

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION **Kindergarten/Ages 4, 5, 6**

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

God's special book is the Bible.

God is Creator and a loving parent.

God made each person special and unique.

Jesus, friend and teacher, tells about God the Father, especially in the Lord's Prayer.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

The Holy Family is Jesus, Mary, and Joseph.

Mary is the Mother of Jesus.

The Church is God's family.

The Church Year celebrates the life of Jesus. It also includes special days to honor Mary and other holy people.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Being a good steward means caring for and not harming animals and plants that are part of God's creation.

One first learns about God and God's creation from one's family.

The five senses help one to appreciate and experience a sense of joy and wonder of God's creation.

All God's children need to be respected and loved.

There is a difference between right and wrong.

Prayer is a special way to talk to God.

Playing, singing, working, and quiet time are ways that can lead to prayer.

God's gift of being created as a boy or a girl is special and good.

It is important to take good care of one's body.

It is good to reflect on the greatness and wonders of God's creation.

Some ways to deepen one's relationship with God include prayer from one's heart and the following gestures and prayers:

- Sign of the Cross
- Grace Before a Meal
- Our Father/The Lord's Prayer
- Hail Mary

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION **First Grade/Ages 5, 6, 7**

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

The Bible, God's holy book, tells about God's love for everyone.

God created humans in his image and likeness.

God desires that everyone know, love and serve him and be happy forever in heaven.

God is Father, Son and Holy Spirit.

Jesus is God's Son and our brother and friend.

Jesus sent the Holy Spirit to tell of God's love.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Mary is the Mother of Jesus and our mother, too.

Saints are holy people who love God very much and are with God in heaven.

Angels are God's special guardians.

The Church is a community of God's people.

The Church is also a special house in which God's family can pray and worship.

The Church Year celebrates the life, death and resurrection of Jesus. The Church Year also has special feast days that honor Mary and the saints.

In Church folded hands, making the Sign of the Cross, bowing and genuflection are some of the ways to show love of and honor to God.

In the Sacrament of Baptism, one is given a share in God's life and becomes a member of the Church family.

Holy water is a reminder of one's baptism.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Being a good steward means caring for and respecting all of God's creation. It means respecting and loving all members of God's family of all races, languages and abilities.

The first school of prayer is one's family.

Spontaneous prayer is using one's own words from one's heart to pray to God.

One needs to accept and love others who are different from oneself.

There are appropriate ways to show and receive love and affection.

It is important to reflect on what it means to be a child of God.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before a Meal
- Our Father/The Lord's Prayer
- Hail Mary

New Prayers, Beliefs and Practices introduced at this level are:

- Grace After a Meal
- Glory Be
- Morning Prayer
- Angel of God

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION **Second Grade/Ages 6, 7, 8**

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

The Bible is made up of two parts: the Old Testament and the New Testament.

God's creation is filled with signs of God's goodness and loving care.

The Son of God became human so that everyone could know God the Father's love.

Jesus lived and died for the sins of everyone.

Jesus uses parables to tell about God and how to live.

The Holy Spirit was sent by Jesus to teach his followers how to live and pray.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Mary is the Mother of Jesus, Mother of the Church, and the greatest of all saints.

The Church is the people of God and the Body of Christ.

The Church celebrates the life, death, and resurrection of Jesus throughout the Church Year and at every Mass.

Sunday is a special day of worship together at Mass for those who believe in Jesus.

The Church honors Mary and the saints throughout the Church Year.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Being a good steward means using one's talents and gifts to serve God and others.

One learns about God's great love and forgiveness in a Christian home.

Sin is a word, thought, or deed that harms or weakens one's relationship with God and others.

A conscience is God's gift of an inner voice that guides one to know right and wrong.

The Ten Commandments are God's laws that tell how to love God and neighbor.

God forgives sin through Baptism, the Sacrament of Reconciliation or Penance and the Eucharist.

The two main parts of the Mass are the Liturgy of the Word and the Liturgy of the Eucharist.

Jesus is truly present in the sacred bread and wine in the Eucharist. The bread and wine become Jesus' Body and Blood.

There are appropriate ways to receive Jesus' Body and Blood in the Eucharist.

Family relationships and friendships need to include listening, sharing, forgiveness and trust.

Following good health and safety rules helps provide for wellness of the body and spirit.

It is important to reflect on God's forgiveness and the need for spiritual nourishment.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God

New Prayers, Beliefs and Practices introduced at this level are:

- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Third Grade/Ages 7, 8, 9

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

The Holy Trinity—God the Father, God the Son and God the Holy Spirit—is three persons in one God. Some ways to express one's belief in the Holy Trinity are with the Sign of the Cross and the Apostles' Creed. Jesus is fully human and fully divine. Jesus sent the Holy Spirit on Pentecost. The gifts of the Holy Spirit are wisdom, understanding, right judgment, courage, knowledge, piety and fear (or awe) of the Lord.

WE BELONG *(to one, holy, catholic and apostolic Church and the communion of saints).*

The people of the Americas honor Our Lady of Guadalupe as their patroness. The first Christians were disciples (followers of Jesus) and formed the earliest Christian communities—the Church. The Church is one, holy, catholic and apostolic. The Lord's Day is honored as a celebration of the Resurrection and a holy day of obligation. The Church has certain holy days of obligation on which to worship together as a community. The Church Year consists of Advent, Christmas, Lent, Easter and Ordinary Time. It also includes special feasts in honor of Mary and saints. The Church is a communion of saints made up of those living and those who have died. The pope is the pastor of the whole Church. Bishops, priests and deacons help lead the Church, God's people. A parish is specific gathering place for a community of believers in Jesus to worship together under the leadership of a pastor. The human family is the domestic church through whom one learns how to live faith in community.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Being a good steward means sharing one's time, talents and treasures with the Church. Grace is God's life; it is a participation in the life of the Holy Trinity. Sacraments are visible signs of God's life. Through Baptism everyone is called to serve God and others through the married, ordained, vowed religious or single life. Bishops, priests and deacons are members of the ordained ministry. Jesus summed up the Ten Commandments with his Great Commandments: love God and love one's neighbor. There are prayers of praise and blessing, petition, thanksgiving and contrition (sorrow). The psalms are special prayers written long ago and intended to be sung. Boys and girls are equal partners in God's plan for creation. From the beginning of life to death, humans grow and develop in a given sequence but the rates and patterns differ for each individual. It is important to reflect on what it means to be a member of the Catholic Church. Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments

New Prayers, Beliefs and Practices introduced at this level are:

- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Fourth Grade/Ages 8, 9, 10

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

God's everlasting love is revealed in the Old and New Testaments.

God gave humans the special gift of free will.

God responded to the sin of the first humans with mercy and forgiveness.

God made a covenant of love with Noah, Abraham, Moses and to all people.

Jesus, Son of God, taught the Beatitudes and modeled how to live them.

The Holy Spirit was sent by Jesus to be helper, guide and inspiration.

WE BELONG *(to one, holy, catholic and apostolic Church and the communion of saints).*

Mary is the greatest model of holiness.

The Catholic Church is a particular community of God's people who profess certain beliefs and have certain responsibilities.

The Church Year celebrates Jesus as Savior of the world. It also gives honor to Mary and all the saints, living and dead.

The Church is a visible sign of the kingdom of God.

The Church community has the responsibility to bring the light of Christ to everyone and to be a servant to the world.

The work of the Church is to show love, peace and justice in the world.

WE RESPOND *(as disciples of Christ helping to build the kingdom).*

Being a good steward is to respect all forms of life, particularly human life, from birth to death.

One learns how to live a moral life from one's Christian human family and the parish community.

The Ten Commandments, the Great Commandment, the Beatitudes and the teachings of the Church help guide and form one's conscience.

Sin, personal and social, weakens (venial) or destroys (mortal) relationships with God and others.

The Church has been given the power to forgive sin through the priest in the Sacrament of Reconciliation.

The Church has precepts (laws) that help its members strengthen their relationship with God and the Church community.

Sunday is a holy day of obligation—a day on which to worship God in community and to refrain from work that would keep one from observing the day of the Lord's Resurrection.

The spiritual and corporal works of mercy are ways to show love for others.

The theological virtues are faith, hope, and charity; the cardinal virtues are prudence, justice, fortitude and temperance.

Respect and care must be shown for the biological processes/changes of one's own body and that of others.

God's gift of life needs to be protected and nurtured from conception to death.

It is important to reflect on what it means to live in relationship with God and to live a moral life.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year

New Prayers, Beliefs and Practices introduced at this level are:

- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Fifth Grade/Ages 9, 10, 11

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

The Holy Trinity is a communion of persons.

God as Father, Son and Holy Spirit is Creator, Redeemer and Sanctifier.

Jesus incarnate is the greatest sacrament, or sign, of God's love.

The Paschal mystery, the suffering, death, resurrection and ascension of Jesus, offers Christians eternal hope.

The Holy Spirit gives life and inspiration to the Church and to its members.

Some of the symbols of the Holy Spirit are wind, breath and fire.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Christians express their belief in the Holy Trinity in the Apostles' Creed and the Nicene Creed.

Two important beliefs and feasts about Mary are the Immaculate Conception and the Assumption.

The liturgical year of the Church celebrates the life, death, resurrection and ascension of Jesus.

The sanctoral year of the Church celebrates Mary and the saints.

The Church has designated sacred signs, such as holy water, medals, and especially blessings as sacramentals.

A good Christian family is the domestic Church as it is a sign of God's grace.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Stewardship is showing respect for and enjoyment of God's creation.

Sacraments are visible signs of God's life and means of God's grace.

The Catholic Church has seven sacraments in which it celebrates God's presence and grace.

The Sacraments of Initiation are Baptism, Confirmation and Eucharist.

The Sacraments of Healing are Reconciliation and Anointing of the Sick.

The Sacraments at the Service of Communion are Holy Orders and Matrimony.

Forming one's conscience is a lifelong responsibility.

The Paschal mystery is celebrated in the sacraments, particularly in the Eucharist, the source and summit of Christian life. It can also be celebrated in the daily happenings of one's life.

There are different liturgical and ministerial roles in which baptized members of the Church participate.

One shows quiet reflection and reverence in the presence of the Blessed Sacrament.

One needs to develop integrity of body, mind and spirit in order to recognize objects/situations that can cause harm to a person.

There are positive ways to handle negative peer pressure and stress.

It is important to reflect on what it means to live a sacramental life.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year

- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary

New Prayers, Beliefs and Practices introduced at this level are:

- The Stations of the Cross
- Morning Offering
- Memorare
- Hail Holy Queen
- The Five Precepts of the Church
- Parts of the Mass

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Sixth Grade/Ages 10, 11, 12

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

Scripture and Tradition together form one source of God's revelation.

God's infinite love, providence, justice and goodness for all people is expressed through the covenant, a binding, holy commitment between God and his people.

Jesus, the Anointed One (Messiah), established a new covenant.

Jesus proclaimed the kingdom of God as one of peace, justice and love.

Jesus will come again at the end of time to judge the living and the dead.

The 46 books of the Old Testament (Hebrew Scriptures) and the 27 books of the New Testament (Christian Scriptures) were written by human authors inspired by the Holy Spirit.

The Holy Spirit continues to inspire and guide God's people.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Abraham is the father and model of faith.

Prophets are called to speak of God's everlasting covenant and to call people back into covenant with God.

Christianity has its roots in the Jewish religious faith of Jesus and the cultural/historical world of Jesus.

With her saying yes to being the Mother of Jesus, Mary is the perfect model of faith.

The four evangelists, or writers, of the Gospels were Mark, Matthew, Luke and John.

The Gospels have a special place of honor because they tell about the person and message of Jesus Christ.

The Acts of the Apostles tells of the coming of the Holy Spirit and how Christians lived in the years after Jesus' Resurrection and Ascension.

The Letters, many of which were written by Paul, tell about the first Christian communities and what they believed.

The Church Year celebrates God's story of salvation as fulfilled in the life, death, resurrection and ascension of Jesus. It also honors Mary and the saints with special feast days.

The Sunday celebration of the Lord's Day/Christ's resurrection is at the heart of the life of the Church.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Good stewardship means showing respect for the dignity of the human person and responsible use of resources.

As temples of the Holy Spirit, all the baptized are called to be saints.

All baptized persons belong to the priesthood of Christ and are called to be priests, prophets and kings.

There are various ways people can actively participate in a parish community of faith.

In the Beatitudes Jesus tells people how to attain happiness and eternal life with God the Father in heaven.

Being a disciple of Christ calls one to serve family, community and Church.

Social justice is a responsibility of all followers of Christ.

Each person goes through various stages of life; each stage brings new changes and challenges for the individual on his/her journey to mature adulthood.

God's gift of sexuality includes/affects one's physical, intellectual, emotional, social and spiritual development.

It is important to reflect on what it means to be on the journey to the promised land.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
 - Grace Before/After a Meal
 - Our Father/The Lord's Prayer
 - Hail Mary
 - Glory Be
 - Morning Prayer
 - Angel of God
 - Act of Contrition
 - Communion Fast
 - Communion Regulations
 - The Ten Commandments
 - Apostles' Creed
 - The Rosary
 - The Two Commandments of Love
 - Liturgical Year
 - Jesus Prayer
 - Act of Faith
 - Act of Hop
 - Act of Love
 - Seven Sacraments
 - Beatitudes
 - Mysteries of the Rosary
 - The Stations of the Cross
 - Morning Offering
 - Memorare
 - Hail Holy Queen
 - The Five Precepts of the Church
 - Parts of the Mass
- New Prayers, Beliefs and Practices introduced at this level are:
- The Seven Corporal Works of Mercy
 - The Seven Spiritual Works of Mercy
 - The Fruits of the Holy Spirit
 - The Gifts of the Holy Spirit
 - Four Gospels

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION **Seventh Grade/Ages 11, 12, 13**

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

In every human heart, there is a hunger for God.

One can know God through creation, human reason and divine revelation.

God the Father established a relationship of intimacy with his people through his Son, Jesus.

Through Jesus one is led to the love of the Father in the Spirit.

Jesus' life, teachings and miracles reveal God's compassion and love.

Jesus Christ is Son of God and King of heaven and earth.

The writings of the New Testament (Christian Scriptures) reveal the fulfillment of God's covenant in Jesus Christ.

Another title for the Holy Spirit is Paraclete which means advocate and consoler.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Mary is the Mother of Jesus and the Mother of God. God's grace was with Mary from the moment of her conception.

Belief in the resurrection of Jesus is what gives Christians hope for eternal life.

At the particular judgment at the time of death, one enters heaven, hell or purgatory.

The last judgment will happen when Christ returns in glory.

The Church throughout the year unfolds the whole mystery of Christ—incarnation, resurrection, ascension, Pentecost and the awaiting of his second coming at the end of time.

The Church year also includes feast days in honor of Mary and the saints.

The Church is the Body of Christ and temple of the Holy Spirit.

All baptized Christians are called to discipleship and evangelization—to carry on the mission and ministry of Jesus.

Sunday celebrates Jesus' resurrection. It is a holy day of obligation—a day of worship and rest from unnecessary work.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Stewardship is being a disciple of Christ who shares time, talent and treasures with family, community, and Church.

Through the sacrament of baptism, Catholics are committed to the common good which fosters dignity, prosperity and peace for all.

God calls people to the married, ordained, consecrated religious or single vocation.

One shares in God's life through the sacraments which have their foundation in Jesus.

There are various ministries in the Church to which the Holy Spirit calls members to participate.

The teachings of Jesus and the Church help one to make good moral decisions.

Through meditative and centering prayer one is able to reflect and be in the presence of the Lord.

One form of prayer to God is a litany which one seeks the intercession of Mary and the saints.

One's dignity and sexuality and that of others are gifts from God to be honored and respected.

Chastity is the virtue that helps one see and put into practice God's plan for the body, person and sexuality.

Respect in thought, word and action needs to be shown for the various aspects/issues of sexuality.

Personal integrity, discipline, and control need to be exercised in order to make good decisions regarding sexual intimacy and relationships.

Sexually transmitted diseases and substance and sexual abuses harm one's body and spirit.

It is important to reflect on the meaning of discipleship.

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BASIC ELEMENTS OF CATHOLIC FAITH FORMATION
Seventh Grade/Ages 11, 12, 13

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year
- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary
- The Stations of the Cross
- Morning Offering
- Memorare
- Hail Holy Queen
- The Five Precepts of the Church
- Parts of the Mass
- The Seven Corporal Works of Mercy
- The Seven Spiritual Works of Mercy
- The Fruits of the Holy Spirit
- The Gifts of the Holy Spirit
- Four Gospels
- The Golden Rule

New Prayers, Beliefs and Practices introduced at this level are:

- Nicene Creed
- Come, Holy Spirit (Prayer to the Holy Spirit)
- Angelus
- Holy Days of Obligation
- Regulations for Fast and Abstinence
- The Three Theological Virtues
- The Four Cardinal Virtues

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Eighth Grade/Ages 12, 13, 14

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

Humans were created in a state of original holiness and justice and enjoyed friendship with God. The fall from the state of original holiness and justice is called original sin.

Humans are subject to ignorance, suffering, death and the inclination to sin due to original sin.

God's love and goodness will triumph over all evil and pain.

God's plan is for all people to be freed from the bondage of sin and evil through the redemptive suffering of his Son, Jesus.

The Holy Spirit was sent by Jesus to be with the Apostles in the early Church and continues to be with the Church today.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Mary is mother of the universal Church.

Christianity has its roots in Judaism.

The Church is the sacrament of salvation.

The Church is Trinitarian: that is, was planned by the Father, founded by Jesus Christ and manifested by the Holy Spirit.

The Church as one, holy, catholic and apostolic is both a human and divine institution.

Eastern and Western (Latin) Churches that are in communion with Rome are part of the Catholic Church.

The Church is called to ecumenism—to dialogue and strive for the unity of all Christians.

The magisterium is the teaching office of the Church that guides God's people in the truth.

The Church is infallible when the pope and the bishops in communion with the pope proclaim a doctrine of faith and morals for the belief of the faithful.

The Church year consists of feasts and seasons in honor of Jesus (liturgical cycle) and Mary and the saints (sanctoral cycle).

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Stewardship is using time, talent and treasure as means for personal and social justice.

The parish and Church are partners in stewardship.

The family is called the domestic church as parents have the first responsibility to teach their children faith, hope, charity, prayer, and virtues.

The kingdom of God comes in its fullness only in heaven, but it is furthered through the works of Christians on earth.

The seven sacraments are signs of grace through which each person can participate in God's life.

Charity is the greatest virtue that calls one to love God and neighbor.

The precepts of the Church help guide its members in their responsibilities and obligations.

A way of living as a disciple of Jesus is to perform the corporal and spiritual works of mercy.

Contemplative prayer is a silent attentiveness and love of God.

The Liturgy of the Hours is the public daily prayer of the Church; this prayer gives praise to God and is an extension of the celebration of the Eucharist.

Novenas and pilgrimages are prayerful devotions in which one prays to God through the intercession of Mary and the saints.

Sexual attraction and sexual feelings are normal and natural but need to be controlled with self-discipline and the grace of God.

Sexual activity and sexual intercourse have meaning and purpose only within a marriage covenant.

Stereotyping and other forms of discrimination devalue a person's God-given dignity.

It is important to reflect on what it means to be a part of salvation history and a member of the Catholic Church.

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BASIC ELEMENTS OF CATHOLIC FAITH FORMATION
Eighth Grade/Ages 12, 13, 14

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Our Father/The Lord's Prayer
- Hail Mary
- Grace Before/After a Meal
- Glory Be
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year
- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary
- The Stations of the Cross
- Morning Offering
- Memorare
- Hail Holy Queen
- The Five Precepts of the Church
- Parts of the Mass
- The Seven Corporal Works of Mercy
- The Seven Spiritual Works of Mercy
- The Fruits of the Holy Spirit
- The Gifts of the Holy Spirit
- Four Gospels
- The Golden Rule
- Nicene Creed
- Come, Holy Spirit (Prayer to the Holy Spirit)
- Angelus
- Holy Days of Obligation
- Regulations for Fast and Abstinence
- The Three Theological Virtues
- The Four Cardinal Virtues

New Prayers, Beliefs and Practices introduced at this level are:

- Prayer of St. Francis
- Mary's Prayer (Magnificat)
- Psalm 23
- Confiteor
- The Seven Capital Sins
- The Four Last Things

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Sacrament of Reconciliation or Penance

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE

God gives people the freedom to make choices.

The Holy Spirit helps one make right choices.

If there is sorrow, God will always forgive one for making wrong choices.

The gift of forgiveness of sins has its origin when Jesus appeared to the apostles after the resurrection.

The sacrament of reconciliation is a sign of God's mercy and love and is a celebration of God's love and forgiveness.

Reconciliation frees one from sin and gives grace, God's own life.

WE BELONG

The sacrament of healing in which sins are forgiven is called penance, reconciliation or confession.

The sacrament of reconciliation is the ordinary means of sacramental forgiveness.

The sacrament of reconciliation welcomes one back to close friendship with God and the community.

The priest has the authority to forgive sins in the sacrament of reconciliation.

The seal of confession requires the priest to not reveal sins confessed in the sacrament.

Reconciliation is necessary for the forgiveness of mortal sin and helpful for the forgiveness of venial sin and the strengthening of virtue.

WE RESPOND

Sin damages (venial) or breaks (mortal) one's relationship with God, self, and others.

An examination of conscience helps one prepare for the sacrament of reconciliation.

The Ten Commandments are God's laws and are good guides for making an examination of conscience.

The steps in the Rite of Reconciliation are: confessing sins, accepting a penance, praying an Act of Contrition, receiving absolution and doing the penance given.

Regular confession is a way to grow in faith.

Penance is a way to make up for one's sins.

Show one's understanding of reconciliation and forgiveness by being able to retell the Scripture stories:

Prodigal Son/Loving Father

Lost Sheep

Good Shepherd

Zacchaeus

Deepen one's relationship with God by knowing the following prayers:

Sign of the Cross

Lord's Prayer

Hail Mary

Glory Be

Act of Contrition

Show one's knowledge of the sacrament of reconciliation by being familiar with the following terms:

absolution

confess

conscience

contrition

examination of conscience

forgiveness

grace

sin (mortal sin, venial sin)

penance

reconciliation

sorrow

temptation

virtue

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Sacrament of Eucharist

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE

Jesus blessed food before he gave it to people.
At the Last Supper, Jesus changed bread and wine into His body and blood.
Jesus is truly present in the Blessed Sacrament.
Jesus is the Bread of Life.
The sacrament of the body and blood of Jesus is called the Eucharist.

WE BELONG

The Eucharist is both a meal and sacrifice.
The two great parts of the Mass are the Liturgy of the Word and the Liturgy of the Eucharist.
The Mass commemorates Jesus' sacrifice.
The bread and wine of the Eucharist are consecrated by the priest; through the power of the Holy Spirit, the gifts of bread and wine truly become the Body and Blood of Jesus.
The priest repeats Jesus' words and actions in the Eucharistic prayer.

WE RESPOND

Jesus gives himself as food at every Mass.
The Mass is the most important prayer of the Catholic Church.
Sunday is to be honored as a holy day as it celebrates the resurrection of Jesus.
At Mass, the Last Supper is remembered; one shares the Body and Blood of Jesus in Holy Communion.
In the Liturgy of the Eucharist, the community gives thanks for Jesus' death and resurrection.
Show one's understanding of Eucharist by being able to retell the Scripture stories:

Multiplication of loaves and fishes

Last Supper

Emmaus story

Deepen one's relationship with God by knowing the following prayers:

Sign of the Cross

Lord's Prayer

Hail Mary

Glory Be

Responses of the Mass

Show one's understanding of the sacrament of Eucharist by being familiar with the following terms:

altar

Blessed Sacrament

body and blood of Christ

bread

chalice

ciborium

communion

consecrate

Eucharist

fasting

grace

host

last supper

Liturgy of the Word

Liturgy of the Eucharist

Mass

paten

Sacrament of Eucharist

sacrifice

tabernacle

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Sacrament of Confirmation

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE

God's initiative of salvation is never-ending.

The Holy Spirit is the third person of the Blessed Trinity sent by the Father and Son to live within and guide each person and to unite God's people in faith.

The Holy Spirit strengthens one's relationship with Jesus and empowers one to proclaim the person and the mission and ministry of Jesus to the world.

The Holy Spirit enlightens one's choices so that one will come to recognize the will of God in one's life.

The seven gifts of the Holy Spirit help sustain the moral life of Christians.

WE BELONG

In baptism one is called to holiness and becomes a member of the Church and parish community.

The seven sacraments touch all stages and important moments in the lives of Catholics.

Confirmation, as one of the three sacraments of initiation, completes the sacrament of baptism, and with the help of the Holy Spirit, helps one to continue on one's lifelong faith journey.

Like baptism, the sacrament of confirmation is celebrated only once.

In the Western Church, through the sacrament of confirmation one's baptism is confirmed and one is strengthened in baptismal grace.

In the Eastern Churches, Confirmation is called Chrismation and is administered immediately after Baptism and followed by Eucharist.

The liturgical gesture of the imposition of hands symbolizes the confirming of the divine power of the Holy Spirit.

The anointing with oil symbolizes the strength given to a chosen one of God.

Being marked with the sign of the cross is a reminder that one shares in the life, death and resurrection of Christ.

In the Latin rite, the ordinary minister of confirmation is the bishop.

Godparents and sponsors represent the Christian community and are to be models of faith.

The parish faith community has a responsibility to witness to and foster the faith of its members.

WE RESPOND

The grace of baptism is deepened in the sacrament of confirmation.

Each confirmed person is empowered with the gifts of the Holy Spirit so that he or she may be better able to participate in the mission and ministry of Jesus by sharing his or her faith with others.

One's faith journey is a lifelong process.

The "Amen" response is the candidate's renewal of one's baptismal promises and personal affirmation of his or her desire to be a witness of Christ to the world and to participation in the life of the Church.

The theological virtues of faith, hope and love are gifts from God that dispose one to live in close relationship with the Holy Trinity.

The practice of good habits, or virtues, leads one to good relationships with God, self and others.

The four cardinal virtues—prudence, justice, fortitude and temperance—guide one's conduct along with reason and faith.

When one is open to the workings of the Holy Spirit, one is enriched with the fruits of the Holy Spirit.

Through the sacrament of confirmation one makes a deeper personal commitment to become more involved in the life of the Church.

One will be able to tell the following Scripture story and its meaning: Pentecost

One will be familiar and know the meaning of the following words:

Amen

fruits of the Holy Spirit

gifts of the Holy Spirit

holiness

lifelong faith journey

mission and ministry of Jesus

Pentecost

sacraments of initiation

sponsor

virtue

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

High School/Ages 13–18

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

The Basic Elements of Catholic Faith Formation as previously posted are now grouped under the six core course themes as contained in the document *Doctrinal Elements of a Curriculum Framework for the Development of Catechetical Materials for Young People of High School Age*. The framework was developed by the Committee on Evangelization and Catechesis of the United States Conference of Catholic Bishops (USCCB).

REVELATION OF JESUS CHRIST IN SCRIPTURE

God the Father, loving Creator, is intimately involved in the lives of human beings. Grace is the gift of God's life, love and friendship.

God the Father, Son, and Holy Spirit continually call human beings to conversion of heart and mind.

God created human beings with a heart that hungers for the infinite. From the very beginning of time, humanity has given expression to this hunger through various religious beliefs and behaviors.

The Bible is the inspired Word of God.

The written Scriptures and the apostolic Tradition have their common source in God's revelation.

The fullness of God's revelation is received in Jesus, Son of God.

Some of the major biblical themes in the 46 books of the Old Testament (Hebrew Scriptures) include creation, sin, covenant, Exodus, law, prophets, and kingdom.

The Old Testament contains the Pentateuch, the Historical books, the Wisdom books and the Prophetic books.

Some of the major biblical themes in the 27 books of the New Testament (Christian Scriptures) include the mission and ministry of Jesus, parables, miracles, kingdom of God, beatitudes, Paschal mystery, and eternal life and hope.

The New Testament contains the Gospels, the Acts of the Apostles, the Epistles or Letters, and the Book of Revelation.

Gospels occupy a central place in Scripture.

Scripture is a basis for personal and communal prayer: psalms, Our Father, *Lectio Divina*, Liturgy of the Hours.

WHO IS JESUS CHRIST?

The Trinity, a community of three persons in one God, is the central mystery of Christian faith.

Jesus, God incarnated, is fully human and fully divine.

Jesus is truly present in the sacred bread and wine in the Eucharist—the doctrine of transubstantiation.

The Holy Spirit was sent by Jesus to be Paraclete, Advocate, Counselor.

Jesus Christ calls all persons to a life of holiness.

God created the human person in his image and likeness. This is what gives all persons dignity and worth.

All baptized persons are called to chastity—to have a wholesomeness and integrity of body and spirit which means to respect and show responsibility for one's body and spirit and that of others.

Jesus teaches us how to live in union with the Father and Holy Spirit through prayer.

Mary, Mother of God and mother of the Church, is the perfect model of Christian living and faith.

The Immaculate Conception and Assumption of Mary are two important doctrines of faith.

All believers, both living and dead, form one body in Christ called the communion of saints.

The sanctoral calendar of the Church celebrates the lives of Mary and other saints.

Jesus taught that the purpose and goal in this life is a preparation for eternal life.

The last things at the end of life on earth are: death, particular and final judgment, heaven, hell.

THE MISSION OF JESUS CHRIST (THE PASCHAL MYSTERY) (10th grade)

One is born with original sin, the choice of the first human beings to disobey God. With the loss of the state of original holiness and justice, human beings are subject to suffering and death.

God promised a Messiah to redeem the world and bring salvation to all.

With the Annunciation came Mary's yes to be the mother of the Messiah and Savior, Jesus.

Christ's whole life was a mystery of redemption.

Jesus' life, suffering, death, resurrection and ascension is the Paschal mystery.

The central theme of Jesus' mission on earth was proclaiming the kingdom (reign) of God as related through the parables and miracles found in the New Testament.

The liturgical calendar of the Church celebrates the life, death, resurrection, ascension of Jesus and the coming of the Holy Spirit on Pentecost.

Life is a constant process of dying and risings—a daily living of the Paschal mystery of Jesus.

Developing a relationship with Jesus Christ through prayer is an essential aspect in the life of a believer or disciple.

The forms of prayer to help deepen one's relationship with God include blessing, intercession, thanksgiving, adoration and praise.

Meditation is a prayerful reflection which engages thought, imagination, emotion and desire in one's relationship with God. Contemplation is a silent attentiveness of union with God.

It is important that people of different cultures be able to express their Catholic faith in a variety of ways through music, art, language and celebration in order to experience God in their own place and way of life.

JESUS CHRIST'S MISSION CONTINUES IN THE CHURCH

God's power and grace is in the life of the Church through the Holy Spirit.

All baptized persons are called to discipleship and the vocation to love and serve God and others.

The Church is one, holy, catholic and apostolic Church.

The Church as the people gathered by God into one community was founded by Jesus and is guided by the Pope, who is the head of the College of Bishops and the successor of St. Peter, and by the bishops who are the successors of the apostles.

The magisterium made up of the bishops and the successor of Peter, the Bishop of Rome, is the Church's teaching office on matters of faith and morals.

Infallibility is given to the pope and to the bishops in union with the pope for proclamation of certain doctrines of faith or morals for the faithful.

Some important historical developments in the Church through the centuries include: Pentecost and the beginnings of the Church, formation of Scripture, era of persecution and Christianity as the accepted religion, the reformation and devotional life in the Church, monasticism, missionary movements, eras of enlightenment and social teachings, Vatican II and ecumenism.

A study of the various non-Christian and Christian religions can lead to better ecumenical and interfaith dialogue, understanding and evangelization.

All the baptized share in Christ's priesthood and therefore are a priestly, prophetic, and royal people of God.

As members of the Catholic Church which is missionary in nature, Catholics through their baptism have a responsibility to evangelize, to share the good news of Jesus with others.

The domestic church is one's family from whom one first learns about God.

Belonging to a parish community provides the opportunity for Catholics to worship God in community and to serve others through community.

All Christians are called to lead lives of service to those in need.

SACRAMENTS AS PRIVILEGED ENCOUNTERS WITH JESUS CHRIST

Through baptism one is called to carry out the mission and ministry of Jesus in one's daily life.

Persons are called to live out their baptism through the vocation of the single, religious, married, or ordained life.

The Sacraments of Initiation lay the foundations of every Christian life, are signs of grace and encounters with Christ, and are celebrated in community.

The faithful are born anew (Baptism), strengthened (Confirmation) and receive the food of eternal life (Eucharist).

In the Eastern Churches, the baptism of infants is followed immediately by Confirmation and Eucharist.

The catechumenate is the process of initiating people into the Catholic Church. Full initiation takes place through the Sacraments of Initiation—baptism, confirmation, and Eucharist.

The Liturgy of the Word and Liturgy of the Eucharist are the two main parts of the Mass; the Eucharist as the Jesus' memorial meal and sacrifice is the source and summit of the Christian life. Jesus is present in the Word, sacrament, and community.

Sundays and other holy days of obligation are days to celebrate the Eucharist together as a community and to refrain from those activities that would inhibit one from keeping the day as holy.

The Sacraments of Healing through the power of the Holy Spirit, bring God's work of healing and salvation to those who are weakened by sickness and sin.

The faithful obtain God's mercy and are reconciled with the Church (Reconciliation) and receive God's special grace in times of grave illness or old age (Anointing of the Sick).

The Sacraments at the Service of Communion are directed towards the salvation of others and in service to building up the people of God.

The mission entrusted by Christ to his apostles continues to be exercised to men in the Church (Holy Orders) and a man and a woman establish themselves in partnership with God for the well-being and salvation of the spouses and the procreation and education of offspring (Matrimony).

The sacramentals of the Catholic Church are objects (i.e. medals, holy water), actions (processions), and blessings (of persons, meals, objects, places) that help one grow in holiness.

LIFE IN JESUS CHRIST

Good stewardship is to graciously give thanks to a bountiful God by sharing the gifts one has been given; it is using one's time, talent, and treasure to foster God's kingdom (reign) of peace, justice and love.

Catholic moral principles are based on the Ten Commandments, the two great commandments (*You shall love the Lord your God with all your heart, and with all your soul, and with all your mind and you shall love your neighbor as yourself*), the beatitudes and the precepts and other teachings of the Church.

The theological virtues of faith, hope and charity and the moral virtues of prudence, justice, fortitude and temperance help one to lead a moral life in discipleship of Jesus.

The seven gifts of Holy Spirit—wisdom, understanding, counsel, fortitude, knowledge, piety (reverence), and fear (awe) of the Lord—help sustain the moral life of Christians.

There are special graces, or charisms, that help the faithful in tasks and offices for the building up of the Church and the needs of the world.

The foundations for living the moral life in the Catholic Church are God's grace, the moral law/principles, and an informed conscience based on reason, prayer, study, Scripture, and teachings of the Church.

Sin is the weakening (venial) or destroying (mortal) of one's relationship with God, self, and others. There are both personal and social aspects of sin. The Catholic Church's social justice teachings include the seven principles of: life and dignity of the human person; call to family; community participation; rights and responsibilities; option for the poor and vulnerable; dignity of work and rights of workers; solidarity; care for God's creation.

Some of the main social justice/life issues include abortion, capital punishment, war and peace, euthanasia, poverty, discrimination, homophobia, bullying, racism, ageism, sexism.

One's sexuality, being created as male or female, is an awesome gift from God. For this reason there is to be respect for the equality and mutuality of the sexes.

Modesty is being respectful of one's body and spirit in thoughts, words and actions.

Heterosexuality is the sexual attraction toward person of the opposite sex; homosexuality is the sexual attraction toward persons of the same sex. All persons are creations of God and are to be accepted with respect, compassion and sensitivity regardless of their sexual orientation.

The purposes of marriage is both unitive and procreative.

The proper place for genital sexual intimacy is within the context of marriage.

PRAYERS, BELIEFS AND PRACTICES

Some ways to deepen one's relationship with God include spontaneous prayer and the following formal prayers:

- Sign of the Cross
- Our Father/The Lord's Prayer
- Hail Mary
- Grace Before/After a Meal
- Glory Be
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year
- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary
- The Stations of the Cross
- Morning Offering
- Memorare
- Hail Holy Queen
- The Five Precepts of the Church
- Parts of the Mass
- The Seven Corporal Works of Mercy
- The Seven Spiritual Works of Mercy
- The Fruits of the Holy Spirit
- The Gifts of the Holy Spirit
- Four Gospels
- The Golden Rule
- Nicene Creed
- Come, Holy Spirit (Prayer to the Holy Spirit)
- Angelus
- Holy Days of Obligation
- Regulations for Fast and Abstinence
- The Three Theological Virtues
- The Four Cardinal Virtues
- Prayer of St. Francis
- Mary's Prayer (Magnificat)
- Psalm 23
- Confiteor
- The Seven Capital Sins
- The Four Last Things

New Prayers, Beliefs and Practices introduced at this level are:

- Prayer of Discernment
- Prayer Based on the Beatitudes
- Vocation Prayer