



## **2015-2016 Sacred Hearts Parish Religious Education Curriculum**

“We walk by faith,” 2 Cor. 5:7

## Six Tasks of Catechesis

The six tasks of catechesis are listed in the National Directory for Catechesis. They are to be incorporated at each grade-level, and reinforced at home. “These six tasks of catechesis constitute a unified whole by which catechesis seeks to achieve its objective: the formation of disciples of Jesus Christ” (National Directory for Catechesis, #20, p. 63). These six tasks are drawn from the ways in which Jesus worked and lived with his disciples; to be effective, we must incorporate them into our work with our students.

	<b>Tasks</b>	<b>Disciples (Students) at Every Grade Level Will:</b>
<b>Pray</b>	Catechesis teaches how to pray with Christ.	Pray to God – Father, Son, and Holy Spirit – every day and in many different ways.
<b>Learn</b>	Catechesis promotes knowledge of the faith.	Learn about Jesus Christ and their Catholic faith through Scripture and Tradition.
<b>Celebrate</b>	Catechesis promotes a knowledge of the meaning of the liturgy and the sacraments, and a desire to participate.	Celebrate their faith by learning about and participating in the liturgy (Mass) and the sacraments.
<b>Share</b>	Catechesis prepares one to live in community and to participate actively in the life and mission of the Church.	Share in the lives of the families, parish, and school, and participate in the mission of the Church to share the Good News of Jesus Christ.
<b>Choose</b>	Catechesis promotes moral formation in Jesus Christ.	Choose to follow Jesus’ example and his teachings to live the Commandments and the spirit of the Beatitudes.
<b>Live</b>	Catechesis promotes a missionary spirit that prepares the faithful to be present as Christians in society.	Live their life by giving witness to the life and teachings of Jesus Christ through their words and actions.

*(adapted from Sadlier’s Scope and Sequence poster)*

On the following pages, please find an outline of the concepts, prayers, and vocabulary that should be taught at each grade-level.

More important than any particular prayer or vocabulary word, however, is the Story of the Good News: that God loves us so much that He sent His only Son, Jesus, to live among us and to die for us, so that one day, we may be re-united with Him in Heaven.

Furthermore, God desires to have a close relationship with each of us – now, and forever. This Gospel message, which is central to our faith, and the related Story of Salvation History, should be repeated over and over each year, in many settings and in many ways. It is through echoing these truths that we can best help our youth become disciples (followers and friends) of Jesus Christ. If you would like help developing age-appropriate ways of doing so, please contact Beth Fullerton, Coordinator of Religious Education at 978.373.1281. or [bfullerton@sacredheartsparish.com](mailto:bfullerton@sacredheartsparish.com).



*Stained Glass Window depicting Jesus and the Four Evangelists, Church of Saint Paul, Hamilton, MA*

## Grade K: God Made the World

### Objectives

- Lead the children to discover Creation as a gift.
- Discover Jesus as the greatest gift of Creation.
- Develop an awareness that we have been created to know, love, and serve God.
- Help the children realize that each person is different and special.
- Help the children realize that God created and loves us all.
- Develop an awareness of the Bible as a collection of stories about God and His people.

### Prayers and Practices

*Sign of the Cross*  
*Our Father (The Lord's Prayer)*  
 Genuflecting  
 Following along at Mass

### Concepts and Vocabulary

*God gives us many gifts.*  
*God is our Creator.*  
*Jesus shows us God's love.*  
*Jesus wants us to share God's love.*  
 God, Jesus, Prayer, Amen, Bible, Mass, Last Supper, Genuflect, Church, Creator, Creation, Holy Family, Baptism, Mass, Christmas (the Nativity), Easter

## Grade 1: God Loves Us

### Objectives

- Create an experience of the love of Jesus through community prayer and service.
- Foster growth of each student as a member of the Church community.
- Help the students explore and celebrate the major feasts of the liturgical calendar.
- Explore the Church and the Mass with the students.
- Develop an awareness and interest in different methods of prayer.

### Prayers and Practices

*Hail Mary*  
*Glory Be*  
*Angel of God (Guardian Angel Prayer)*  
 Simple Mass Responses

### Concepts and Vocabulary

*Jesus teaches us about God's love.*  
*We are followers of Jesus.*  
*We belong to the Church.*  
*We celebrate and live our faith.*  
 Blessed Trinity, God the Father, God the Son, God the Holy Spirit, Eucharist, Scripture, Old Testament, New Testament, Great Commandment, Advent, Lent, Ordinary Time, Holy Week, Good Friday, saint, (guardian) angel, parish

<b>Grade 2: Jesus Shares God’s Life</b>	
<b>Objectives</b>	
<ul style="list-style-type: none"> <li>• Enable the students to understand that Jesus is always with us.</li> <li>• Help students understand that God wants us to love Him and to love others.</li> <li>• Explore what it means to be a peacemaker, and to make good decisions.</li> <li>• Help students explore what sins are, how they affect our relationships with God and with others, and the importance of asking for forgiveness in the Sacrament of Reconciliation.</li> <li>• Help the students discover the gift of Jesus in the Eucharist; of His Real Presence.</li> <li>• Help students develop a desire to receive Jesus in the Eucharist, and otherwise prepare them to receive the Sacrament of Holy Communion.</li> </ul>	
<b>Prayers and Practices</b>	<b>Concepts and Vocabulary</b>
<i>Act of Contrition</i> <i>Grace Before Meals</i> Examination of Conscience Active Mass Participation	<i>Jesus Christ is with us always.</i> <i>Jesus calls us to Penance and Reconciliation.</i> <i>Jesus gives Himself in the Eucharist.</i> <i>We live our Catholic faith.</i> Crucifixion, Resurrection, liturgy, Liturgy of the Word, Liturgy of the Eucharist, Ten Commandments, Great Commandment, sin, examination of conscience, contrition, absolution, penance, free will, Confirmation, Blessed Sacrament, Holy Communion, Eucharist, tabernacle
<b>Grade 3: We Are the Church</b>	
<b>Objectives</b>	
<ul style="list-style-type: none"> <li>• Bring the students to a deeper awareness of the Triune (3 in 1) God.</li> <li>• Deepen their understanding of their role as Christians in the Church community.</li> <li>• Enable the students to comprehend and live out the mission of the Church.</li> <li>• Help them understand that we are called to share what we have with others.</li> <li>• Explore the lives of Mary and other saints.</li> <li>• Help the children to understand that we are all called to be holy (to be saints).</li> <li>• Explore the Church’s calendar (the liturgical calendar).</li> </ul>	
<b>Prayers and Practices</b>	<b>Concepts and Vocabulary</b>
<i>Nicene Creed</i> <i>Apostles’ Creed</i> <i>Hail Holy Queen</i> How to Pray the <i>Rosary</i> The Luminous, Joyful, Sorrowful, Glorious Mysteries (20 total)	<i>Jesus gives us the Church.</i> <i>We are members of the Church.</i> <i>The Church leads us in worship.</i> <i>We are called to discipleship.</i> Ascension, Pentecost, grace, holiness, saint, communion of saints, feast days, holy days of obligation, liturgical year, Epiphany, Sabbath, Kingdom of God, pope, bishops, one, holy, catholic, apostolic, creed, parish, disciples,

	apostles, eternal life, Heaven, Hell, Purgatory, parables
--	---

**Grade 4: God’s Law Guides Us**

**Objectives**

- Help the students to understand the connection between the Ten Commandments, given to the Israelites by God, and the Beatitudes, given to us by Jesus.
- Develop an awareness that God’s love is shown for us in both.
- Enable the students to see that the first three Commandments are about loving God, and that the last seven are about loving others.
- Reinforce that our final judgment will be based on how we have loved God and others.
- Assist the students in realizing we are completely dependent on God.
- Show the students that Jesus always treated people with compassion, mercy, and forgiveness.
- Enable the students to understand that the Church, the people of God, carry out Jesus’ works of mercy in today’s world.

**Prayers and Practices**

**Concepts and Vocabulary**

*Morning Offering*  
*Prayer to St. Michael*  
 Ten Commandments  
 Examination of Conscience based on the Commandments  
 Beatitudes  
 Spiritual and Corporal Works of Mercy  
 Precepts of the Church

*Growing in Jesus Christ.*  
*The Commandments help us to love God.*  
*The Commandments help us to love others.*  
*We are called to holiness.*  
 Conscience, free will, mortal, venial, temptation, Old Covenant, New Covenant, Chosen People, Ark of the Covenant, Scripture, Tradition, Triduum,

**Grade 5: We Meet Jesus in the Sacraments**

**Objectives**

- Help the students understand that through the Sacrament of Baptism, we become members of God’s family and the Church.
- Present Baptism, Eucharist, and Confirmation as Sacraments of Initiation.
- Present the Sacrament of Reconciliation (Penance) and the Anointing of the Sick as Sacraments of Healing.
- Present the Sacraments of Holy Matrimony and Holy Orders as Sacraments of Vocation.
- Help the students recognize that Jesus initiated each of the sacraments, and that each sacrament requires certain things to happen (water must be used in Baptism, for example), and causes internal effects (the washing clean of a soul in Baptism, for example)

**Prayers and Practices**

**Concepts and Vocabulary**

*Act of Faith*  
*Act of Love*  
*Act of Hope*  
*Memorare*  
 Precepts of the Church

*Jesus Christ shares His life with us.*  
*Confirmation and Eucharist complete our initiation into the Church/God’s family.*  
*The Sacraments of Healing restore us.*  
*We love and serve as Jesus did.*  
 Sacrament, chrism, incarnation, ordain, ordination, priesthood, deacon, precept, sacramental, Sacraments of Initiation,

	Sacraments of Healing, Sacraments of Vocation, witness, missionary
<b>Grade 6: We Are God's People (the Old Testament)</b>	
<b>Objectives</b>	
<ul style="list-style-type: none"> <li>• Present the Bible as a revelation of God's saving love.</li> <li>• Show how God's saving love was manifested toward the people of God in the Old Testament.</li> <li>• Give the students an understanding of how God used special people (prophets, kings, young people,) to form the Israelites into community and to enter a covenant relationship with them.</li> <li>• Help the students to understand that the Church is a community of people in relationship with God.</li> </ul>	
<b>Prayers and Practices</b>	<b>Concepts and Vocabulary</b>
<i>Divine Praises</i> Eucharistic Adoration Benediction	<i>Forming the Covenant</i> <i>Building the Covenant Nation</i> <i>Redefining the Covenant People</i> <i>The Covenant Fulfilled in Jesus</i> Genesis, Exodus, inspiration, Israelites, prophets (major and minor), manna, Passover, patriarchs, Pentateuch, Twelve Tribes of Israel, psalms, revelation, salvation
<b>Grade 7: The Life of Jesus (the New Testament)</b>	
<b>Objectives</b>	
<ul style="list-style-type: none"> <li>• Help students know the historical Jesus through an informed reading of the Gospels.</li> <li>• Help them recognize both His divinity and his humanity.</li> <li>• Help students understand the message and the mission of Jesus.</li> <li>• Explore the meaning of the mystery of Christ for contemporary Christian life.</li> <li>• Help them recognize that each Gospel writer (Evangelist) was writing to a particular audience, and explore how that affected the story they wrote.</li> <li>• Help students explore the books and letters of the New Testament (and their authors) and how they came to be included in the Bible.</li> </ul>	
<b>Prayers and Practices</b>	<b>Concepts and Vocabulary</b>
<i>Prayer of St. Francis of Assisi</i> The Liturgy of the Hours The Cardinal and Theological Virtues Stations of the Cross	<i>Jesus was fully human and fully divine.</i> <i>God had long promised the Jewish people that He would send a Savior; they expected him to be a king.</i> <i>During his lifetime, Jesus fulfilled hundreds of prophesies about himself.</i> <i>Jesus prayed often.</i> <i>Jesus devoted himself to God's plan for him, emptying himself out for others.</i> Pharisees, scribes, Gentile, evangelist, New Covenant, Messiah, ascension, assumption,

	hypostatic union, incarnation, immaculate conception, epistle, sacrificial love, obedience
<b>Grade 8: The Church</b>	
<b>Objectives</b>	
<ul style="list-style-type: none"> <li>• Lead students to a greater knowledge of the origins and purpose of the Church.</li> <li>• Read about the early Church in Scripture (Acts of the Apostles, Pauline letters.)</li> <li>• Survey the history of the Church from the post-apostolic era to the present.</li> <li>• Examine the mission of the Church.</li> <li>• Explore the papacy, Pope Francis, and Vatican City.</li> <li>• Help students develop a sense of the scope and structure of the Church in U.S. and abroad.</li> <li>• Explore World Youth Day and other opportunities for youth in the Church.</li> </ul>	
<b>Prayers and Concepts</b>	<b>Concepts and Vocabulary</b>
<p><i>Nicene Creed</i>  <i>Anima Christe</i>  The Mass Parts  The Seven Themes of Catholic Social Teaching</p>	<p><i>Jesus Christ created the Church and God sent the Holy Spirit to the Church to sanctify and lead the Church.</i></p> <p><i>The Holy Spirit remains active in the Church today.</i></p> <p><i>The Church is the Mystical (Spiritual) Body of Christ; her members are on earth, in Purgatory, and in Heaven.</i></p> <p><i>The Church is one, holy, catholic, and apostolic.</i></p> <p><i>Christ is the Good Shepherd, and he chose other shepherds - the clergy, from the pope to our parish priests, to help him guide his flock to eternal life.</i></p> <p><i>Christ will come again in the Second Coming to judge the living and the dead.</i></p> <p>Apostolic succession, persecutions, Reformation, Vatican II, laity, monasticism, seminary, magisterium, papacy, Paschal Mystery, paschal lamb, Real Presence, transubstantiation, catechism, infallibility, martyrs, Second Coming, Final Judgment, Revelation, beatific vision</p>



<b>Grade 9 – Year 1 Confirmation</b>	
<b>Objectives</b>	
<ul style="list-style-type: none"> <li>• Encourage students to be who God created them to be (the best version of themselves.)</li> <li>• Explore the concept of happiness, and how one truly attains happiness.</li> <li>• Explore the idea of vocation.</li> <li>• Help students reflect on their relationship with God, and chart a plan to move forward in that relationship.</li> <li>• Evangelize students, drawing students in to a relationship with God.</li> <li>• Help students recognize how the Catholic faith is relevant to them and their lives.</li> <li>• Help students identify the work of the Holy Spirit in the world and in their lives.</li> </ul>	
<b>Prayers and Practices</b>	<b>Concepts</b>
<i>Prayer to the Holy Spirit</i> Seven Gifts of the Holy Spirit Fruits of the Holy Spirit Novenas “The Prayer Process”	<i>God calls each of us to be in a relationship with Him.</i> <i>We are each designed for greatness/holiness.</i> <i>He has a plan, a path, for each of us.</i> <i>We are each on a faith journey; Confirmation is not the end of, but rather an important milestone on, that journey.</i> <i>Jesus is knocking at the door of our heart, hoping to be let in.</i>
<b>Grade 10 – Year 2 Confirmation</b>	
<b>Objectives</b>	
<ul style="list-style-type: none"> <li>• Prepare students to receive the Sacrament of Confirmation.</li> <li>• Help students explore resources available to them for a lifetime of learning.</li> <li>• Prepare students to defend the faith and to evangelize others, to be soldiers of Christ.</li> </ul>	
<b>Prayers and Practices</b>	<b>Concepts</b>
Litanies Review and integration of all prayers and concepts	<i>We are all called to discipleship.</i> <i>At Confirmation the Holy Spirit strengthens us so that we can evangelize (share the Good News with) others – our friends, families, colleagues, and peers.</i> <i>Jesus is knocking at the door of our heart, hoping we will share Him with others.</i>

*\*The Archdiocese of Boston RE curriculum of 1994, the 2014 draft guidelines, the Sadlier “We Believe” textbook series, and the Decision Point Confirmation program were used to create this curriculum map.*

*\*\*This curriculum map does not contain the lessons and objectives of our safety program, nor the content of the Archdiocese’s chastity program. That information will be provided elsewhere. All children, at all ages, should be taught that God created each person in His image, and that human life is sacred. We must help them, in age-appropriate ways, to understand how to always treat themselves and each other with dignity and charity.*

## **God's Plan of Salvation History (All Grade Levels) \*\***

1. God is a communion of Persons: God the Father, God the Son, and God the Holy Spirit. The three Persons in one God is the Blessed Trinity. God has no beginning and no end. (CCC 234, 232, 237.)
2. God is our Father Who loves us and cares for us. God created each person to be united with Him. (CCC 426, 301, 759, 305, 375, 2014).
3. God created everything out of nothing. (CCC 296-298, 338)
4. God created angels as spiritual beings. Angels are God's messengers. We all have our own personal guardian angel. Our guardian angel keeps constant, watchful care over us and guides us and protects us on our journey to God in Heaven. (CCC 328-329, 331-333, 336)
5. All of the angels were put to a test to see if they would be faithful to God. Lucifer and some of the angels completely rejected God and they became Satan and his demons. (Revelation 12:7-9) (CCC 391-395)
6. God created Adam and Eve in His image and likeness. He created Adam and Eve and the whole human race to know, love and serve Him so that we can be united with Him both here and forever in Heaven. Adam and Eve were united fully with God through sanctifying grace within their souls, a participation in God's Divine Life. (CCC, 362-366, 356-357, 374-376, 1934)
7. Adam and Eve were put to a test to see if they would be faithful to God. Adam and Eve were tempted by Satan and they disobeyed God. The first sin of Adam and Eve (the Original Sin) separated them from God. They and all their descendants lost the union with God that they had been created for. They no longer had sanctifying grace within their souls. (CCC 396-400, 402-406, 418)
8. God alone could fix the problem of sin and reunite mankind with Himself. Thankfully, God promised a Savior (Genesis 3:15). Only the Savior could bring us back to the purpose for which we were created being united with God (communion with God). In the Old Testament, God began to form His people through Abraham. Moses was given the Law so that the people knew how to live in order to be faithful to the one true God. The Israelites could not be faithful to God's Law because they did not have sanctifying grace, a share in God's life, to strengthen them. The prophets told the people to prepare for the Messiah, Who would bring about a salvation which would include all the nations. Through the Savior, God would keep His promise to reunite us with Himself as adopted children. (CCC 410-412, 420-421, 54-64, 2570-2589)

9. Jesus is God. Jesus was born as man on the first Christmas as our Savior. This is called the Incarnation. (CCC 464, 461, 463, 443-445)
10. Mary's "yes" to God to be the Mother of Jesus made our salvation possible. Since Mary is the Mother of Jesus and Jesus is God, we rightly call Mary the Mother of God. (CCC 494-495, 497, 509, 485, 723)
11. Jesus began the foundation of the Church by preaching the Good News, instituting the seven sacraments and establishing the Church with a structure. The structure consisted of the twelve Apostles with Peter as the head. (CCC 763-766, 759, 1114)
12. Jesus suffered, died on the cross, and rose on Easter Sunday. Jesus did this to save us from the power of sin and death and to reunite us with Himself. (CCC 612, 616, 619, 629, 639-640, 654)
13. The Church was born from the flow of blood and water from the open side of the crucified Christ: the water of Baptism and the Blood of the Eucharist. (CCC 766)
14. Christ's work of redemption was accomplished primarily by His Suffering, Death, Resurrection and Ascension into Heaven. These four events are called the Paschal Mystery. (CCC 1067)
15. Forty days after the Resurrection, Jesus ascended to His Father, which we celebrate on the Ascension. Ten days later, Jesus sent the Holy Spirit on Pentecost to remain with us until the end of time. (CCC 665, 731-732, 233)
16. At Pentecost the Holy Spirit strengthened the Apostles to imitate Christ. The Holy Spirit empowered them to administer the Sacraments, to teach what Jesus had taught them and to lead the Church. Pentecost is when we celebrate the public manifestation of the Catholic Church. (CCC 767, 747, 771-773, 1585, 780, 1076)
17. This was the first time that mankind received sanctifying grace, a participation in God's Divine Life, since the original sin of Adam and Eve. We are only able to live the Christian life with the aid of supernatural grace received through the Church by the Sacraments and from actual grace through a life of daily prayer. (CCC 1226-1228, 1265-1266, 747, 1996-2000)
18. Jesus will come again in glory with the Kingdom of God in its fullness. He will judge the living and the dead and those who have chosen to follow Jesus will reign forever with Him. He will bring His Family into full union with Him and put an end to suffering and death forever. (CCC 1040, 1042-1045)

*\*\* These two pages are copied from curricular materials created for the Diocese of Madison.*

## Vocations \*\*

From the moment of our baptism, God has a special plan for each of us. God calls us to life in Christ, in order that, with Christ, we may offer our whole life in love of God and our neighbor. At our Confirmation, God strengthens and increases the life of the Holy Spirit within us, so that we will have the inspiration and strength to respond to God's call.

The official definition of the word vocation according to the Catechism of the Catholic Church is: The calling or destiny we have in this life and hereafter. God has created the human person to love and serve Him; the fulfillment of this vocation is eternal happiness. (CCC 1, 358, 1700)

*\*\* The above is copied from curricular materials created for the Diocese of Madison.*

God calls each of us to love and serve Him within a particular role. It is through discerning and living out His plan (vocation) for us that we will be happiest. Those vocations are:

- Married life
- Single life
- The priesthood
- The consecrated life (as a religious sister or brother)

A common question: What would you like to be when you grow up?

A better question: What do you think God might be calling you to be when you grow up?

---

## Encountering God

It is important to talk to our students *about* God, so that they know *about* Him, but truly, we want them to help our students *encounter* God – to *know* Him, and to have a close, personal, relationship with Him. All Catholics can encounter God in the following ways:

### **Through the Sacraments:**

We encounter God through our reception of any and all of the Sacraments, especially at Mass in the Eucharist, and in Reconciliation. We should create opportunities for our students to encounter God in these ways as often as possible, and to help them realize that they are encountering God (coming face to face) with Him in the Sacraments.

### **Through Prayer:**

It is good and important to teach about prayer, but it is more important to spend time praying with our students, teaching them how to do so, and then creating frequent and substantial opportunities for the children to encounter God through prayer. This can happen through praying the traditional prayers

found on the following pages, as well as practicing other beautiful forms of prayer the Church has – Adoration, lectio divina, etc.

## **Prayers**

### **1. The Sign of the Cross**

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

### **2. Our Father**

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.

### **3. Hail Mary**

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

### **4. Glory Be**

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.

### **5. Angel of God**

Angel of God, my guardian dear, to whom God's love commits me here.  
Ever this day be at my side, to watch and guard, to rule and guide. Amen.

### **6. Prayer Before Meals**

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

### **7. Act of Contrition**

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. Amen.

### **8. Apostles Creed**

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

### **9. 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 to us  
the blessed fruit of thy womb, Jesus. O Clement, O loving, O sweet Virgin Mary! Pray for us, O holy  
Mother of God, that we may be made worthy of the promises of Christ. Amen.

## **10. How to pray the Rosary**

Begin with the Sign of the Cross, and then pray the Apostles Creed, one Our Father, three Hail Marys (traditionally offered for an increase in faith, hope, and charity for those praying the Rosary), a Glory Be, and, if desired, the Fatima Prayer. Next, introduce the first mystery, and then pray one Our Father and ten Hail Marys while reflecting on that mystery. Finish the first mystery by praying one Glory Be, and if desired, the Fatima prayer. Continue in the same way for the next four mysteries. Conclude with the Hail Holy Queen and the Sign of the Cross.

Fatima Prayer – “O my Jesus, forgive us of our sins. Save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy.”

## **11. Mysteries of the Rosary**

### *The Five Joyful Mysteries*

1. The Annunciation
2. The Visitation
3. The Birth of Jesus
4. The Presentation of Jesus in the Temple
5. The Finding of Jesus in the Temple

### *The Five Sorrowful Mysteries*

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death

### *The Five Luminous Mysteries*

1. The Baptism of Jesus
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Holy Eucharist

### *The Five Glorious Mysteries*

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the Apostles

- 4. The Assumption of Mary into Heaven
- 5. The Coronation of Mary in Heaven

**12. Act of Faith**

O my God, I firmly believe that You are one God in three divine Persons, Father, Son and Holy Spirit. I believe that Your divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because You have revealed them, Who can neither deceive nor be deceived. Amen.

**13. Act of Love**

O my God, I love you above all things with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for the love of you. I forgive all who have injured me and I ask pardon of those whom I have injured.  
Amen.

**14. Act of Hope**

O my God, relying on your infinite mercy and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.  
Amen.

**15. Morning Offering**

My God, I offer you my prayers, works, joys and sufferings of this day in union with the holy sacrifice of the Mass throughout the world. I offer them for all the intentions of your Son's Sacred Heart, for the salvation of souls, reparation for sin, and the reunion of Christians. Amen.

**16. Prayer to St. Michael**

St. Michael the Archangel, defend us in battle; be our protection against the wickedness and snares of the devil.  
May God rebuke him, we humbly pray; and do thou, O prince of the heavenly host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls.  
Amen.

**17. Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help or sought thy intercession, was left unaided. Inspired with this confidence, I fly unto thee, O Virgin of virgins my Mother; to thee do I come, before thee I stand, sinful and sorrowful; O Mother of thy Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

### **18. Divine Praises (traditionally prayed during Adoration)**

Blessed be God.

Blessed be His Holy Name.

Blessed be Jesus Christ, true God and true man.

Blessed be the name of Jesus.

Blessed be His Most Sacred Heart.

Blessed be His Most Precious Blood.

Blessed be Jesus in the Most Holy Sacrament of the Altar.

Blessed be the Holy Spirit, the paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be Saint Joseph, her most chaste spouse.

Blessed be God in His angels and in His Saints.

May the heart of Jesus, in the Most Blessed Sacrament, be praised, adored, and loved with grateful affection, at every moment, in all the tabernacles of the world, even to the end of time. Amen.

### **19. Prayer of St. Francis**

Lord, make me an instrument of your peace:

where there is hatred, let me sow love;

where there is injury, pardon;

where there is doubt, faith;

where there is despair, hope;

where there is darkness, light;

where there is sadness, joy.

O divine Master, grant that I may not so much seek

to be consoled as to console,

to be understood as to understand,

to be loved as to love.

For it is in giving that we receive,

it is in pardoning that we are pardoned,

and it is in dying that we are born to eternal life. Amen.



## **20. Nicene Creed**

I believe in one God, the Father almighty,  
maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.  
God from God, Light from Light, true God from true God,  
begotten, not made, consubstantial with the Father; through him all things were made.  
For us men and for our salvation he came down from heaven,  
and by the Holy Spirit was incarnate of the Virgin Mary, and became man.  
For our sake he was crucified under Pontius Pilate, he suffered death and was buried,  
and rose again on the third day in accordance with the Scriptures.  
He ascended into heaven and is seated at the right hand of the Father.  
He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son,  
who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one Baptism for the forgiveness of sins  
and I look forward to the resurrection of the dead and the life of the world to come. Amen.

## **21. Anima Christe (traditionally said after receiving Communion)**

Soul of Christ, sanctify me;  
Body of Christ, save me;  
Blood of Christ, inebriate me;  
Water from the side of Christ, wash me;  
Passion of Christ, strengthen me;  
O good Jesus hear me;  
Within your wounds hide me;  
separated from you, let me never be;  
From the evil one protect me;  
At the hour of my death, call me;  
And close to you bid me; That with your saints,  
I may be praising you forever and ever. Amen.

## **22. Saint Augustine's Prayer to the Holy Spirit**

Breathe in me, O Holy Spirit, that my thoughts may all be holy.  
Act in me, O Holy Spirit, that my work, too, may be holy.  
Draw my heart, O Holy Spirit, that I love but what is holy.  
Strengthen me, O Holy Spirit, to defend all that is holy.  
Guard me, then, O Holy Spirit, that I always may be holy. Amen.

## Formulas and Lists of Catholic Doctrine

### **The Two Great Commandments of Love (or The Great Commandment)**

1. You shall love the Lord your God with all your heart, with all your soul, and with all your mind.
2. You shall love your neighbor as yourself.

### **The Decalogue (Ten Commandments)**

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

### **The Beatitudes (cf. Mt. 5: 3-12)**

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

Blessed are the merciful, for they will be shown mercy.

Blessed are the pure of heart, for they will see God.

Blessed are the peacemakers, for they will be called children of God.

Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

### **The Seven Sacraments**

Baptism

Confirmation

Eucharist

Penance

Anointing of the Sick

Holy Orders

Matrimony

### **The Precepts of the Church**

1. You shall attend Mass on Sundays and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

### **The Three Theological Virtues**

Faith  
Hope  
Charity

### **The Four Cardinal Virtues**

Prudence  
Justice  
Temperance  
Fortitude

### **The Seven Gifts of the Holy Spirit**

Wisdom  
Knowledge  
Understanding  
Counsel (Right Judgement)  
Fortitude (Courage)  
Piety (Reverence)  
Fear of the Lord (Wonder and Awe)

### **The Twelve Fruits of the Holy Spirit**

Charity  
Joy  
Peace  
Patience  
Kindness  
Goodness  
Generosity  
Gentleness  
Faithfulness  
Modesty  
Chastity

Self-Control

**The Seven Corporal Works of Mercy**

Feed the hungry.  
Give drink to the thirsty.  
Clothe the naked.  
Shelter the homeless.  
Visit the sick.  
Visit the imprisoned.  
Bury the dead.

**The Seven Spiritual Works of Mercy**

Admonish sinners.  
Instruct the ignorant.  
Counsel the doubtful.  
Comfort the afflicted.  
Forgive offenses.  
Bear wrongs patiently.  
Pray for the living and the dead.

**The Seven Themes of Catholic Social Teaching**

Life and Dignity of the Human Person  
Call to Family, Community, and Participation  
Rights and Responsibilities  
Option for the Poor and Vulnerable  
The Dignity of Work and the Rights of Workers  
Solidarity  
Care of God's Creation

**The Three Conditions for a Mortal Sin**

Grave matter  
Full Knowledge  
Deliberate Consent  
(For young children one could use the following terminology)  
It must be serious.  
I must know it is serious.  
I must freely do it anyway.

**Why God made us**

God put us in the world to know, to love, and to serve him and so to come to paradise. (CCC 1721)