

Saint Thomas the Apostle Parish  
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## **Lesson nr. 9 – Tuesday, December 15, 2020. – 8<sup>th</sup> Grade HANDOUT number # 2**

Dear St. Thomas 8<sup>th</sup> Grade Students:

### AN OUTLINE OF WHAT and WHY WE STUDY HERE

A Catholic Faith, Tradition and Practice – should be known  
by HEART

- **Prayers:**
  - The Sign of the Cross
  - The Lord's Prayer
  - The Hail Mary
  - The Apostle's Creed
  - The Act of Faith; Hope; Charity
  - The Act of Contrition
  
- **Information, Formulas and Practices;**
  - Scriptural; key themes of Salvation History ( 7 Major Covenants – Bible)
  - Liturgical: Parts of the Mass; Sacraments: Liturgical Seasons and holy days;
  - Devotional: Mysteries of the Rosary, Stations of the Cross; Eucharistic
  - Moral: 10 Commandments; 8 Beatitudes; Gifts of the Holy Spirit; The Virtues
  
- **Chief Mysteries of Christianity:**
  - The Trinity, ☺ The Dogma of the Holy Trinity – The Father, Son and Holy Spirit are ONE and the SAME God; The divine Persons are DISTINCT from one another; The purpose of the divine mission of the Son and the Holy Spirit is to bring us to share in the life, light, and love of the Trinity.

- Original Sin, - Genesis chapter # 3 -  
Protoevangelium, Promise of a Redeemer, Mystery of redemption in the Paschal Mysteries of Jesus Christ
- Incarnation - Word of God takes human form and is born of Mary (Blessed Mother), in time (Bethlehem in Palestine, between 4BCE to 1AD), into the History to change that history into a Salvation History
- **Prayer;**
  - Liturgical: Mass, Sacraments, Liturgy of the Hours,
  - Devotional: Penance Service, Rosary, Stations of the Cross, prayer services
  - Personal: Private Prayer, Reading of the Sacred Scripture,
  - Vocal: Group Prayer, Individual Vocal, Traditional Prayers, Sacred Music
  - Meditation: Reflective Prayer, Reasoning on Religious dogmas, Bible
  - Contemplation: also known as Intuitive Prayer, " A gaze of Faith, fixed on Jesus"
- **The Basic Forms of Prayer:**
  - Blessing and Adoration
  - Petitions (personal needs)
  - Intercessions (on behalf of others)
  - Thanksgiving
  - Praise
- **The Sources of Prayer:**
  - The Word of God
  - The Liturgy of the Church
  - The Virtues of Hope, Faith and Charity
- **Seven Sacraments:**
  - Sacraments of Christian Initiation: Baptism, Eucharist, Confirmation
  - Sacraments of Healing: Confession, Anointing of the Sick
  - Sacrament of Service: Matrimony, Holy Orders
- **Kinds of Actual Sin:**
  - Venial: does not FORFEIT grace, many examples of everyday imperfections

- Mortal: for SIN to be MORTAL it needs to be of a GRAVE (HEAVY) matter, and has to have a FULL CONSENT of our will (10 Commandments and its 20<sup>th</sup> - 21<sup>st</sup> Century Applications), CAN NOT RECEIVE HOLY COMMUNION in such state of a soul, need for SACRAMENT of Penance; good practice, go to confession at least 2 TIMES a year (Advent and Lent); for a real, significant spiritual growth confession is advised Once a Month
  
- **The SIX Sins Against the HOLY SPIRIT:**
  - Despair of one's salvation (of God's mercy)
  - Presumption of saving oneself without merit
  - Resisting the KNOWN truth
  - Envy of the graces received by others
  - Obstinacy (Continuation) in one's sin
  - Final Impenitence - NO CONFESSION/CONTRITION before death