God Creates the World

Keep these ideas in mind as you study **Unit 1, Session 1**.

<table>
<thead>
<tr>
<th>PAGE 3</th>
<th>PAGE 7</th>
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</thead>
<tbody>
<tr>
<td>Saint Teresa of Ávila believed in the power of prayer and taught others to pray. Her writings about prayer were so important that she was named a Doctor of the Church.</td>
<td>God creates the world for us. We thank him for this gift by taking care of the resources he has given us.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PAGE 6</th>
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</thead>
<tbody>
<tr>
<td>God wants us to feel joy and wonder and to be reminded of his loving presence whenever we look at his creations.</td>
<td></td>
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</tbody>
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<table>
<thead>
<tr>
<th>PAGE 6</th>
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</thead>
<tbody>
<tr>
<td>God’s most amazing creation is the human family. He creates each human with a spiritual nature called a soul.</td>
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<th>PAGE 6</th>
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<tbody>
<tr>
<td>God gives us an intellect so that we can understand and free will so that we can make choices.</td>
</tr>
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<tr>
<th>PAGE 6</th>
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</thead>
<tbody>
<tr>
<td>We are called to live in the image of Jesus Christ and follow him to God the Father. The Holy Spirit helps us live in a way that will lead us to this goal.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PAGE 8</th>
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</thead>
<tbody>
<tr>
<td>A psalm is a sacred song or hymn. The Old Testament contains 150 psalms.</td>
</tr>
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<thead>
<tr>
<th>PAGE 9</th>
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<tbody>
<tr>
<td>There are different ways to pray. We can pray aloud or silently. We can pray a specific prayer or a prayer of our own. We can pray alone or with others.</td>
</tr>
</tbody>
</table>
Our Father in Heaven

Keep these ideas in mind as you study **Unit 1, Session 2**.

<table>
<thead>
<tr>
<th>PAGE 14</th>
<th>PAGE 17</th>
</tr>
</thead>
<tbody>
<tr>
<td>God loves us and wants to help us. The good things God does for us reveal his holiness to us.</td>
<td>We pray the Act of Faith to express our belief and trust in God.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>PAGE 14</th>
<th>PAGE 18</th>
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</thead>
<tbody>
<tr>
<td>Jesus shows us a special way to pray when he teaches us the Lord’s Prayer. When we pray this prayer, we enter into a close relationship with God, our loving Father.</td>
<td>We use sacred symbols to represent the Theological Virtues. The cross represents faith. An anchor represents hope. A heart represents charity.</td>
</tr>
</tbody>
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<thead>
<tr>
<th>PAGE 15</th>
<th>PAGE 19</th>
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</thead>
<tbody>
<tr>
<td>The Kingdom of God is proclaimed in the Gospels and is present in the Person of Jesus. The Church represents the Kingdom of God on earth.</td>
<td>We learn about God’s plan for us in the Bible. We help build up the Kingdom of God by choosing to follow God’s plan for us.</td>
</tr>
</tbody>
</table>

| PAGE 16 | |
|---------| |
| We learn about Jesus in the Gospels of Matthew, Mark, Luke, and John. The Gospel of John tells us that if we know Jesus, we will also know the Father. | |

| PAGE 16 | |
|---------| |
| In the Bible, God is revealed as the Father, who created the world and all humanity; the Son, Jesus, who saves us; and the Holy Spirit, who teaches us the truth. | |
# God’s Plan for Salvation

Keep these ideas in mind as you study **Unit 1, Session 3**.

<table>
<thead>
<tr>
<th>PAGE 22</th>
<th>PAGE 23</th>
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</thead>
<tbody>
<tr>
<td>In the beginning, God created a man, Adam, and a woman, Eve, and gave them the Garden of Eden to live in.</td>
<td>God did not stop loving Adam and Eve, and he will never stop loving us. He promised that a Savior would come to deliver us from our sins.</td>
</tr>
<tr>
<td>PAGE 22</td>
<td>PAGE 23</td>
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<tr>
<td>God told Adam and Eve to take care of the garden. They could eat the fruit of every tree but one. For a while, Adam and Eve were happy because they lived in obedience, listening to God and each other.</td>
<td>We receive salvation—the forgiveness of sins and the restoration of friendship with God—through Jesus.</td>
</tr>
<tr>
<td>PAGE 22</td>
<td>PAGE 24</td>
</tr>
<tr>
<td>Adam and Eve were tempted by a serpent. By giving in to temptation, Adam and Eve showed that they did not trust God.</td>
<td>We praise God for being merciful and ask him to mend our broken relationships when we pray the <em>Kyrie</em> during the Penitential Act of the Mass.</td>
</tr>
<tr>
<td>PAGE 23</td>
<td>PAGE 25</td>
</tr>
<tr>
<td>Adam and Eve turned away from God. As a result, we are born into Original Sin and have a tendency to sin.</td>
<td>We pray the Act of Hope to express our trust in God.</td>
</tr>
<tr>
<td>PAGE 23</td>
<td></td>
</tr>
<tr>
<td>When we give in to temptation, we turn away from God. We harm our relationship with him and with others.</td>
<td></td>
</tr>
</tbody>
</table>

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## God Calls Us to Obey

Keep these ideas in mind as you study **Unit 1, Session 4**.

<table>
<thead>
<tr>
<th>PAGE 30</th>
<th>PAGE 31</th>
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</thead>
<tbody>
<tr>
<td>When we follow the Holy Spirit in true freedom and make the Fruits of the Holy Spirit a part of our lives, we know that our actions are good.</td>
<td>Making a frequent examination of conscience helps us form a good conscience and make good choices.</td>
</tr>
<tr>
<td>PAGE 30</td>
<td>PAGE 31</td>
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<tr>
<td>Saint Paul taught that we can live in true freedom if we listen to and obey the Holy Spirit.</td>
<td></td>
</tr>
<tr>
<td>PAGE 30</td>
<td>PAGE 34</td>
</tr>
<tr>
<td>The Fruits of the Holy Spirit are love, joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.</td>
<td>Peter Canisius was a Jesuit priest. He helped Father Couvillon overcome his pride and get along better with others.</td>
</tr>
<tr>
<td>PAGE 30</td>
<td>PAGE 35</td>
</tr>
<tr>
<td>The Holy Spirit helps us form a good conscience.</td>
<td>Although we are all tempted to sin, we can follow the Holy Spirit and use free will to make good choices.</td>
</tr>
<tr>
<td>PAGE 31</td>
<td></td>
</tr>
<tr>
<td>We make an examination of conscience to see how well we are living up to our commitment to Jesus Christ. We can do this by reflecting on the Ten Commandments, the teachings of the Church, and what God calls us to do every day.</td>
<td></td>
</tr>
</tbody>
</table>
Celebrating Ordinary Time

Keep these ideas in mind as you study **Unit 1, Session 5**.

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**PAGE 37**
Ordinary Time is a Church season that we celebrate twice each liturgical year.

**PAGES 38 AND 40**
During Ordinary Time, we pray as one Church with a shared faith, and we reflect on our call to discipleship. We try to better understand Jesus’ invitation to love God the Father, serve others, and avoid sin.

**PAGE 38**
Virtues are like good habits. We can strengthen them if we practice them.

**PAGE 38**
The virtue of prudence helps us recognize the good in every situation and make good choices.

**PAGE 38**
Scripture tells us to live as children of light, for light produces every kind of goodness and righteousness and truth. We seek the light of God’s grace to help us grow in virtue and avoid temptation.

**PAGE 38**
The call to discipleship is received in Baptism, nourished in the Eucharist, strengthened in Confirmation, and practiced in the world.

**PAGE 39**
When we look around the church during Ordinary Time, we see candles at the altar, which remind us that Christ is present in the celebration of the Eucharist.

**PAGE 39**
The sanctuary lamp reminds us that Christ is present in a special way in the Blessed Sacrament.

**PAGE 39**
Depending on the year, Ordinary Time runs either 33 or 34 weeks.
Jesus’ Law of Love

Keep these ideas in mind as you study Unit 2, Session 6.

PAGE 45
John Baptiste Vianney was born in France in 1786. He became a priest and was known for his attentive listening. Many people came to him to celebrate Reconciliation. He is the patron saint of parish priests.

PAGE 48
God revealed his Law of love, also called the Torah, in the Old Testament.

PAGE 48
The main idea of Jesus’ new commandment is that the Law we have received from God the Father calls us to love God and to love others.

PAGE 48
We follow Jesus’ new commandment when we choose to love and serve others.

PAGE 49
In the Prayer of the Faithful at Mass, we pray for others around the world. Praying for others is one way to follow Jesus’ commandment of love.

PAGE 49
The Holy Spirit helps us practice fortitude, the virtue that gives us the courage to follow Jesus even when doing so is difficult.

PAGE 50
After he was ordained, Vincent de Paul lived and worked among people who were wealthy. After hearing the confession of a peasant, he became concerned about the needs of people who were poor and people who were ill.
# The Beatitudes

Keep these ideas in mind as you study **Unit 2, Session 7**.

<table>
<thead>
<tr>
<th>PAGE 56</th>
<th>PAGE 57</th>
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<tbody>
<tr>
<td>In a Scripture passage from Matthew’s Gospel called the Sermon on the Mount, Jesus told his listeners how to live loving, peaceful, and happy lives. These teachings are called the Beatitudes.</td>
<td>We can be peacemakers by getting along with others.</td>
</tr>
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<table>
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<tr>
<th>PAGE 57</th>
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<tbody>
<tr>
<td>People who are poor in spirit know they can depend on God first.</td>
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<th>PAGE 57</th>
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<tbody>
<tr>
<td>Blessed are they who mourn, for they will be comforted.</td>
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<tr>
<th>PAGE 57</th>
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</thead>
<tbody>
<tr>
<td>The meek are people who are kind to others. They will inherit the land.</td>
</tr>
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<table>
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<tr>
<th>PAGE 57</th>
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<tbody>
<tr>
<td>The clean of heart are those who follow Jesus’ example. They will see God.</td>
</tr>
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</table>

<table>
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<tr>
<th>PAGE 57</th>
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</thead>
<tbody>
<tr>
<td>People who are righteous do the right thing, even when it is difficult.</td>
</tr>
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</table>

<table>
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<tr>
<th>PAGE 57</th>
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</thead>
<tbody>
<tr>
<td>People who are merciful forgive one another. When we exchange a sign of peace at Mass, we express that we are at peace with one another.</td>
</tr>
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<thead>
<tr>
<th>PAGE 58</th>
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<tbody>
<tr>
<td>Saint Jerome translated the Bible into Latin, a commonly known language at the time. Saint Jerome is often shown with a lion because of the legend that he removed a thorn from a lion’s paw.</td>
</tr>
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<table>
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<tr>
<th>PAGE 59</th>
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<tbody>
<tr>
<td>Saint Francis of Assisi always tried to follow Jesus’ example. He asked God to help him make peace in the world by being a peacemaker.</td>
</tr>
</tbody>
</table>
Jesus Our Redeemer

Keep these ideas in mind as you study Unit 2, Session 8.

**PAGE 64**
Jesus, Son of God, became man without losing his divinity. He was born in Bethlehem. When he was about 30 years old, he was moved by the Holy Spirit to heal people and preach about the Kingdom of God.

**PAGE 64**
Some people who did not believe in Jesus had him put to death on the Cross. Three days after his Crucifixion, Jesus appeared as the risen Christ to his disciples.

**PAGE 64**
On the day Jesus was put to death, two criminals were also on crosses. One criminal asked Jesus to remember him.

**PAGE 65**
Jesus freely died to free us from our sins. This is why we call him our Redeemer. Jesus knew that his act of redemption, or saving grace, was part of his Father’s divine plan.

**PAGE 65**
Although Jesus was buried after he died, he did not remain in the tomb. He was raised from the dead by God the Father.

**PAGE 66**
After Jesus rose from the dead, he spent 40 days with his disciples, teaching them and sharing meals with them.

**PAGE 66**
At the end of the 40 days, Jesus was taken up into heaven. This is known as the Ascension and is described in the Acts of the Apostles.

**PAGE 66**
Jesus Christ lives in heaven and, through the Holy Spirit, shares his new life with us. We receive this new life in Baptism. At the end of time, Jesus will judge the living and the dead.

**PAGE 67**
A creed is a statement of faith. The Nicene Creed contains the central beliefs of the Christian faith and begins with the words “I believe in one God, the Father almighty.”
Jesus Sends the Spirit

Keep these ideas in mind as you study Unit 2, Session 9.

**PAGE 72**

After Pentecost, Peter was one of the first to carry on Jesus’ work. Peter met Aeneas, who had been confined to bed for eight years because he was paralyzed. Peter healed Aeneas in the name of Jesus Christ. When the people saw that Aeneas was healed, they turned to the Lord.

**PAGE 73**

The spiritual works of mercy are to counsel, instruct, advise, comfort, forgive, show patience in difficult situations, and pray for others.

**PAGE 72**

We are called to carry on Jesus’ work by helping people who are in need.

**PAGE 73**

The corporal works of mercy are ways we can care for people’s physical needs.

**PAGE 73**

The corporal works of mercy are to feed the hungry, shelter the homeless, provide clothing to people in need, visit people who are sick and imprisoned, give to people who are poor, and bury the dead.

**PAGE 73**

The spiritual works of mercy are ways we can care for people’s spiritual and emotional needs.

**PAGE 74**

Teresa of Calcutta followed Jesus’ example by caring for people who were sick and people who were poor.

**PAGE 76**

The Holy Spirit leads Jesus’ followers to do good works. We can pray to the Holy Spirit to give us the strength to care for others.

For more games, activities, and resources related to Finding God, please visit www.findinggod.com.
**Celebrating Advent**

Keep these ideas in mind as you study **Unit 2, Session 10**.

<table>
<thead>
<tr>
<th>PAGE 79</th>
<th>PAGE 81</th>
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</thead>
<tbody>
<tr>
<td>The Church’s liturgical year begins with Advent, a season of hope and waiting.</td>
<td>The <em>Angelus</em> begins with the words that the angel used to greet Mary when he told her about becoming Jesus’ mother.</td>
</tr>
<tr>
<td>During Advent, we get our churches, our homes, and our hearts ready to honor and celebrate Jesus’ birth.</td>
<td>When we look around our church during Advent, we see a violet cloth draped on the altar. The priest wears violet vestments. On the third Sunday of Advent, his vestments may be rose.</td>
</tr>
<tr>
<td>Many years before Jesus’ birth, Isaiah and other prophets told about how a child would bring God’s peace to his people.</td>
<td>During Advent, we see an Advent wreath in our church. Each of the wreath’s four candles represents one of the Sundays of Advent.</td>
</tr>
<tr>
<td>There are four Sundays during the Advent season, which ends on Christmas Eve.</td>
<td>During Advent, we prepare to celebrate Jesus’ birth by making good moral choices.</td>
</tr>
<tr>
<td>The <em>Angelus</em> is a prayer of devotion that recalls the mystery of the Incarnation. It is prayed three times a day.</td>
<td>There are many different Advent traditions that help people prepare to celebrate Jesus’ birth. These traditions include Advent wreaths, Advent calendars, Jesse trees, Saint Nicholas Day celebrations, and <em>Las Posadas</em>.</td>
</tr>
</tbody>
</table>

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The People of God

Keep these ideas in mind as you study Unit 3, Session 11.

<table>
<thead>
<tr>
<th>PAGE 87</th>
<th>PAGE 91</th>
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</thead>
<tbody>
<tr>
<td>King Louis IX of France had a great love for God and for the French people. He made fair laws and protected the people from unjust treatment. He supported the building of hospitals, schools, libraries, and churches.</td>
<td>We receive salvation, forgiveness of sins, and new life in Christ through the Sacrament of Baptism. The Eucharist strengthens our relationship with Christ and his Church. The grace of the Holy Spirit strengthens us through the Sacrament of Confirmation to be witnesses to Christ.</td>
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</tbody>
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<tr>
<th>PAGE 90</th>
<th>PAGE 92</th>
</tr>
</thead>
<tbody>
<tr>
<td>When the risen Jesus visited the Apostles, he instructed them to go out and make new disciples. He told them to continue his mission, inviting all people to find salvation in him.</td>
<td>Dominic was a preacher who founded a new religious community called the Order of Preachers. The members of this community are also called Dominicans.</td>
</tr>
</tbody>
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<tr>
<th>PAGE 90</th>
<th>PAGE 94</th>
</tr>
</thead>
<tbody>
<tr>
<td>Jesus’ disciples make up a universal Church, a community of believers that invites everyone to find salvation in Jesus Christ.</td>
<td>At Mass, we celebrate with Jesus Christ, who is present in the Scripture readings we hear, in the priest who celebrates the Mass, in the gathered People of God, and in the Eucharist we receive.</td>
</tr>
</tbody>
</table>

| PAGE 91 | |
|---------| |
| We become full members of Jesus’ Church through the Sacraments of Initiation—Baptism, Confirmation, and the Eucharist. | |

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The Church Teaches Us

Keep these ideas in mind as you study Unit 3, Session 12.

### PAGE 98

**Jesus chose the Twelve Apostles to be his closest companions and carry on his teaching. He made Peter their leader.**

**Jesus called Peter the rock upon whom he would build his Church.**

**Today the Church is led by the pope and the bishops, who are the successors of Peter and the Apostles. Guided by the Holy Spirit, the pope and the bishops continue the Apostles’ mission and carry out Jesus’ teachings.**

### PAGE 99

**The pope is the head of the Church. Most bishops are responsible for a local geographical church, which is called a diocese. Priests assist the bishops in their ministry.**

**As members of the Church, we belong to a community that reaches all the way from our local parish to the pope in Rome.**

### PAGE 100

**The Apostles thought of themselves as carrying on the tradition of the 12 tribes of Israel. These Jewish tribes were descendants of Abraham and Sarah.**

**Jesus’ Twelve Apostles were the Church’s early leaders. Before Jesus was crucified, he was betrayed by one of the Apostles, Judas Iscariot.**

**To help the remaining disciples decide on a replacement for Judas Iscariot, they cast lots, or threw stones. Matthias was chosen as the new Apostle.**

**The precepts of the Church describe the minimum effort we are called to make in prayer and living a moral life.**
God Is Our Friend

Keep these ideas in mind as you study Unit 3, Session 13.

**PAGE 106**
Because of Original Sin, we live in a world filled with temptation.

**PAGE 106**
Mortal sin is a decision to turn away from God by doing something we know is seriously wrong.

**PAGE 106**
Venial sin is a choice we make that weakens our relationship with God and others. Committing venial sins over and over weakens our fortitude and can lead to more serious sins.

**PAGE 106**
Capital sins will bring about more serious sins. The capital sins are pride, sloth, envy, lust, covetousness, anger, and gluttony.

**PAGE 106**
Pride is an inability to express humility. Sloth is not caring about our spiritual development. Envy is the desire to have someone else's good fortune.

**PAGE 107**
If our desire to repent comes from a deep love of God, we have perfect contrition. If we are sorry for other reasons, such as fear of being punished, we have imperfect contrition.

**PAGE 107**
In receiving the grace of God's forgiveness in the Sacrament of Reconciliation, we also receive the grace to forgive others and ask for forgiveness.

**PAGE 107**
Confessing our sins reminds us how much we need God's mercy.

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Serving God and Others

Keep these ideas in mind as you study Unit 3, Session 14.

PAGE 114
God sent the angel Gabriel to Nazareth to give a message to Mary. Gabriel told her not to be afraid. Gabriel then told her she would have a Son, Jesus, whose kingdom would last forever.

PAGE 114
Gabriel told Mary that she would give birth by the power of the Holy Spirit. Mary responded that she was the handmaid of the Lord.

PAGE 115
Mary could have said no to God’s request, but God had given her the grace to say yes to what he asked her to do. Her joyful acceptance of God’s message made Mary the first and the greatest of the disciples. During the liturgical year, there are many feast days honoring Mary.

PAGE 115
Like Mary, we are called to discipleship. We say yes to this call by following Jesus, telling others about the Kingdom of God, and caring for creation.

PAGE 115
We are called to solidarity with the whole world, especially people who are poor, suffering, or vulnerable.

PAGE 116
Some flowers have special meaning associated with Mary. The violet, known as Our Lady’s Modesty, is associated with her humility. Lily of the valley, known as Mary’s Tears, is a reminder of her sorrow at Jesus’ Death. The hawthorn is referred to as Mary’s flower of May.

PAGE 118
Prayer is one way for us to hear what God is asking of us.

PAGE 118
Jesus drew all people to him, especially those who were poor and not valued by society. We act in Jesus’ name when we care for those Jesus cared for.

PAGE 119
God the Father chose Mary to be Jesus’ mother. We also call her Mother of God and Mother of the Church.

PAGE 119
Jesus taught that God the Father loves everyone.
## Celebrating Christmas

Keep these ideas in mind as you study **Unit 3, Session 15**.

<table>
<thead>
<tr>
<th>PAGE 121</th>
<th>PAGE 123</th>
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</thead>
<tbody>
<tr>
<td>God the Father sent his Son, Jesus, to be Lord and Savior of everyone who believes in him. God sent angels to proclaim Jesus’ birth to poor shepherds.</td>
<td>White is the liturgical color of the Christmas season. The color reminds us of the purity and joy of Jesus’ birth.</td>
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<tr>
<th>PAGE 121</th>
<th>PAGE 123</th>
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<tbody>
<tr>
<td>We celebrate Jesus’ birth on the Feast of the Nativity. While Christmas is one of the shortest seasons in the liturgical year, it is one of the most joyful.</td>
<td>During Christmas, we often see a Nativity scene with baby Jesus in the manger, and with Mary, Joseph, shepherds, and the Magi.</td>
</tr>
</tbody>
</table>

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<thead>
<tr>
<th>PAGES 121 AND 124</th>
<th>PAGE 124</th>
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</thead>
<tbody>
<tr>
<td>The Christmas season begins with the celebration of Mass on Christmas Eve and includes the Feast of Mary and the Feast of the Epiphany. It ends with the Feast of the Baptism of the Lord.</td>
<td>When we celebrate the Feast of the Epiphany, we remember the Magi’s visit to Bethlehem. There, Jesus was revealed to the world as God’s Son who was sent to show us how to live.</td>
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<tr>
<th>PAGE 122</th>
<th>PAGE 123</th>
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</thead>
<tbody>
<tr>
<td>Another title for Jesus is “the Bread of Life.” He satisfies our hunger for love, forgiveness, nourishment, and strength.</td>
<td>In Hebrew, the word <em>Bethlehem</em> means “house of bread.”</td>
</tr>
</tbody>
</table>

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Celebrating Reconciliation

Keep these ideas in mind as you study Unit 4, Session 16.

PAGE 129
Ignatius of Loyola founded an order of priests and brothers known as the Society of Jesus, whose members are called Jesuits.

PAGE 129
Ignatius of Loyola was born to a noble family in Spain. As he was recovering from a battle wound he received when he was a soldier, he was moved to become a disciple of Jesus.

PAGE 132
When we sin, we choose to use our free will to turn away from God. Even when we sin, however, God does not stop loving us.

PAGE 132
The Holy Spirit moves us to repentance, and we receive the grace to be sorry for our sins. Our sins are forgiven, and we turn our hearts back to God.

PAGE 133
Before we celebrate the Sacrament of Reconciliation, we make an examination of conscience. This helps us reflect on the choices we have made and how we have hurt our relationship with God and one another.

PAGE 133
When we celebrate the Sacrament of Reconciliation, we confess our sins, and the priest gives us a penance to perform. To tell God that we are sorry for what we have done, we pray the Act of Contrition or our own prayer of sorrow.

PAGE 133
Through the Sacrament of Reconciliation, we receive God’s healing forgiveness.

PAGE 134
Jesus uses the parable of the lost sheep to teach us how he loves and cares for us.

PAGE 136
When we sin, Jesus calls us to return to God the Father because he wants us to experience the fullness of God’s grace.
The Sacrament of the Eucharist

Keep these ideas in mind as you study Unit 4, Session 17.

PAGE 140
We often celebrate holidays and other important events by sharing a meal with our families. Before we eat, we pray a prayer of blessing over the meal.

PAGE 141
In the Sacrament of the Eucharist, the bread and wine are consecrated and become the Body and Blood of Jesus Christ. Just as food nourishes us physically, Jesus nourishes us spiritually through the Eucharist.

PAGE 141
On Sunday, the Lord’s Day, the Holy Spirit helps us gather as a community to remember Christ’s sacrificial Death and Resurrection by participating fully in the Eucharist. In honor of the Lord’s Day, we avoid doing unnecessary work or causing others to do work.

PAGE 142
At Mass, Christ works through the priest who leads our worship as we thank and praise God for the blessings we receive.

PAGE 144
One of the precepts of the Church is that we attend Mass on Sundays and the holy days of obligation. In the United States, there are six holy days of obligation.

PAGE 144
Holy days of obligation celebrate important events in the lives of Jesus, Mary, and the saints.

PAGE 144
On January 1, we celebrate the Solemnity of Mary, the Holy Mother of God. On November 1, we celebrate All Saints Day.

PAGE 144
On August 15, we celebrate the Assumption of the Blessed Virgin Mary. On December 8, we celebrate the Immaculate Conception of the Blessed Virgin Mary.

The story of Jesus feeding the 5,000 is an example of Jesus’ compassion.
Anointing of the Sick

Keep these ideas in mind as you study Unit 4, Session 18.

PAGE 149

The Sacrament of the Anointing of the Sick helps bring Jesus’ strength, peace, courage, and healing to people who are elderly or suffering because of illness. The sacrament also brings forgiveness of sins.

PAGE 150

Through the Sacrament of the Anointing of the Sick, the Church continues Jesus’ healing mission. Jesus’ early followers also continued this work by offering healing and comfort to people who were sick.

PAGE 149

Holy Communion received by a person who is dying is called *viaticum*. It prepares a person to enter into eternal life.

PAGE 152

We can show we care for people who are sick by praying a prayer of intercession for them.

PAGE 149

The oil of the sick, used during the Sacrament of the Anointing of the Sick, has been blessed by the bishop.

PAGE 152

Pierre Toussaint, who has received the title *Venerable*, was from Haiti. Despite the risk to his own health, he nursed people who were sick during an epidemic of yellow fever.

PAGE 150

The Sacrament of the Anointing of the Sick reassures people that they are loved and cared for.

PAGE 150

In his New Testament letter, James encouraged members of the Church to pray for those who were ill and to anoint them in the name of the Lord.
Sacraments of Service

Keep these ideas in mind as you study Unit 4, Session 19.

**PAGE 157**
The Sacrament of Matrimony and the Sacrament of Holy Orders call Catholics to holiness. Both sacraments prepare people to serve the community.

**PAGE 157**
In the Sacrament of Matrimony, a man and a woman receive the grace to love each other as Christ loves the Church.

**PAGE 157**
In the Sacrament of Matrimony, a man and a woman make a solemn agreement to be partners for life, to help each other grow closer to God, and to teach their children how to lead Christian lives.

**PAGE 157**
In the Sacrament of Holy Orders, men are ordained as bishops, priests, and deacons.

**PAGE 157**
Bishops and priests preach the Gospels, celebrate the Eucharist, and serve as leaders in their dioceses or parishes. Deacons assist priests and bishops in ministry.

**PAGE 158**
Jesus told his disciples how important it is to remain close to him when he said, “I am the vine; you are the branches.”

**PAGE 158**
As members of the Church, we are all called to love one another.

**PAGE 158**
To help the sisters in her convent express their faith, Hildegard of Bingen composed songs about God’s beauty in creation and about Mary and the saints.

**PAGE 160**
God calls all of us to serve the Church by being priestly people and sharing our gifts with others. People respond to this call by remaining single, by joining a religious community, or by celebrating the Sacraments at the Service of Communion.
Celebrating Lent and Holy Week

Keep these ideas in mind as you study Unit 4, Session 20.

**PAGE 163**

During the season of Lent, we pray, read Scripture, give alms, and fast to prepare to celebrate Jesus’ Resurrection at Easter.

**PAGE 163**

Lent begins on Ash Wednesday, when we are reminded of our need for forgiveness, and ends with the celebration of the Triduum during Holy Week.

**PAGE 163**

During Holy Week, we celebrate Palm Sunday, Holy Thursday, Good Friday, and Holy Saturday.

**PAGE 164**

God loved the world so much that he gave his only Son so that everyone who believes in him might not perish but might have eternal life.

**PAGE 165**

On Palm Sunday, we hear Scripture readings about Jesus’ entry into Jerusalem.

**PAGE 165**

On Holy Thursday, we hear about Jesus washing the feet of the Apostles at the Lord’s Supper. This act is an example of the love and service he asked the disciples to share with others.

**PAGE 165**

On Good Friday, we hear the story of Jesus’ Passion and venerate the cross.

**PAGE 165**

The liturgical color for Lent is violet.
The Ten Commandments

Keep these ideas in mind as you study Unit 5, Session 21.

PAGE 171
Francis Xavier studied at the University of Paris and became a teacher. He met and befriended Ignatius of Loyola. He joined Ignatius's new religious community and became a missionary.

PAGE 174
The Book of Exodus describes the events of the Hebrews' departure from Egypt, where they were treated cruelly as slaves.

PAGE 174
Moses was filled with wonder when he saw fire flaming out of a bush. After he approached the bush, he heard God's voice coming from it. God told Moses that he had chosen him to lead the Hebrews out of Egypt.

PAGE 174
At first, Pharaoh refused to free the Hebrews. God then sent many plagues on the Egyptians, each one greater than the previous one. Pharaoh finally agreed to release the Hebrews.

PAGE 175
Pharaoh sent his soldiers to recapture the released slaves. God directed Moses to part the waters of the Red Sea. After the Hebrews safely crossed the sea, the waters flowed over the Egyptian soldiers, who had tried to follow the Hebrews.

PAGE 175 AND 176
God gave Moses the Ten Commandments on Mount Sinai. The Hebrews entered into a covenant, or solemn agreement, with God. They agreed to live by the Ten Commandments, which are instructions for how to live in relationship with God and with one another.

PAGE 178
Living as God wants us to live requires us to carefully examine our decisions because the choices we make affect our relationship with God and one another.

PAGE 179
We remain faithful to God by making good moral choices.
Loving God Above All

Keep these ideas in mind as you study Unit 5, Session 22.

- **PAGES 181 AND 183**
  The first three commandments help us grow in our relationship with God.

- **PAGE 182**
  Jesus teaches us that we should love the Lord our God with all our heart, with all our soul, with all our mind, and with all our strength.

- **PAGES 183–184**
  The First Commandment teaches us to worship only God. Making people or things more important than God is a form of idolatry.

- **PAGE 184**
  The Second Commandment calls us to respect God’s name.

- **PAGE 184**
  The Third Commandment calls us to keep holy the Lord’s Day. We gather as a community of faith to celebrate the Eucharist, which gives us the strength to serve others.

- **PAGE 184**
  We keep holy the Lord’s Day by resting our minds and bodies.

- **PAGE 185**
  The Divine Praises honor the name of God, the members of the Holy Family, and all the angels and saints.
# Loving Our Family

Keep these ideas in mind as you study **Unit 5, Session 23**.

**PAGE 190**

Thomas More was a lawyer who became the Lord Chancellor of England. He was forced to choose between his loyalty to the Church and his loyalty to the government. Because of his strong faith, he chose the Church and was later beheaded. He is the patron saint of lawyers.

**PAGE 191**

The Sixth Commandment calls us to respect our bodies and the bodies of others. A husband and a wife are called to be faithful to each other and to respect their marriage promises.

**PAGE 191**

The Fourth, Fifth, and Sixth Commandments help us live in relationship with others.

**PAGE 191**

The Fourth Commandment calls families to support one another. God wants our parents to care for us, teach us right from wrong, provide for our education, and help us follow Jesus. In return, God wants us to respect our parents. Obedience is one form of respect.

**PAGE 191**

The Fifth Commandment teaches us that killing is wrong. Acting on our anger can lead to violence, which is a sin against the Fifth Commandment.

**PAGE 192**

Jesus calls us to love and forgive our enemies.
Jesus Calls Us to Love Others

Keep these ideas in mind as you study Unit 5, Session 24.

PAGE 197
When Jesus calls us to love others, he is inviting us to be doers of God’s Word.

PAGE 198
The Seventh through Tenth Commandments help us be good members of society.

PAGE 198
Neighbors are not just people who live in our neighborhood. They are all those who are affected by our actions. We make decisions that demonstrate to our neighbors that we are Jesus’ followers.

PAGES 198–199
To covet is to want for ourselves what others have. The Ninth and Tenth Commandments warn us not to covet because it goes against God’s plan for married couples and may harm our relationships with others.

PAGE 199
The Seventh Commandment teaches us that stealing is wrong. It also requires that we repair the damage we have done by returning stolen goods and that we honor the promises we make.

PAGE 199
The Eighth Commandment calls us to be truthful in what we say, what we do, and how we live.

PAGE 199
Temperance is a virtue that helps us when we feel envious. This virtue helps us manage our desire for things that give us pleasure.

PAGE 200
After 40 years of wandering in the wilderness, Moses and the Hebrews arrived near the land God had promised to them. Before they entered this new land, Moses reminded the Hebrews that the covenant was written on their hearts—God would be their God, and they would be God’s people.

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Celebrating Easter

Keep these ideas in mind as you study Unit 5, Session 25.

PAGE 205
During the Easter season, we celebrate Jesus’ Resurrection and Ascension. We feel joy and sing Alleluia!

PAGE 205
The Easter season begins with the celebration of the Easter Vigil on Holy Saturday and ends 50 days later on Pentecost.

PAGE 206
After Jesus died and was buried, the disciples hid together in a locked room. They feared that the people who had killed Jesus would come looking for them.

PAGE 206
Jesus appeared to the disciples and greeted them by saying, “Peace be with you.” Just like the early disciples, we have received Jesus’ gift of peace.

PAGE 206
Jesus is called the Lamb, which symbolizes the great sacrifice he made for us by dying on the Cross.

PAGE 207
During the Easter season, we hear Scripture readings about Jesus’ Resurrection. We also hear about Jesus’ Ascension into heaven. On Pentecost, we hear about the Holy Spirit descending on Jesus’ disciples.

PAGE 207
During Easter, we see a white cloth on the altar. The priest wears white or gold vestments. White symbolizes the joy of the Resurrection. On Pentecost, a red altar cloth reminds us of the Holy Spirit.

PAGE 207
The paschal candle, a tall, white candle that reminds of us of Christ’s light among us, remains lit in the sanctuary during each Mass throughout Pentecost.

PAGE 208
Through the Resurrection, God revealed that the power of his love is stronger than the power of sin.