

Faith Facts Study Guide – grade 6

Students in sixth grade will be tested orally for prayers and with a written test for the remaining concepts. No study guides or other materials may be used.

Prayers

O My Jesus (new)

O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those in most need of thy mercy.

Act of Contrition (review)

O my God, I am heartily sorry for having offended You. I detest all my sins because of Your just punishments, but most of all because they offend You, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more, and to avoid the near occasion of sin. Amen.

Apostles' Creed (review)

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried.

He descended into hell. On the third day he rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead.

I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

These are main points for sixth grade for the written test. Please note that most of the year focuses on the 10 Commandments.

Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

10 Commandments – (God’s moral laws)

**** students will need to write out the 10 Commandments on the written test ****

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 your God in vain.
 3. Remember to keep Holy the Lord’s Day.
 4. Honor your father and 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.
 - to ‘bear false witness’ means to lie
 9. You shall not covet your neighbor’s wife.
 10. You shall not covet your neighbor’s goods.
 - * to ‘covet’ means to want something that is not yours
- Students should be able to identify a sin with a commandment
 - For example, if a person is caught shop lifting, they are breaking commandment # 7 - You shall not steal.
 - Wanting what another person owns is breaking #10 - You shall not covet your neighbor's goods.
 - God gave Moses the 10 Commandments in the Old Testament and Jesus perfected them in the New Testament
 - God gave Moses the 10 Commandments on **Mt Sinai**
 - The **First Commandment** requires us to believe, hope and love God above all else
 - We fail to do this when we despair, ignore the truth of God, or are indifferent to God (to name a few)
 - Jesus’ death on the cross was a perfect sacrifice to God to repair the damage of sin caused by man, this was the perfect act of worship
 - We can participate in this Perfect Sacrifice by attending Mass

- **Prayer** is when we lift our minds and hearts to God
 - We should pray every day
 - The Mass is the most perfect prayer
 - **Kinds** of prayer include:
 - to ask for something for ourselves or others
 - to adore God and tell Him how much we love Him
 - to thank God for all He gives us
 - to praise God
 - to apologize (show contrition or be sorry for)

- **Saints** are people who are in heaven
- The **Second Commandment** forbids us from using God's name without respect
- We are to attend Mass on Sunday and Holy Days of Obligation - this is part of the **3rd Commandment**
 - Holy Days include:
 - January 1, Solemnity of Mary, Mother of God
 - Ascension, 40 days after Easter
 - August 15, Assumption of the Blessed Virgin Mary
 - November 1, All Saints Day
 - December 8, Immaculate Conception
 - December 25, Nativity of our Lord Jesus Christ
 - Every Sunday is a Holy Day

- Belonging to a parish is important. Our local parish is part of the Church Universal. There are five precepts (rules) of the Church, these **precepts** are to be followed by every Catholic. They are:
 - Assist at (attend) Mass on all Sundays and Holy Days of Obligation
 - Confess serious sins at least once a year
 - Receive Holy Communion during the Easter time
 - Fast and abstain on the days appointed
 - Contribute to the support of the Church

- It is wrong to lead others to sin by our (bad) example. This is called **scandal**.

- Chastity encourages us to maintain pure thoughts and actions, this helps us to keep the 6th Commandment.
- The 7th Commandment forbids us from taking or keeping something that is not ours
- **Gossiping** is forbidden by the 8th Commandment (Do not bear false witness against your neighbor).

- Many people rejected Jesus because they could not accept his message. We reject Jesus when we sin.
- Sin is committed in four ways
 - by our actions (what we do)
 - by our words (what we say)
 - by our thoughts (what we think)
 - by what we should do but don't (what we fail to do)
- We go to the sacrament of Reconciliation (or Penance) to tell Jesus we are sorry for our sins (and we have to mean it!)
- The steps to make a good confession are:
 1. know my sins (examination of conscience)
 2. be sorry for my sins
 3. make up my mind not to sin again
 4. tell my sins to the priest in confession
 5. do the penance the priest gives me
- When we die, our body and our soul separate
 - We are immediately judged by Jesus on what we have done in our life (this is called particular judgment)
 - this judgment includes our thoughts and what we have failed to do
 - After we are judged, we will go to heaven, hell or purgatory
 - **Purgatory** is a temporary state of suffering to purify us for heaven, souls in purgatory are going to heaven
 - **Heaven** is eternal happiness with God
 - **Hell** is eternal suffering of separation of God
- Eternal Life is the reward of living forever with God in the happiness of **heaven**.
 - Heaven is our goal
- When Jesus comes again to earth, there will be general judgment and the resurrection of the body (this will be at the end of the world)
 - General Judgment – Is when all the living and dead will be judged at the end of time (there are two judgments – particular and general)
 - Resurrection of the body – is when our new, glorified body is reunited with our soul
- Heaven and Hell last forever

Faith and Life: Mass and the Holy Eucharist

- At the **Last Supper**, Jesus instituted the Eucharist (and the Holy Priesthood)
 - the Last Supper was the first Mass
 - Jesus changed the bread and wine into His Body and Blood
 - Jesus is truly present in the Holy Eucharist (it really becomes Jesus' body)
 - the Holy Eucharist contains the Body, Blood, Soul and Divinity of Jesus in the form of bread and wine
- The **Resurrection** of Jesus is important because it
 - proves that Jesus is God
 - proves that all Jesus promised is true including our share in the resurrection
- The sacrifice of the Mass is the same as the Sacrifice of Jesus on the Cross
 - On the cross, Jesus shed His blood and died for us, for our redemption and at Mass Jesus gives us that redemption the form the Holy Eucharist (Holy Communion).
- The Holy Mass is:
 - The sacrifice of the Body and the Blood of Jesus
 - both a sacrifice and a sacred meal
 - offered to God through the priest who acts in the person of Christ ('in persona Christi', *latin*)
 - offered to God to remember/renew/re-present Jesus' Sacrifice of the Cross
- Ways we can participate more fully in Mass:
 - a. Listen closely during the readings and homily
 - b. Be committed to the words you say during Mass
 - c. Think about your venial sins, and ask for forgiveness, as you recite the Penitential Rite
 - d. Think about Jesus dying the Cross before receiving the Holy Eucharist
 - e. Thank Jesus for the gift of Himself after receiving the Holy Eucharist
 - f. Close your eyes if others distract you, especially after receiving Jesus
 - g. Pray and ask for a deeper understanding and love of the Mass
- The two parts of Mass are the **Liturgy of the Word** and the **Liturgy of the Eucharist**.
- The *Liturgy of the Word* includes:
 - Reading from the bible (1st reading, Responsorial Psalm, 2nd reading, Gospel)
 - the homily
 - Profession of Faith ("I believe in one God the Father, Almighty...)
 - Prayers of the Faithful (Let us pray to the Lord, 'Lord hear our prayer'...)

- The *Liturgy of the Eucharist* includes:
 - Offertory (our gifts of money, time and talent)
 - Eucharistic Prayer (which includes the consecration)
- **Consecration** is the point at Mass when the bread and wine become the Body and Blood of Jesus (the bells ring)
 - *before* consecration the host is just bread and the wine is just wine
 - *after* consecration the host is Jesus' Body and the wine is Jesus' Blood
- The **Eucharist** or Holy Communion, contains the Body, Blood, Soul and Divinity of Jesus, really and truly present in the form of bread and wine. When the priest says the prayers of consecration at Mass, the bread and wine *truly* become Jesus (even though they still look like bread and wine)
- The Eucharist is 'food for our soul' because it preserves, renews and increases the grace in our souls
- Things to remember before receiving Holy Eucharist (Holy Communion) in order to receive it worthily
 - **Be in a state of Grace:** Go to confession (before Mass) if we have committed mortal sin or at least once a year (it is a good practice to go to confession regularly even for venial sins)
 - **Fast** for one hour prior to receiving Jesus – this means no GUM, food, or drinks (water or medicine are OK)
 - **Think about whom we are about to receive:** (as we walk to the altar) think about Jesus before receiving Him - remember that it IS truly Jesus
- Things to remember to do after receiving the Holy Eucharist
 - close your eyes and focus on Jesus – not on other people in church
 - thank Jesus for coming to you
 - tell Jesus you love him
 - ask for his help for you and others
- The **tabernacle** is where the Holy Eucharist is kept at church
- When the Holy Eucharist is exposed in a **monstrance**, we are able to see Jesus and adore Him. Many chapels offer perpetual **Adoration**, where Jesus is present and visible in the form of the Holy Eucharist
- **Benediction** is when the priest blesses the people with Jesus in the Blessed Sacrament, the blessing is coming from Jesus

Virtues - A virtue is a firm habit to do good. We are encouraged to practice virtue to grow closer to Jesus. These (good) habits help us to grow in holiness which is needed to obtain heaven.

Justice - Justice is a virtue that helps us to work fairly with others and to be fair and honest in all situations. St. Thomas More gives us a good example of justice as he was a true defender of the faith.

Prudence - Prudence is the grace to form correct judgements, to know right from wrong, this is also referred to as right judgement. St. Thomas Aquinas is a saintly example of prudence, and he is a Doctor of the Church.

While Justice and Prudence are the virtues focused on in grade 6, the virtues from the previous years should be known. They are:

Virtue	Saintly example	Definition
Faith	St. Joseph	Faith is the grace of believing in God's love for us and in His revealed truths
Charity	St. Mother Teresa	Charity (love) – Love of God and Love of Neighbor
Hope	St. John Vianney	Hope is the grace of trusting God' plan. To totally trust in Jesus.
Respect	St. John Bosco	Respect is to treat others nicely (as you would like to be treated)
Fortitude	St. Bernadette	Fortitude is the virtue that helps us to persevere when we are tempted
Friendship	St. Patrick	To care for another person and want the best for them.
Justice	St. Thomas More	Justice is the virtue that helps us to work fairly with others
Prudence	St. Thomas Aquinas	Prudence is the grace to form correct judgements, to know right from wrong

Students should be able to define all of the virtues listed in the table. The saint does not need to be known, but is used to help describe the virtue.