

## Faith Facts Study Guide – grade 8 (Theology of the Body - TOB)

Students will be tested orally for prayers and with two written tests for the remaining concepts. Study guide(TOB) contains the prayer list and the concepts from the Theology of the Body program.

**Rosary Mechanics** Students in 8th grade will need to 1) Show how to pray the rosary and 2) recite the prayers of the rosary (in bold). These are all review prayers.

1. Begin with the **Sign of the Cross** (on the crucifix)
2. Then pray the **Apostles' Creed** (still on the crucifix)
3. Followed by the **Our Father** (large bead)
4. On the next 3 beads pray (Three) **Hail Mary** (next 3 small beads)
5. Followed by a **Glory Be** (next small bead)
6. The next five decades\*: each begins with Our Father, ten Hail Marys, and one Glory Be (**O My Jesus** prayer after the Glory Be)
7. Conclude with the **Hail Holy Queen**

**Sign of the Cross:** In the name of the Father and of the Son and of the Holy Spirit. Amen.

**Apostles Creed:** 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 shall 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.

**Our Father:** Our Father, who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done, on earth as it is in heaven. Give us this day our daily bread, and forgive us our trespasses as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

**Hail Mary:** Hail Mary, full of grace, the Lord is with thee; blessed art thou among women and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

**Glory Be:** Glory be to the Father and to the Son and to the Holy Spirit. As it was in the beginning, is now, and ever shall be world without end. Amen.

**O My Jesus (Fatima prayer):** O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls into heaven, especially those in most need of thy mercy.

**Hail Holy Queen:** Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve; to thee do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious Advocate, thine eyes of mercy towards us, and after

this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

- ✚ God gave us the bible, it is true and inspired
- ✚ There are 73 books in the bible
- ✚ There are 4 gospels (Matthew, Mark, Luke, John) in the New Testament
- ✚ Students will need to recognize the 27 books of the New Testament
- ✚ Students will need to recognize the 46 books of the Old Testament

## Theology of the Body for Middle School

- God created us with a body and a soul
  - we are made in **His image and likeness** to love and to be loved
- Heaven is our goal
- We need to become who God created us to be
- We are called to love. What we do to each other, we do to Jesus
- God gave us rules with His 10 Commandments so that we could be free.
- The 10 Commandments are:
  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
- We have always been loved by God ; Our relationship with God is for love
- **Incarnation** – When God became man in the person of Jesus to save mankind
  - Jesus was fully man(human) and fully God
  - Jesus became man at the moment of the Incarnation
- A **saint** is someone who:
  - has lived a holy life,
  - practiced virtue to a heroic degree and
  - chooses to love God above all things
- We are all called to become saints

- The Theology of the Body answers the questions of “Who am I” and “How should I live?”
- We have **free will** because we can choose to follow or not follow God
- Trust in God; He asks us “Do you trust me?”
- Original Sin was committed by Adam and Eve
  - they disobeyed God but we inherited it's effects
  - Original Sin hurts our ability to know what is right, choose what is good, and to love; it causes us to suffer and makes us prone to commit sin even when we try not to
- The human body can speak without words
- **Virtue** is a good habit that empowers us to love God and others freely
  - examples of virtue are listed in the table below
  - **Chastity** is the virtue that helps us use our bodies to express love in purity and truthfulness. Chastity requires learning to love as God loved us (without sex).
  - **Modesty** is how we present ourselves to others by how we act, dress and by our actions. Practicing modesty protects the person and their love.
  - **Humility** is to practice self-less ness and to be respectful of others

Virtue	Simple definition
Faith	Faith is the grace of believing in God's love for us and in His revealed truths
Charity	Charity (love) – Love of God and Love of Neighbor
Hope	Hope is the grace of trusting God's plan. To totally trust in Jesus.
Respect	Respect is to treat others nicely (as you would like to be treated)
Fortitude	Fortitude is the virtue that helps us to persevere when we are tempted
Friendship	To care for another person and want the best for them.
Justice	Justice is the virtue that helps us to work fairly with others
Prudence	Prudence is the grace to form correct judgements, to know right from wrong
Diligence	Diligence is doing what needs to be done with devotion and dedication
Temperance	Temperance is the virtue that helps us to control our desires, to abstain (ie from meat on Fridays during Lent)
Purity	Purity is to be pure in thought, word and action. To strive to be pure of heart.
Chastity	Chastity is the virtue that helps us use our bodies to express love in purity and truthfulness.

Modesty	Modesty is how we present ourselves to others by how we act, dress and by our actions.
Humility	Humility is to be self-less and respectful

- **Vice** is a bad habit that enslaves us to selfishness. Vice robs us of the power to love.

The seven <b>capital sins (vices)</b>	
<b>pride</b>	an exaggerated opinion of oneself
<b>greed (avarice)</b>	an uncontrolled desire for things, such as money, clothes, etc
<b>envy</b>	unhappiness or discontent over the good fortune or success of others
<b>anger (wrath)</b>	an uncontrolled feeling of displeasure
<b>lust</b>	an uncontrolled desire for physical pleasure
<b>gluttony</b>	an uncontrolled use of food and drink
<b>laziness (sloth)</b>	carelessness in doing right and practicing virtue because of the work and effort needed to do so

- **Grace** is God's free gift of divine life given to us through Jesus, especially through the sacraments.
- Sacraments are **visible** signs of **invisible** realities. Jesus gives us the sacraments to bring grace into our souls. Sacraments are administered through the Church.
  - The greatest way we receive God's grace is through the sacraments
- We go to the sacrament of Reconciliation to tell Jesus we are sorry for our sins
- 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
- **Holy Eucharist** or Holy Communion, is the greatest of all sacraments because it is completely Jesus: Body, Blood, Soul and Divinity. When the priest says the prayers of consecration at Mass, the bread and wine truly become Jesus (even if they still look like bread and wine)
- **Concupiscence** is the tendency humans have to commit sin. We inherited this tendency as an effect of Original Sin
- **Chastity** is the virtue that helps us use our bodies to express love in purity and truthfulness. Chastity requires learning to love as God loved us (without sex).
- **Modesty** is how we present ourselves to others by how we act, dress and by our actions. Practicing modesty protects the person and their love.
- Our bodies are sacred and should be protected from anyone treating us like objects instead of persons with great dignity.
- The opposite of "to love" is "to use".

- **Agape** is the totally selfless part of love that wants what is truly best for your loved one and works to achieve it. Agape seeks nothing in return; it is purely self-giving.
- God made people to be **loved** and things to be **used**
  
- **Discernment** is about making choices
- God gives everyone gifts, we need to become aware (discern) how God is calling us to use the gifts He has given us.
  
- The five practical steps to help you become more aware of (to discern) God's plan for you are:
  1. **Look** – for the face of Christ
  2. **Listen** – to the voice of Christ
  3. **Learn** – your purpose
  4. **Live** – it to the max (live your faith)
  5. **Love** – like God
  
- How can I discern God's voice?
  - By becoming so familiar with God that you know it is Him. This is an on-going process through **prayer, reading scripture**, spiritual direction and through His Church (and the **sacraments**).