is the kingdom of the devil. But the Culture Offers NO Guide on the Kingdom of Heaven– this Starts at HOME with the Help of the Church.**

*FAMILY is not always blood.  
FAMILY is the people in our life who want us in their life; they are the ones who accept us for who we are.  
The ones who would do anything to see us smile, to see us, to see us grow and to love us no matter what. - Love Quotes and Sayings*

## LESSON 17 PLACES AND THINGS IN THE CATHOLIC CHURCH

Where do you feel a strong presence of God? Maybe you think of a forest, a mountain, or the ocean. Perhaps a place where you felt safe and loved as a child comes to mind.

God is everywhere, but certain places help us feel His presence more profoundly. Catholics encounter God in many places. In fact, you've likely already visited a place Catholics believe "exists solely for the good of souls" (Pope Saint Paul VI, *Christus Dominus*, 31).

That place is a local **parish**. The term parish can refer to the community and to the building(s) used by the community, just as the term Church can refer to the faith community and to the building(s) where Catholics gather to pray. **Our parish is Our Lady of Fatima.**

Although each Church is unique, we expect to find certain things in all of them. The following will help you understand some key symbols and objects you'll find in a Catholic Church building. You will be given a tour of the Church during one of our status meetings so you may want to bring this lesson with you.

Some Protestants Christians say that Catholic Christians "worship" statues and that our Church are too elaborate. This is furthest from the truth.

God commanded Moses to carve graven images of angels that would sit atop of the Ark of the Covenant (Exodus 25: 18-21). Also, He commanded a bronze serpent be made to save the Israelites from poisons snake (Numbers 21:7-9 & in 1 Kings 6 & 21).

### **Catholics worship and adore God alone.**

We do not worship or adore the Blessed Mother or any Saint or stature. We honor them as we would honor a fallen soldier or a family member that has passed away.

Why do we keep pictures of loved ones in our wallet or around our home or work place? Because the pictures remind us of their presence in our life. But we don't worship the picture or the person in the picture. They would be a false god. The same is true with statues and pictures of saints.

And as for our elaborate Churches. This stems mainly from the Catholic and Protestant Christian understanding of the Eucharist. Most Protestant Christians believe that the presence of Christ in the Eucharist is only symbolic.

With this understanding, it would make sense that the Catholic Church is "over doing" it. However, as we have clearly shown in our discussion on the Eucharist, Jesus is truly and really present in the Eucharist and as such, truly deserves the beauty that the Catholic Church provides.

### **THE SANCTUARY: FRONT AND CENTER**

The **Sanctuary** in the Church is the main area of focus for the Mass. As we said earlier, you'll find the main **altar**, or the Lord's table, which is the focus of the Liturgy of the Eucharist.





A **Crucifix** (a Cross containing the image of Christ's body), reminds us of Jesus' suffering and death. You'll find one placed either on or near the altar. A Cross may be used in for procession at the beginning and end of

the Mass. At **Our Lady of Fatima Church**, the Crucifix is hanging above the altar.



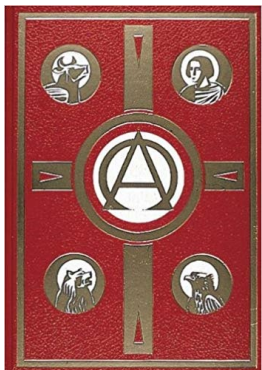
The **Sanctuary Lamp (light)**, often red in color to symbolize the Blood of Christ's sacrifice, houses a candle that continuously burns near the Tabernacle to remind us of Jesus' presents there. At **Our**

**Lady of Fatima Church**, the Sanctuary Lamp is to the right of the altar.



The **Tabernacle** is a special receptacle in which the Eucharistic Body of Christ is reserved for storing Consecrated Hosts (Holy Communion). At **Our Lady of Fatima Church**, the Tabernacle is at the

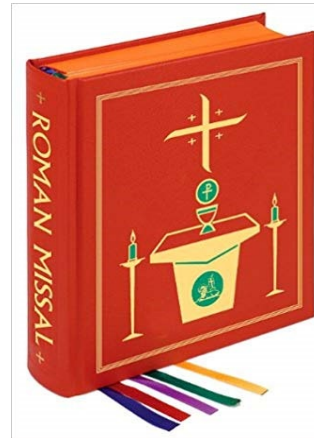
center of the altar behind the altar.



The **Lectionary**, the book of Mass readings, there. What happens at the Ambo is the focus of the **Liturgy of the Word**. These readings are read from an **Ambo**.



The readings from the Lectionary are done at the **Ambo**. Again, this is the focus of the **Liturgy of the Word**. At **Our Lady of Fatima Church**, the Ambo is on the left side of the altar.



At the altar, the priest reads from the **Roman Missal**, the book of prayers. Candles adorn the altar to symbolize Christ's presence as the Light of the World.

## ARTICLES USED DURING MASS



The **Chalice** is the consecrated gold or gilded silver cup used to hold the Precious Blood of Jesus. When Mass begins, the chalice is covered by a folded purificator, paten with a large host for consecration and the pall (see below).



Sometimes used, the **Chalice Veil** is a small silk cloth, of the same color as the priest's and deacon's vestments, used to cover the Chalice.



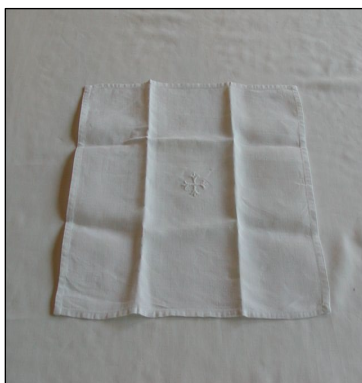
The **Ciborium** is a chalice-looking vessel that is wider than a chalice and has a lid. The ciborium is used to hold Consecrated Hosts for distribution during Communion. It is kept in the Tabernacle between Masses and could be covered with a Ciborium Veil.



The **Ciborium Veil** is a small silk cloth, of the same color as the priest's and deacon's vestments, used to cover the Ciborium.



The **Paten** is the consecrated gold or gilded silver plate on which the Sacred Host is laid.



The **Corporal** is a square linen cloth which is spread out in the middle of the altar to catch particles of the Body of Jesus when the Host is broken by the priest.



The **Cruets** are the vessels that hold the water and wine before Consecration. The cruet that holds the water is also used when

the priest or deacon purifies (cleans) the Chalice after Communion.



falling into it.

The **Pall** is a stiff square piece of linen, sometimes decorated with a Cross or other embroidery, used to cover the chalice to prevent impurities from



The **Communion Paten** has a handle and is held by an altar server or other assisting minister under the chin of one receiving the

Eucharist so that in case the Host is dropped, it won't fall to the floor.



The **Purificator** is a rectangular piece of linen used to wipe the chalice before the Offertory and after Communion, the priest's lips and

fingers. The purificator is also used by the priest or deacon when purifying the Ciborium and Chalice after Communion.

## DO CATHOLICS WORSHIP IMAGES?

The **Crucifix** is a symbol that reminds us of the Salvation won through Christ's death (and Resurrection). Images of Christ remind us of Saint Paul's mandate to "proclaim Christ crucified" (1 Corinthians 1:23). As mentioned before, **Catholics don't worship images** of Jesus or the Saints found in Catholic Churches and homes. **God alone is worthy of our worship.** These images and statues, stained glass windows, paintings, and mosaics are just visible representations of spiritual realities. Through them, we grow to appreciate the union with what they represent—the Living and Divine Person of Christ and the saints in Heaven.

## OTHER PLACES IN THE CHURCH

When you walk into the Church, you'll see a small bowl of water. This is a font containing **Holy Water** that has been blessed by a priest or deacon to be used as a reminder of Baptism. The faithful dips the tips of their fingers into the holy water and makes the Sign of the Cross as they enter and leave the Church.

The **Baptismal Font** is a large, raised vessel or basin in which holy water is contained for Baptisms. It's found in the prominent place, either near the entrance of the Church or in the Sanctuary. In Churches where Baptism by immersion is performed, the Font may be a larger pool. When placed near the main

entrance, the Baptismal Font may also serve as the holy water font.

The **Easter or Paschal Candle** is a large, ornamented candle symbolic of the risen Christ and often positioned near the altar or Baptismal Font. During the Easter Season, the candle burns at every Liturgy. It's also placed next to the casket during funerals as a sign of our hope in the resurrection and our faith that Christ will receive the departed into the fullness of His kingdom. The Paschal candle is also present during a Baptism to signify the Light of Christ.

The **Stations of the Cross**, also known as the **Way of the Cross**, are usually located along the inside walls of a Church. Catholics use them to meditate on Christ suffering especially on the Fridays during Lent. They became devotion after the Holy Land was conquered by the Muslims in the 1200s. Christians could no longer go to the Holy Land to trace the footsteps of Christ so the devotion of the Way of the Cross became popular as a way to place ourselves in those same footsteps using Biblical passages of the Passion and Death of Jesus.

The **Confessional** is a private space where a person celebrates the **Sacrament of Penance and Reconciliation**. Some confessionals provide for anonymous confession behind a screen and others provide for confession face-to-face with the priest.

**JESUS SAID, "I AM THE WAY, THE TRUTH AND THE LIFE!  
NO ONE CAN COME TO THE FATHER EXCEPT THROUGH ME!"**

*There is NO STORM that God Won't CARRY YOU Through.  
There is NO BRIDGE that God Won't HELP YOU Cross.  
There is NO BATTLE that God Won't HELP YOU Win.  
TRUST GOD and NEVER GIVE UP. Amen. – Inspire Positive Soul Sensation*

**IN LIFE THERE ARE MANY CHOICES  
BUT THERE ARE ONLY TWO CHOICES IN ETERNITY – HEAVEN OR HELL!**