

CONCEPTS

The Ten Commandments

The following or similar language is appropriate for first penance preparation (Grade 2)

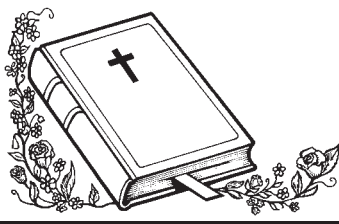
1. Love God more than all things.
2. Say God's name with love.
3. Keep Sunday holy.
4. Honor your parents.
5. Take care of all living things.
6. Show respect for yourself and others.
7. Do not steal.
8. Tell the truth.
9. Do not be jealous.
10. Do not be greedy.

Traditional Catechetical Formula (Grades 4-8)

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

Based on Ex. 20:2-17 and Dt. 5:6-21

CCC p. 496 & 497



The Great Commandments
(Grades 2-8)

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

Matthew 22:37-40; Mark 12:29-31; Luke 10:27

CCC #2055

The Beatitudes
(Grades 4-8)

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

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

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

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

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

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

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

Blessed are they who are persecuted for the sake of justice, for theirs is the kingdom of heaven.

CCC #1716; Matthew 5:3-10

The Seven Sacraments
(Grades 2-8)

Baptism

Confirmation

Eucharist

Penance

Anointing of the Sick

Holy Orders

Matrimony

CCC #1210

Twelve Apostles
(Grades 3-8)

Peter James

Andrew Thaddeus

James Thomas

John Matthew

Philip Simon

Bartholomew

Matthias (replaced Judas Iscariot)

CCC #858; Matthew 10:2-4; Acts 1:21-26

The Cardinal Virtues
(Grades 5-8)

Prudence
Justice
Fortitude
Temperance
Wisdom 8:7
CCC #1805

The Theological Virtues
(Grades 5-8)

Faith
Hope
Charity
CCC #1813; 1 Cor. 13:13

The Works of Mercy
(Grades 5-8)

Corporal

Feed the hungry.
Shelter the homeless.
Clothe the naked.
Visit the sick and imprisoned.
Bury the dead.
CCC #2447; Matthew 25:35-40

Spiritual

Instruct the ignorant.
Advise the doubtful.
Correct the sinner.
Comfort the afflicted.
Forgive offenses.
Bear wrongs patiently.
Pray for the living and the dead.
Ccc #2447; Gal 6:1-2; 1 Thes. 5:14-19

Gifts of the Holy Spirit
(Grades 7-8)

wisdom
knowledge
understanding
reverence
courage
right judgment
wonder and awe
CCC #1831; Is. 11:1-3

Fruits of the Holy Spirit
(Grades 7-8)

love	goodness
joy	generosity
peace	gentleness
patience	faithfulness
kindness	modesty
self control	chastity

CCC #1832; Gal. 5:22-23

Marks of the Church
(Grades 3-8)

One
Holy
Catholic
Apostolic
CCC #865

Eucharistic Fast **(Grades 2-8)**

General Law - Those preparing to receive Communion must abstain from all food and drink for one hour prior to reception.

Exceptions to the Eucharistic Fast - Water may be taken any time before Communion. In the case of sickness, medicine may be taken any time before reception.
Canon 919

Holy Days of Obligation in the United States **(Grades 2-8)**

1. Solemnity of Mary, Mother of God (January 1)*
 2. Solemnity of the Ascension (Forty days after Easter)
 3. Solemnity of the Assumption of the Blessed Virgin Mary (August 15)*
 4. Solemnity of All Saints (November 1)*
 5. Solemnity of the Immaculate Conception (December 8)
 6. Solemnity of the Nativity of Our Lord Jesus Christ (December 25)
- ❖ When these days fall on a Saturday or a Monday, they are not observed as holy days of obligation. They do keep their major rank as solemnities and should always be celebrated with special care.
Canon 1246
CCC #2177



Concepts

The Laws of the Church

Traditionally called the Precepts of the Church (Grades 4-8)

1. Celebrate Christ's resurrection every Sunday and holy day of obligation.
 - Take part in Mass.
 - Avoid unnecessary work and unnecessary shopping.
2. Lead a sacramental life. Receive Holy Communion frequently and the sacrament of penance regularly.
 - Receive Holy Communion at least once a year, in connection with the Easter Season, between the First Sunday of lent and Trinity Sunday.
 - Receive the sacrament of penance at least once a year (annual confession is an obligation only if serious sin is involved).
3. Study Catholic teaching throughout life, especially in preparing for the sacraments.
4. Observe the marriage laws of the Catholic Church.
 - Give religious training to one's children (by example and word).
 - Use parish schools and religious education programs.
5. Strengthen and support the Church.
 - Support one's own parish community and parish priests.
 - Support the worldwide Church.
 - Support the Holy Father.
6. Do penance, including not eating meat and fasting from food on appointed days.
7. Join in the missionary work of the Church.
Basic Teachings NCCB, p.28;
CCC #2041-2043



Concepts

Days of Penance

(Grades 5-8)

All Fridays
Days of Lent

Canon 1250
CCC #1438

General Laws of Fast and Abstinence

(Grades 5-8)

Fast: All adults, 18 up to the beginning of their sixtieth (59) year, are bound by the law of fasting. Fasting allows one full meal, but a light breakfast and lunch are not forbidden. Pastors and parents are to see to it that children while not bound to the law of fast and abstinence are educated and introduced to an authentic sense of penance.

Abstinence: All persons 14 years and older are bound by the law of abstinence. Abstinence means not eating meat.

Days of Fast and Abstinence:

Ash Wednesday
Good Friday
Fridays of Lent (abstinence)

On Fridays, when abstinence is not required by law, acts of penance, especially works of charity and exercises of piety are suggested. Abstinence from meat is especially recommended but under no obligation by law.

Canons 1251-1253
CCC #1434, 2043



Concepts