OUR LADY OF FATIMA CATHOLIC CHURCH

BAPTISM PREPARATION HANDBOOK

AGES 13 & 14
NOT IN HIGH SCHOOL

September 2022

Jesus told His disciples to: ***"Go, therefore, and make disciples of all nations, baptizing them in the Name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you"*** (Matthew 28:19-20).

THE MYSTERIES OF GOD LIE BEYOND OUR SENSES!

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BAPTISM PREPARATION SCHEDULE

TOPIC	GET DONE BY	YOUR SIGN-OFF
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 – Knowing Right From Wrong		
Lesson 5 – Jesus Christ–One Way–The ONLY Way		
Contact Parish Representative to Meet, as Directed		
Lesson 6 – An Introduction to The Sacraments		
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Lesson 12 – God's Gift of Sexuality to Us		
Lesson 13 – Prayers		
Contact Parish Representative to Meet, as Directed		

***** At the discretion of the parish representation, these Lessons may not be required if the child is covering them in a separate Sacrament Preparation Program. However, the student is encouraged to read these lessons.**

FOREWORD

This Baptism 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. **NOTE that this handbook is for <u>Baptism</u> <u>preparation only</u>. Preparation for the Sacraments of First Holy Communion, Penance and Reconciliation, and Confirmation will be through another program.**

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 is a week? _____

Describe what do you see around you during night and day? _____

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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

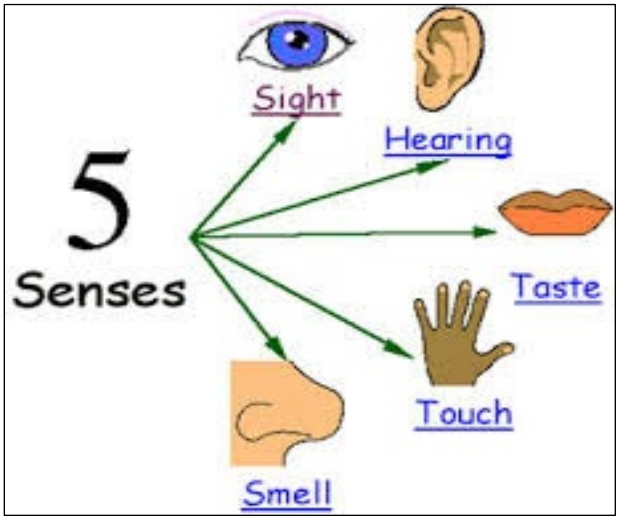
One day, while Eve was in the Garden, a **serpent** (a snake), who was really **satan** (the devil), told Eve to eat the fruit from the **Tree of Knowledge of Good and Evil**.

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 <u>SAW</u> that the fruit from the Tree of Knowledge of Good and Evil was "pleasing to her <u>eyes</u>".

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 15 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?

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.

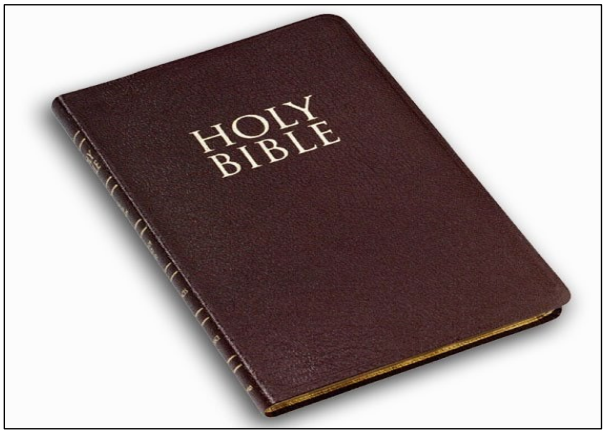
What do you know about Heaven? _____

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.

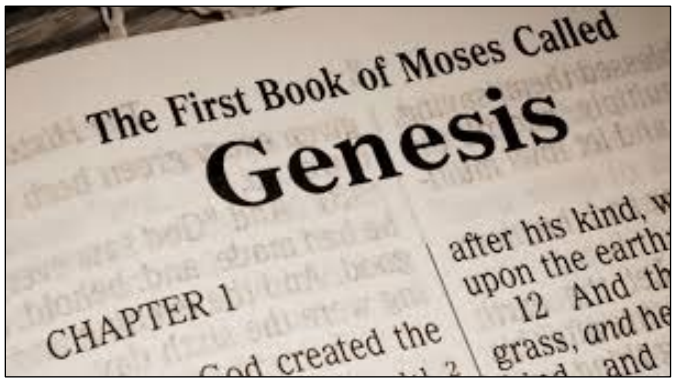
What bad / evil things can people do?

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.

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.

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– J**esus **O**ther **Y**ourself (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.

LESSON 4 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.

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?

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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 7th 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 8) that requires you to prepare for.

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 5 JESUS CHRIST–ONE WAY–THE ONLY WAY

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?

_____

What presents did you receive this past Christmas? _____

_____

_____

_____

_____

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

_____

_____

_____

_____

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 15 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? _____

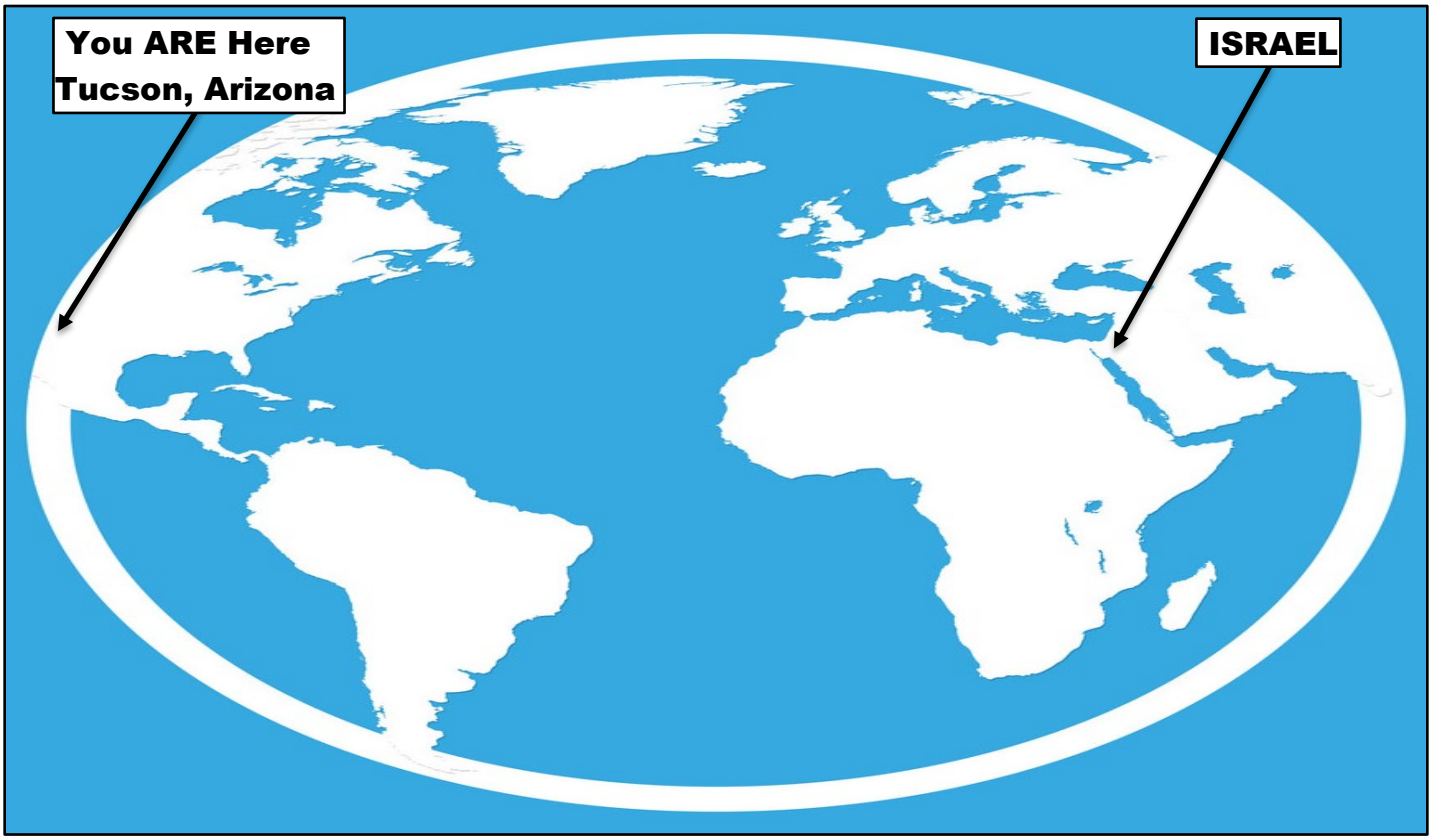
Closing Prayer: The Glory Be Prayer

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!



LESSON 6 AN INTRODUCTION TO THE SACRAMENTS

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 <u>Supernatural Life</u> 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 live.

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); and

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 9.

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 8.

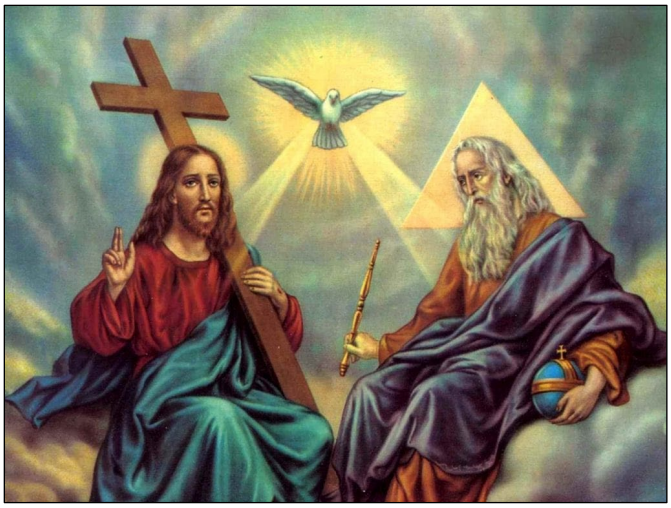
Closing Prayer: **The Hail Mary Prayer**

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 7 MORE ON THE SACRAMENT OF BAPTISM



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;
- ✞ 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; and
- ✞ 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.

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?

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Write something about your nina?

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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? _____

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Did you forgive them for hurting you?

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_____

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? _____

_____
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Are you willing to let Jesus help you when you are lonely? _____

_____
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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.

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.

LESSON 8 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? _____

_____

_____

_____

_____

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".

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 themself, 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

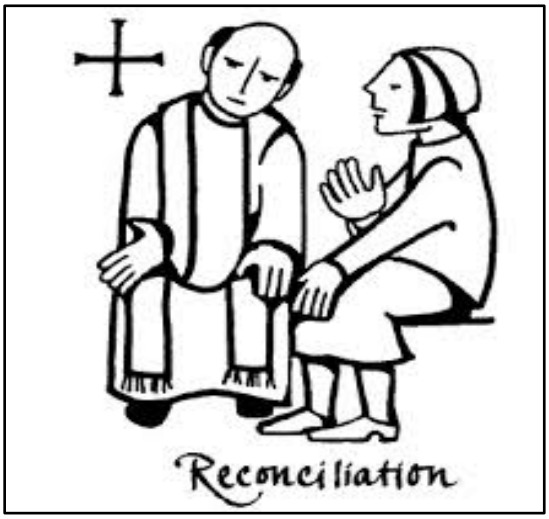
Adam and Eve "hid themselves from the Lord God among the trees of the Garden." When we sin, we distance ourselves from God, thinking we're unworthy of God's love.

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.



JESUS IS YOUR SAVIOR

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

- ✞ Jesus **saves** you from the eternal punishment of **hell**, which is eternal death of your Soul, through the forgiveness of **mortal sin in Sacramental Confession with a priest** (Sacrament of Penance and Reconciliation);
- ✞ Jesus **saves** you from eternal separation from God by reconciling you (makes you one in your relationship) with God when you have freely chosen to separate yourself from Him through **mortal sin**; and
- ✞ Jesus **makes** you holy again if you have lost His Supernatural Life, **Sanctifying Grace**, that came to you in **Baptism**, in your Soul. Through the Sacrament of Penance and Reconciliation, you are given **Sanctifying Grace** again.

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

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

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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.

LESSON 9 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.

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!

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.

LESSON 10 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 call 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).

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.

Do you have a favorite saint and why are they your favorite? _____

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CHURCH PROCLAIMED SAINTS

- ✞ Servant of God.
- ✞ Venerable.
- ✞ Blessed.
- ✞ Saint.

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.

LESSON 11 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 8th** 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 15th** 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 12 GOD'S GIFT OF SEXUALITY TO US

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

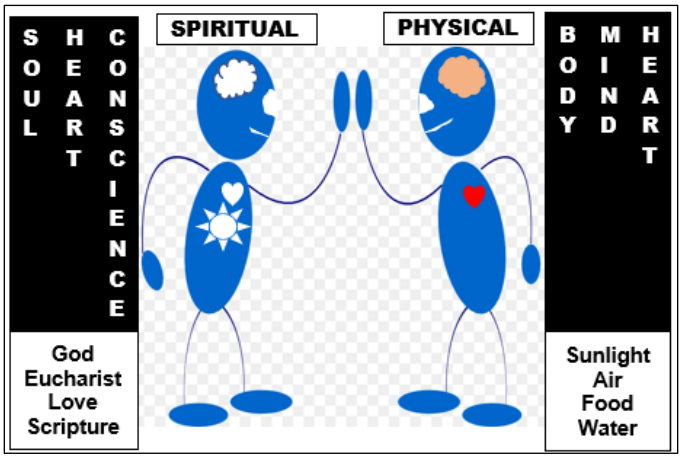
In the name of the Father and of the Son and of the Holy Spirit. Amen.

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 psychologicaly.

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 nineth 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.

LESSON 13 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.

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?

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