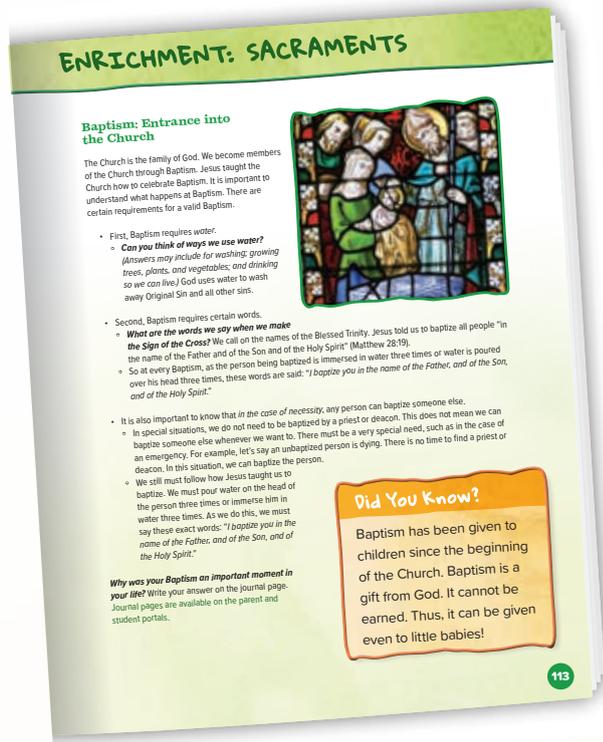


WORD of LIFE



Enrichment: Sacraments

The Church is the family of God.

Do you remember when we became members of the Church? (Baptism.)

Jesus taught the Church how to celebrate Baptism. It is important to understand what happens at Baptism.

- **What does God use to wash our sins away in Baptism?** (Water.)
 - **Can you think of ways we use water?** (Answers may include for washing; growing trees, plants, and vegetables; and drinking so we can live.)
 - God uses water to wash away Original Sin and all other sins.

- **Can you name all three Divine Persons of the Blessed Trinity?** (Father, Son, and Holy Spirit.)
 - Jesus told us to baptize all people "in the name of the Father and of the Son and of the Holy Spirit" (Matthew 28:19).
 - So at every Baptism, as the person being baptized is immersed in water three times or water is poured over his head three times, these words are said: "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit."
- **Do you know who can baptize another person?** (Answers may vary.)
 - Anyone can baptize another person. We don't need to be priests or deacons to baptize.
 - Now, this does not mean we can baptize someone else whenever we want to.
 - There must be a very special need, such as in the case of an emergency.
 - For example, let's say an unbaptized person is dying. There is no time to find a priest or deacon. In this situation, we can baptize the person.
 - We still must follow how Jesus taught us to baptize:
 - We must pour water on the head of the person three times or immerse him in water three times.
 - As we do this, we must say these exact words: "I baptize you in the name of the Father, and of the Son, and of the Holy Spirit."

Why was your Baptism an important moment in your life? Take a few minutes to answer this question on your journal page. Journal pages are available on the catechist and student portals.

WORD of LIFE



Enrichment: Sacraments

Do you remember what the three sacraments of initiation are?
(Baptism, Confirmation, and Holy Eucharist.)

- These three sacraments are closely connected. They each give us the graces we need to live holy lives.
- They give us the graces we need to live as holy disciples of Christ.

Do any of you remember your Baptism? (Answers may vary.)

- If you were baptized as an infant, you may not remember your Baptism.

Who comes to live inside us at our Baptism? (The Holy Spirit.)

- We first receive the Holy Spirit in Baptism.
- This is when our life of grace begins.

It is kind of like drawing a picture.

- Imagine you are drawing a picture with a pencil. You are just beginning to create something beautiful.
- Now imagine that you have a big box of crayons to color that picture! **Coloring the picture makes it complete, doesn't it? (Pause.)** It is even more beautiful and perfect.

Just as coloring the picture makes it more perfect, Confirmation perfects the graces we received at our Baptism. In Confirmation, the Holy Spirit does the following:

- Deepens our relationship with God, our Father
- Unites us *more firmly* with Christ
- Strengthens our relationship with the Church
- Unites us more closely with the Church's mission to spread the Gospel to the world
- Gives us courage to share our faith with others

Which sacrament of initiation have we not talked about? (Holy Eucharist.)

- At our First Holy Communion, we receive the Eucharist for the first time.
- We become full members of God's family, the Church.

Catholics all around the world receive the sacraments of initiation at different times.

- Some receive Confirmation before First Holy Communion. Others receive Confirmation later.
- In the Eastern Catholic churches, people receive all three sacraments of initiation at the same time! This shows us the close connection of these sacraments.

Why is it important for you to be a member of God's Church? Take a few minutes to answer this question on your journal page. [Journal pages are available on the catechist and student portals.](#)

Chapter 11

We Are Called to Be Holy

CHAPTER SUMMARY

Created in the image of God, we are called to live a life in Christ. Through the power of the Holy Spirit, we can live like Christ. The Beatitudes show us how to live like Christ. They teach us how to be truly happy and holy. The Holy Spirit gives us grace and the theological virtues so that we are able to live holy lives. We can be truly happy and holy when we do what is virtuous. A virtuous person can do what is right with ease and joy because he allows the Holy Spirit to work in his life. But sin injures our growth in virtue. There are two types of sin: venial and mortal. “Mortal sin destroys charity in the heart of man by a grave violation of God’s law” (CCC 1855). We can receive Jesus’ forgiveness through the Sacrament of Reconciliation.

CATECHISM OF THE CATHOLIC CHURCH (CCC) REFERENCES

Sharing in God’s blessedness: 1, 1703, 1709

Summary of life in Christ: 1700, 1702

Beatitudes: 1717

True happiness: 1723

Virtue: 1803, 1810–11

Conscience: 1776

Mortal and venial sin: 1854–55, 1857, 1862

PREPARING OUR HEARTS

“You shall be holy, for I am holy” (1 Peter 1:16, quoting Leviticus 11:45). To be holy as God is holy is a tall order, to say the least. Since God commands it of us, it must be possible for us to achieve, right? Yes, but apart from Christ we can do nothing (see John 15:5). We need grace, God’s life in us, to actually become holy. We need to be given virtue to have the strength to resist sin and persevere in the life of holiness.

In the Old Covenant, we see the moral law clearly spelled out in the Ten Commandments. In the New Covenant, we see the Law elevated in the Beatitudes. Following the path of the Law, the path of blessedness and holiness, does not have to be burdensome with the grace of Christ in us. Rather, the moral life is life to the full. Jesus is the Good Shepherd and says to us, “I came that they may have life, and have it abundantly” (John 10:10).

It is sin that weighs us down, not the commandments of God. The Law convicts us of sin, but the grace of Christ elevates us to divine life. We love God because He first loved us (see 1 John 4:19). Our own path to sanctity in the moral life flows from this reception of God’s love and enables us to experience Christ’s yoke as easy and His burden as light (see Matthew 11:30).

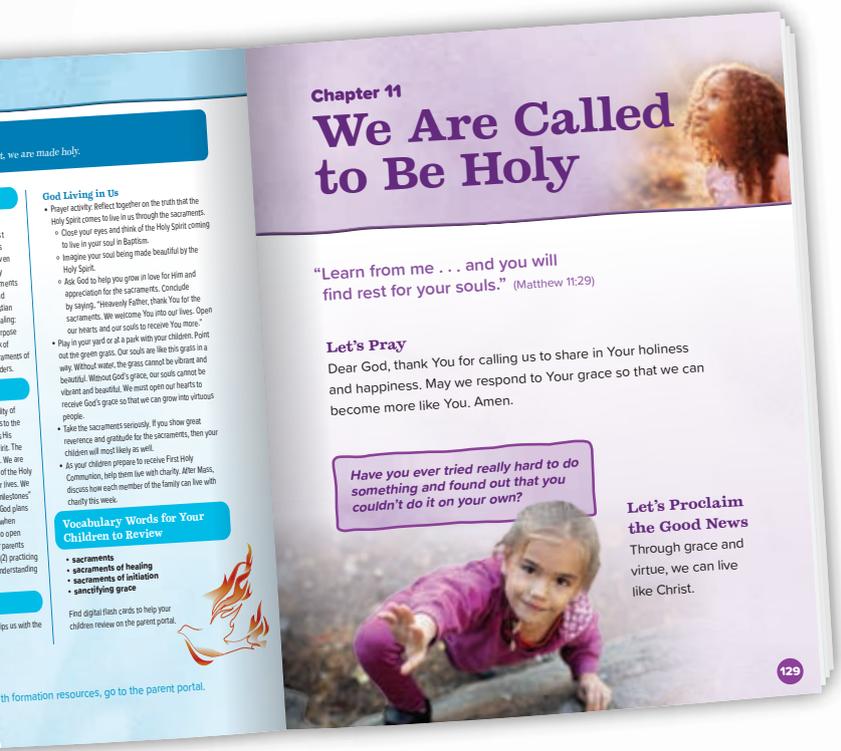
“The New Law is a law of love, a law of grace, a law of freedom” (CCC 1985).

How do you view the moral life? Burdensome or life-giving?

Why is it important for you to fulfill the Law?

How can you rely on prayer more in your battle to conquer sinful patterns in your life?

Chapter 11: We Are Called to Be Holy	Focus 1: Let's Learn about God's Word: Matthew 5:1–12	Focus 2: Virtuous Person of Character	Focus 3: Strengthened by Grace and Virtue	Focus 4: Knowing Our Sins	Review
Words to Know	<p>conscience: The voice inside us that tells us what is good and what is evil.</p> <p>mortal sin: A serious sin that separates us from God. There are three conditions for a sin to be mortal: it must be a serious sin, we must know it is wrong, and we must deliberately choose to do it anyway.</p> <p>venial sin: A less serious sin. It does not destroy grace, God's life in our souls. It still wounds our relationship with Him.</p>				
Materials	All focuses: Bible, writing materials, whiteboard. See Bonus Activities on page 110 of the Parish Catechist Manual for more.				
Sidebars	Additional sidebars are available on the catechist portal: Focus 1: “Digging Deeper: True Happiness” Focus 2: “Living the Virtues: Virtuous Living as the Fundamental Vocation”				
Chapter Aims	<ul style="list-style-type: none"> • Students will begin to recognize that God calls us to share in His blessedness—His holiness and happiness—here on earth, as well as in Heaven. • Students will grasp that they must continually accept and grow in the virtues God gives them. • Students will begin to understand that their conscience helps them do what is good and avoid what is evil. • Students will know the difference between mortal and venial sins. 				
Activity Objectives	<ul style="list-style-type: none"> • <i>Focus 1 Activity:</i> Students will identify the meaning of some of the Beatitudes. • <i>Focus 2 Activity:</i> Students will identify what they should do to become virtuous persons of character and how they can live charity with ease and joy. • <i>Focus 3 Activity:</i> Students will understand that they grow in the virtues by opening themselves to God's work in the sacraments. • <i>Focus 4 Activity:</i> Students will recognize how sin affects their relationship with God. • <i>Live Our Faith—Saints:</i> Students will discuss how they can act with charity. • <i>Faith Alive:</i> Students will distinguish between the two types of sin and an accident. 				
Preparation <i>Let's Prepare Our Hearts</i>	Choose one or more of the following: <ul style="list-style-type: none"> • Opening Prayer in Student Text • <i>Lectio Divina:</i> Matthew 11:29 V • Sacred Art: <i>Christ and the Little Child</i>, Carl Bloch V 				
Proclamation <i>Let's Proclaim the Good News</i>	Through grace and virtue, we can live like Christ.				
Explanation <i>Let's Learn about Our Faith</i>	<p>Focus 1: We are called to share in God's blessedness—His holiness and happiness.</p> <p>Focus 2: A virtuous person does what is good with ease and joy.</p> <p>Focus 3: God strengthens us in our battle against sin and temptation.</p> <p>Focus 4: God gives us a conscience to know what is good and bad. There are two types of sin. V</p> <p>Chapter Review</p>				
Application <i>Let's Live Our Faith</i>	Choose one or more of the following: <ul style="list-style-type: none"> • Saint Paul the Apostle • Faith Alive: Venial or Mortal? • <i>Gabriel's Quest</i> V 				
Celebration <i>Let's Celebrate Our Faith</i>	Unit Prayer: Act of Contrition (through “above all things”)				



Let's Prepare Our Hearts

Choose one or more of the following three prayer options:

1. Opening Prayer

Read the Opening Prayer on page 129 of the Student Text. Begin and end with the Sign of the Cross.

Dear God, thank You for calling us to share in Your holiness and happiness. May we respond to Your grace so that we can become more like You. Amen.

2. Lectio Divina

Refer to the *Lectio Divina* Quick-Start Guide on page xi of the Parish Catechist Manual. Begin with the Sign of the Cross.

Dear God, help us listen to Your Word in the Bible so that we might rest in You. Amen.

Lead students in *lectio divina* on Matthew 11:29: "Learn from me . . . and you will find rest for your souls."

Reflection (If needed, use to prompt students during the meditation step.)

- Jesus assures me that I will find rest when I live like Him. Rest is the peace and joy of the Holy Spirit.

3. Sacred Art Reflection: *Christ and the Little Child*, by Carl Bloch

Direct the students to look at the artwork on page 132 of the Student Text. Begin and end with the Sign of the Cross.

Heavenly Father, as we look at this beautiful work of art, open our eyes to see that Jesus blesses us with true happiness.

Look carefully at this artwork. (Pause.)

- Notice the halo over Jesus' head. (Pause.) Jesus' halo reminds us that He is God.
- Notice His hand that seems to be giving something to the child. (Pause.)
- Do you see that the child is at peace, with a joy that seems to want nothing else? (Pause.) Jesus also gives *us* His love, a love that gives us the peace and happiness we long for deep in our hearts.

Jesus, grant us the peace and happiness that only You can give. Amen.

Review Chapter 10

Who did Jesus promise to send to the Apostles? (The Holy Spirit.)

What is the day that the Holy Spirit came upon the Apostles and filled them with God's grace? (Pentecost.)

What are the holy visible signs that Jesus gave to the Church to share God's grace? (Sacraments.)

What is the special kind of grace that gives us a sharing in God's life and that makes us holy called? (Sanctifying grace.)

What are the three parts of the sacraments? (Minister, matter, and form.)

How many sacraments are there? (Seven.)

What are the three sacraments of initiation that make us fully members of the Church? (Baptism, Confirmation, and Eucharist.)

Optional Preparation Activities

Prepare Our Hearts Song

"Love Divine, All Loves Excelling"

Love divine, all loves excelling, Joy of heav'n to earth come down, Fix in us thy humble dwelling, All thy faithful mercies crown. Jesus, thou art all compassion, Pure, unbounded love thou art; Visit us with thy salvation; Enter ev'ry trembling heart.	Come, Almighty, to deliver, Let us all thy life receive. Suddenly return, and never, Nevermore thy temples leave. Thee we would be always blessing, Serve thee as thy hosts above, Pray, and praise thee without ceasing, Glory in thy perfect love.
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Breathe, O breathe thy loving Spirit Into ev'ry troubled breast. Let us all in thee inherit, Let us find the promised rest. Take away the love of sinning; Alpha and Omega be. End of faith, as its beginning, Set our hearts at liberty.	Finish, then, thy new creation; True and spotless let us be. Let us see thy great salvation Perfectly restored in thee. Changed from glory into glory, Till in heav'n we take our place, Till we cast our crowns before thee, Lost in wonder, love and praise.
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Memory Verse

The Bible verse we are learning in this chapter is the following:
"Learn from me . . . and you will find rest for your souls" (Matthew 11:29).

Go to the catechist portal for optional memory verse activity ideas.

FOCUS 1

Let's Learn about God's Word

Jesus invites us to enjoy a true happiness that can last forever. Happiness from God gives us the peace and joy of the Holy Spirit. We can share in some of this happiness now by living the Beatitudes.

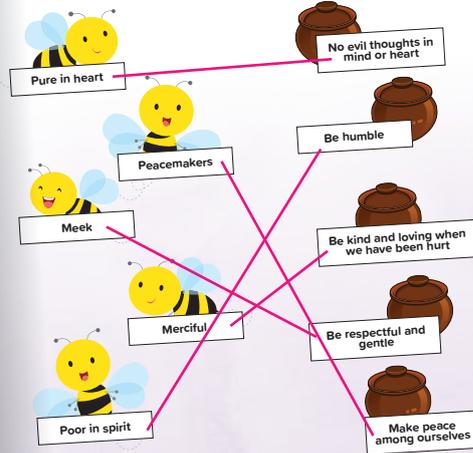
The Beatitudes give us hope for perfect happiness in Heaven. Jesus invites us to be poor in spirit; to be humble. He invites us to be meek; to be respectful and gentle. He invites us to be merciful by being kind and loving to those who offend or hurt us. He invites us to be pure in heart by knowing no evil. He invites us to be peacemakers by making peace among ourselves. Jesus says, "Rejoice and be glad, for your reward is great in heaven" (Matthew 5:12).



130 Chapter 11

Buzzy Beatitudes

Draw a line from the bee to the correct honey pot.



Faith Challenge

Living the Beatitudes will make us happy. This week, be a peacemaker and pray for those who hurt you.

131

What are the two sacraments of healing through which we receive Jesus' healing in a special way? (Reconciliation and Anointing of the Sick.)

What are the two sacraments of vocation and service? (Holy Orders and Marriage.)

Introduction

Turn to page 129 of the Student Text.

Have you ever tried really hard to do something and found out that you couldn't do it on your own? (Answers may vary.)

Let's Proclaim the Good News

Let's quiet our hearts and minds to hear the truth we believe:

Through grace and virtue, we can live like Christ.

Let's Learn about God's Word

Focus 1: We are called to share in God's blessedness—His holiness and happiness (see Matthew 5:1–12).

Why did Jesus come to heal us, to transform us to be like Him, and to make us holy? (Answers may vary.)

- Jesus wants us to share in His own life so that we can live with Him in the Kingdom of Heaven one day.
- Jesus gives us eight Beatitudes. If we live the Beatitudes, we will enjoy the Kingdom of Heaven.
- When we live the Beatitudes, we can enjoy the peace and joy of the Holy Spirit that gives us a true happiness that can last forever!
- The happiness that Jesus invites us to by living the Beatitudes is not a happiness of popularity or having a lot of things or money.

- It is a happiness that comes from *living* the way God created us to live—like Jesus lived. When we live like Jesus, we have hope for Heaven.

Jesus tells us how to live happily by living the Beatitudes.

- When Jesus says "Blessed are the poor in spirit" (Matthew 5:3), He invites us to be humble, like Jesus was humble. When we know that everything comes from God and not from ourselves or other things, we are humble.
- When Jesus says "Blessed are the meek" (5:5), He invites us to control our emotions to be respectful and gentle instead of becoming angry and vengeful to others.
- When Jesus says "Blessed are the merciful" (5:7), He invites us to be kind and loving when others have offended or hurt us.
- When Jesus says "Blessed are the pure in heart" (5:8), He invites us to keep our minds and hearts pure, with no evil thoughts. A pure heart directs us to the true, good, and beautiful.
- When Jesus says "Blessed are the peacemakers" (5:9), He invites us to make peace among ourselves.
- When we accept Jesus' invitation to become humble, meek, merciful, pure in heart, and peacemakers, Jesus says, "Rejoice and be glad, for your reward is great in heaven" (5:12).

Conclusion: We were created for a true happiness that only God can give. In the Beatitudes, Jesus teaches us how to love, share in His happiness now, and have hope for Heaven.

Optional Activity: Buzzy Beatitudes

Turn to page 131 of the Student Text.

FOCUS 2

Virtuous Person of Character

When you learn a sport or instrument, you develop a skill. For example, you can learn to play soccer. Then you are a soccer player. You can play the game with ease and joy.

This is kind of what happens when you grow in the virtues. For example, you receive the virtue of charity in Baptism. You should open your heart to receive this gift from God. You do this by allowing the Holy Spirit to work in you. He will guide you to live with charity.

A virtuous person does what is good with ease and joy. A person with holy character is a virtuous person. When we are virtuous, we live like Jesus.



132 Chapter 11

Person of Holy Character

Fill in the blanks with the correct words from the lesson.

I receive the virtue of charity in Baptism. I open my heart to accept this virtue as a gift from God. I allow the Holy Spirit to work in me. Then I can be charitable with ease and joy. I am a virtuous person of holy character. I now live like Jesus.

Faith Challenge

Pray always, "Holy Spirit, come into my heart. Guide me to live like Christ with ease and joy!"



133

Let's Learn about Our Faith

Focus 2: A virtuous person does what is good with ease and joy.

Copy entire doodle.

When you learn a sport or instrument, you develop a skill.

- Point to quadrant A. If you play the flute, you are a flute player.

- Point to quadrant B. If you cannot play the flute, you are not a flute player.

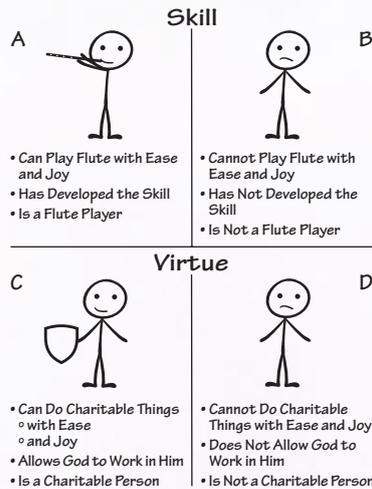
Likewise, a person with virtue can do things with greater ease and joy than one who does not yet have the virtue.

Point to quadrant C.

- A charitable person does charitable things with ease and joy.
- It is easy because he has the virtue of charity.

Point to quadrant D.

- A person whose charity is weakened by sin cannot do charitable things with ease and joy.



Having virtue is kind of like having a skill in sports or in playing an instrument.

- Both virtue and skill give you a certain ability that you did not have before. It allows you to do things that others cannot.
- Both virtue and skill make doing the activity enjoyable and easy.

Do you want to be a virtuous person? (Pause.) Do you want to do what is good with ease and joy? (Yes!)

- A person with holy character is a virtuous person.
- Once we receive grace and the theological virtues, we also have to open our hearts to accept these gifts given to us in Baptism. When we do, *we allow the Holy Spirit to work in us* so we can grow in virtue.
- Then when we are virtuous, we live with it with ease and joy. **Who will we be like when we live with virtue? (Jesus.)**
- Yes, when we live with virtue, we are like Christ. When we live with virtue, we are holy people of character.

Conclusion: Virtues are like skills. When we live with them, it becomes easy to do what is good.

Optional Activity: Person of Holy Character

Turn to page 133 of the Student Text.

Strengthened by Grace and Virtue

We all sin. God helps us fight against sin and temptation. He gives us grace and the theological virtues. These strengthen us to become holy and virtuous. The theological virtues we receive in Baptism are gifts from God. We cannot get them on our own. We must open our hearts up to God. Through grace, He will make us holy.

Jesus forgives our sins in the Sacrament of Reconciliation. The Holy Spirit works in us when we confess our sins. He works in us when we receive the Eucharist. Through the grace of the sacraments, we become like Jesus.



God Strengthens Us

Fill in the blanks with the correct words from the lesson.

God helps us fight against sin and temptation. God gives us grace and the theological virtues to strengthen us. We must open our hearts up to God. He will make us holy. The Holy Spirit works in us. We can become like Jesus.



Knowing O

God gives us a co do what is good a by learning God's

We commit a sin A mortal sin is a sin is a less serio

There are three matter. (2) We k choose to do it.

What Kind

Fill in the blanks

We commit a si to turn away fro

A mortal us from God.

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One way to receive God's help is by receiving the sacraments.

- In Baptism, we receive sanctifying grace and the theological virtues from God so that we can be strengthened against temptation and sin. These virtues strengthen us to be holy and live like Christ.
- Baptism is a gift, and so are grace and the virtues God gives us in it. We cannot earn Baptism or grace. Additionally, God gives us faith, hope, and charity so that we can know, trust, and love Him.

Baptism is the beginning of your new life in Christ. It does not end once you receive these virtues at your Baptism.

- Each of us must continue to open our hearts to God by allowing the Holy Spirit to work in us.
- We allow the Holy Spirit to work in us by inviting Him into our hearts, allowing Him to strengthen us and make us holy.
- We can open our hearts to the Holy Spirit also by receiving the Sacrament of Reconciliation. Sin is removed when we receive Jesus' forgiveness for our past sins. This makes room for more of God's grace and the virtues to grow in us.
- Another way to open our hearts to God is to go to Mass even when it's not Sunday. By receiving the Eucharist, we open our hearts to be transformed by Jesus' Body and Blood. When we are transformed, we become more like Christ.

Conclusion: God helps us fight against sin and temptation. We need to open our hearts to God, and He will strengthen us with grace and virtue.

Optional Activity: God Strengthens Us

Turn to page 134 of the Student Text.

Focus 3: God strengthens us in our battle against sin and temptation.

We all want to live a new life in Christ, don't we? (Pause.) But when we sin, do we live like Jesus? (No.)

- Raise your hand if you have ever sinned before. (Pause.) Guide class to all raise their hands, including catechist.
- We have all sinned in the past. Now raise your hand if you want to be a more virtuous person and live more like Christ. (Pause.) All should raise hands.
- ***Can we be holy and virtuous on our own, or do we need God's help? (We need God's help.)***

FOCUS 4

Grace and Virtue

...ght against sin and temptation. He gives us
...virtues. These strengthen us to become holy
...cal virtues we receive in Baptism are gifts
...them on our own. We must open our hearts
... He will make us holy.

...the Sacrament of Reconciliation. The Holy
...ve confess our sins. He works in us when
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...Us
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...Jesus.

Knowing Our Sins

God gives us a **conscience**, or an inner voice. Our conscience helps us do what is good and avoid what is evil. We should form our conscience by learning God's laws from the Bible and the teachings of the Church.

We commit a sin when we make a choice to turn away from God. A **mortal sin** is a serious sin that separates us from God. A **venial sin** is a less serious sin that wounds our friendship with God.

There are three conditions for a sin to be mortal: (1) It is very serious matter. (2) We know that it is seriously wrong. (3) We deliberately choose to do it.

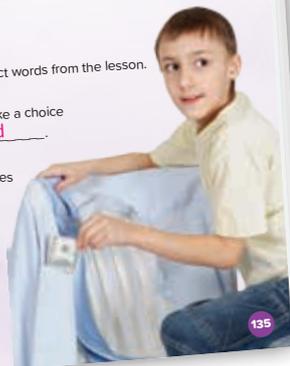
What Kind of Sin?

Fill in the blanks with the correct words from the lesson.

We commit a sin when we make a choice to turn away from God.

A mortal sin separates us from God.

A venial sin wounds our friendship with God.



Focus 4: God gives us a conscience to know what is good and bad. There are two types of sin. V

See “Digging Deeper: Grave Matter” sidebar on page 110.

Another way the Holy Spirit guides us to be holy like Christ is by giving us a conscience.

- Our conscience is the voice inside us that tells us what is good and what is evil.
- Our conscience is *not* a feeling. We cannot say that something is right because it *feels* right.
- Instead, through our conscience, we *know*, to the best of our ability, whether an action is good or bad.

Some things we know are wrong because of the laws that God has written on our hearts. For example, we know in our hearts that it is wrong to kill.

- God speaks to us in the Bible and tells us His laws.
- He also gives us the Church to guide us to know what is right and wrong.
- **We have a big responsibility to educate our conscience so we know what is right and wrong, don't we?** (Pause.)

There are two kinds of sin: venial and mortal. Write “Venial” and “Mortal” on board.

- We commit a venial sin when we do something that is not a very serious sin but that still hurts our friendship with God and others.
- We commit a mortal sin when we choose to do something wrong that is *very serious*.

There are three conditions for a sin to be mortal. Write these three conditions on board below “Mortal”:

1. It is a very serious sin.
2. We know that it is wrong.
3. We deliberately choose to do it anyway.

When we commit a mortal sin, (1) we are separated from God, and (2) we lose all grace and the theological virtues.

But God gives us the Sacrament of Reconciliation to heal and forgive us.

- If we have committed a mortal sin, we should go to confession immediately.
- We must confess our mortal sins before we receive the Eucharist.

Conclusion: Venial sins are less serious sins that wound our friendship with God. Mortal sins are very serious sins that separate us from God. God gives us the Sacrament of Reconciliation to heal our friendship with Him.

Optional Activity: What Kind of Sin?

Turn to page 135 of the Student Text.

Let's Remember Our Faith

Review the chapter by asking the students the following:

What does Jesus tell us will be our reward if we are humble, meek, merciful, and pure of heart? (Heaven.)

Is a virtuous person joyful or sad when doing what is good? (Joyful.)

Does a virtuous person do what is good easily or with difficulty? (Easily.)

How does God help us become like Christ? (Through the sanctifying grace and the theological virtues that He gives us in the sacraments.)

What do we call our inner voice that tells us what we know is right or wrong? (Conscience.)

What sin is less serious but still wounds our friendship with God? (Venial.)

What sin is very serious and separates us from God? (Mortal.)

Choose one or more of the following options:

Let's Live Our Faith

Saint Paul the Apostle: One day, Paul, who was also called Saul, was traveling to the town of Damascus. He had heard there were many Christians there. He wanted to arrest them and put them in prison. His mission was to stop them from telling more people about Jesus. When Paul was near Damascus, something amazing happened. A bright light flashed, and Paul fell to the ground. All he could see was the light. He heard a voice say, “Saul, Saul, why do you persecute me?” (Acts of the Apostles 9:4). Paul asked who the voice was. The voice replied, “I am Jesus, whom you are persecuting” (9:5).

This experience caused Paul to believe that Jesus was the Son of God. He realized that he needed to stop persecuting the Christians. In fact, he was baptized and became a Christian.

SAINT

Saint Paul the Apostle

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Faith Challenge

This week, say a prayer to grow in the virtue of charity. Ask Saint Paul to help you live with charity so you can love like God loves.

136 Chapter 11

FAITH ALIVE

Venial or Mortal?

Read the comic strip. Circle the correct answer.

Circle the sin:

Venial

Mortal



137

Do you think Saul was open to receiving God's grace and virtue at first? (Answers may vary.)

- No, he was not! That's why God literally had to knock him off his feet.
- **But after he converted, do you think he became more and more open to God's grace and virtue?** (Yes!) In fact, Paul was so virtuous and followed God so closely that he gave his life for Christ.

Do you think you could die for Jesus? (Pause.) Most of us probably know that would be really hard. But God gave Paul charity through Baptism. Paul accepted God's grace and virtues so that he could love God above all things and be willing to live and die for Jesus.

- Like Paul, we are given the virtue of charity at our Baptism. With this virtue, we are able to love God and love others like God loves.
- **What are some times when you needed to live the virtue of charity?** (Answers may vary.)
- Maybe you wanted to show your love and gratitude to God by praying grace before meals even when you were at a restaurant.
- Maybe your parents wanted to skip Sunday Mass, but you respectfully asked them to take you instead.
- Maybe your friend wanted you to do something bad like look at a bad internet site or make fun of another classmate, but you courageously rejected the offer so that you could be obedient to God.
- In all these instances, you lived the virtue of charity by loving as God loves. By doing small acts of charity, we open ourselves up to God to receive even more charity. Then we will have the strength to do anything out of love for Jesus, just like Saint Paul!

Challenge: This week, say a prayer to grow in the virtue of charity. Ask Saint Paul to help you live with charity so you can love like God loves.

Faith Alive

Venial or Mortal?

Read the following scenarios. Have students give the answer. Then have them tell what the person needs to do next. Students will choose one of these or make up a story about a venial sin, mortal sin, or accident.

Scenarios:

1. Isabella is at home watching TV. Her brother Bobby comes into the room and changes the channel and says something mean to her. **Are Bobby's actions a venial sin, a mortal sin, or an accident?** (Venial sin.) **What should he do next?** (Apologize and tell sin in confession.)
2. Isabella is at home watching TV. Her brother Bobby comes into the room and turns it to a bad movie that his parents told him not to watch. Isabella reminds him that he is forbidden to watch bad movies. Bobby says, "I don't care. I am going to watch it anyway." **Are Bobby's actions a venial sin, a mortal sin, or an accident?** (Mortal sin.) **What should he do next?** (Go to confession as soon as possible.)
3. Isabella is at home watching TV. Her brother Bobby runs into the room, trips over the rug, and breaks his mother's vase. **Are Bobby's actions a venial sin, a mortal sin, or an accident?** (Accident.) **What should he do next?** (Say he is sorry; offer to make up for it.)

Turn to page 137 of the Student Text.

Chapter 11 Review: We Are Called to Be Holy

Turn to page 138 of the Student Text.

Let's Celebrate Our Faith

In the Act of Contrition, we pray, "In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things." Have students repeat each phrase: in choosing to do wrong . . . and failing to do good . . . I have sinned against You . . . whom I should love above all things.

REVIEW

Chapter 11 Review: We Are Called to Be Holy

Finish each sentence by filling in the blanks.

virtuous sin mortal Reconciliation venial
conscience happiness strengthen Beatitudes

1. True happiness from God gives us peace and joy of the Holy Spirit.
2. We can share in the true happiness of God by living the Beatitudes. They give us hope for perfect happiness in Heaven.
3. Grace and virtue strengthen us to become holy and virtuous.
4. We sin when we make a choice to turn away from God.
5. A venial sin is a less serious sin. It wounds our relationship with God.
6. A mortal sin is a serious sin that separates us from God.
7. In the Sacrament of Reconciliation, Jesus forgives our sins.
8. A virtuous person does what is good with ease and joy.
9. Our conscience is an inner voice from God. It helps us do what is good and avoid evil.

138 Chapter 11

GABRIEL'S QUEST



It was a five-dollar bill. *Five dollars!* he thought as he picked it up.

Read the full *Gabriel's Quest* story on the student or parent portal.

139

- When we pray “**in choosing to do wrong and failing to do good, I have sinned against You,**” we are saying that we have sinned against God.
- When we pray “**whom I should love above all things,**” we are saying that we should love God more than anything else.

Let's pray the Act of Contrition together.

Begin and end with the Sign of the Cross.

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior, Jesus Christ, suffered and died for us. In His name, my God, have mercy. Amen.

Take Home

The take-home pages are located on pages 139–40 of the Student Text and on the catechist and parent portals. These pages are the story from *Gabriel's Quest* and the Family Faith page. Please send pages 139–40 home with the students.

Gabriel's Quest

Better Later Than Never

Lesson Link: God creates us with the ability to choose between right and wrong. We can make the choice to be a person of holy character (to be the person God wants us to be).

One day at recess, Gabriel saw something where the sidewalk met the grass. He knelt to look. It was a five-dollar bill. *Five dollars!* he thought as he picked it up. He glanced around to see if anyone had dropped the bill. The kids were busy doing other things.

Max, his classmate, was standing at the door. He gave Gabriel a curious look. Gabriel quickly shoved the bill into his pocket. *I'll hand it to Sister Teresa when I go back to class,* he decided.

Gabriel's mind kept going back to the five-dollar bill in his pocket. He thought of all the different things he could buy with five dollars. Candy or a toy or maybe a couple of comic books he liked.

By the time he reached the classroom, he didn't want to give the bill to Sister Teresa. *I'll give it to her later,* he thought. Meanwhile, he kept dreaming of all he could do with five dollars. *Maybe I can take some flowers to Grandma Rosa,* he said to himself.

Time went by. Gabriel felt bad about keeping the money. *The money isn't mine,* he knew. *It belongs to someone else.*

After an afternoon spelling drill, Gabriel went to Sister Teresa's desk. He set the five-dollar bill in front of her. “I found this at recess,” he said.

She gazed at him for a moment. “Thank you for handing it in,” she said. She put the bill in her desk drawer.

Gabriel sat down again. He felt relieved.

Max suddenly threw his hand in the air. “Sister?”

Sister Teresa asked, “What is it, Max?”

“I lost some money on the playground,” he said. He shot a glance at Gabriel.

Gabriel's mouth fell open.

“How much did you lose?” Sister Teresa asked Max.

“Maybe a dollar. Or five. Or ten,” he said.

“You don't know how much you lost?” the sister asked. “I want you to think carefully. Was it a one-dollar bill, a five-dollar bill, or a ten-dollar bill?”

“I'm not sure. It had a picture of a president on it,” Max said.

Some of the kids laughed.

“Most of our bills have a picture of a president on it,” Sister Teresa said. “Was it George Washington or Abraham Lincoln?”

“Abraham Lincoln,” Max said. He was clearly guessing.

(Continued on page 110)

(Gabriel's Quest continued)

Gabriel fumed. He was sure that Max saw him pick up the money.

"Are you sure?" Sister Teresa asked.

Before Max could answer, there was a knock at the door. Sister Teresa stood up. Father Cliff was at the door with Lizzy Perry. Lizzy was Gabriel's cousin. She was a sixth grader. Father Cliff whispered to Sister Teresa. Then Sister Teresa nodded and asked Lizzy to come in.

"The sixth-grade class was doing a special project today," Lizzy said. "We hid five-dollar bills around the school to see what students would do if they found them. We watched to count how many students returned the money or kept it for themselves. Someone in this class found one of our bills on the playground."

Sister Teresa gestured to Gabriel. "I'm happy to report that Gabriel found it and handed it in to me." She went to the desk and brought out the five-dollar bill.

Lizzy smiled at Gabriel. "Congratulations, Gabriel," she said. "You did the right thing."

Gabriel felt his cheeks turn red. He remembered how he almost kept the money.

"I'm glad to say that almost all the students in the school turned the money in," said Lizzy. She thanked Sister Teresa and left.

"I'm proud of you," Sister Teresa said to Gabriel. Then she gazed at Max. "Oh, but we still have a problem with your missing money," she said.

Max lowered his head. "Never mind," he mumbled. "I must have left mine at home."

After school, Gabriel talked to Lizzy Perry about what had happened. "I was going to keep that five dollars," he said.

"But you didn't," Lizzy said.

"Does that count?" asked Gabriel.

"That's a good question," Lizzy said. "Does it?"

Questions:

1. **Why did Gabriel hesitate to return the money?** (Answers may vary.)
2. **Why is it sometimes hard to do the right thing?** (Answers may include the wrong thing is attractive.)
3. **Does it count that Gabriel wanted to keep the money but handed it in anyway?** (Answers may vary.)

Optional: Have students use their journal pages to reflect on Question 2: **Why is it sometimes hard to do the right thing?** Journal pages are available on the catechist and student portals.

Chapter 11 Bonus Activities

Beatitudes Garden

Students will create a craft that incorporates phrases of the Beatitudes.

You can access the blackline master for this activity on the catechist portal.

Sin, You, and God

Instruct students to gather around you and stand relatively close to you. Explain that you are representing God. Explain that when we are free from sin, we are close to God, but when we sin, we grow further away. Have students step back from "God" because of sin. Next, explain that when we sin mortally, we leave God completely. Explain that now they will imagine that they have committed a mortal sin. They now step outside the classroom. Suggestion: direct students to line up outside the classroom the way they would on other occasions so that you can demonstrate the separation, but still continue the discussion from inside the doorway. Explain that God can always see them and still cares about what choices they make, even if they do leave Him. Explain that God wants us to return to Him if we sin mortally and that confession is the way to return. Then have them return to the classroom.

Journey Board Game

Students will play a board game to learn about virtue and vice.

You can access the blackline master for this activity on the catechist portal.

For the Catechist

Digging Deeper: Grave Matter

"Mortal sin is sin whose object is grave matter and which is also committed with full knowledge and deliberate consent" (CCC 1857). In other words, an act is mortally sinful when it is seriously wrong, when we know it is wrong, and when we freely choose to do it. But what sort of actions constitute "grave matter"? "Grave" here means serious, literally "weighty" (Latin: *gravior*). Violations of the Ten Commandments, such as idolatry, murder, and adultery, as well as related sins, such as violence or sexual impurity, typically are grave matter. Actions that cause great harm or that are inherently opposed to the good—what we call intrinsically evil acts—are regarded as grave matter. Because mortal sin is more grievous, it "destroys charity in the heart" and "turns man away from God" (CCC 1855). The consequence of unrepented mortal sin is eternal separation from God, or Hell.

Chapter 12

God's Mercy and Forgiveness

CHAPTER SUMMARY

Jesus, as God, has the authority to forgive sins. The authority to forgive sins in Jesus' name was given to the Apostles and their successors the evening that Jesus rose from the dead. Jesus invites us to be reconciled again through the Sacrament of Reconciliation. When preparing for Reconciliation, we should pray to the Holy Spirit as we examine our consciences. This sacrament is also called Penance. Through our penance, we turn our hearts back to God and "make amends for the sin" by doing penance (CCC 1459). Through this sacrament, we are forgiven and our wounded souls are healed; grace and the theological virtues are restored in us.

CATECHISM OF THE CATHOLIC CHURCH (CCC) REFERENCES

Apostolic succession: 861, 1087

Examination of conscience: 1454

In Persona Christi: 1548

Origin of Sacrament of Reconciliation: 1441

Confession of sins: 1455–56, 1458

Minister of Reconciliation: 1461

Contrition: 1451–53

Penance: 1459–60

Effects of the sacrament: 1468–69

Reconciliation with the Church: 1444–45

PREPARING OUR HEARTS

"Be reconciled to God" (2 Corinthians 5:20).

We all need forgiveness. Our world is often filled with more hurt and sin than healing and forgiveness. But God wants to heal all our wounds and forgive all our sins. To receive this mercy, we must repent from our sin and ask for God's forgiveness. This forgiveness and healing is offered in the Sacrament of Reconciliation. When the priest celebrates this sacrament, he is *in Persona Christi*. It is really Jesus celebrating the sacraments through the priest. When we confess our sins to the priest and hear those sacred words, "I absolve you of your sins," it is Christ Himself, through the lips of the priest, speaking those words into our souls. Let that sink in for a minute.

We get to hear from Jesus Himself that He forgives us. We are reconciled to God and to the Church! We do not have to wonder whether or not we are right with God. We don't have to remain weighed down by past sins. We are free! God then fills us with His grace and virtues to strengthen our resolve to not sin again.

"As the heavens are high above the earth, so great is his mercy toward those who fear him; as far as the east is from the west, so far does he remove our transgressions from us" (Psalm 103:11–12).

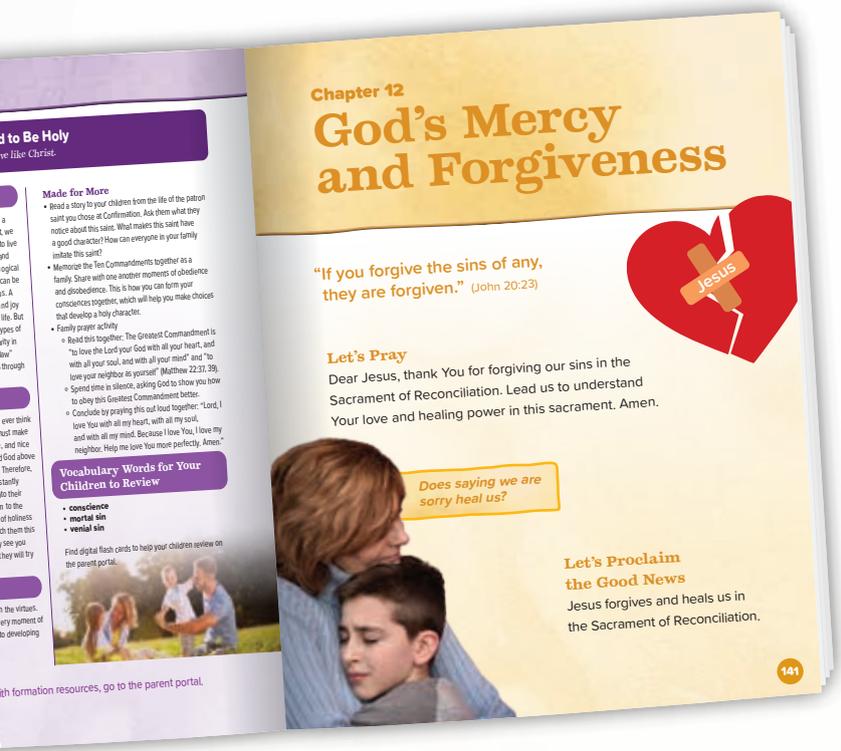
"Child, your sins are forgiven" (Mark 2:5).

Think back upon your last experience in confession. What was it like standing in line waiting to confess your sins? Were you weighed down by your sins?

What was it like afterward? Did that weight of sin fall off you?

How has God's forgiveness strengthened your resolve to live virtuously?

Chapter 12: God's Mercy and Forgiveness	Focus 1: Let's Learn about God's Word: John 20:19–23	Focus 2: Examining Our Consciences	Focus 3: Expressing Contrition	Focus 4: Reconciliation and Penance	Review
Words to Know	<p>contrition: Sorrow for our sins and a commitment not to sin again.</p> <p>penance: A prayer or action that the priest gives us to do after our confession. It shows our love for God. It also shows our contrition for our sins.</p> <p>Reconciliation: The sacrament through which we receive forgiveness for sins after Baptism. In the sacrament, we show sorrow for our sins. We confess them out loud to a priest.</p> <p>repentance: A firm desire not to sin again.</p>				
Materials	<p>All focuses: Bible, writing materials, whiteboard. See Bonus Activities on page 120 of the Parish Catechist Manual for more.</p> <p>Focus 1: Crucifix</p>				
Sidebars	<p>Additional sidebars are available on the catechist portal:</p> <p>Focus 1: “Living the Virtues: God’s Promise of Mercy” and “Digging Deeper: Apostolic Succession”</p>				
Chapter Aims	<ul style="list-style-type: none"> • Students will understand that Jesus gave us the Sacrament of Reconciliation to forgive us and heal our souls. • Students will understand that the priest stands in the place of Christ in the Sacrament of Reconciliation. • Students will know how to examine their consciences. • Students will begin to understand the importance of contrition and repentance to the Sacrament of Reconciliation. 				
Activity Objectives	<ul style="list-style-type: none"> • <i>Focus 1 Activity:</i> Students will identify that by the power of the Holy Spirit, a priest forgives our sins in the name of Jesus. • <i>Focus 2 Activity:</i> Students will identify different ways we inform our consciences. • <i>Focus 3 Activity:</i> Students will identify words in the Act of Contrition and demonstrate an understanding of the meaning of “contrition” and “repentance.” • <i>Focus 4 Activity:</i> Students will identify how to reconcile in a difficult situation. • <i>Live Our Faith—Saints:</i> Students will discuss the proper response to sin and the loss of virtue: repentance and returning to God. • <i>Faith Alive:</i> Students will discuss and role-play how they can examine their consciences with virtues. 				
Preparation <i>Let's Prepare Our Hearts</i>	<p>Choose one or more of the following:</p> <ul style="list-style-type: none"> • Opening Prayer in Student Text • <i>Lectio Divina:</i> John 20:23 V • Sacred Art: <i>Zacchaeus</i>, William Henry Margetson V 				
Proclamation <i>Let's Proclaim the Good News</i>	<p>Jesus forgives and heals us in the Sacrament of Reconciliation.</p>				
Explanation <i>Let's Learn about Our Faith</i>	<p>Focus 1: Jesus gave the Sacrament of Reconciliation to the Church. V</p> <p>Focus 2: We examine our consciences to know our sins.</p> <p>Focus 3: If we sin and turn against God, we have offended God and others. We should be sorry and repent.</p> <p>Focus 4: The Church uses two names for Reconciliation, which highlight important aspects of what happens in this sacrament.</p> <p>Chapter Review</p>				
Application <i>Let's Live Our Faith</i>	<p>Choose one or more of the following:</p> <ul style="list-style-type: none"> • Saint Paul the Apostle • Faith Alive: Examination of Conscience • Enrichment: Character 				
Celebration <i>Let's Celebrate Our Faith</i>	<p>Unit Prayer: Act of Contrition (through “whatever leads me to sin”)</p>				



Let's Prepare Our Hearts

Choose one or more of the following three prayer options:

1. Opening Prayer

Read the Opening Prayer on page 141 of the Student Text. Begin and end with the Sign of the Cross.

Dear Jesus, thank You for forgiving our sins in the Sacrament of Reconciliation. Lead us to understand Your love and healing power in this sacrament. Amen.

2. Lectio Divina

Refer to the *Lectio Divina* Quick-Start Guide on page xi of the Parish Catechist Manual. Begin with the Sign of the Cross.

Heavenly Father, open our ears to listen to Your Word in the Bible as You tell us of Your forgiveness. Amen.

Lead students in *lectio divina* on John 20:23: "If you forgive the sins of any, they are forgiven."

Reflection (If needed, use to prompt students during the meditation step.)

- Through the priest, Jesus forgives my sins.

3. Sacred Art Reflection: *Zacchaeus*, by William Henry Margetson

Direct the students to look at the artwork on page 146 of the Student Text. Begin and end with the Sign of the Cross.

Heavenly Father, as we look at this beautiful work of art, open our eyes to see how You reach out to sinners to welcome them back into Your family.

Look carefully at this artwork. (Pause.)

- Notice how Zacchaeus desired to see Jesus so deeply that he climbed up into a tree to catch a glimpse of Him. (Pause.)
- Zacchaeus had sinned against God. **Do you see that Jesus is inviting Zacchaeus back into God's family?** (Pause.)

Thank You, Jesus, for inviting us back to heal our souls. Amen.

Review Chapter 11

What does Jesus tell us will be our reward if we are humble, meek, merciful, and pure of heart? (Heaven.)

Is a virtuous person joyful or sad when doing what is good? (Joyful.)

Does a virtuous person do what is good easily or with difficulty? (Easily.)

How does God help us become like Christ? (Through the grace and the theological virtues that He gives us in the sacraments.)

What do we call our inner voice that tells us what we know is right or wrong? (Conscience.)

What sin is less serious but still wounds our friendship with God? (Venial.)

Does saying we are sorry heal us? (Mortal.)

Introduction

Turn to page 141 of the Student Text.

Think of a time when you were forgiven for something you did wrong.

Does saying we are sorry heal us? (Answers may vary.)

Optional Preparation Activities

Prepare Our Hearts Song

"Love Divine, All Loves Excelling"

Love divine, all loves excelling, Joy of heav'n to earth come down, Fix in us thy humble dwelling, All thy faithful mercies crown. Jesus, thou art all compassion, Pure, unbounded love thou art; Visit us with thy salvation; Enter ev'ry trembling heart.	Come, Almighty, to deliver, Let us all thy life receive. Suddenly return, and never, Nevermore thy temples leave. Thee we would be always blessing, Serve thee as thy hosts above, Pray, and praise thee without ceasing, Glory in thy perfect love.
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Breathe, O breathe thy loving Spirit Into ev'ry troubled breast. Let us all in thee inherit, Let us find the promised rest. Take away the love of sinning; Alpha and Omega be. End of faith, as its beginning, Set our hearts at liberty.	Finish, then, thy new creation; True and spotless let us be. Let us see thy great salvation Perfectly restored in thee. Changed from glory into glory, Till in heav'n we take our place, Till we cast our crowns before thee, Lost in wonder, love and praise.
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Memory Verse

The Bible verse we are learning in this chapter is the following: "If you forgive the sins of any, they are forgiven" (John 20:23).

Go to the catechist portal for optional memory verse activity ideas.

FOCUS 1

Let's Learn about God's Word

"Jesus came and stood among [His Apostles] and said to them, 'Peace be with you.' When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent me, even so I send you.' And when he had said this, he breathed on them, and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained'" (John 20:19–23).



142 Chapter 12

Jesus gave His Apostles the authority to forgive sins. He gave us the Sacrament of **Reconciliation**. God forgives our sins after Baptism in this sacrament. Jesus is present through the priest. Only a priest or a bishop has the power to forgive sins. They are not allowed to tell your sins to anyone.

Jesus Forgives Us

Answer the following questions by circling the picture with the correct color.

- Red:** Who is present in the priest and is forgiving our sins?
- Blue:** Who was given the authority from Jesus to forgive sins so that we can receive grace?
- Purple:** When Jesus breathed on the Apostles, whom did they receive?
- Yellow:** Whose sins are forgiven and therefore receives the grace to be healed?



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Faith Challenge

When you hurt others, apologize and then say, "Lord Jesus, come and heal me."

Let's Proclaim the Good News

Let's quiet our hearts and minds to hear the truth we believe:

Jesus forgives and heals us in the Sacrament of Reconciliation.

Let's Learn about God's Word

Focus 1: Jesus gave the Sacrament of Reconciliation to the Church (see John 20:19–23). **V**

Have students look at a crucifix.

Jesus, the Son of God, became man to teach us about God and lead us to Heaven. **But do you know why Jesus died on the Cross?** (Answers may vary.)

- Jesus died on the Cross to save us from our sins. Because of His sacrifice on the Cross, we can receive forgiveness for our sins.
- God wants to offer us His mercy by forgiving our sins. Mercy is the love and kindness shown to those who have offended or hurt us.
- He wants to forgive us for the evil that we have done by choosing to sin and rejecting His love.

In the Sacrament of Reconciliation, we receive God's forgiveness for sins after Baptism.

- We show sorrow for our sins, and we confess them out loud to a priest.
- Jesus gave the authority to forgive sins to His Apostles after He rose from the dead.

Let's read about how Jesus gave the Sacrament of Reconciliation to His Church. Look at the illustration on page 142 of the Student Text.

"On the evening of that day, the first day of the week, the doors being shut where the disciples were, for fear of the Jews, Jesus came and stood among them and said to them, 'Peace be with you.' When he had said this, he showed them his hands and his side. Then the disciples were glad when they saw the Lord. Jesus said to them again, 'Peace be with you. As the Father has sent me, even so I send you.' And when he had said this, he breathed on them, and said to them, 'Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained'" (20:19–23).

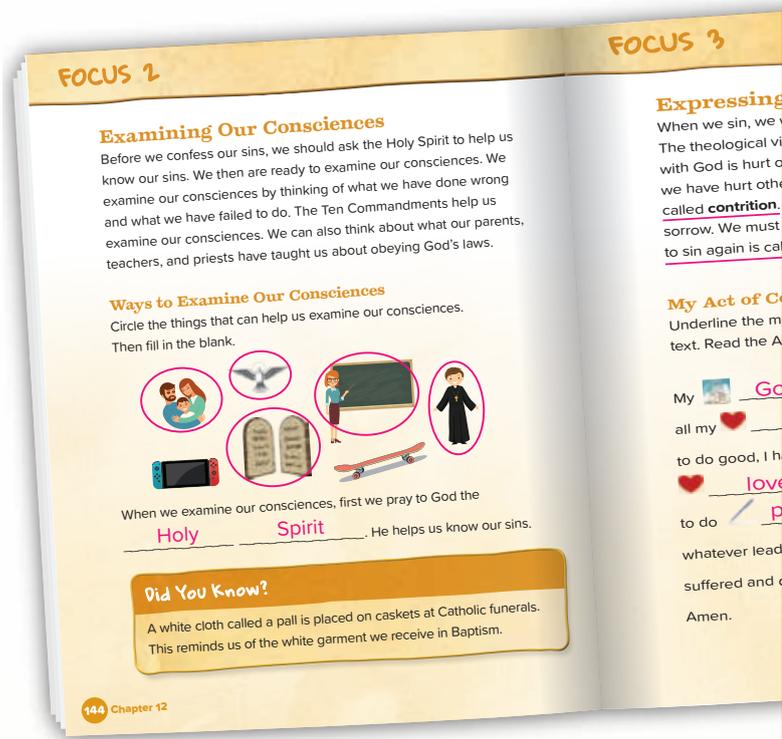
When Jesus breathed the Holy Spirit upon the Apostles, He gave them the authority to forgive sins.

- In the Sacrament of Reconciliation the priest or bishop acts *in Persona Christi*, or in the Person of Christ. This means that they act on behalf of Christ, who forgives our sins.
- So when we confess our sins, we are really confessing our sins to Jesus. Jesus is present through the priest or bishop.
- The priest can never tell anyone our sins.
- We can be at peace knowing that when we receive the Sacrament of Reconciliation and are sorry, God has truly forgiven our sins.

Conclusion: Jesus handed on the authority to forgive sins to the Apostles. Through the Sacrament of Reconciliation, the sins we commit after Baptism are forgiven.

Optional Activity: Jesus Forgives Us

Turn to page 143 of the Student Text.



- When we examine our consciences, we prayerfully review our past thoughts, choices, and actions.
- We do this to see how we have sinned and broken God’s Law both in what we *have done* and in what we have *failed to do*.

God gives us the Ten Commandments to help us know our sins.

- We can also recall what our parents, teachers, and priests have taught us about Church laws and how we should behave.
- If we have committed a mortal sin, we must confess it to be healed.
- We also confess our venial sins, but it is not required.

In the quiet of our hearts, let us each examine our conscience. **Instruct students to follow along with the Examination of Conscience appendix on page 294 of the Student Text (page 256 of the Parish Catechist Manual).** Students should be reminded not to respond verbally. This is between them and God alone. Encourage them to use the questions in the Examination of Conscience appendix to examine their consciences privately. Let’s begin with a short prayer to the Holy Spirit: **“Come, Holy Spirit, help me know my sins.”** (Repeat.) Use the questions provided in the appendix to guide the students in a practice examination of conscience.

Conclusion: Before we go to the Sacrament of Reconciliation, we should examine our consciences. The priest cannot tell our sins to anyone.

Optional Activity: Ways to Examine Our Consciences

Turn to page 144 of the Student Text.

Let’s Learn about Our Faith

Focus 2: We examine our consciences to know our sins.

Before we confess our sins in the Sacrament of Reconciliation, we must know what they are.

- God knows everything. He already knows our sins.
- But we still need to confess our sins to a priest.

We should pray to the Holy Spirit to guide us in knowing our sins so we can confess them.

- This makes us ready for an examination of conscience.
- Remember, our consciences tell us what is right and what is wrong.

For the Catechist

Digging Deeper: The Seal of the Confessional

In the Sacrament of Reconciliation, we confess our sins—even our worst, most embarrassing acts. Some may worry, however, that the priest might reveal our sins to others. The Church forbids this. Priests are bound by what is called the “sacramental seal” or “the seal of the confessional.” A priest may not reveal or use any information learned in the confessional that would reveal a person’s sins or identify who had confessed. “It is absolutely forbidden for a confessor to betray in any way a penitent in words or in any manner and for any reason” (Code of Canon Law, can. 983 §1). Even if a person confesses having committed a crime, the priest cannot reveal that information. To do so carries the penalty of excommunication. The priest is bound to “absolute secrecy” and this seal “admits of no exceptions” (CCC 1467). A great amount of trust is needed to confess one’s sins. The sacramental seal helps to ensure that trust.

FOCUS 3

Consciences

We should ask the Holy Spirit to help us ready to examine our consciences. We do this by thinking of what we have done wrong and how we should do. The Ten Commandments help us to do this. We can also think about what our parents and teachers have taught us about obeying God's laws.

Our Consciences

Our consciences help us examine our consciences.



Our consciences, first we pray to God the

Spirit. He helps us know our sins.

A pall is placed on caskets at Catholic funerals. The white garment we receive in Baptism.

Expressing Contrition

When we sin, we wound our souls. Grace is weakened or lost in us. The theological virtues are weakened or lost in us. Our friendship with God is hurt or lost. When we sin, we are sorry for the ways we have hurt others and offended God. Our sorrow for our sins is called contrition. When we go to Reconciliation, we should have true sorrow. We must be determined not to sin again. Our firm desire not to sin again is called repentance.

My Act of Contrition Prayer

Underline the meaning of "contrition" and "repentance" in the lesson text. Read the Act of Contrition on page 292. Fill in the blanks below.

My **God**, I am **sorry** for my sins with all my **heart**. In choosing to do wrong and failing to do good, I have **sin**-ned against You, whom I should **love** above all things. I firmly intend, with Your help, to do **pen**-ance, to sin no m- **ore**, and to avoid whatever leads me to sin. Our Savior, **Jesus** Christ, suffered and died for us. In His name, my **God**, have mercy. Amen.

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Focus 3: If we sin and turn against God, we have offended God and others. We should be sorry and repent.

Because we were wounded by Original Sin, we are all inclined to sin. That means that *none of us* is without sin. Sin wounds our souls.

- If we commit a venial sin, grace and the theological virtues are weakened in us. Our friendship with God is damaged but not destroyed.
- If we commit a mortal sin, we are separated from God and completely lose grace and the virtues God gives us entirely!
- When we go to the Sacrament of Reconciliation, the graces and theological virtues are restored and can be further strengthened in us.

When we sin, we hurt our friendship with God; we offend God.

- **If we hurt our friendship with God, should we be sorry? (Yes.)**

- The Sacrament of Reconciliation gives us an opportunity not only to confess our sins but also to be sorry for our sins. We call our sorrow for sins contrition.
- With contrition, we are determined and committed not to sin again.
- We call this firm desire not to sin again repentance.

Direct students to turn to the Act of Contrition on page 292 of the Student Text.

In the Act of Contrition, we tell God we are sorry, promise not to sin again, and ask for His mercy and forgiveness.

- We show contrition when we say, "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."
- We repent of our sin when we say, "I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin."
- We ask for God's forgiveness when we say, "Our Savior, Jesus Christ, suffered and died for us. In His name, my God, have mercy."
- It is very important when we say these words *to say them with all our hearts*.

Conclusion: When we go to the Sacrament of Reconciliation, we need to have contrition, which is a sorrow for our sins, and repentance, which is a firm desire not to sin again.

Optional Activity: My Act of Contrition Prayer

Turn to page 145 of the Student Text.

For the Catechist

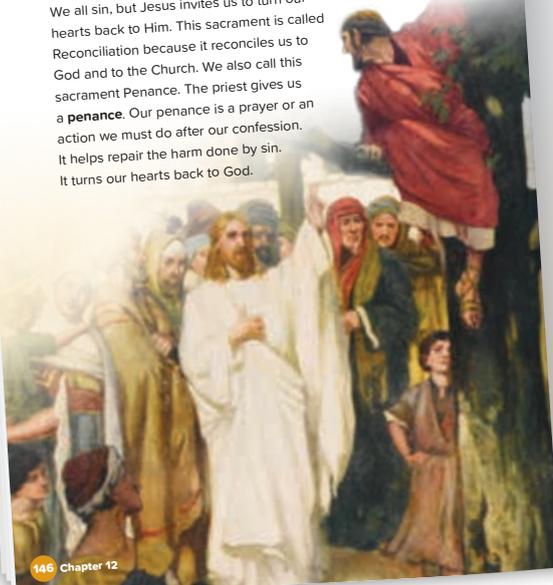
Digging Deeper: Contrition outside the Sacrament of Reconciliation

When we realize that we have sinned and are sorry, we experience contrition, which is a sorrow of the soul and a hatred of the sin we have committed. Contrition also includes a resolution not to commit that sin again. Sometimes, we have to grow in how we say we are sorry to God and others. Would we rather have someone say that he is sorry because he fears getting punished, or have him say that he is sorry because he realized he really hurt us when he should have been loving to us? Saying sorry in order to avoid being punished is called imperfect contrition, but saying sorry because of the hurt we caused to the relationship is called perfect contrition. Perfect contrition is sorrow that comes from our love for God and our sorrow for having offended Him. While perfect contrition is able to bring about forgiveness for mortal sins, we need to seek out the Sacrament of Reconciliation as soon as possible. Reconciliation is the only sure way to receive God's forgiveness for mortal sins.

FOCUS 4

Reconciliation and Penance

We all sin, but Jesus invites us to turn our hearts back to Him. This sacrament is called Reconciliation because it reconciles us to God and to the Church. We also call this sacrament Penance. The priest gives us a **penance**. Our penance is a prayer or an action we must do after our confession. It helps repair the harm done by sin. It turns our hearts back to God.



146 Chapter 12

Be Reconciled

Read the story below. Write the end of the story so the characters reconcile their friendship.

Daniel, Sam, and Sarah are in second grade at St. Mark's School. Daniel and Sam like to play together during recess. Sarah wanted to be friends with Daniel and Sam. One day, Sarah asked if she could join Daniel and Sam at recess to play tag. Daniel and Sam told Sarah, "No, we do not want to include you. You are not a fast runner, and you are not good at playing tag." Sarah's feelings were very hurt. Daniel and Sam saw Sarah crying and knew they had been mean to her.

What can Daniel and Sam do next to reconcile their friendship with Sarah? Write the end of the story.

Faith Challenge

We do acts of penance to help make up for the harm and turn our hearts back to God. When you sin, do an act of kindness to help heal the harm your sin caused.



147

Focus 4: The Church uses two names for Reconciliation, which highlight important aspects of what happens in this sacrament.

See "Teaching Tips: Inviting Parents to Participate in Reconciliation" sidebar on page 120.

When we confess our sins to a priest, we say we "go to confession."

- When we go to confession, we are receiving the Sacrament of Reconciliation.
- This sacrament is called Reconciliation because we are *reconciled* with God and the Church. Write "Reconciliation" on the board. Place a box around "Reconciliation" and add "reconcile" underneath.
- When we sin, we hurt or break our relationship with God and the Church. Therefore, we need to be reconciled.
- When we reconcile with God, He welcomes us back into friendship.

The Sacrament of Reconciliation can also be called the Sacrament of Penance.

- After we confess our sins, the priest will give us a penance.
- A penance is a prayer or action that the priest gives us to do after our confession.
- Our penance shows our love for God and our contrition, that is, sorrow for our sins.
- It turns our hearts back to God.
- This turning back means not only that we are going to try not to sin again but also that we are trying to make up for the previous harm of our sins.

Imagine that you stole something from a friend. **What is a way you could make up for this harm and repair the friendship?** (Give back what you stole.)

- Look at the sacred art on page 146 of the Student Text. Here, Jesus is speaking with Zacchaeus, who had taken people's money from them.
- In the Bible, we read that Zacchaeus repented of his sin, saying he would pay back four times the amount he had taken from

others! In this action, Zacchaeus healed the harm of his past sin (see Luke 19:1–10).

Here is another example of a penance.

- If we have hurt someone in our family, the priest may ask us to do an act of kindness toward that person.
- The penance that the priest gives us must be done as soon as possible after we go to confession.

Conclusion: Confession is called the Sacrament of Reconciliation because it reconciles us with God. It is called the Sacrament of Penance because we take action to show God our sorrow for sin and our love for Him.

Optional Activity: Be Reconciled

Turn to page 147 of the Student Text.

Let's Remember Our Faith

Review the chapter by asking the students the following:

Who gave the Church the Sacrament of Reconciliation? (Jesus.)

To whom should we pray for guidance in remembering our sins? (The Holy Spirit.)

What do we have that tells us what is right and wrong? (Our consciences.)

What do we call it when we recall our sins before going to confession? (Examination of conscience.)

What is weakened or lost in us when we commit sin? (Grace, theological virtues.)

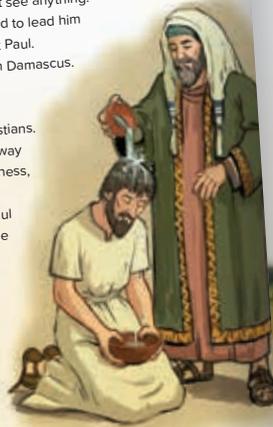
What do we call sorrow for our sins? (Contrition.)

Why should we be sorry for our sins? (We have offended God.)

Saint Paul the Apostle

Jesus spoke to Paul in the bright light. Jesus told Paul to go into the town of Damascus and wait for a man named Ananias. When the bright light faded, Paul could not see anything. He was blind, so his companions had to lead him to the city. God sent Ananias to visit Paul. Ananias was a holy Christian man in Damascus.

Paul was very sorry for his sins, especially for persecuting the Christians. He was determined to not sin this way again. Ananias healed Paul's blindness, taught him more about Jesus, and baptized him. This showed that Paul was starting a new life in Christ. He was grateful to God for sending Ananias to baptize him.

**Faith Challenge**

If you do something that hurts someone or is a sin against God, try to say sorry right away and ask for forgiveness.

148 Chapter 12

Examination of Conscience

Say this prayer. Then use the examination of conscience in the appendix on page 294.

Holy Spirit, guide me to live a virtuous life.
 Guide me to love.
 Guide me to believe.
 Guide me to hope and trust in You.
 Guide me to make good decisions.
 Guide me to have courage to stand up for what is right.
 Guide me to control my desires.
 Guide me to give others what is due to them.



149

What do we call our firm desire not to sin again? (Repentance.)

What do we call the action or prayer the priest gives us to show our love for God and turn our hearts back to Him? (Penance.)

Choose one or more of the following options:

Let's Live Our Faith

Saint Paul the Apostle: Jesus spoke to Paul in the bright light. Jesus told Paul to go into the town of Damascus and wait for a man named Ananias. When the bright light faded, Paul could not see anything. He was blind, so his companions had to lead him to the city. God sent Ananias to visit Paul. Ananias was a holy Christian man in Damascus.

Paul was very sorry for his sins, especially for persecuting the Christians. He was determined to not sin this way again. Ananias healed Paul's blindness, taught him more about Jesus, and baptized him. This showed that Paul was starting a new life in Christ. He was grateful to God for sending Ananias to baptize him.

The sins that Saint Paul committed before his Baptism were very serious. But God was loving and merciful and wanted to heal Saint Paul's friendship with Him.

We all sometimes commit sins and need to be forgiven by God, just like Saint Paul.

- **What are some things we can do when we realize we've sinned?** (Answers may include be sorrowful for our sins, make a commitment to not sin again, say we're sorry, ask for forgiveness, and go to Reconciliation.)
- We should always try to have perfect contrition. This means we are sorry for our sins, not because we might get in trouble, but because we love God and we know we have offended Him.
- **What are some ways that we can have perfect contrition?** (Answers may vary.)
- We can pray to God and ask Him to help us be sorry for our sins. We can also pray to Him and tell Him we love Him and promise we will go to Reconciliation as soon as possible after we have sinned.

- **Do you think Saint Paul made a commitment to never persecute the Christians again?** (Yes.) Saint Paul repented from his sin.
- **How do we repent from our sins?** (We promise not to commit those sins again.)
- Like Saint Paul, we should be sorrowful for our sins and commit to not commit them again. When we do this, we can celebrate the Sacrament of Reconciliation and have our friendship with God healed.

Challenge: If you do something that hurts someone or sin against God, try to say sorry right away and ask for forgiveness.

Faith Alive

Examination of Conscience: Another way to examine our consciences is to think about if we have been living out the theological virtues God gives us in Baptism and the other virtues.

- We will practice examining our consciences using the theological virtues and the other virtues we have learned about. Remember that this is between you and God alone.
- **Instruct students to follow along with the Examination of Conscience appendix on page 294 of the Student Text (page 256 of the Parish Catechist Manual).**
- **Use the questions provided in the appendix to guide the students in a practice examination of conscience.**

If possible, lead the students to the church. Space them out in the pews with their booklets. Follow along in your booklet as I guide you in the examination of conscience.

- Let's begin with a short prayer. **Instruct them to kneel if you are in the church.**
- Repeat after me: **"Holy Spirit, guide me to know and admit my sins."** (Repeat.) **Direct them to sit.** Conclude with this same prayer.

REVIEW

Chapter 12 Review: God's Mercy and Forgiveness

Write "yes" or "no" to answer the questions below. Then answer the reflection question in your own words.

1. yes Did Jesus give the Church the Sacrament of Reconciliation?
2. yes Does God forgive your sins in the Sacrament of Reconciliation?
3. yes Is your friendship with God healed, or reconciled, after you go to Reconciliation?
4. yes Is Jesus present, hearing your sins through the priest?
5. yes Is repentance your firm desire not to sin again?
6. no Does contrition mean not having sorrow for your sins?
7. yes Is your penance a prayer or action you must do after your confession?
8. yes Does the Holy Spirit help you know your sins when you examine your conscience?
9. yes Is the Sacrament of Reconciliation also called the Sacrament of Penance?
10. no Is the priest allowed to tell your sins to anyone?

Why did Jesus give us the Sacrament of Reconciliation?

Answers may include to forgive us and heal our souls from the sins we have committed.

150 Chapter 12

ENRICHMENT: CHARACTER

Our Consciences

Conscience is an inner voice that tells us what is right and wrong to the best of our ability.

Many people mistake conscience for a feeling. They think that their consciences tell them that a certain action is right because it feels good even though they know such actions are wrong. But conscience is not a feeling. It is a judgment based on our knowledge. Our consciences tell us what is right and wrong to the best of our knowledge.

For example, it may feel good to steal something. But you know it is wrong. Thus, when you are tempted to steal, your conscience tells you that you know it is wrong even if it feels good.

It is very important that you educate, or form, your conscience. You need to know what is right and wrong. Since your conscience is what tells you right from wrong, you need to form it according to God's Law.

There are many ways we can educate our consciences according to God's Law. In particular, we should read the Bible and learn the teachings of the Church. Through them, God teaches us. But most importantly, we should pray to the Holy Spirit to enlighten our consciences.

Look at the images below to see ways to form your conscience:



Forming Our Consciences

Write your answer on the journal page. Journal pages are available on the parent and student portals.

- Whom do you look to when you have questions about the faith?

Prayer

Begin with the Sign of the Cross.

Come, Holy Spirit, and enlighten our consciences so that we may know Your truth and follow Your will. May we always remain in Your grace so that we can love You with all our hearts. Amen.

151

Chapter 12 Review: God's Mercy and Forgiveness

Turn to page 150 of the Student Text.

Let's Celebrate Our Faith

In the Act of Contrition, we pray, "I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin." Repeat each phrase with students.

When we pray "I firmly intend, with Your help," we are saying we will do our best, with Jesus' help, to do the following:

- Do penance (make up for our sins)
- Sin no more (do our best not to sin again)
- Avoid whatever leads us to sin (stay away from temptations, or things that lead us to sin)

Let's pray the Act of Contrition together.

Begin and end with the Sign of the Cross.

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior, Jesus Christ, suffered and died for us. In His name, my God, have mercy. Amen.

Take Home

The take-home pages are located on pages 151–52 of the Student Text and on the catechist and parent portals. These pages are the Enrichment page and the Family Faith page. Please send pages 151–52 home with the students.

Enrichment: Character

Your conscience is the inner voice that tells you what is right and wrong.

Many people mistake conscience for a feeling.

- They think that their consciences are telling them that a certain action is okay because it *feels* good even though they *know* such actions are wrong.
- But conscience is not a feeling. It is a judgment based on our knowledge. Our consciences tell us what is right and wrong to the best of our knowledge.

Who decides what is right and wrong? (God.)

- Through the Bible and the teachings of the Church, God has taught us what is right and what is wrong.
- **Does it sometimes feel good to laugh at someone because everyone else is laughing? (Yes.)** Or maybe it feels good to steal.
- **Does this make it right? (No.)**
- **Do you sometimes regret what you did afterward? (Pause.)**
- This is because your conscience is telling you that you did something wrong. You may even feel guilty because you *know* what you did was wrong. Your conscience is reminding you that you have sinned.
- **Do you think you should always obey your conscience? (Yes.)** You should always do what you know is right and avoid what you know is wrong.

It is very important that you educate, or form, your conscience. Since your conscience is what tells you right from wrong, you need to form it according to God's Law.

- We should read the Bible and learn the teachings of the Church. Through them, God teaches us.
- More importantly, we should pray to the Holy Spirit to enlighten our consciences.

Look at the images on page 151 of the Student Text to see ways to form your conscience.

Forming Our Consciences

Whom do you look to when you have questions about the faith?

Write your answer on the journal page. [Journal pages are available on the catechist and student portals.](#)

Prayer: *(Begin with the Sign of the Cross.) Come, Holy Spirit, and enlighten our consciences so that we may know Your truth and follow Your will. May we always remain in Your grace so that we can love You with all our hearts. Amen.*

Chapter 12 Bonus Activities

Meaning of the Sacrament Mobile

Materials:

- Pattern is on the catechist portal; one per student printed on colorful paper
- Scissors
- 4½-inch strings; two per student
- 2½-inch strings; two per student
- Tape

Have the students cut out their patterns. Next, instruct them to tape one of the long strings to the bottom center of the largest rectangle. Then attach the “Penance” rectangle to the bottom of that string. Next, attach the “Confession” and the “Reconciliation” rectangles, with the shorter strings, to either side of the long string.

To form the hanger for the mobile, attach the other long string to the top.

As the students are working on their mobiles, remind them that the three names that we call this sacrament represent the three aspects of this wonderful sacrament and how it affects our souls! Discuss with the class each of these names and see if the students can explain them in their own words.

Examining My Conscience Activity

Materials:

- Examination of Conscience from page 294 of the appendix in the Student Text

This activity should be done either in the church or outside where the students can spread apart and spend some quiet time by themselves.

Discuss with the class how important it is to spend time in prayer, asking the Holy Spirit to help them examine their consciences and prepare them to receive the Sacrament of Reconciliation. Explain that each time they receive the sacrament, they should spend some time in prayer and think about any sins for which they are sorry and for which they are in need of forgiveness. The Examination of Conscience sheets will help them to reflect more deeply in preparation for receiving the Sacrament of Reconciliation.

Next, encourage the students to find a quiet spot either in the church or outside and spend some quiet time in prayer and reflection. After the students have had some time to pray, you may share a little with them your joy and peace after going to confession when you know that all your sins have been forgiven. Explain that it is such a gift and they will be able to receive this sacrament very soon!

Act of Contrition Banner

Materials:

- Pattern is on the catechist portal; one per student
- Construction paper; one per student
- Scissors
- Glue sticks
- Crayons, markers, and other decorating materials

Instruct the students to choose a piece of construction paper and write their names on the back. Next, have the students cut out their patterns of the Act of Contrition prayer. Then, have them glue the prayer to a sheet of construction paper. Finally, have them decorate their prayer banners.

Ask the students to find a special place at home to hang their Act of Contrition so they will remember to practice the prayer every day.

For the Catechist

Teaching Tips: Inviting Parents to Participate in Reconciliation

As children prepare to celebrate the Sacrament of Reconciliation for the first time, catechists and teachers should invite parents to participate in the sacrament as well. They should keep in mind many parents may be hesitant. They may not have participated in the sacrament since their own First Confession. Parents may also be in irregular situations that prevent them from participating in the sacraments. While parents cannot be required to receive the sacrament with their children, they can be encouraged. Inviting parents to their own catechesis sessions in which they learn more about the theology of the sacrament and are reminded of how to celebrate the sacrament can help parents to feel more comfortable in participating. Catechists and teachers can also emphasize to parents that their children learn from their example. Children will appreciate the place of the sacraments in their lives if they see that their parents also place importance on them.

Chapter 13

Preparing for the Sacrament of Reconciliation

CHAPTER SUMMARY

When we receive the Sacrament of Reconciliation, we are brought back into friendship with God. We are healed as grace and the theological virtues are strengthened and restored in us so that we can live rightly with God. We prepare for this sacrament by examining our consciences and by showing contrition and repentance for our sins. Any vices or patterns of sin must be recognized and confessed so that God can break them.

CATECHISM OF THE CATHOLIC CHURCH (CCC) REFERENCES

Admitting faults in order to receive mercy: 1847, 2841

Effects of the Sacrament of Reconciliation: 1496

God the Father's mercy: 589, 1439

Refusing God's mercy: 1864, 2091

PREPARING OUR HEARTS

“There will be more joy in heaven over one sinner who repents than over ninety-nine righteous persons who need no repentance” (Luke 15:7).

The truth is that we are all inclined to sin. We fall into sin and need to be restored to God's friendship. Realizing our sin, with its gravity and ugliness, is the first step toward reconciliation.

In the parable of the prodigal son (see Luke 15:11–32), we see the father eagerly awaiting his son's return. He did not obstruct

the freedom of his son by preventing him to leave, nor did he travel to remove his son forcibly from his sinful lifestyle. Rather, the father waited for the son to wake up from his sinful stupor and freely choose to return to him.

As the father waited with eager anticipation, he saw his son in a distance. He saw the first rays of repentance. He waited no longer. Even when the son was far off, the father ran out to meet his son and embraced him. He restored him to the family and celebrated a party in his honor. The Heavenly Father responds in this way to us through the ministry of Jesus Christ in the Sacrament of Reconciliation. When we are truly sorry for our sins and turn away from them, He runs out to meet us and embrace us. He fills us with his love and grace. All of Heaven rejoices as we come back home to God.

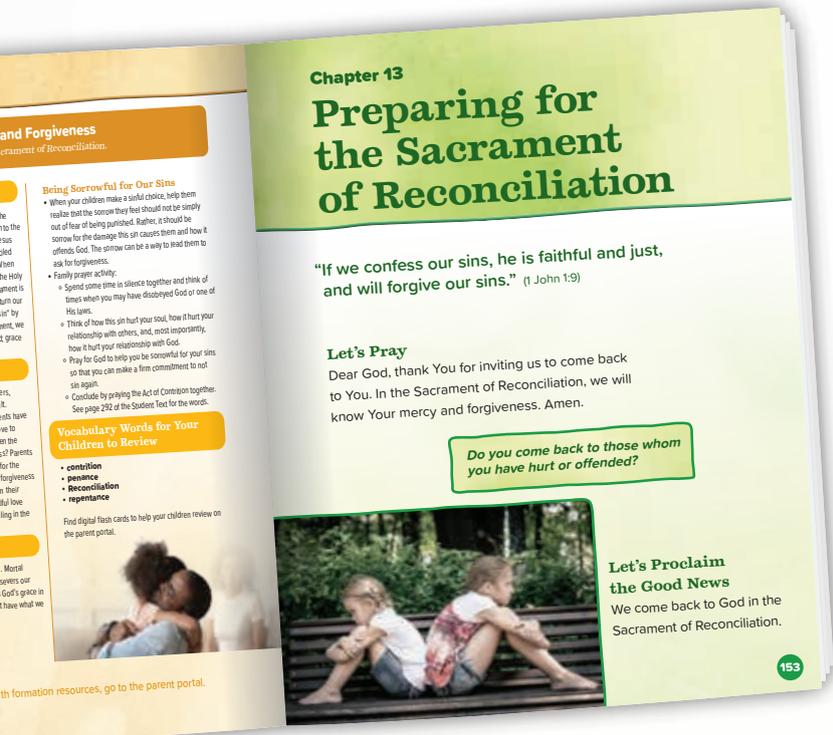
“The movement of return to God, called conversion and repentance, entails sorrow for and abhorrence of sins committed, and the firm purpose of sinning no more in the future. Conversion touches the past and the future and is nourished by hope in God's mercy” (CCC 1490).

Do you abhor your sins?

Do you perceive God's readiness to forgive your sins?

What have been the most helpful tools for you to prepare for the Sacrament of Reconciliation?

Chapter 13: Preparing for the Sacrament of Reconciliation	Focus 1: Let's Learn about God's Word: Luke 15:11–24	Focus 2: Fighting Vice			
Words to Know	<p>parable: A short story that teaches us an important lesson. Jesus used parables to teach about God and His kingdom. His parables teach us how to live with virtue.</p> <p>Prayer of Absolution: The prayer the priest says in the Sacrament of Reconciliation as he forgives our sins. He forgives by the authority of Jesus.</p>				
Materials	All focuses: Bible, writing materials, whiteboard. See Bonus Activities on page 128 of the Parish Catechist Manual for more.				
Sidebars	Additional sidebars are available on the catechist portal: Focus 1: “Digging Deeper: Learning from the Prodigal Son”				
Chapter Aims	<ul style="list-style-type: none"> • Students will begin to apply God’s mercy and forgiveness in the parable of the prodigal son to their own lives. • Students will understand that the Sacrament of Reconciliation offers God’s grace, which can break the patterns of sin. 				
Activity Objectives	<ul style="list-style-type: none"> • <i>Focus 1 Activity:</i> Students will identify the different aspects of the parable of the prodigal son. • <i>Focus 2 Activity:</i> Students will compare the effects of sin and the effects of the Sacrament of Reconciliation. • <i>Live Our Faith—Saints:</i> Students will discuss that turning away from sin can set a good example for others. 				
Preparation <i>Let's Prepare Our Hearts</i>	<i>Choose one or more of the following:</i> <ul style="list-style-type: none"> • Opening Prayer in Student Text • Sacred Art: <i>Jesus in Capernaum</i>, Rodolfo Amoedo  				
Proclamation <i>Let's Proclaim the Good News</i>	We come back to God in the Sacrament of Reconciliation.				
Explanation <i>Let's Learn about Our Faith</i>	<p>Focus 1: God will always forgive us like the prodigal son.</p> <p>Focus 2: The Sacrament of Reconciliation helps break our patterns of sin.</p> <p>Chapter Review (see page 165 of the Student Text for combined review for chapters 13 and 14)</p>				
Application <i>Let's Live Our Faith</i>	<i>Choose one or more of the following:</i> <ul style="list-style-type: none"> • Saint Paul the Apostle • <i>Gabriel's Quest</i>  				
Celebration <i>Let's Celebrate Our Faith</i>	Unit Prayer: Act of Contrition (through “in His name, my God, have mercy”)				



Let's Prepare Our Hearts

Choose one or more of the following two prayer options:

1. Opening Prayer

Read the Opening Prayer on page 153 of the Student Text. Begin and end with the Sign of the Cross.

Dear God, thank You for inviting us to come back to You. In the Sacrament of Reconciliation, we will know Your mercy and forgiveness. Amen.

2. Sacred Art Reflection: *Jesus in Capernaum*, by Rodolfo Amoedo

Direct the students to look at the artwork on page 156 of the Student Text. Begin and end with the Sign of the Cross.

Heavenly Father, as we look at this beautiful work of art, remind us that You come to us to heal us.

Look carefully at this artwork. (Pause.)

- Notice how much the sick man is suffering from his illness. (Pause.)
- This reminds us how our souls are wounded when we sin. **Do you see that Jesus is illuminated in the dark alley?** (Pause.)
- Jesus, who is our Savior, shines brightly against the darkness of sin. In the Sacrament of Reconciliation, Jesus comes to heal us when we sin.

Thank You, Jesus, for coming to heal us. Guide our wounded souls to be open to Your healing touch. Amen.

Review Chapter 12

- Who gave the Church the Sacrament of Reconciliation?** (Jesus.)
- To whom should we pray for guidance in remembering our sins?** (The Holy Spirit.)
- What do we have that tells us what is right and wrong?** (Our consciences.)
- What do we call it when we recall our sins before going to confession?** (Examination of conscience.)
- What is weakened or lost in us when we commit sin?** (Grace, theological virtues.)
- What do we call sorrow for our sins?** (Contrition.)
- Why should we be sorry for our sins?** (We have offended God.)
- What do we call our firm desire not to sin again?** (Repentance.)
- What do we call the action or prayer the priest gives us to show our love for God and turn our hearts back to Him?** (Penance.)

Introduction

Turn to page 153 of the Student Text.

Do you come back to those whom you have hurt or offended? (Answers may vary.)

Optional Preparation Activities

Prepare Our Hearts Song

"Love Divine, All Loves Excelling"

Love divine, all loves excelling, Joy of heav'n to earth come down, Fix in us thy humble dwelling, All thy faithful mercies crown. Jesus, thou art all compassion, Pure, unbounded love thou art; Visit us with thy salvation; Enter ev'ry trembling heart.	Come, Almighty, to deliver, Let us all thy life receive. Suddenly return, and never, Nevermore thy temples leave. Thee we would be always blessing, Serve thee as thy hosts above, Pray, and praise thee without ceasing, Glory in thy perfect love.
Breathe, O breathe thy loving Spirit Into ev'ry troubled breast. Let us all in thee inherit, Let us find the promised rest. Take away the love of sinning; Alpha and Omega be. End of faith, as its beginning, Set our hearts at liberty.	Finish, then, thy new creation; True and spotless let us be. Let us see thy great salvation Perfectly restored in thee. Changed from glory into glory, Till in heav'n we take our place, Till we cast our crowns before thee, Lost in wonder, love and praise.

Memory Verse

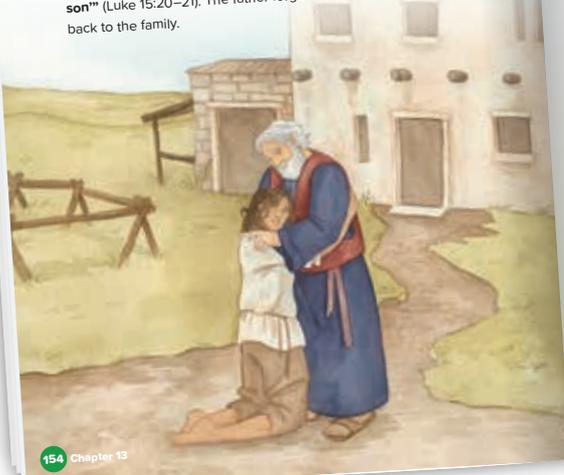
The Bible verse we are learning in this chapter is the following: "If we confess our sins, he is faithful and just, and will forgive our sins" (1 John 1:9).

Go to the catechist portal for optional memory verse activity ideas.

FOCUS 1

Let's Learn about God's Word

The younger of two sons went to a faraway country. He wasted all the money he inherited from his father. Then he had a change of heart. He returned to his father. The father "ran and embraced him. . . . And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son'" (Luke 15:20–21). The father forgave him and welcomed him back to the family.



154 Chapter 13

A **parable** is a story that teaches a lesson. Jesus often told parables. This parable is about the Father's love and mercy. The son reconciles with his father. The father shows mercy to his son. God calls us back to Him when we have sinned. We come back to God in the Sacrament of Reconciliation.

Journey to Forgiveness

Put the parable in order. Number the images from 1 to 5.



2
Sin



5
Reconcile



3
Sorrow and Repent



4
Return and Confess



1
Father Gives His Son Money

Faith Challenge

When you are wrong, say you are sorry because you love that person and you love God.

155

Let's Proclaim the Good News

Let's quiet our hearts and minds to hear the truth we believe:

We come back to God in the Sacrament of Reconciliation.

Let's Learn about God's Word

Focus 1: God will always forgive us like the prodigal son (see Luke 15:11–24).

A parable is a short story that teaches an important lesson. Jesus used parables to teach about God and His kingdom. Jesus' parables teach us many things, including how to live with virtue.

Jesus taught His disciples about the love and mercy of His Father through this parable.

"There was a man who had two sons; and the younger of them said to his father, 'Father, give me the share of property that falls to me.' And he divided his living between them. Not many days later, the younger son gathered all he had and took his journey into a far country, and there he [wasted] his property in loose living. And when he had spent everything, a great famine arose in that country, and he began to be in [need]" (15:11–14).

As the son was working, he thought to himself, "How many of my father's hired servants have bread enough and to spare, but I perish here with hunger! I will arise and go to my father, and I will say to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me as one of your hired servants.'" And he arose and came to his father. But while he was yet at a distance, his father saw him and had compassion, and ran and embraced him and kissed him. And the son said to him, 'Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.' But the father said to his servants, 'Bring quickly the best robe, and put

it on him; and put a ring on his hand, and shoes on his feet; and bring the fatted calf and kill it, and let us eat and make merry; for this my son was dead, and is alive again; he was lost, and is found.' And they began to make merry" (15:17–24).

This parable teaches us that our Father in Heaven will always call us back when we have sinned.

- **Was the son afraid to return to his father?** (No.)
- **Did the son show contrition or sorrow?** (Yes.)
- Just like the son in the parable, we should not be afraid to confess our sins. We should go to God, our Father, and confess our sins with contrition and repentance.

How did the father in the parable show mercy or kindness to the son even though he had sinned? (He ran to the son, welcomed him back, and celebrated that his son had returned.)

- When we sin, we are called to *turn back* to God.
- We should admit our sins and *confess* them to God.
- When we confess our sins to God, we should show *sorrow and repentance*.
- God will always be merciful, welcome us back, and *forgive* our sins.

Conclusion: In the parable of the prodigal son, the Father runs to his son who has sinned against him; he shows mercy and forgiveness because his son has returned.

Optional Activity: Journey to Forgiveness

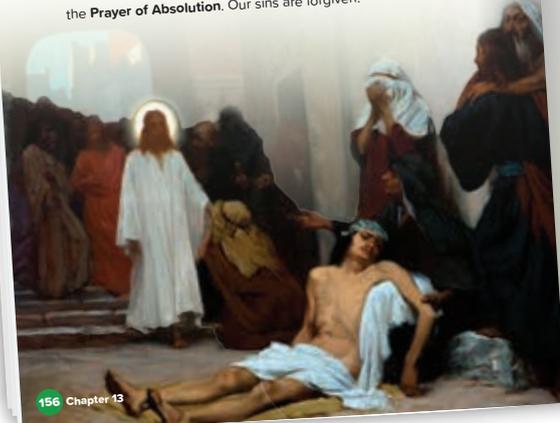
Turn to page 155 of the Student Text.

FOCUS 2

Fighting Vice

Sometimes we commit the same sin repeatedly. When this happens, we have a pattern of sin. This is called a vice. We must break these patterns of sin. But we do not have to do it on our own! God gives us the Sacrament of Reconciliation to defeat these vices. We break the pattern by admitting our fault and receiving God's grace.

After we confess our sins, we say the Act of Contrition. We promise to avoid all sin and all places of temptation. Then the priest says the **Prayer of Absolution**. Our sins are forgiven.



156 Chapter 13

Reconciliation Heals My Heart!

Put an X over each statement that tells how sin hurts our hearts. Draw a line to the heart from each statement that shows how we are healed by the Sacrament of Reconciliation.



Faith Challenge

Stay away from temptations to sin. The next time you think about doing something wrong, walk away.

157

Let's Learn about Our Faith

Focus 2: The Sacrament of Reconciliation helps break our patterns of sin.

See "Digging Deeper: Understanding the Prayer of Absolution" sidebar on page 128.

Do you ever find yourself committing the same sin over and over? (Pause.) This is a pattern of sin or what we call a vice.

- For example, you may sin once by lying to your parents. But sometimes you develop a pattern of sin by lying to your parents very often.
- Maybe you don't even hesitate when lying to them. Now this is more serious because you have made a pattern or habit of sin.
- Or more seriously, maybe you don't go to Mass on Sunday. If we deliberately miss Mass on Sunday it is a mortal sin; but it is even more dangerous if we get into a pattern or habit of skipping Mass on Sunday.
- We all can develop these patterns of sin, and it is very important to break these vices. **But do you think we can break these vices on our own? (No!)**

God gives the Sacrament of Reconciliation to break these vices. We should confess these patterns of sin even if they are less serious, venial sins.

- We break the pattern when we confess them. We admit that we have a consistent problem and ask God to destroy these vices.
- **What does God restore in us through the Sacrament of Reconciliation? (Grace.)**
- When we have grace, we are given God's life and love.
- **Do you think that it will be easier to avoid sin when we open our hearts to God's grace? (Yes!)**
- **Should we receive the sacrament often to fight against sin? (Yes.)**

When we finish confessing our sins, what prayer do we say? (Answers may vary.)

- We pray the Act of Contrition. At the end, we pray that we "firmly intend, with [God's] help, to do penance, to sin no more, and to avoid whatever leads [us] to sin."
- Now that we have accepted God's grace, we promise to do two things: (1) avoid sin and (2) avoid occasions of sin or places where we will be tempted.
- We promise to God that with His grace we will try very hard to not sin again.
- We also promise to avoid places where we will be tempted. **What is a temptation? (An attraction to sin.)**
- **For example, if we tend to skip Mass on Sunday when we stay up late on Saturday, what should we do to help us get to Mass on Sunday? (Go to bed on time on Saturday.)**

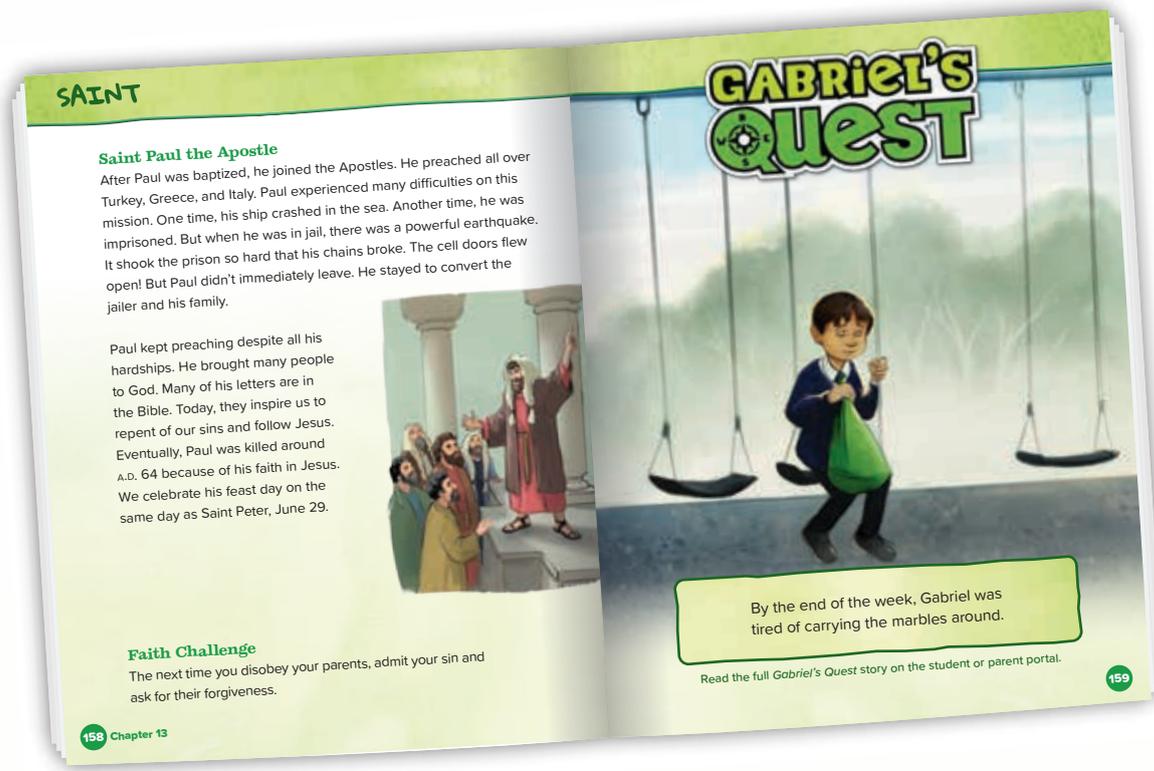
After the Act of Contrition, the priest will give us absolution, or forgiveness, from our sins. Turn to page 163 of the Student Text. Here is a priest forgiving sins by praying the Prayer of Absolution.

- This is the prayer the priest says in the Sacrament of Reconciliation as he forgives our sins.
- At this moment, we are filled with God's grace and reunited in His friendship.

Conclusion: We must avoid patterns of sin or vice by frequently receiving the Sacrament of Reconciliation. God strengthens us with grace as He forgives us. God forgives us as the priest says the Prayer of Absolution.

Optional Activity: Reconciliation Heals My Heart!

Turn to page 157 of the Student Text.



Let's Remember Our Faith

Review the chapter by asking the students the following:

What do we call short stories that Jesus often used to teach important lessons? (Parables.)

Like the son in the parable, to whom should we go to confess our sins? (God, our Father.)

When we sin, are we called to run from God or turn back to God? (Turn back to God.)

What should we show to God when we confess our sins? (Sorrow and repentance.)

What do we call a pattern or habit of sin? (A vice.)

Which sacrament has been given by God in order to break vices we may have? (The Sacrament of Reconciliation.)

What is given to us in the Sacrament of Reconciliation to make it easier to avoid sin in the future? (Grace.)

Once we receive God's grace in Reconciliation, what two things do we promise to avoid? (Sin and occasions of sin.)

What do we call the prayer the priest prays as our sins are forgiven? (Prayer of Absolution.)

What are we reunited in through Reconciliation when the priest prays the Prayer of Absolution? (God's friendship.)

Choose one or more of the following options:

Let's Live Our Faith

Saint Paul the Apostle: After Paul was baptized, he joined the Apostles. He preached all over Turkey, Greece, and Italy. Paul experienced many difficulties on this mission. One time, his ship crashed in the sea. Another

time, he was imprisoned. But when he was in jail, there was a powerful earthquake. It shook the prison so hard that his chains broke. The cell doors flew open! But Paul didn't immediately leave. He stayed to convert the jailer and his family.

Paul kept preaching despite all his hardships. He brought many people to God. Many of his letters are in the Bible. Today, they inspire us to repent of our sins and follow Jesus. Eventually, Paul was killed around A.D. 64 because of his faith in Jesus. We celebrate his feast day on the same day as Saint Peter, June 29.

Saint Paul knew that preaching the Gospel required a lot of strength and he would need to teach by his example, not just his words.

- **What are some ways that you teach others about Jesus? (Answers may vary.)**
- **Are you a good example for others? (Pause.) Do you lead them closer to Jesus? Or do you encourage others to do what is wrong? (Pause.)**

What are some ways you can be a good example of holiness for others? (Answers may vary.)

- One way to set a good example for others is to admit when you have done something wrong. You take responsibility for your actions when you admit that you did something wrong.
- After you admit that you did something wrong, you can apologize to the person you may have hurt. Most importantly, you can ask Jesus for forgiveness through the Sacrament of Reconciliation.
- When you repent from your sin, you encourage others to accept Jesus and His forgiveness.
- This is what Saint Paul did! He admitted that persecuting Christians was wrong. But he repented and dedicated the rest of his life to encouraging others to repent and receive God's forgiveness.

Challenge: The next time you disobey your parents, admit your sin and ask for their forgiveness.

Chapter 13 Review

This is combined with the review for Chapter 14.

Let's Celebrate Our Faith

We end the Act of Contrition by praying, "Our Savior, Jesus Christ, suffered and died for us. In His name, my God, have mercy."

- In this part of the prayer, we remember the great price Jesus paid when He died for the forgiveness of our sins.
- We ask God to have mercy on us and to forgive us in Jesus' name.

Let's pray the Act of Contrition together.

Begin and end with the Sign of the Cross.

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You, whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior, Jesus Christ, suffered and died for us. In His name, my God, have mercy. Amen.

Take Home

The take-home pages are located on pages 159–60 of the Student Text and on the catechist and parent portals. These pages are the story from *Gabriel's Quest* and the Family Faith page. Please send pages 159–60 home with the students.

Gabriel's Quest

Marbles

Lesson Link: In the Sacrament of Reconciliation, the priest absolves us of our sins; we are forgiven. "Your sins are forgiven" (Mark 2:5). Sin is a weight that we carry around with us. Through Reconciliation, we receive peace because we personally experience God's mercy and know that God has forgiven our sins.

"We have a special project to do this week," Sister Teresa announced to her students. It was Monday. Gabriel had entered the classroom to find large glass jars placed on the tables. The jars were filled with marbles made of different colors.

Sister Teresa walked up and down the rows of desks. She handed out cloth bags to each student. The bags had drawstrings at the top. "You will carry these bags all week. They are empty now. I hope they will be empty at the end of the week," she said.

Gabriel asked, "What are they for?"

Sister Teresa went to a jar nearest to Gabriel. She picked up a large scoop and tipped some of the marbles into it. "Open your bag," she said to Gabriel. He obeyed. "You spoke without raising your hand first," she said as she poured the marbles into the bag.

Gabriel looked at her, confused.

"You will get a scoop of marbles put into your bag for the things you do that you shouldn't do, or the things you don't do that you should," she said.

Sean raised his hand. Sister Teresa pointed to him. He asked, "What if our bags fill up?"

She smiled. "I will give you another bag to carry," she said.

Another student raised her hand and asked, "We have to carry them all the time?"

Sister Teresa nodded. "You will carry your bags everywhere you go during school," she said. "Then we'll see how we're doing at the end of the week."

At first, the whole thing seemed like a game. But then every student's bag started to fill up. Gabriel got scoops of marbles for whispering during class, and talking out of turn, and not finishing his math, and teasing another boy. One afternoon, in the hall, a girl next to Gabriel dropped her books. Gabriel got a scoop of marbles for not helping her pick them up.

The bags grew heavier and heavier and more and more difficult to carry. It was a struggle for Gabriel to carry his bag and a lunch tray or to hold the bag while doing his art project. Some of the kids figured out how to tie the bags to their belts. But then they had trouble keeping their belts from slipping off. It was even worse for those who were given second bags.

Sister Teresa said very little about the bags during the week. When the kids asked if they could put them aside for a while, she simply said, "No. You have to hold on to them."

By the end of the week, Gabriel was tired of carrying the marbles around. His bag was nearly full by then and kept getting in the way. At recess, he tried to swing on the swing set but couldn't. Playing any kind of game was impossible. It was getting harder and harder to concentrate on his schoolwork.

After recess on Friday, Sister Teresa announced that the kids could get rid of their bags if they went to Father Cliff in his office. "You will go one at a time. He will tell you what to do," she said.

When it was Gabriel's turn to go, he was carrying one full bag and half of another. He reached Father Cliff's office. Father Cliff was sitting in a chair that faced another chair. "Please sit down," said the priest.

Gabriel sat down.

"Why do you have so many marbles?" Father Cliff asked Gabriel.

Gabriel explained all the things he had done that put marbles in the bags. Father Cliff listened and asked a few questions like, "Do you know why you shouldn't have done that?" and "Do you understand what you should have done differently?" Gabriel answered his questions as best he could.

Finally, Father Cliff said, "Thank you, Gabriel. Just empty your marbles in that basket and go back to class."

Gabriel was surprised to see a large basket next to Father Cliff's desk. It was half-filled with marbles. He opened his bags and emptied them. The marbles clacked and clattered into the basket.

As he walked back to his class, Gabriel felt so much lighter. He was glad that he didn't have to carry the marbles anymore.

(Continued on page 128)

(Gabriel's Quest continued)

After all the students had met with Father Cliff, Sister Teresa explained, "Carrying those bags of marbles is kind of like carrying the sins that we do. They are with us all the time. They get heavier and heavier. They affect our relationships. They get in the way. We can try to ignore them, but they're always there. We need to get rid of them."

She clasped her hands in front of her. "Soon you are all going to learn about a sacrament called Confession. We also use the word 'Reconciliation.' That is where we go to a priest and confess our sins to God, just like you took the bags of marbles to Father Cliff. He listened to you and then allowed you to leave the bags there. That's a lot like being forgiven. You leave your sins behind and go with a desire to never do them again."

A girl named Addy raised her hand and asked, "What are we supposed to do with these empty bags?"

Sister Teresa smiled and said, "Keep them as a reminder that you don't want to fill them up again."

Later, Gabriel hung the bag in his room. He decided to keep it there, where he could see it. He wanted to remember the lesson of the marbles.

Questions:

1. **How did the marbles affect Gabriel's life?** (Answers may include they made it hard to play and they were uncomfortable and heavy.)
2. **How did Gabriel feel after speaking with Father Cliff?** (Answers may include he was relieved and he was happy.)
3. **Why did Gabriel keep the bag?** (Answers may include to remind him how it felt to carry the marbles around and to remember what made the bag so heavy.)

Optional: Have students use their journal pages to reflect on Question 3: **Why did Gabriel keep the bag?** Journal pages are available on the catechist and student portals.

Chapter 13 Bonus Activities

Prodigal Son Scene

Materials:

- Pattern is on the catechist portal; one per student
- Crayons or markers
- Scissors
- Straws; one per student
- Glue sticks
- Tape

Have the students color and cut out their patterns. To form the prodigal son figure, have the students glue their two images back-to-back with the top of the straw in the middle. Next, to form the path that the son will move along, instruct them to cut a slit through the desert scene in the place indicated (have them stop cutting before getting to the left edge). Finally, have them tape the right edge closed.

Then have the students glue the father on the left side of the scene and the pigs on the right side.

As you retell the parable, have them place the son in the slot. They can act out the story by moving the son away from the father and then spinning the figure around and moving back to his father.

For the Catechist

Digging Deeper: Understanding the Prayer of Absolution

God, the Father of mercies, through the Death and Resurrection of His Son, has reconciled the world to Himself and sent the Holy Spirit among us for the forgiveness of sins; through the ministry of the Church may God give you pardon and peace, and I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit. Amen.

This prayer is the Prayer of Absolution the priest says in Reconciliation to forgive our sins through the power of Christ. The opening recalls Exodus 34:6, in which God calls Himself "a God merciful and gracious." The prayer also reminds us "we have peace with God through our Lord Jesus Christ" (Romans 5:1). The invocation of the Son and the Spirit reminds us that our salvation is a work of the Blessed Trinity. Jesus instituted the Church to bring us this salvation through the sacraments.

Chapter 16

Bread from Heaven

CHAPTER SUMMARY

Jesus worked the miracle of the Feeding of the Five Thousand to prepare us for the Eucharist. God gave the Israelites manna to nourish them as they journeyed to the Promised Land. God gives us the Eucharist to feed us on our journey to Heaven. Jesus feeds and strengthens our souls through a miracle in the Eucharist. In the Eucharist, Jesus gives us His Body, Blood, Soul, and Divinity. The Eucharist is the greatest gift we can receive because it is Jesus Himself.

CATECHISM OF THE CATHOLIC CHURCH (CCC) REFERENCES

Miracles: 548

Prefiguration of the Eucharist: 1335

Jesus' presence in the Eucharist: 1374

The Eucharist, a stumbling block: 1336

Graces of Holy Communion: 1392–94

PREPARING OUR HEARTS

An incredible miracle happens at every Mass. Ordinary bread becomes the Body, Blood, Soul, and Divinity of Jesus Christ in the Eucharist. Jesus, God the Son, loves us so much and wants to be so close to us that, in the Eucharist, He allows us to consume His Body, Blood, Soul, and Divinity so that He can be a part of us. This is truly amazing! What was foreshadowed in the Old Testament in the manna is now given to us perfectly. We receive the true manna from Heaven, Jesus Christ. If the old manna was able to sustain the Israelites for forty years in the wilderness, how much more will the Bread of Life sustain us on our pilgrim journey to the new Promised Land of Heaven?

Jesus did not leave us as orphans when he ascended to the Father. Rather, He gave us the Holy Spirit and the amazing gift of Himself in the Eucharist. Jesus really is the Good Shepherd who feeds His flock. Through the Spirit, we are able to partake of Christ's resurrected Body. We partake of Christ's Body to be strengthened as His Body. Christ is still with us, still leading us, still nourishing us.

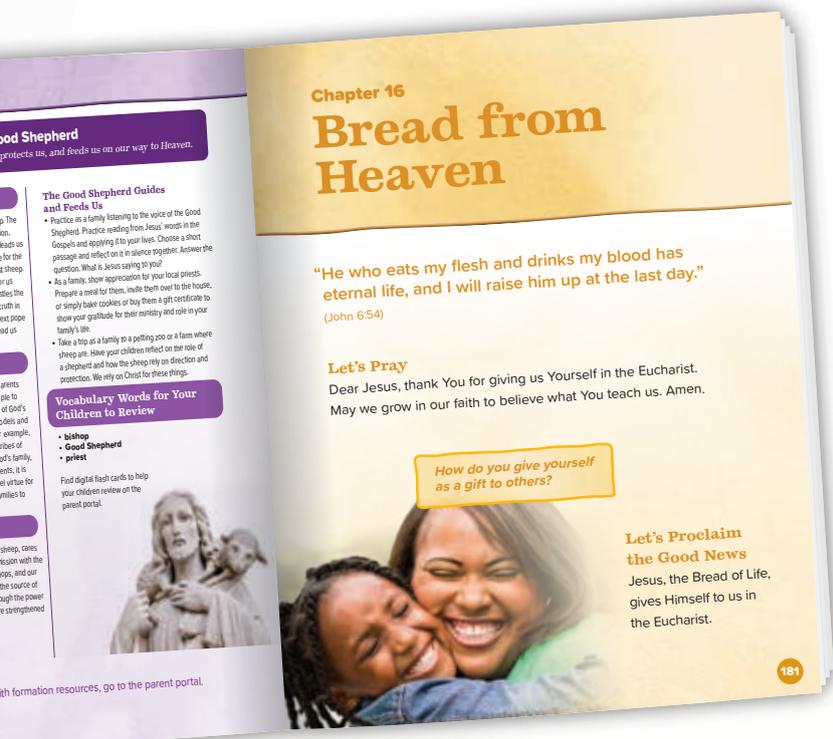
"I am the bread of life. Your fathers ate the manna in the wilderness, and they died. This is the bread which comes down from heaven, that a man may eat of it and not die. I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh" (John 6:48–51).

Do you see the Eucharist as necessary for your life?

How often do you truly realize that Christ is still present with you in the Eucharist?

Are you able to take time to worship Christ in eucharistic adoration this week?

Chapter 16: Bread from Heaven	Focus 1: Let's Learn about God's Word: John 6:1–14	Focus 2: Miraculous Food	Focus 3: Bread of Life: John 6:22–69	Focus 4: The True Bread from Heaven	Review
Words to Know	miracle: A sign or an act that only God can do. Miracles are beyond our human power and understanding. Miracles show us God's power and presence in the world.				
Materials	All focuses: Bible, writing materials, whiteboard. See Bonus Activities on page 154 of the Parish Catechist Manual for more.				
Sidebars	Additional sidebars are available on the catechist portal: Focus 3: “Digging Deeper: Disciples and Apostles” Focus 4: “Digging Deeper: Daily Bread and Trusting God”				
Chapter Aims	<ul style="list-style-type: none"> • Students will become familiar with the miracle of the Multiplication of Loaves and Fish in anticipation of the Eucharist. • Students will grasp that the Eucharist satisfies their deepest desires. • Students will come to a fuller understanding of Jesus' True Presence in the Eucharist as the nourishment we need for eternal life. • Students will understand that the manna in the desert foreshadowed the Eucharist. 				
Activity Objectives	<ul style="list-style-type: none"> • <i>Focus 1 Activity:</i> Students will identify that Jesus prepares us for the Eucharist by performing a miracle of feeding five thousand. • <i>Focus 2 Activity:</i> Students will identify Jesus' actions that are miracles. • <i>Focus 3 Activity:</i> Students will identify that through the Eucharist, we can receive eternal life. • <i>Focus 4 Activity:</i> Students will identify the differences between manna in the desert and Jesus, the Bread of Life. • <i>Live Our Faith—Saints:</i> Students will discuss how being close to Christ in the Eucharist helps them live a virtuous life. • <i>Faith Alive:</i> Students will learn to adore Jesus in the tabernacle and the Blessed Sacrament. 				
Preparation <i>Let's Prepare Our Hearts</i>	<i>Choose one or more of the following:</i> <ul style="list-style-type: none"> • Opening Prayer in Student Text • <i>Lectio Divina:</i> John 6:54 V • Sacred Art: <i>The Holy Eucharist</i>, Anonymous V 				
Proclamation <i>Let's Proclaim the Good News</i>	Jesus, the Bread of Life, gives Himself to us in the Eucharist.				
Explanation <i>Let's Learn about Our Faith</i>	Focus 1: In a miracle, Jesus multiplied the loaves and fish to feed five thousand. Focus 2: Jesus feeds us now through the miracle of the Eucharist. V Focus 3: Jesus is the Bread of Life. Focus 4: Manna foreshadowed the Eucharist. Chapter Review				
Application <i>Let's Live Our Faith</i>	<i>Choose one or more of the following:</i> <ul style="list-style-type: none"> • Pope Saint John Paul II • Faith Alive: Jesus Is with Us • <i>Gabriel's Quest</i> V 				
Celebration <i>Let's Celebrate Our Faith</i>	Unit Prayer: Prayer followed by the Act of Love				



Let's Prepare Our Hearts

Choose one or more of the following three prayer options:

1. Opening Prayer

Read the Opening Prayer on page 181 of the Student Text. Begin and end with the Sign of the Cross.

Dear Jesus, thank You for giving us Yourself in the Eucharist. May we grow in our faith to believe what You teach us. Amen.

2. Lectio Divina

Refer to the *Lectio Divina* Quick-Start Guide on page xi of the Parish Catechist Manual. Begin with the Sign of the Cross.

Dear God, open our hearts to listen to Your Word in the Bible. May we grow in hope for eternal life through the Eucharist. Amen.

Lead students in *lectio divina* on John 6:54: "He who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day."

Reflection (If needed, use to prompt students during the meditation step.)

- Receiving Jesus in the Eucharist leads to eternal life.

3. Sacred Art Reflection: *The Holy Eucharist*, by Anonymous

Direct the students to look at the artwork on page 184 of the Student Text. Begin and end with the Sign of the Cross.

Dear God, as we look at this beautiful work of art, guide our eyes to see Your love as You give us Yourself in the Eucharist.

Look carefully at this artwork. (Pause.)

- Look at Jesus' eyes. See how He is looking at you with love. (Pause.)
- Notice how He holds up the Eucharist. (Pause.)
- Now look at the rays coming from the Eucharist. This shows that Jesus, God Himself, is really present to us in the Eucharist.
- Jesus wants to give us the gift of the Eucharist. In this sacrament, Jesus gives us Himself.

Thank You, Jesus, for giving us the gift of Yourself. Open our eyes to see that You are a gift of love who feeds our souls. Amen.

Chapter 15 Review

- Who is the Good Shepherd?** (Jesus.)
- Why does Jesus call us by name?** (So we can be in relationship with Him and one day go to Heaven.)
- How does Jesus lay down His life for His sheep?** (By dying on the Cross.)
- What did Jesus establish to make sure His words and teachings were preserved and protected?** (The Church.)
- Whom did Jesus choose to become the first pope?** (Peter.)
- What do we call the men who assist the pope in leading and shepherding the Church?** (Bishops.)
- What do we call men who have received the Sacrament of Holy Orders and who work with and help the bishops?** (Priests.)
- How do we become lost sheep?** (Sin.)

Optional Preparation Activities

Prepare Our Hearts Song

"The King of Love My Shepherd Is"

The King of love my shepherd is,
Whose goodness fails me never;
I nothing lack if I am his
And he is mine forever.

Where streams of living water flow,
My ransomed soul he's leading,
And where the verdant pastures grow,
With food celestial feeding.

You spread a table in my sight,
Your saving grace bestowing;
And, oh, what transport of delight
From your pure chalice flowing!

And so, through all the length of days
Your goodness fails me never;
Good Shepherd, may I sing your praise
Within your house forever.

Memory Verse

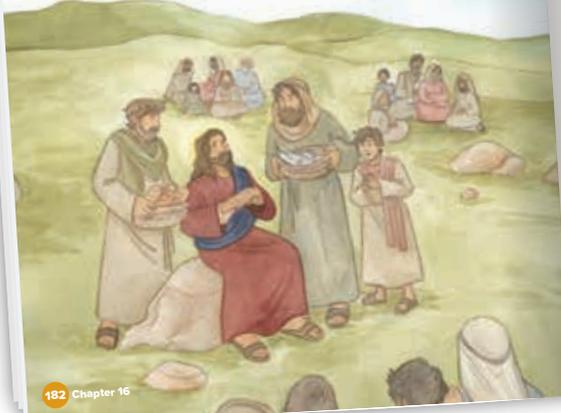
The Bible verse we are learning in this chapter is the following:
"He who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day" (John 6:54).

Go to the catechist portal for optional memory verse activity ideas.

FOCUS 1

Let's Learn about God's Word

"A multitude followed [Jesus], because they saw the [miracles] which he did on those who were diseased" (John 6:2). The multitudes of people were hungry. Seeing their hunger, "Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. And when they had eaten their fill, he told his disciples, 'Gather up the [pieces of food] left over, that nothing may be lost'" (6:11–12).



182 Chapter 16

Jesus fed five thousand people with five loaves of bread and two fish. There were twelve baskets left over! This miracle prepares us for the **Eucharist**. In the Holy Eucharist, Jesus feeds our souls. He provides for all our needs.

Jesus Feeds the Five Thousand

Count the extra baskets to see how much was left over after everyone was full. Then answer the questions below.



After feeding the five thousand, how many baskets were left over?

twelve

Circle in the text what Jesus was preparing us for with this miracle.

Faith Challenge

Always count your blessings and pray for those who are hungry.

183

What does Jesus do when we become lost? (Looks for us and calls us back.)

Does Jesus always welcome us back and forgive us if we are sorry and confess our sins? (Yes.)

Introduction

Turn to page 181 of the Student Text.

When we give our love to others, we become a gift to them.

How do you give yourself as a gift to others? (Answers may vary.)

Let's Proclaim the Good News

Let's quiet our hearts and minds to hear the truth we believe:

Jesus, the Bread of Life, gives Himself to us in the Eucharist.

Let's Learn about God's Word

Focus 1: In a miracle, Jesus multiplied the loaves and fish to feed five thousand (see John 6:1–14).

See "Digging Deeper: A Miracle of Sharing?" sidebar on page 154.

In the Bible, we read that many people followed Jesus "because they saw the [miracles] which he did on those who were diseased" (6:2). But Jesus did not just heal the people physically; He provided for *all* their needs.

One day, a lot of people followed Jesus to the other side of the Sea of Galilee. See map titled "Jesus' Homeland" in the map appendix on page 300 of the Student Text (page 262 of the Parish Catechist Manual). Have

students find the location where Jesus fed the five thousand. Jesus could see that they were hungry. There was a boy there who had "five barley loaves and two fish (6:9). Jesus told them to "make the people sit down," and the Apostles had the people sit down in the large field of grass (6:10). There were five thousand people present.

After the people sat down, "Jesus then took the loaves, and when he had given thanks, he distributed them to those who were seated; so also the fish, as much as they wanted. And when they had eaten their fill, he told his disciples, 'Gather up the [bits of food] left over, that nothing may be lost.' So they gathered them up and filled twelve baskets with fragments from the five barley loaves" (6:11–13).

Even though there were five thousand people there, Jesus miraculously provided more than enough food for everyone. There was enough food left over that people could take it home with them! When the people saw this miracle, they believed and said, "This is indeed the prophet who is to come into the world!" (6:14).

Jesus provides for us in our hunger. We may not be physically hungry, but our souls hunger for Jesus' love and grace. We can come to Jesus and trust that He will feed us and care for us as His children.

Have you ever hungered or longed for Jesus? (Answers may vary.)

How does Jesus feed our souls? (The Eucharist.)

Conclusion: Jesus provides for all our needs, and He cares for us both physically and spiritually. Just as Jesus fed those five thousand, He feeds each of us with the Eucharist.

Optional Activity: Jesus Feeds the Five Thousand

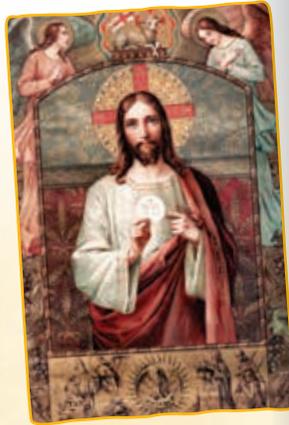
Turn to page 183 of the Student Text.

FOCUS 2

Miraculous Food

A **miracle** is an action that only God can do. It is beyond human power or understanding. Miracles show us God's power and presence in the world. Jesus worked miracles to show that He is God. He healed the blind. He multiplied food. He gave us the Eucharist. These are all miracles.

Jesus fed the five thousand hungry people. Our souls hunger and long to be loved. We hunger for true happiness and safety. We long to be strong and virtuous. We hunger for God. Jesus satisfies this hunger. He feeds our souls in the miracle of the Eucharist.



184 Chapter 16

Jesus Can Work Miracles!

Write the correct number next to each miracle.

1. Jesus feeds five thousand.
2. Jesus heals the sick.
3. Jesus gives us the Eucharist to feed our souls.



Faith Challenge

Living with charity makes us closer to Jesus. Prepare to receive Jesus in the Eucharist. Make little sacrifices to show Jesus how much you love Him.

185

Let's Learn about Our Faith

Focus 2: Jesus feeds us now through the miracle of the Eucharist. V

Who can tell me what a miracle is? (Answers may vary.)

- A miracle is a sign or act that only God can do. Miracles go beyond our human power and understanding. Miracles show us God's power and presence in the world.
- Miracles show that God has power over matter and creation.
- God created the world; therefore, He can do things with it that are beyond our understanding.
- Jesus works many miracles. He has healed the blind. He has cured sick people. He has fed thousands of people. He even raised people from the dead.
- Jesus worked miracles to prove that He was God.
- Jesus fed the five thousand people because He loved them and because they were hungry.

Does Jesus still feed His hungry followers today? (Answers may vary.)

- Yes. Jesus feeds us, His followers.
- **But what do you hunger for?** (Pause.) We are not talking about what you physically hunger for. **Instead, what does your soul desire?** (Pause.)

- **Do you desire to be loved? To be safe and cared for? Do you desire to be filled with peace? Unending happiness? Do you desire to be strong and virtuous?** (Pause.)
- Ultimately, we desire God! Jesus comes to satisfy these hungers—to fulfill our deepest desires.
- He comes to give us perfect love and unending happiness. He wants to give us a peace and joy that only He can give. He comes to make us strong in faith and virtue.

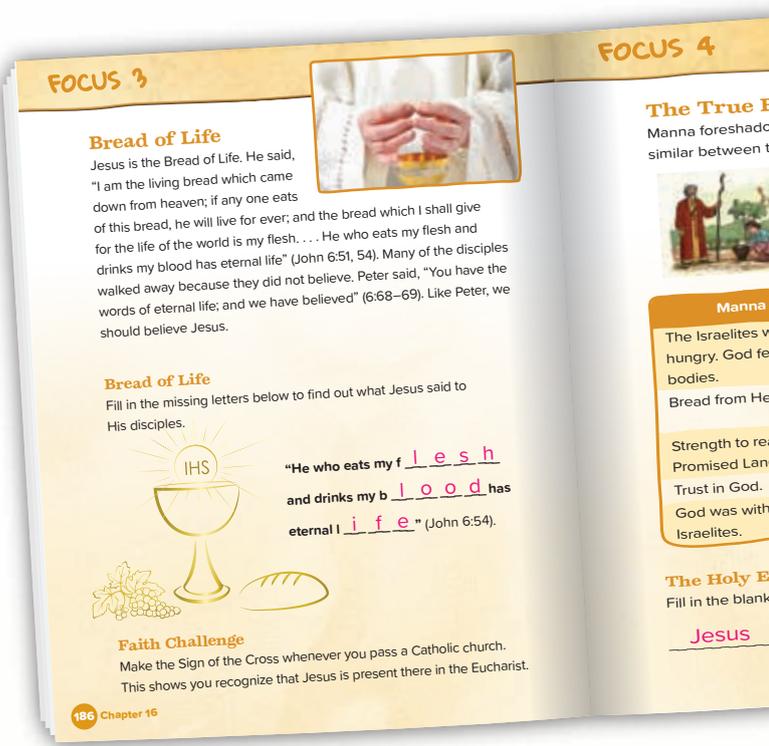
Jesus gives us Himself in the Eucharist to feed our souls.

- The Eucharist is the sacrament in which we receive the Body, Blood, Soul, and Divinity of Jesus under the *appearances* of bread and wine.
- This means that in the Eucharist, through the power of the Holy Spirit, ordinary bread and wine become Jesus.
- **Does that sound like a miracle?** (Yes.)

Conclusion: Jesus works miracles to show us He is God and to feed us. Jesus feeds us through a miracle in the Eucharist, in which He gives Himself to us as a gift.

Optional Activity: Jesus Can Work Miracles!

Turn to page 185 of the Student Text.



Focus 3: Jesus is the Bread of Life (see John 6:22–69).

Jesus came to give us the true Bread of Life—the Eucharist. Jesus is the Bread of Life.

Jesus said, “I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh” (6:51).

But many who were there could not believe what He was saying. They questioned, saying, “How can this man give us his flesh to eat?” (6:52).

“So Jesus said to them, . . . ‘He who eats my flesh and drinks my blood has eternal life (6:53–54).

Jesus tells us that if we eat His Body and drink His Blood, He will live in us. While Moses and the Israelites ate manna and still died, Jesus says that if we eat the Bread of Life and are in the state of grace, we will never really die because we will live with Him in Heaven.

After hearing this news, how do you think many of His disciples reacted? (Answers may vary.)

They walked away! They didn’t believe Jesus. So then Jesus turned to His Twelve Apostles and asked, “Will you also go away?” But Peter replied, “Lord, to whom shall we go? You have the words of eternal life; and we have believed, and have come to know, that you are the Holy One of God” (6:67–69).

When Jesus feeds us Himself, the true Bread from Heaven, with the Eucharist, we eat His Flesh and drink His Blood.

- **Can you believe this? (Pause.) Will you walk away like many of the disciples, or will you stay like Peter and the other Apostles? (Pause.)**
- Jesus promises that if we stay and receive the Eucharist, we can be strengthened by Him and enter Heaven.

Conclusion: Jesus tells us that He is the Bread of Life. He said that we must eat His Body and drink His Blood to have eternal life.

Optional Activity: Bread of Life

Turn to page 186 of the Student Text.

For the Catechist

Digging Deeper: A Eucharistic Miracle

There are many approved eucharistic miracles in the Church’s history. One recent example occurred in Buenos Aires, Argentina, in 1996. A discarded consecrated Host was found in a church, so the parish priest placed it into a glass of water to be dissolved. He placed the glass in the tabernacle. About three weeks later, he discovered that the Host had turned into bloody tissue. The tissue was kept in the tabernacle for three years, during which time it somehow did not decompose. It was then sent to a lab to identify the substance. The lab was never told anything else of its origin. The lab reported the tissue was taken from a living human heart that had suffered trauma, as if the person had been beaten in the chest. Incredibly, the blood type of the tissue matched the blood type of other documented eucharistic miracles from around the world.

FOCUS 4

The True Bread from Heaven

Manna foreshadowed the Eucharist. There are many things that are similar between the manna and the Eucharist.



Manna	Foreshadows	Eucharist
The Israelites were hungry. God fed their bodies.	→	We hunger for perfect love and happiness. God feeds our souls.
Bread from Heaven.	→	Jesus, the true Bread from Heaven.
Strength to reach the Promised Land.	→	Strength to reach Heaven.
Trust in God.	→	Trust in God.
God was with the Israelites.	→	Jesus is present to us in the Eucharist.

The Holy Eucharist

Fill in the blanks.

Jesus is the true Bread from Heaven.

187

Focus 4: Manna foreshadowed the Eucharist.

The manna in the Old Testament foreshadowed the incredible gift of the Eucharist.

- Foreshadowing is when one event tells about another event that will happen in the future.
- Manna pointed to the Eucharist, which would come in the future.
- See doodle. Students can also follow along with this doodle by using the chart on page 187 of the Student Text.

Manna	Foreshadows	Eucharist
Feeds Our Bodies	→	Feeds Our Souls
Bread from Heaven	→	Jesus, True Bread from Heaven
Strength to Reach Promised Land	→	Strength to Reach Promised Land of Heaven
Trust in God	→	Trust in God
God Was with Israelites	→	Jesus Is Present in Eucharist

When the Israelites were in the desert, they were very hungry.

- So God provided them bread from Heaven called manna. Add “Feeds Our Bodies.”
- **Are our souls hungry?** (Answers may vary.) Yes, our souls are hungry for perfect love, unending happiness, peace, and ultimately God.
- **Do you remember what Jesus gives us to satisfy this hunger?** (The Eucharist.) Add “Feeds Our Souls.”

The manna was called bread from Heaven by the Israelites because it was a gift from God.

- Manna looked like and tasted like bread. Add “Bread from Heaven.”
- Likewise, the Eucharist looks and tastes like bread.
- The Eucharist is an even greater gift from God. It is Jesus, the true Bread from Heaven. Add “Jesus, True Bread from Heaven.”

Manna strengthened the Israelites so that they could reach the Promised Land. Add “Strength to Reach Promised Land.”

- The Eucharist gives us the strength and the grace necessary to reach our Promised Land of Heaven! Add “Strength to Reach Promised Land of Heaven.”

But before they reached the Promised Land, the Israelites had to trust God.

- God gave the Israelites only enough manna for each day. God wanted them to place their hope totally in Him. Add “Trust in God.”
- Today, God still wants us to place our hope and trust totally in Him.
- **Can we trust that God will always give us what we need?** (Yes.)
- God promises us Heaven, but we need to trust that He will give us what we need to reach Heaven.
- The Eucharist is an overflowing source of God’s love and grace. If we receive the Eucharist prayerfully, we will find all that we need. Add “Trust in God.”

Most importantly, the manna showed the Israelites that God was always with them. Add “God Was with Israelites.”

- The Eucharist shows us that God is even more present with us now! Add “Jesus Is Present in Eucharist.”
- When we receive the Eucharist, we are in communion with God Himself.

Conclusion: The Eucharist is foreshadowed in the manna given to the Israelites. Jesus wants to be in communion with you when you receive the Eucharist.

Optional Activity: The Holy Eucharist

Turn to page 187 of the Student Text.

Let’s Remember Our Faith

Review the chapter by asking the students the following:

What do we call an action that only God can do that is beyond human power or understanding? (A miracle.)

When Jesus worked miracles, who did He show us that He is? (God.)

Whom do our souls hunger for? (God.)

How does Jesus feed our hungry souls? (The Eucharist.)

Who is the Bread of Life? (Jesus.)

If we are in the state of grace and eat Jesus’ Body and drink His Blood, what will we have? (Eternal life.)

What did God give the Israelites in the Old Testament that foreshadowed the Eucharist? (Manna.)

The Eucharist looks and tastes like bread, but what is it really? (Jesus’ Body and Blood.)

The Eucharist strengthens us for our journey to where? (Heaven.)

Pope Saint John Paul II

One day, when Karol was only nine years old, he came home. He saw his father kneeling and crying. His father told him that Karol's mother had died suddenly. Karol ran out of the house to the nearby church to pray. He knelt down in front of the Mother Mary statue. He prayed to Mary, saying, "You are my Mother now." Soon after, Karol received his First Holy Communion. The Eucharist gave him great peace even after his mother's death.

Just three years later, Karol's older brother, Edmund, died as well. Karol and his father prayed together. They received the Eucharist often. The Eucharist strengthened them in these hard times, and both men grew in holiness.

**Jesus Is with Us**

After each of the following sentences, silently pray to Jesus in your own words.

Open your heart to Jesus. Invite Him into your heart.
 Tell Jesus you love Him.
 Give Him praise.
 Thank Jesus for His love.
 Listen to Jesus. What do you hear Him say?
 Thank Jesus for His love and your blessings.
 Amen.

Choose one or more of the following options:

Let's Live Our Faith

Pope Saint John Paul II: One day, when Karol was only nine years old, he came home. He saw his father kneeling and crying. His father told him that Karol's mother had died suddenly. Karol ran out of the house to the nearby church to pray. He knelt down in front of the Mother Mary statue. He prayed to Mary, saying, "You are my Mother now." Soon after, Karol received his First Holy Communion. The Eucharist gave him great peace even after his mother's death.

Just three years later, Karol's older brother, Edmund, died as well. Karol and his father prayed together. They received the Eucharist often. The Eucharist strengthened them in these hard times, and both men grew in holiness.

Have you ever spent so much time with a person that you started doing some of the same things? (Answers may vary.)

- Maybe you tell the same jokes or laugh the same way. When we spend a lot of time with someone, we become like him.
- When we spend a lot of time with Jesus in the Eucharist, we become more like Jesus. When we become like Jesus, we are living a virtuous life.
- If we want to be more like Jesus, it is important to stay close to Him in the Eucharist.
- **What are ways we can spend time with Jesus in the Eucharist?** (Answers may include adoration, praying before and after Mass, and praying when we pass a church.)
- **Can you think of a time when we really would need to visit Jesus in the Eucharist?** (Answers may include when we are sad, lonely, happy, or grateful, and when we sin.)

Jesus is present in the Eucharist in every Catholic church. We are blessed to be able to go visit Him almost anytime we want.

Challenge: Make the Sign of the Cross whenever you pass a Catholic church. This shows you recognize that Jesus is present there in the Eucharist.

Faith Alive

Jesus Is with Us: Jesus gives us Himself as food for our souls. But we can also visit Jesus in the Eucharist outside of Mass.

Where is the Eucharist kept after everyone has received it at Mass? (Tabernacle.)

- The tabernacle in a Catholic church is a sacred container that holds the Eucharist after Mass. It is usually gold.
- The tabernacle in a Catholic church usually has the Eucharist inside, but it could also be empty. **How do we know if Jesus is in the tabernacle?** (Answers may vary.) If the candle, which is usually red, next to the tabernacle is lit, Jesus is inside.
- **When we approach the tabernacle or walk past it, how should we honor Jesus?** (Answers may vary.) We should always give Jesus great respect by thinking of Him and bowing or genuflecting. **Can someone please remind us how to genuflect?** One volunteer demonstrates by kneeling on his right knee and making the Sign of the Cross with his right hand.
- **Do you think praying in front of the Eucharist in the tabernacle would be a good thing to do?** (Yes.) **Why?** (Because Jesus Himself is present.)

We are now going to learn how to pray in front of the tabernacle.

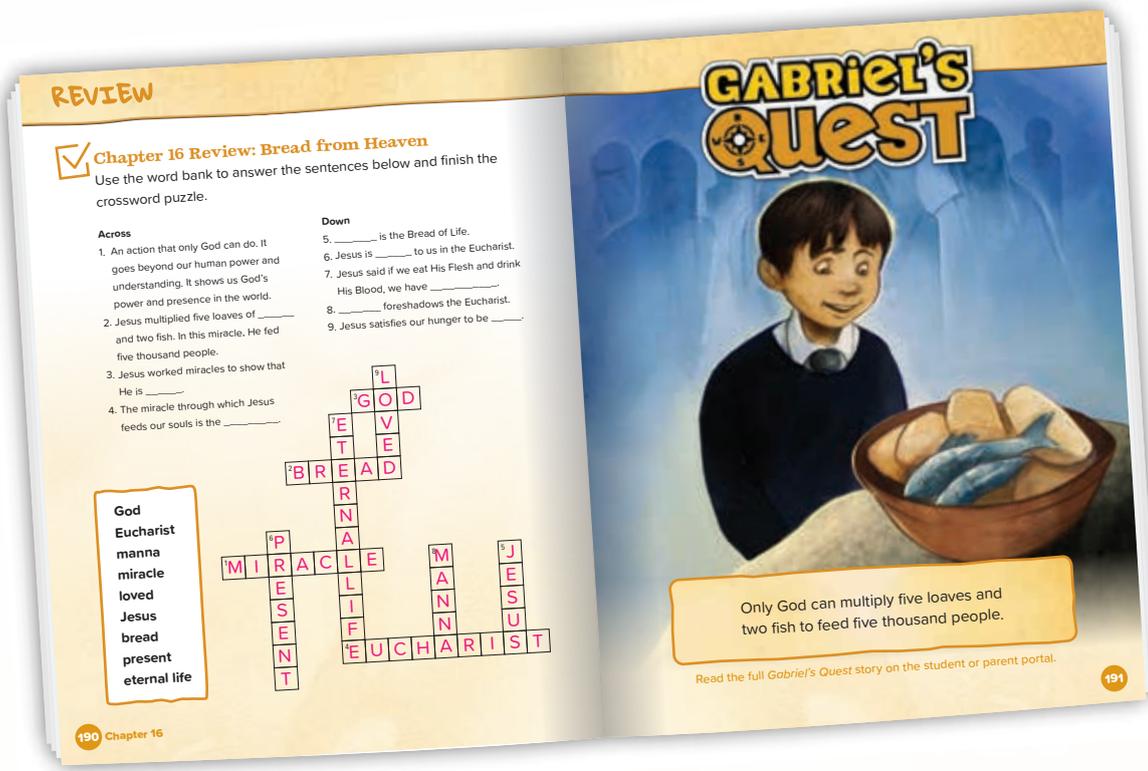
Optional: You may take students to pray in front of the tabernacle in the church or have them do this with their families.

Before entering the pew, we genuflect to show our love for Jesus through reverence.

Students stand and genuflect.

Use the following prompts in church, or if your class will not be going to the church, use the following to pray.

- Let's kneel to pray with our hands folded and our eyes focused on the tabernacle. We may also close our eyes to help us focus on praying.



- Bring to mind your love for Jesus with your whole heart, mind, and soul. Lead students with prompts on page 189 of the Student Text.
- At the end of our time in front of the tabernacle, we will pray the Act of Love, which can be found in the appendix on page 292 of the Student Text.

Chapter 16 Review: Bread from Heaven

Turn to page 190 of the Student Text.

Let's Celebrate Our Faith

Begin and end with the Sign of the Cross.

Dear Jesus, we see Your love as You take care of our needs in Your miracles. Increase our love for You as we grow in charity. Amen.

Let's pray the Act of Love together.

O Lord God, I love You above all things, and I love my neighbor for Your sake because You are the highest, infinite and perfect good, worthy of all my love. In this love, I intend to live and die. Amen.

Take Home

The take-home pages are located on pages 191–92 of the Student Text and on the catechist and parent portals. These pages are the story from *Gabriel's Quest* and the Family Faith page. Please send pages 191–92 home with the students.

Gabriel's Quest

Miracles of Math **V**

Lesson Link: In the Multiplication of Loaves and Fish, Jesus shows us that through a miracle, He wants to nourish His people. A miracle is an action of God that is beyond human power or understanding. It is a sign of God's power and presence in our world. Jesus works this miracle of bread in anticipation of the Eucharist, when Jesus will give Himself as the Bread of Life to feed our souls.

In the middle of teaching a math lesson one day, Sister Teresa suddenly stopped. She waved to the addition problems written on the board and asked, "Do you know that sometimes math doesn't make any sense?"

"Math never makes sense to me," said Max. Some of the kids giggled.

"You know that if you have two apples and add another apple, then you have three apples," Sister Teresa said. She went to the board and wrote as she talked. "But what about a time when one plus one plus one equals *one*?"

"It never does that," said a girl named Sophia.

"Never?" Sister Teresa asked. She pointed to a painting on the wall of God the Father, God the Son, and God the Holy Spirit. "Three equals one."

Gabriel chuckled.

Sister Teresa turned to the class and asked, "When does five plus two equal five thousand?"

Sophia folded her arms and slumped into her seat.

Sister Teresa said, "Remember the story in the Gospels when Jesus had been preaching to thousands of people. Late in the day, it was time to stop. The people were hungry. Jesus told the Apostles to feed them. The Apostles said it was impossible. There wasn't enough food. Jesus asked them how much food they had. The Apostles came back with five loaves and two fish."

(Continued on page 154)

(Gabriel's Quest continued)

Sister Teresa wrote “5 + 2” on the board and an equals sign. Then she said, “Jesus told everyone to sit down in groups on the grass. Some were in groups of fifty and a hundred. Jesus looked up to Heaven, then blessed the food and told the Apostles to pass the food around. Everyone ate until they were full. Then the Apostles put all the leftovers in *twelve* baskets. The Gospels tell us that there were five thousand men there, besides women and children.”

She wrote “5 + 2 = 5000.” Then she added “+ 12” after that.

Gabriel remembered the story. He imagined what it must have been like to be there when it happened.

“It’s crazy,” Sister Teresa said. “But it really happened. It was a *miracle*. A miracle is something that doesn’t make sense in the natural world. We know that only God can make something from nothing. Only God can part the waters of the sea, or stop the sun in the sky, or raise someone from the dead. Only God can multiply five loaves and two fish to feed five thousand people.” She smiled at them. “And that’s how millions of people can be spiritually fed by the Body and Blood of Jesus through bread and wine at every Mass around the world.”

At home that night, Uncle Jon looked over Gabriel’s math worksheet. One of the answers was wrong. “You have to do it again,” Uncle Jon said.

Gabriel looked up at him and grinned. “But I’m doing math the way God does,” he said.

Questions:

1. **What did Gabriel learn about God’s math?** (Answers may include it is different from normal math and it shows that God is in control of creation.)
2. **Have you ever witnessed a miracle like God’s math?** (Answers may vary.)

Optional: Have students use their journal pages to reflect on Question 2: **Have you ever witnessed a miracle like God’s math?** Journal pages are available on the catechist and student portals.

Chapter 16 Bonus Activities

A New Heart and Spirit

Students will identify ways that the manna foreshadowed the Eucharist.

You can access the blackline master for this activity on the catechist portal.

Feeding of the Five Thousand Snack

Students will reenact the story of Jesus feeding the five thousand.

You can access the blackline master for this activity on the catechist portal.

Food for Our Souls Craft

Materials:

- Pattern is on the catechist portal; one per student
- Crayons and markers
- Scissors
- Tape

This activity will help the students visualize the difference between bread for our earthly life and the Eucharist for our eternal life.

The students will be forming two folded cards. First, have the students color and cut out their patterns. To form the hinge of the “Bread” card, tape the top sides of the two bread templates together. Do the same with the “Eucharist” card by taping the upper left-hand side of the chalice template.

To help emphasize the difference between bread for our earthly life and the Eucharist for our eternal life, have the students read along with you the wording on each of the cards.

For the Catechist

Digging Deeper: A Miracle of Sharing?

In Matthew 14:13–21, we read of the miracle of the Feeding of the Five Thousand, in which Jesus feeds the large crowd with only five loaves and two fish. It is not uncommon to hear an interpretation of this story which claims that this was no supernatural miracle. Instead, some state that the real “miracle” is that Jesus merely encouraged everyone to share the food they had brought but had selfishly hid. The Church does not teach this. The *Catechism* clearly teaches that “the miracles of the multiplication of the loaves, when the Lord says the blessing, breaks and distributes the loaves through his disciples to feed the multitude, prefigure the superabundance of this unique bread of his Eucharist” (CCC 1335). The miraculous multiplication is a sign of the care God has for His people, which is shown above all in the gift of the Holy Eucharist, through which God feeds us spiritually and physically.

Chapter 19

Sacrament of the Eucharist

CHAPTER SUMMARY

The Eucharist is the Body of Christ. We also call the Church the Body of Christ because the grace of Baptism unites us with Jesus and one another in one body. Through the power of the Holy Spirit, bread and wine become the Body, Blood, Soul, and Divinity of Jesus Christ. This change is called transubstantiation. The substance of bread and wine are changed to the substance of the Body and Blood of Jesus. Another name for the Eucharist is Holy Communion. This is because when we receive the Eucharist, we are united with Jesus. As we open our hearts to Jesus in the Eucharist, He gives us grace to strengthen us in virtue so we can live as people of virtuous and holy character.

CATECHISM OF THE CATHOLIC CHURCH (CCC) REFERENCES

1 Corinthians 10:16–17: 1329

Eucharist as thanksgiving: 1360

Jesus' Real Presence in the Eucharist: 1374, 1377

Transubstantiation: 1375–76

The Body of Christ: 788, 790, 1396

Graces of the Eucharist: 1391–94

PREPARING OUR HEARTS

When God speaks, things happen. At the beginning of Creation, God said, “‘Let there be light’; and there was light” (Genesis 1:3). At the Last Supper, Jesus said, “This is my body” (Matthew 26:26), and the bread became His Body. At every Mass, to carry out the work of our redemption, the priest, standing *in Persona Christi* (in the Person of Christ), echoes these words of Jesus; through the power of the Holy Spirit, bread and wine change

into the Body, Blood, Soul, and Divinity of Jesus Christ. What an amazing reality! Christ Jesus gives Himself fully to us at every Mass.

We do not attend Mass simply to hear about Jesus but also to encounter Him. Just as the simple bread and wine transform into Jesus in His heavenly glory, so we also are transformed into the likeness of Christ by partaking of the Eucharist worthily and well. Torrents of grace flood into our souls. We ought to leave Mass “changed into his likeness from one degree of glory to another” (2 Corinthians 3:18).

The great mystery of the Eucharist is really the mystery of Christ’s Incarnation extended through the centuries. Immanuel, God with us, is still with us. Jesus holds nothing back in giving us the most sublime gift, the gift of Himself in the Eucharist.

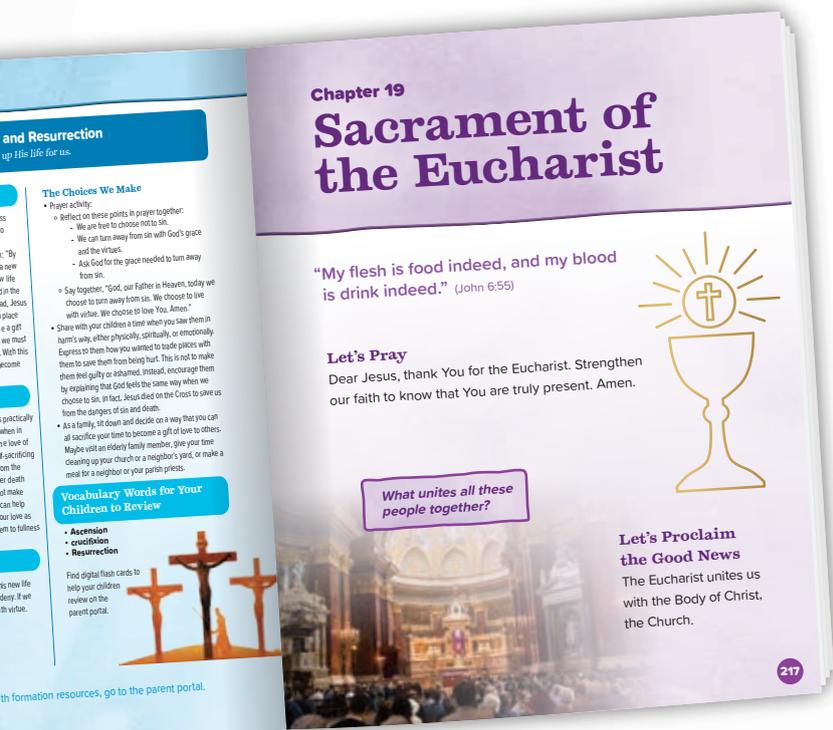
“The Eucharist is ‘the source and summit of the Christian life’ (*Lumen Gentium*, 11). . . . ‘For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch’ (*Presbyterorum Ordinis*, 5)” (CCC 1324).

How do you prepare for Mass? Do you realize you are about to encounter Jesus Christ?

How can you properly dispose your heart to receive the graces given in the Eucharist?

Do you center your life and spirituality on the Eucharist?

Chapter 19: Sacrament of the Eucharist	Focus 1: Let's Learn about God's Word: 1 Corinthians 10:16–17	Focus 2: A Miracle at Every Mass	Focus 3: I Believe	Focus 4: Graces of the Eucharist	Review
Words to Know	<p>Amen: “I believe.” We say “Amen” in response to “the Body of Christ” before receiving Communion. We say this because we believe that the Body of Christ, in fact Jesus Himself, is present in the Eucharist and that we are part of the Body of Christ, the Church.</p> <p>Body of Christ: The Church, united to Jesus and one another.</p> <p>Holy Communion: Another name for the Eucharist. When we receive the Eucharist, we are united to Jesus.</p>				
Materials	<p>All focuses: Bible, writing materials, whiteboard. See Bonus Activities on page 184 of the Parish Catechist Manual for more.</p> <p>Focus 2: A rock and a flower, or a picture of a flower</p>				
Sidebars	<p>Additional sidebars are available on the catechist portal:</p> <p>Focus 1: “Digging Deeper: We Become Members of the Body of Christ”</p> <p>Focus 4: “Digging Deeper: The Eucharist and Charity”</p>				
Chapter Aims	<ul style="list-style-type: none"> • Students will know that Jesus is truly present in the Eucharist. • Students will understand that through the power of the Holy Spirit, the bread and wine become the Body, Blood, Soul, and Divinity of Jesus. • Students will understand that through their participation in the Eucharist, they are given grace that strengthens them in virtue so they can live as people of holy character. 				
Activity Objectives	<ul style="list-style-type: none"> • <i>Focus 1 Activity:</i> Students will identify that the Body of Christ is the Eucharist and another name for the Church. • <i>Focus 2 Activity:</i> Students will identify the change in substance from the bread and wine to the Body, Blood, Soul, and Divinity of Jesus. • <i>Focus 3 Activity:</i> Students will formulate a prayer of faith, hope, and charity. • <i>Focus 4 Activity:</i> Students will identify the graces and fruits of being in holy communion with Jesus. • <i>Live Our Faith—Saints:</i> Students will realize how they live like Christ after they receive the Eucharist. • <i>Faith Alive:</i> Students will discuss examples of how to prepare to open themselves to God's graces in the Eucharist. 				
Preparation <i>Let's Prepare Our Hearts</i>	<p>Choose one or more of the following:</p> <ul style="list-style-type: none"> • Opening Prayer in Student Text • <i>Lectio Divina:</i> John 6:55 V • Sacred Art: <i>The Triumph of the Eucharist</i>, Bartolomé Esteban Murillo V 				
Proclamation <i>Let's Proclaim the Good News</i>	<p>The Eucharist unites us with the Body of Christ, the Church.</p>				
Explanation <i>Let's Learn about Our Faith</i>	<p>Focus 1: The Eucharist unites us as one in the Body of Christ, the Church. V</p> <p>Focus 2: The bread and wine become the Body and Blood of Jesus through the power of the Holy Spirit and the words of Jesus repeated through the priest.</p> <p>Focus 3: We say “Amen” when we receive the Eucharist.</p> <p>Focus 4: We can grow in virtue by prayerfully receiving the Eucharist.</p> <p>Chapter Review</p>				
Application <i>Let's Live Our Faith</i>	<p>Choose one or more of the following:</p> <ul style="list-style-type: none"> • Pope Saint John Paul II • Faith Alive: Opening Our Hearts for Jesus • Enrichment: Sacred Art 				
Celebration <i>Let's Celebrate Our Faith</i>	<p>Unit Prayer: Prayer followed by the Act of Love</p>				



Dear Jesus, thank You for the Eucharist. Strengthen our faith to know that You are truly present. Amen.

2. *Lectio Divina*

Refer to the *Lectio Divina* Quick-Start Guide on page xi of the Parish Catechist Manual. Begin with the Sign of the Cross.

Heavenly Father, open our hearts to listen to Your Word in the Bible and know that Your Body and Blood are true food from Heaven. Amen.

Lead students in *lectio divina* on John 6:55: “My flesh is food indeed, and my blood is drink indeed.”

Reflection (If needed, use to prompt students during the meditation step.)

- The Eucharist is food for my soul.

3. Sacred Art Reflection: *The Triumph of the Eucharist*, by Bartolomé Esteban Murillo

Direct the students to look at the artwork on page 221 of the Student Text. Begin and end with the Sign of the Cross.

Dear Jesus, as we look at this beautiful work of art, help us see how You give us the Eucharist through Your Church.

Look carefully at this painting. (Pause.)

- Notice the woman in the painting holding the Eucharist. This woman represents the Body of Christ, the Church. Look at what she is holding. (Pause.)
- We know that she represents the Church because she is holding the Holy Bible, the keys to the kingdom, and the Eucharist.
- Look closely at the faithful people at the bottom of the painting. (Pause.) We can see that they are in awe, as if they are waiting to receive Jesus in the Eucharist.
- It is through the Church that we are able to receive the Eucharist and the Word of God.
- Look at the banner that the angels are holding. It is in another language, but it says, “He loved them to the end” (John 13:1). Jesus did love us to the end of His life, and He continues to love us through the Church.

Dear Jesus, thank You for giving us the Eucharist through Your Church. Help us always be grateful for the Church and for the gift of the sacraments. Amen.

Review Chapter 18

What do we call the death of someone who is nailed to a cross? (A crucifixion.)

Who became the perfect sacrifice of love for the sins of mankind? (Jesus.)

What did Jesus say right before He died to tell us God’s plan of love to save us from our sins was accomplished? (“It is finished.”)

What happened on the third day after Jesus died? (He rose from the dead.)

What do we call this? (The Resurrection.)

Was Jesus victorious over sin and death? (Yes.)

Where did Jesus go forty days after His Resurrection? (Heaven.)

What do we call this? (The Ascension.)

Optional Preparation Activities

Prepare Our Hearts Song

“Soul of My Savior”

Soul of my Savior, sanctify my breast;
Body of Christ, be Thou my saving guest;
Blood of my Savior, bathe me in Thy tide;
Wash me with water flowing from His side.

Strength and protection may Thy passion be;
O blessed Jesus, hear and answer me;
Deep in Thy wounds, Lord, hide and shelter me;
So shall I never, never part from Thee.

Guard and defend me from the foe malign;
In death’s drear moments make me only Thine;
Call me and bid me come to Thee on high,
Where I may praise Thee with Thy saints for aye.

Memory Verse

The Bible verse we are learning in this chapter is the following: “My flesh is food indeed, and my blood is drink indeed” (John 6:55).

Go to the catechist portal for optional memory verse activity ideas.

Let’s Prepare Our Hearts

Choose one or more of the following three prayer options:

1. Opening Prayer

Read the Opening Prayer on page 217 of the Student Text. Begin and end with the Sign of the Cross.

FOCUS 1

Let's Learn about God's Word

Saint Paul proclaimed, "The bread which we break, is it not a participation in the body of Christ?" (1 Corinthians 10:16).



218 Chapter 19

The Church is the **Body of Christ**. Jesus is the Head, and we are members of His Body. We are united to Christ and one another. The Eucharist strengthens this unity. That is why another name for the Eucharist is **Holy Communion**. We are united to Jesus in the Eucharist. Jesus unites us with the Church, the Body of Christ.

We enter the Church through Baptism. We are united as one body and one family through the Eucharist, the Body and Blood of Christ. We all have a special role in this body.

Body of Christ

Fill in the blanks to tell about the Body of Christ.

The Church is the Body of Christ.

Jesus is the Head. We are members of His Body.

The Eucharist strengthens our unity with Christ and one another.

The Eucharist is also called Holy Communion.

Faith Challenge

If you ever feel like bragging about your talents, give the glory to God instead.



219

What do we call the place where the Eucharist is kept and we can visit Jesus? (Tabernacle.)

What do we become when we have God's grace in our hearts? (Living tabernacles.)

Introduction

Turn to page 217 of the Student Text.

What unites all these people together? (Answers may vary.)

Let's Proclaim the Good News

Let's quiet our hearts and minds to hear the truth we believe:

The Eucharist unites us with the Body of Christ, the Church.

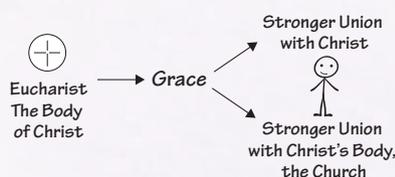
Let's Learn about God's Word

Focus 1: The Eucharist unites us as one in the Body of Christ, the Church (see 1 Corinthians 10:16–17). **V**

After Jesus ascended into Heaven, Saint Paul became an Apostle of Jesus. He proclaimed, "The bread which we break, is it not a participation in the body of Christ?" (10:16).

• **What do we mean by the Body of Christ?** (Answers may vary.)

• When we say "Body of Christ," we mean the Eucharist because it is the Body, Blood, Soul, and Divinity of Christ. See doodle. Add host, "Eucharist," and "The Body of Christ."



• But the Bible also calls the Church the Body of Christ. The Church is a body. Its soul is the Holy Spirit. Add stick person.

• Jesus Christ is the Head of the Church. Those people who are baptized are the members of the Body of Christ.

Through Baptism, we become members of the Body of Christ. We are united to Christ and others through the grace of Baptism. Add "Grace."

- The Eucharist further strengthens this unity to Christ and with one another. Add arrow from host to "Grace."
- When we receive the Eucharist (point to "Eucharist"), Jesus further *unites us* with Himself. Add "Stronger Union with Christ" and arrow from "Grace."
- And He further *unites us* with one another in His Body, the Church. Add "Stronger Union with Christ's Body, the Church" and arrow from "Grace."
- This is why another name for the Eucharist is Holy Communion. When Christ unites us to Himself in the Eucharist, He makes us one Body of Christ, the Church (see 1 Corinthians 10:17).

We are united as one body with Jesus as our head.

- Many families are related to one another because they all have the same blood.
- In a similar way, we share the Blood of Christ in the Eucharist. But the unity is even deeper because we are united in God. We are united in Jesus' Body and in God's family, the Church.
- Through the Blood of Christ, we become one body and one family.

Just like every part of our body is different and has a special role, every member of the Church has a special and unique role given by God.

- **What kinds of roles do people in the Church have?** (Answers may include priests, teachers, lectors, janitors, and choir members.)
- God calls everyone. **Have you ever thought about what God may be calling you to do in the Church?** (Answers may vary.)
- God gave everyone different gifts and talents. We should use these talents to help build up the Church and to help Jesus continue in His mission to save souls.
- We build up the Church all for the glory of God, never for ourselves.

Conclusion: The Eucharist is the Body of Christ. The Bible also calls the Church the Body of Christ. When we receive the Eucharist, we are further united to Christ and with Christ's Body, the Church.

FOCUS 2

A Miracle at Every Mass

All these different things are substances—a rock, flower, or human being.



A substance is what a thing is.

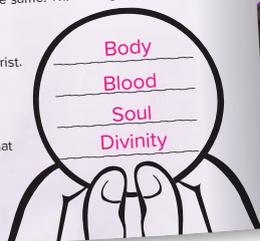
Through the Holy Spirit, a miracle happens at Mass. The priest repeats the words of Jesus at the Last Supper: “This is my Body. . . . This is the chalice of my Blood.”

The *substance* of the wheat bread and grape wine becomes Jesus. Bread and wine become the Body, Blood, Soul, and Divinity of Jesus, even though they look the same. This change is called transubstantiation.

Jesus is truly present in the Eucharist. We call this the Real Presence.

Change of Substance

Write four words inside the host that tell the substance that the bread and wine become at Mass.



220 Chapter 19

FOCUS 3

I Believe

At the end of every Mass, we receive Jesus when you receive

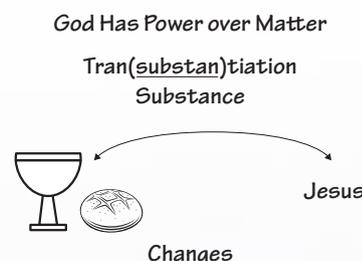
By saying “Amen,” we truly present in our hearts trust that the grace for Heaven. Finally, God above all else is in communion

But what about the Eucharist? (Pause.) What is the Eucharist? (Jesus’ Body and Blood.) Write “Jesus’ Body and Blood” on the board.

- **Does the Eucharist look like Jesus’ Body and Blood? (No.)**
- **What does it look and taste like? (Bread and wine.)** Write “bread and wine” on the board.
- **But is it bread and wine? (No!)**

At Mass, through the power of the Holy Spirit and the words of Jesus that the priest repeats, a miracle occurs: the *substance* of wheat bread and grape wine is changed.

- Bread and wine *become* the Body, Blood, Soul, and Divinity of Jesus Christ.
- This change is called transubstantiation. **Copy doodle without arrow and without “Changes.”**



- **Point to “Substance.”** Notice that the word “substance” is part of “transubstantiation.” The prefix “trans-” is also part of “transubstantiation.” **Point to “Tran.”** The prefix “trans-” means “change.”
- Even though it looks the same, the substance of bread and wine changes to, or becomes, the substance of the Body and Blood of Jesus. **Add arrow and “Changes.”**
- After the miracle, the Body and Blood *appear* like bread and wine. But the *substance* is now the Body and Blood of Jesus.

Through the power of the Holy Spirit, when the priest repeats Jesus’ words at the Last Supper—“This is my Body” and “This is the chalice of my Blood”—the bread and wine become the Body, Blood, Soul, and Divinity of Jesus.

- When you receive what *looks like* bread and wine, you are really receiving Jesus!
- Every drop of His Blood and every crumb of His Body is Jesus.

Jesus is really present in the Eucharist—Body, Blood, Soul, and Divinity. We call this the Real Presence.

- **Can we say that the bread and wine are just symbols of Jesus? (No!)**
- Jesus said, “*I am the living bread* which came down from heaven” (John 6:51; emphasis added). “Living bread” means that the Eucharist is Jesus and *He is alive*.

Conclusion: Through the power of the Holy Spirit, bread and wine become the Body, Blood, Soul, and Divinity of Jesus. Jesus is truly present in the Eucharist, even if the taste and look of bread remain.

Optional Activity: Change of Substance
Turn to page 220 of the Student Text.

Optional Activity: Body of Christ
Turn to page 219 of the Student Text.

Let’s Learn about Our Faith

Focus 2: The bread and wine become the Body and Blood of Jesus through the power of the Holy Spirit and the words of Jesus repeated through the priest.

See “Digging Deeper: Substance” and “Digging Deeper: Christ in Every Particle” sidebars on page 184.

Hold up a rock. (Or point to illustrations on page 220 of the Student Text.)

- **What is this? (A rock.) What does it look like? (A rock.)**
- **Hold up a flower or a picture of a flower. What is this? (A flower.) What does it look like? (A flower.)**
- **Point to yourself. What am I? (A human being.) What do I look like? (A person.)**
- A substance is what a thing is.
- All these different things are substances—a rock, a flower, or a human being. A substance is what something is.
- If we went outside, we could see a tree. That is a substance. We could see a squirrel. That is a substance.
- These all look different. They are all different substances.

FOCUS 3

I Believe

At the end of every prayer, you say "Amen." You also say "Amen" when you receive the Eucharist. "Amen" means "I believe."

By saying "Amen," we are living with faith. We believe that Jesus is truly present in the Eucharist. We also are living with hope. We trust that the grace we receive in the Eucharist will strengthen us for Heaven. Finally, by saying "Amen," we live with charity. We love God above all else. We give ourselves to Him as a gift of love. We are in communion with Jesus in the Holy Eucharist.



221

Prayer from the Heart

Say a prayer from your heart to Jesus. Use these words: charity, Amen, faith, believe, communion, hope.

Dear Jesus,
When I receive You in the Eucharist and say Amen, I am showing that I believe.

With faith, I believe You are truly present in the Eucharist.

With hope, I trust that the grace I receive in the Eucharist will strengthen me for Heaven.

With charity, I can give myself to You as a gift of love.

When I receive You in the Holy Eucharist,
I am in communion with You.

Amen

Faith Challenge

Ask Jesus to strengthen the virtues in you before receiving the Eucharist.

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Focus 3: We say "Amen" when we receive the Eucharist.

Do you remember what word we always say at the end of our prayers? ("Amen.")

- **Do you know why we say that word?** (Answers may vary.)
- We say that word to say to God and to others that we really believe that what we just said is true.
- "Amen" means "I believe." We say this because we believe that the Eucharist is really and truly Jesus Himself.
- Just before you receive your First Holy Communion from the priest, he will say, "The Body of Christ," and you will respond, "Amen."

By saying this, you are living with the theological virtues that God gave you at your Baptism.

- By responding "Amen," you are living with faith.
 - We show God and others that because of the virtue of faith, we believe that Jesus is truly present in the Eucharist.

- By responding "Amen," you are living with hope.
 - When we respond with "Amen" with hope, we trust that in the Eucharist, Jesus gives us the grace we need to make it to Heaven.
- By responding "Amen," you are living with charity.
 - Responding with "Amen" means we are ready to give ourselves to Him with love in return.

We are in communion with Jesus in the Holy Eucharist.

Conclusion: We respond with "Amen" before receiving Jesus in the Eucharist. When we say this, we are living with the virtues of faith, hope, and charity.

Optional Activity: Prayer from the Heart

Turn to page 222 of the Student Text.

For the Catechist

Digging Deeper: Spiritual Communion

For those who are not able to receive Holy Communion, perhaps because they are not near a church, are not in a state of grace, or have not been fully initiated into the Catholic faith, there is a beautiful prayer called a *spiritual communion*. It expresses the love and desire to be united with Jesus. Even children who are not old enough to receive Holy Communion can learn and pray this prayer:

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.

FOCUS 4

Graces of the Eucharist

God wants to lift you up to be a person of holy character. He wants you to be truly happy and a saint. So He gives you His grace and virtues at your Baptism. The virtues God gives are great gifts. But we must open our hearts to them. We must use them.

The Eucharist gives us grace. It strengthens us in charity and other virtues. It does this by uniting us to Christ, forgiving our venial sins, and preserving us from mortal sin. If we open our hearts, He will strengthen us in virtue. If we let Him, He will strengthen us in temperance, fortitude, justice, and prudence.

Graces of the Eucharist

Fill in the blanks below.

The Eucharist gives us grace and strengthens our

virtues.

If we open our hearts,

God will strengthen us in virtue.

virtues hearts grace



223

Focus 4: We can grow in virtue by prayerfully receiving the Eucharist.

With the grace of the Eucharist, we can become virtuous people of holy character.

- God wants to help each one of us be virtuous and truly happy.
- He wants to lift *you* up to be a person of holy character. He wants *you* to be a saint.

So He first gives you His grace *and* virtues at your Baptism.

- But you must open your heart to them and use them.
- The grace of the Eucharist strengthens us in virtue.
- It does this by uniting us to Christ, forgiving our venial sins, and preserving us from mortal sin.

Let's say you are struggling with a particular weakness.

- Maybe you are selfish and always concerned with what you want. (Pause.)
- Maybe you are fearful to go to your new school. (Pause.)
- Maybe you cheat on games with your siblings. (Pause.)
- Maybe you do things without thinking them through. (Pause.)

The next time you receive the Eucharist, talk to God. Tell Him that you are struggling with this sin or weakness.

- Ask for the help of His grace and tell Him that you cannot do this on your own.
- In response, God will give you grace to strengthen all other virtues in you.
- If you let Him, He will strengthen your temperance, fortitude, justice, and prudence.

Conclusion: When we receive the Sacrament of the Eucharist, we should open ourselves to God's grace and He will help us become people of holy character.

Let's Remember Our Faith

Review the chapter by asking the students the following:

What is another name for the Sacrament of the Eucharist? (Holy Communion.)

What do we call the Church, that is, the people who are united to Jesus and one another? (The Body of Christ.)

Who is the Head of the Church, the Body of Christ? (Jesus.)

What is the miracle that occurs at every Mass? (Bread and wine become the Body, Blood, Soul, and Divinity of Jesus.)

Through whose power does this miracle occur? (The Holy Spirit.)

At Mass, who repeats the words of Jesus at the Last Supper? (The priest.)

Is Jesus' Real Presence in the Eucharist true, or is the Eucharist just a symbol? (Real Presence is true.)

When the priest says to us "the Body of Christ," what word do we respond with? ("Amen.")

What does "Amen" mean? ("I believe.")

Does God expect us to be virtuous on our own? (No.)

What should we open our hearts and souls to receive from God when we receive the Eucharist? (Grace.)

Can the Eucharist strengthen the virtues in our souls? (Yes, if we are open to God's grace.)

Optional Activity: Graces of the Eucharist

Turn to page 223 of the Student Text.

For the Catechist

Digging Deeper: Effects of the Eucharist

Grace—God's very life and love in us—is given to us in Baptism. The Eucharist nourishes and increases this life of grace in us, conforming us to Christ the Son. Growth in the spiritual life is to live out the words of Saint Paul: "It is no longer I who live, but Christ who lives in me" (Galatians 2:20). To receive the Eucharist is to receive Christ. We are able to turn away from sin, grow in our love for God, and love others if we cooperate with the supreme gift of God's grace given to us in the Eucharist.

Pope Saint John Paul II

One day shortly after World War II had ended, Karol was at the train station. He saw a girl. She was starving and very cold. She was wearing a striped uniform. This meant she had been a prisoner in a horrible Nazi camp.

When Karol saw how hungry and cold she was, he wanted to help. He bought her some hot tea. He asked where she was trying to go. She was trying to go to Krakow to look for the rest of her family. The Nazis had separated her from her family. She was too cold and weak to stand, so Karol carried her onto the train.

**Faith Challenge**

Make a list of ways you want to live more like Christ with the graces you will receive from your First Holy Communion.

Opening Our Hearts for Jesus

Jesus, make my heart like Your Most Sacred Heart.

Create in me a clean heart, O God,
And put a new and right spirit within me.
Cast me not away from your presence,
And take not your holy Spirit from me.
Restore to me the joy of your salvation,
And uphold me with a willing spirit.

(Psalm 51:10–12)

Amen.



Choose one or more of the following options:

Let's Live Our Faith

Pope Saint John Paul II: One day shortly after World War II had ended, Karol was at the train station. He saw a girl. She was starving and very cold. She was wearing a striped uniform. This meant she had been a prisoner in a horrible Nazi camp.

When Karol saw how hungry and cold she was, he wanted to help. He bought her some hot tea. He asked where she was trying to go. She was trying to go to Krakow to look for the rest of her family. The Nazis had separated her from her family. She was too cold and weak to stand, so Karol carried her onto the train.

Karol lived just like Christ by doing this. **Do you think that giving food to the starving girl was something Christ would have done?** (Yes.)

When we receive Holy Communion, which was something Karol did very often, we are able to become more like Christ. The Eucharist helps us live like Christ. It helps us live with amazing virtue.

What are some ways you can live like Christ when you receive Holy Communion? (Answers may include loving others like God, feeding the poor, caring for the sick, and forgiving my enemies.)

Challenge: Make a list of ways you want to live more like Christ with the graces you will receive from your First Holy Communion.

Faith Alive

Opening Our Hearts for Jesus: Raise your hand if you have had guests come to your house. (Pause.)

- **What do you have to do to prepare for guests to come to your house?** (Answers may vary.)
- Usually, we have to clean our house to prepare for our guests.
- Maybe we need to buy or cook food to serve to our guests.
- If our guests are staying overnight, we need to prepare a comfy and clean bed for them to sleep in.

Just as we prepare for guests to come to our homes, we also need to prepare to open our hearts for God's grace when we receive the Eucharist.

How can we prepare our hearts to receive God's grace in the Eucharist? (Answers may vary.)

- We need to quiet our hearts.
- When we make our hearts quiet, we can listen to God's voice.
- We also need to remember that we need God.
- We need to prepare our hearts to be "comfy" places for God by living virtuous lives.
- We can clean our hearts by receiving God's mercy in Reconciliation.

Can we ask God for help to clean our hearts to prepare a nice place for Him to dwell? (Yes.)

- In Psalm 51, the writer asks God for help in cleaning his heart.
- We can pray Psalm 51 to ask God for help to open our hearts too.

Turn to page 225 of the Student Text for a reflection on Psalm 51.

Chapter 19 Review: Sacrament of the Eucharist

Turn to page 226 of the Student Text.

Let's Celebrate Our Faith

Begin and end with the Sign of the Cross.

Dear Jesus, may all people become one in You. Guide us to use our talents to bring others to You. Amen.

Let's pray the Act of Love together.

O Lord God, I love You above all things, and I love my neighbor for Your sake because You are the highest, infinite, and perfect good, worthy of all my love. In this love, I intend to live and die. Amen.

REVIEW

Chapter 19 Review: Sacrament of the Eucharist

Use the word bank to answer the questions below.

- We unite ourselves to Jesus in the Eucharist.
- Through the Holy Spirit, a miracle happens at Mass.
- At Mass, the substance of bread and wine become Jesus.
- The Real Presence means that Jesus is truly present in the Eucharist.
- Another name for the Eucharist is Holy Communion because we are united to Jesus.
- When we receive the Eucharist, we say "Amen."
- When we receive the Eucharist, we trust that the grace we receive in the Eucharist will strengthen us for Heaven.
- The Church, united in Jesus, is called the Body of Christ.
- The Eucharist gives us grace and strengthens our virtues.
- If we open our hearts, God will strengthen us in virtue.

trust	Body of Christ
hearts	Eucharist
virtues	Real Presence
Jesus	Communion
Amen	miracle



226 Chapter 19

ENRICHMENT: SACRED ART

Praying with Sacred Art: The Triumph of the Eucharist, by Bartolomé Esteban Murillo

Larger image available on page 221 or on the parent portal.

When we pray with this sacred art, we learn about the amazing gift of the Eucharist. Begin with the Sign of the Cross.



Look at the dove at the top of the painting.

- The dove represents God the Holy Spirit.
- The Holy Spirit is the Third Divine Person of the Most Holy Trinity.

What do you see the dove doing?

- The dove is coming down out of the clouds.
- The Holy Spirit is descending on a host. A host is the bread that becomes the Eucharist.
- The host is above a chalice. A chalice is a cup used to hold the Blood of Christ.

Do you remember other times when the Holy Spirit descends on the host and chalice?

- This is what happens at Mass. At every Mass, the Holy Spirit changes the bread and wine into the Body and Blood of Jesus.

Notice the figure who is holding the host and the chalice.

- What is this woman doing with the host and chalice?**
- She is preparing to offer the Eucharist as a gift. This woman represents the Catholic Church.
- The Church feeds us with God's Word and the sacraments.
- The Church feeds us with the true Bread from Heaven—Jesus' Body and Blood in the Eucharist.

Now look at the people on the right side of the scene.

What do you notice about their expressions and gestures?

- These people are filled with faith. They are filled with love for the Eucharist.
- They show us how we are to respond to Jesus, who is present in the Eucharist. We should show Jesus our love and faith.

How can you show Jesus your love for Him at Mass? Write your answers on the journal page. Journal pages are available on the parent and student portals.

Conclude by praying the Our Father.

227

Take Home

The take-home pages are located on pages 227–28 of the Student Text and on the catechist and parent portals. These pages are the Enrichment page and the Family Faith page. Please send pages 227–28 home with the students.

Enrichment: Sacred Art

Larger image available on page 221 of the Student Text.

When we pray with this sacred art, we learn about the amazing gift of the Eucharist. **Begin with the Sign of the Cross.**

Look at the dove at the top of the painting. (Pause.)

- Who do you think this dove represents?** (Pause.)
- The dove represents God the Holy Spirit.
- The Holy Spirit is the Third Divine Person of the Most Holy Trinity.

What do you see the dove doing? (Pause.)

- The dove is coming down out of the clouds.
- The Holy Spirit is descending on a host. A host is the bread that becomes the Eucharist.
- The host is above a chalice. A chalice is a cup used to hold the Blood of Christ.

Do you remember other times when the Holy Spirit descends on the host and chalice?

- This is what happens at Mass.
- At every Mass, the Holy Spirit changes the bread and wine.
- He changes it into the Body and Blood of Jesus.
- Because of the Holy Spirit, we can receive Jesus in the Eucharist.

Notice the figure who is holding the host and the chalice. (Pause.)

- What is this woman doing with the host and chalice?**
- She is preparing to offer the Eucharist as a gift.
- This woman represents the Catholic Church.
- The Church feeds us with God's Word and the sacraments.
- The Church feeds us with the true Bread from Heaven.
- The true Bread from Heaven is Jesus' Body and Blood in the Eucharist.

Now look at the people on the right side of the scene. (Pause.)

- What do you notice about their expressions and gestures?** (Pause.)
- These people are filled with faith.
- Faith is our response to Jesus, who feeds us in the Eucharist.
- They are filled with love for the Eucharist.
- They show us how we are to respond to Jesus, who is present in the Eucharist.
- We should show Jesus our love and faith.

How can you show Jesus your love for Him at Mass? Take a few minutes to answer this question on your journal page. Journal pages are available on the catechist and student portals.

Conclude by praying the Our Father. See page 291 of the Student Text (page 253 of the Catechist Manual).

Chapter 19 Bonus Activities

After Communion Prayer Poster

Materials:

- Pattern is on the catechist portal; one per student
- Crayons and decorating materials (e.g., stickers)
- Scissors
- Glue sticks
- Construction paper; one sheet per student

Have the students color and decorate their prayer patterns. Then have them cut out the pattern and glue the prayer to a sheet of construction paper.

When we receive Jesus in Holy Communion, Jesus is present in us in a truly special way. We are united to Him, and He gives us many graces. Explain to the students that the time after Holy Communion needs to be a time of prayer, reflection, and thanksgiving. This prayer can be a way to reflect on the great gift of Jesus in the Eucharist and to welcome Him into our hearts.

Ask the students to find a special place at home to hang their prayers.

The Miracle of the Eucharist Craft

Students will create a craft that helps them visualize the miracle of the Eucharist.

You can access the blackline master for this activity on the catechist portal.

Jesus Is the Head, We Are the Body Classroom Display

Materials:

- Pattern is on the catechist portal; one large copy for the classroom
- Digital camera or smartphone camera (to take picture of each student before class; see below)
- Copy paper; one per student
- Printer
- 3 poster boards taped together with the pattern of Jesus' head at the top
- Tape
- Scissors
- Glue sticks

This activity will help the students visualize that Christ is the Head of the Church and that we are the Body. We make up the Body of Christ, the Church, and carry on His mission of bringing the love of God to the world. God uses each of us in a special way to build up His Church.

Before class, take a picture of each student and print the images on regular copy paper. Then tape three pieces of poster board together and tape the image of Jesus' head on one of the short sides. Finally, draw the body of Jesus below His head or have someone lay on the poster and trace the body.

Tape the body of Christ on the wall and have the students cut out their pictures and glue them on Jesus' body. Remind the students that the Church is the Body of Christ and we all have a special place in helping bring Christ's mission to the world!

For the Catechist

Digging Deeper: Substance

When substance is referred to in a modern, scientific context, it usually means the material part of a thing. For example, the substance of a chair can be wood or metal. But substance has a different meaning in a philosophical or theological context. Philosophically, substance includes the matter of the thing, but it more specifically refers to what something is—the form or nature of the thing. For example, when we talk about the philosophical substance of a tree, we are talking about its matter, but we are more specifically talking about its nature, namely that it is a tree and not a dog. A tree and a dog may even have some of the same matter (for example, carbon atoms), but they do not have the same substance, or nature. Therefore, in transubstantiation, while the matter remains the same, the nature, or substance, changes from bread and wine to Jesus' Body and Blood.

Digging Deeper: Christ in Every Particle

If we receive only part of a Host, or only a drop from the chalice, do we receive only a "part" of Jesus? No, Christ is not divided among the parts of the species of bread and wine. Rather, "Christ is present whole and entire in each of the species and whole and entire in each of their parts" (CCC 1377). This is why the Church takes great care that the Precious Blood is not spilled and no part of a Host is dropped. The General Instruction of the Roman Missal directs that "if a host or any particle should fall, it is to be picked up reverently; and if any of the Precious Blood is spilled, the area where the spill occurred should be washed with water, and this water should then be poured into the sacrarium in the sacristy" (GIRM 280).

Chapter 22

First Holy Communion

CHAPTER SUMMARY

Jesus is the vine, and we are the branches. We cannot be holy without Jesus. He can make our actions bear good fruit. For this to happen, we must remain in union with Him by receiving the sacraments, most especially the Eucharist. In order to receive the Eucharist worthily, we must believe that Jesus is in the Eucharist, be in a state of grace, fast for one hour, and prepare our hearts and minds.

CATECHISM OF THE CATHOLIC CHURCH (CCC)

REFERENCES

Bearing fruit: 2074

Holy Communion: 1331

Preparing to receive Communion: 1385, 1387

PREPARING OUR HEARTS

When we know a big moment is coming in our lives, we tend to prepare ourselves. The more we prepare, the more we are fully present and engaged in the experience. The most glorious of moments occurs each week at Mass: we receive Jesus in the Eucharist. The King of Kings and the Lord of Lords chooses to unite with us in the wedding supper of the Lamb.

In ordinary circumstances, when we know a special guest is coming over for dinner, the house gets cleaned, the meal is carefully prepared, the family puts on nice attire, and all the children are told to be on their best behavior. Every week a very special guest comes to the door of our hearts, saying, “Behold, I stand at the door and knock; if any one hears my voice and opens the door, I will come in to him and eat with him, and he with me” (Revelation 3:20). Are we prepared for Jesus? Do we put our house in order, clear away the filth of sin, put on the works of righteousness, and prepare our hearts to welcome the King? Preparation is essential to our participation in the Mass.

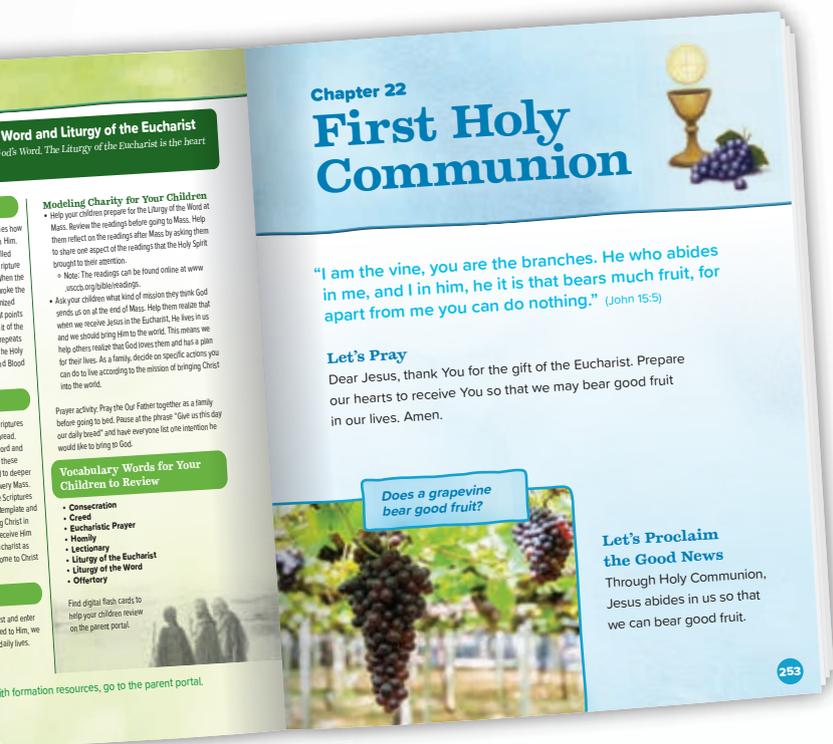
“Life in Christ has its foundation in the Eucharistic banquet” (CCC 1391).

How can you best prepare yourself to receive Holy Communion?

Are there distractions in your life keeping you from offering yourself wholly to Christ in the Eucharist?

What steps can you take to ensure that you are in a state of grace before receiving Holy Communion?

Chapter 22: First Holy Communion	Focus 1: Let's Learn about God's Word: John 15:4–5, 8–9	Focus 2: Preparing to Receive Holy Communion			
Words to Know	eucharistic fast: Not eating or drinking anything but water one hour before attending Mass and receiving the Eucharist.				
Materials	All focuses: Bible, writing materials, whiteboard. See Bonus Activities on page 211 of the Parish Catechist Manual for more.				
Chapter Aims	<ul style="list-style-type: none"> • Students will explore the parable of the vine and branches. • Students will understand that they are in communion with Christ when they receive the Eucharist. 				
Activity Objectives	<ul style="list-style-type: none"> • <i>Focus 1 Activity:</i> Students will identify how their lives become fruitful through Holy Communion. • <i>Focus 2 Activity:</i> Students will identify what is necessary for a worthy reception of Holy Communion. • <i>Live Our Faith—Saints:</i> Students will learn the importance of forgiving our enemies. 				
Preparation <i>Let's Prepare Our Heart</i>	<i>Choose one or more of the following:</i> <ul style="list-style-type: none"> • Opening Prayer in Student Text • <i>Lectio Divina:</i> John 15:5 V 				
Proclamation <i>Let's Proclaim the Good News</i>	Through Holy Communion, Jesus abides in us so that we can bear good fruit.				
Explanation <i>Let's Learn about Our Faith</i>	Focus 1: When we receive Holy Communion, we are in a holy union with Christ. Focus 2: We prepare to receive Holy Communion by knowing how to receive the Eucharist worthily. V Chapter Review (see chapter 23)				
Application <i>Let's Live Our Faith</i>	<ul style="list-style-type: none"> • Pope Saint John Paul II 				
Celebration <i>Let's Celebrate Our Faith</i>	Unit Prayer: Prayer followed by the Act of Love				



Let's Prepare Our Hearts

Choose one or more of the following two prayer options:

1. Opening Prayer

Read the Opening Prayer on page 253 of the Student Text. Begin and end with the Sign of the Cross.

Dear Jesus, thank You for the gift of the Eucharist. Prepare our hearts to receive You so that we may bear good fruit in our lives. Amen.

2. Lectio Divina

Refer to the *Lectio Divina* Quick-Start Guide on page xi of the Parish Catechist Manual. Begin with the Sign of the Cross.

Dear God, help us listen to Your Word in the Bible and abide in Your love. Amen.

Lead students in *lectio divina* on John 15:5: "I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing."

Reflection (If needed, use to prompt students during the meditation step.)

- Jesus invites me to remain close to Him so that I can bear much fruit in my life.
- I need Jesus' grace to become good and holy. Without Jesus' grace, I can do nothing.

Review Chapter 21

What do we call the part of the Mass in which we read the Word of God in the Bible? (*Liturgy of the Word.*)

What do we call the teaching given by the priest or deacon at Mass that helps us understand the readings from the Bible? (*The Homily.*)

What do we call the summary of the truths we believe as Catholics? (*The Creed.*)

What part of the Mass is considered the heart of the Mass when we receive the Eucharist? (*The Liturgy of the Eucharist.*)

What do we call the part of the Liturgy of the Eucharist in which we offer bread and wine and ourselves to God? (*Offertory.*)

What do we call the prayer during which the bread and wine become the Body, Blood, Soul, and Divinity of Jesus? (*Eucharistic Prayer.*)

During which part of the Eucharistic Prayer does the priest say the words Jesus said at the Last Supper? (*Consecration.*)

What should we do right after we receive Holy Communion? (*Spend time in prayer to thank God and open ourselves up to receive His grace.*)

Introduction

Turn to page 253 of the Student Text.

Does a grapevine bear good fruit? (*Answers may vary.*)

Optional Preparation Activities

Prepare Our Hearts Song

"Soul of My Savior"

Soul of my Savior, sanctify my breast;
Body of Christ, be Thou my saving guest;
Blood of my Savior, bathe me in Thy tide;
Wash me with water flowing from His side.

Strength and protection may Thy passion be;
O blessed Jesus, hear and answer me;
Deep in Thy wounds, Lord, hide and shelter me;
So shall I never, never part from Thee.

Guard and defend me from the foe malign;
In death's drear moments make me only Thine;
Call me and bid me come to Thee on high,
Where I may praise Thee with Thy saints for aye.

Memory Verse

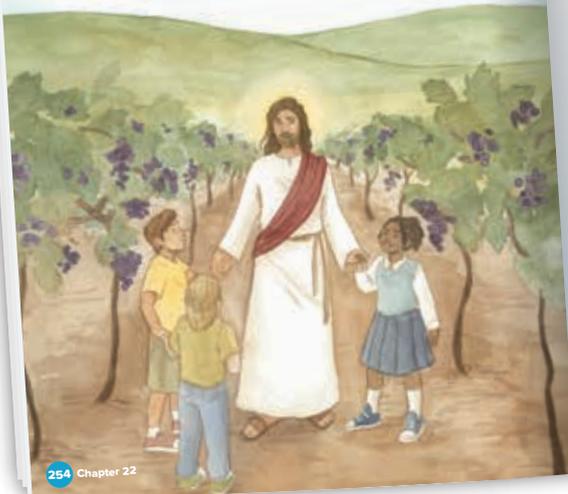
The Bible verse we are learning in this chapter is the following:
"I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing" (John 15:5).

Go to the catechist portal for optional memory verse activity ideas.

FOCUS 1

Let's Learn about God's Word

"I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing. . . . By this my Father is glorified, that you bear much fruit. . . . Abide in my love" (John 15:5, 8–9).



Jesus is the vine. We are the branches. In Holy Communion, we receive Jesus and are united to Him. Without God, we can do nothing. We cannot be holy without Jesus. We must remain, or live, in God's love. When we are united to Jesus, we are given grace and virtue. We can bear good fruit. Our fruit will be holiness and virtue. We give all the glory to Jesus.

Fruit of the Vine

What fruit will we bear when we receive Jesus in Holy Communion? Write the answer under each cluster of grapes.



holiness

virtue

Write one way you would like Holy Communion to help you become holy.

Faith Challenge

Stay close to Jesus in Holy Communion so you can bear much good fruit in your life.

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Let's Proclaim the Good News

Let's quiet our hearts and minds to hear the truth we believe:

Through Holy Communion, Jesus abides in us so that we can bear good fruit.

Let's Read God's Word

Focus 1: When we receive Holy Communion, we are in a holy union with Christ (see John 15:4–5, 8–9).

See "Digging Deeper: We Can Do All Things through Christ" sidebar on page 212.

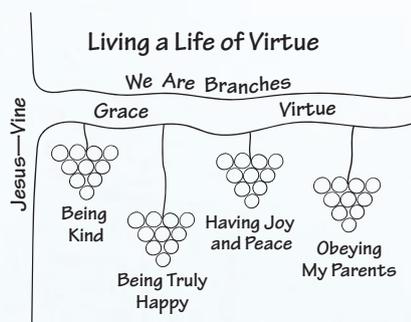
See doodle. Before class begins, draw vine, branch, and grape clusters with no words. Leave room to write words inside the vine and branch.

At the Last Supper, Jesus said, "Abide in me, and I in you" (15:4).

- To "abide" means to "live" or "dwell."
- When Jesus says, "Abide in me, and I in you," He is calling us to *remain* in His love.

Jesus used the image of a fruit vine to help us understand.

- Jesus is the vine. Add "Jesus—Vine" in vine. We are the branches. Add "We Are Branches" above branch.
- Just as the vine is connected to the branches, Jesus is calling us to live in a *holy union* with Him.
- If you cut branches off the vine, would the branches wither and die? (Yes.)**



- Does sin separate us from Jesus? (Yes.)**
- The sacraments help us stay close to Jesus and receive grace to help strengthen us in virtue. Add "Grace" and "Virtue" inside branch.
- When we abide, which means remain, with Jesus with *open hearts*, something else happens in us.

Jesus says, "He who abides in me, and I in him, he it is that bears much fruit" (15:5).

- Jesus is telling us to abide in Him *so that we can bear good fruit*.
- The fruit we bear by abiding in Jesus is the good that we do. It is a life of holiness and virtue. Add "Being Kind," "Being Truly Happy," "Having Joy and Peace," and "Obeying My Parents."
- When we abide with Jesus and live lives of virtue, we are holy.

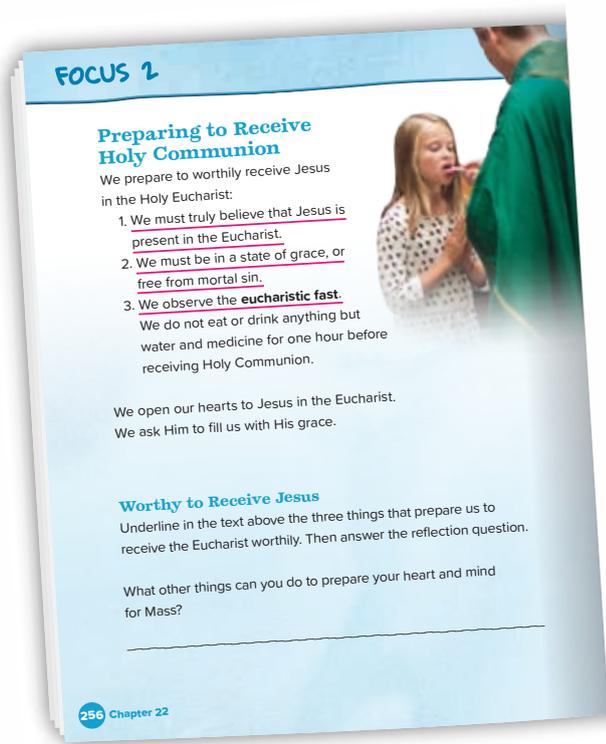
We can be good on our own, but do you think it is possible to be holy without Jesus? (No.)

- We cannot become holy without Jesus. This is why Jesus said, "Apart from me you can do nothing" (15:5).
- Jesus is telling us that we need *this union* to bear fruit and live as we ought.
- By receiving the sacraments, especially Holy Communion, we remain in Jesus so He can strengthen us in grace to grow in virtue and live as children of God.

Who do you think should receive the praise when we live as children of God? (Answers may vary.)

- God should receive all the praise. **Why? (Pause.)** Because we do not become holy by ourselves. We become holy through the gift of the grace of Jesus Christ and the power of the Holy Spirit.

Jesus said, "My Father is glorified, that you bear much fruit, and so prove to be my disciples. As the Father has loved me, so have I loved you; abide in my love" (15:8–9).



- When we bear much fruit as Jesus' disciples and followers, we can bring others to Jesus too.

Conclusion: We must abide in Jesus to live as children of God. When we open our hearts to the graces Jesus gives us in Holy Communion, He works in us to bear fruit and live lives of virtue.

Optional Activity: Fruit of the Vine

Turn to page 255 of the Student Text.

Let's Learn about Our Faith

Focus 2: We prepare to receive Holy Communion by knowing how to receive the Eucharist worthily. **V**

See "Digging Deeper: Receiving the Eucharist Worthily and Well" sidebar on page 212.

Imagine giving a diamond of great worth to a five-year-old to play with.

- This diamond's worth means that it should be treated with care.
- **Would the child know that what she is playing with is of great worth? (Pause.)**
- A young child could possibly throw this great gift outside or lose it without realizing its value and worth.

Is the Holy Eucharist worth more than that diamond? (Yes.)

- Then we should be much more concerned with how we are ready and prepared to receive the great gift of the Eucharist.
- If we do not understand the great gift we are being given and prepare ourselves to be able to receive it, then we are not worthy, or prepared, to receive it properly.

There are three requirements for worthily receiving Jesus in the Eucharist:

First, we must believe that Jesus is present in the Eucharist.

- **If you thought that the Eucharist was just a piece of bread, would you be respectful and receive it with great love and reverence? (No.)**
- With faith, we believe in the miracle of the Eucharist. We should always ask God to increase our faith.

Second, we need to be in a state of grace to receive Jesus in the Eucharist.

- We are in a state of grace when we do not have any mortal sin on our souls.
- **Can you imagine what it would be like for Jesus, our Savior, to come into a soul who had deliberately rejected Him with a serious sin? (Pause.)**
- **Do you remember what the three conditions of mortal sin are? (Commit a serious offense, know it is a sin, and deliberately choose to do it anyway.)**
- If we commit a mortal sin, we must go to confession before we can receive the Eucharist.
- When we go to confession, God's sanctifying grace will be restored in us. Only then are we worthy to be united to Jesus in the Eucharist.

Third, we need to fast for one hour before receiving Holy Communion.

- When we fast, we limit or keep from eating and drinking as a way to grow closer to God.
- We observe the **eucharistic fast** before receiving Holy Communion. We do not eat or drink anything but water and medicine for one hour before receiving Holy Communion.
- This reminds us that what we truly are hungry for is Jesus, who is our true Bread from Heaven.

We should also prepare our minds and hearts to receive the grace Jesus wants to give us in the Eucharist.

- **How can you prepare your mind and heart before Mass? (Answers may include praying, thinking about God, getting to Mass early, and going over the Mass readings.)**
- We also prepare for Jesus during Mass by listening, singing, and offering ourselves to God.

Remind students that it is very important that our hands are clean before we come to Mass because we hold Jesus, our King, in our hands.

Conclusion: We must prepare to receive Holy Communion worthily. To be prepared, we need to believe that Jesus is present in the Eucharist, be in a state of grace, and fast for one hour. If we open our hearts to Him, we can more fully receive the grace He wants to give us in the Eucharist.

Optional Activity: Worthy to Receive Jesus

Turn to page 256 of the Student Text.

SAINT

Pope Saint John Paul II

Most people thought John Paul II was a great pope and loved him very much. But not everyone liked what he was doing. One day, John Paul II was greeting people. Suddenly, a man shot the pope four times. The security guards rushed John Paul II to the hospital. They also arrested the man who had shot him. Thankfully, John Paul II survived. The bullet miraculously curved around his heart. When he was healthy enough, John Paul II met with the man who shot him. Because John Paul II was a holy man, he forgave the man who shot him. He also asked everyone else to forgive this man.



Faith Challenge

Pray, "Come, Holy Spirit. Open my heart to receive Jesus in Holy Communion. Fill it with grace and virtue."

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Let's Live Our Faith

Pope Saint John Paul II: Most people thought John Paul II was a great pope and loved him very much. But not everyone liked what he was doing. One day, John Paul II was greeting people. Suddenly, a man shot the pope four times. The security guards rushed John Paul II to the hospital. They also arrested the man who had shot him. Thankfully, John Paul II survived. The bullet miraculously curved around his heart. When he was healthy enough, John Paul II met with the man who shot him. Because John Paul II was a holy man, he forgave the man who shot him. He also asked everyone else to forgive this man.

How do we normally respond when someone hurts us or does something really bad to us? (Answers may include we become angry, we want to hurt him, and we become scared.)

- Sometimes it is okay to be angry about the bad thing that happened to you or your loved ones.
- In fact, when someone does something really bad, it is important to report it by telling what happened to someone we trust.

Let's think of an example of when you should tell someone you trust about something really bad that happened to you.

- **Should you tell an adult if someone uses your crayon and then gives it back?** (No.)
- **Should you tell an adult if someone hits you hard enough to hurt you?** (Yes.)
- When we tell an adult about something serious, we are not being unforgiving; we are taking care of our own dignity and upholding the virtue of justice.

We must also forgive him just like Jesus forgave His enemies.

- The enemy of John Paul II shot him! **Did John Paul II choose to love and forgive him?** (Yes.)
- When he forgave his enemy, John Paul II loved him the way Jesus loves.

Can you think of ways we can receive the grace we need to live like Jesus and to forgive and love those who have hurt us? (Answers may include through the sacraments, especially the Eucharist.)

- When we receive the Eucharist, we become more like Jesus. As we become more like Jesus, we should continue to forgive those who hurt us or our loved ones.

Challenge: Pray, "Come, Holy Spirit. Open my heart to receive Jesus in Holy Communion. Fill it with grace and virtue."

Chapter 22 Review

This is combined with the review for Chapter 23.

Let's Remember Our Faith

Review the chapter by asking the students the following:

At the Last Supper, what did Jesus compare us to when He compared Himself to a vine? (The branches.)

Are we able to live holy and virtuous lives if we do not remain close to Jesus? (No.)

What do we need to receive in order to remain in Jesus? (The sacraments; the Eucharist.)

By abiding in Jesus, what happens? (We bear fruit.)

In order to receive the Eucharist, do we need to believe that Jesus is truly present in the Eucharist? (Yes.)

If we have committed a mortal sin, what do we need to do before receiving the Eucharist? (Go to confession.)

What do we call the act of not eating or drinking anything but water and medicine for one hour before receiving Holy Communion? (The eucharistic fast.)

What does the eucharistic fast remind us? (That we are truly hungry for Jesus.)

Let's Celebrate Our Faith

Begin and end with the Sign of the Cross.

Dear Jesus, You are the vine and we are the branches. May we always remain filled with Your grace by avoiding sin. We love You with all our hearts. Amen.

Let's pray the Act of Love together.

O Lord God, I love You above all things, and I love my neighbor for Your sake because You are the highest, infinite, and perfect good, worthy of all my love. In this love, I intend to live and die. Amen.

Take Home

The take-home page is located on page 258 of the Student Text and on the catechist and parent portals. Please send page 258 home with the students.

Chapter 22 Bonus Activities

He Is the Vine Classroom Display

Materials:

- Pattern is on the catechist portal (half the students will get the right-branch pattern and half will get the left-branch pattern)
- 2½ inch-wide strips of copy paper to form one long vertical strip (see below)
- Crayons and markers
- Scissors
- Glue sticks
- Tape

Before class, tape together the strips of copy paper to form one long vertical strip; a fifty-four-inch-tall stalk should accommodate twenty-four students. (This could also be hung vertically if it fits better in your classroom or hallway.) This will be the vine stalk. Then write Jesus' name vertically down the stalk and tape it to a wall. Try to pass out an equal number of left-branch and right-branch patterns.

Have the students write their names on their branches neatly with a marker. Next, have them color and then cut out their branches, leaves, and grapes.

To form a cluster of grapes, have them glue four grapes along the edge of the triangle opposite the point. Then have them glue three grapes under the four, two under those, and finally one over the point. (Have them slightly overlap the grapes but not cover the words.) Next, have them glue the grape clusters and the three leaves to their branches.

Help the students tape their branches to one side of the stalk.

Remind the students that Jesus is the vine and we are the branches; through Him, we will produce good fruit!

Preparing to Receive Holy Communion

Materials:

- Pattern is on the catechist portal; one per student
- Crayons or markers
- Scissors
- Staples

Have the students color and cut out their patterns. Have them place the "Preparing . . ." heart on top, followed by the "Truly . . ." heart, "Be . . ." heart, and finally the "Fast" heart on bottom. To form a book, help the students place a staple on the left-hand side of their hearts.

Remind the students that Jesus comes to live in our hearts in a special way in Holy Communion. It is our responsibility to prepare our hearts fully to make a special place for Him before we receive Him in Holy Communion.

For the Catechist

Digging Deeper: We Can Do All Things through Christ

At the Last Supper, Jesus told His Apostles: “I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing” (John 15:5). When a branch is cut off from the vine, it withers and dies. Only by remaining connected to the vine is the branch able to produce fruit. Just so, when we remain connected to Christ by persevering in the state of grace, which means we have God’s sanctifying grace in us because we have avoided committing a mortal sin, we are able to bear spiritual fruit. Sanctifying grace is a share in the gift of God’s own life. When we are in the state of grace, it is Christ’s life that flows through our souls. Thus, Saint Paul understood that because Christ lives in us through His grace, “I can do all things in him who strengthens me” (Philippians 4:13).

For the Catechist

Digging Deeper: Receiving the Eucharist Worthily and Well

The Church protects the sanctity of the precious gift Christ gave us in the Eucharist. Saint Paul teaches, “Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup” (1 Corinthians 11:27–28). To be “unworthy” of receiving the Eucharist means not being in a state of grace (see CCC 1415). To be in a state of grace means we have sanctifying grace in our souls. If we have knowingly committed a mortal sin, we are no longer in a state of grace. When we freely commit a mortal sin, we choose to reject God’s life in us (sanctifying grace) and remove ourselves from the sacred bond of communion with Him and the Church. God, in His mercy, welcomes us back into communion with Him through the Sacrament of Reconciliation.