

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Kindergarten/Ages 4, 5, 6

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

God's special book is the Bible.

God is Creator and a loving parent.

God made each person special and unique.

Jesus, friend and teacher, tells about God the Father, especially in the Lord's Prayer.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

The Holy Family is Jesus, Mary, and Joseph.

Mary is the Mother of Jesus.

The Church is God's family.

The Church Year celebrates the life of Jesus. It also includes special days to honor Mary and other holy people.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Being a good steward means caring for and not harming animals and plants that are part of God's creation.

One first learns about God and God's creation from one's family.

The five senses help one to appreciate and experience a sense of joy and wonder of God's creation.

All God's children need to be respected and loved.

There is a difference between right and wrong.

Prayer is a special way to talk to God.

Playing, singing, working, and quiet time are ways that can lead to prayer.

God's gift of being created as a boy or a girl is special and good.

It is important to take good care of one's body.

It is good to reflect on the greatness and wonders of God's creation.

Some ways to deepen one's relationship with God include prayer from one's heart and the following gestures and prayers:

- Sign of the Cross
- Grace Before a Meal
- Our Father/The Lord's Prayer
- Hail Mary

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION **First Grade/Ages 5, 6, 7**

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

The Bible, God's holy book, tells about God's love for everyone.

God created humans in his image and likeness.

God desires that everyone know, love and serve him and be happy forever in heaven.

God is Father, Son and Holy Spirit.

Jesus is God's Son and our brother and friend.

Jesus sent the Holy Spirit to tell of God's love.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Mary is the Mother of Jesus and our mother, too.

Saints are holy people who love God very much and are with God in heaven.

Angels are God's special guardians.

The Church is a community of God's people.

The Church is also a special house in which God's family can pray and worship.

The Church Year celebrates the life, death and resurrection of Jesus. The Church Year also has special feast days that honor Mary and the saints.

In Church folded hands, making the Sign of the Cross, bowing and genuflection are some of the ways to show love of and honor to God.

In the Sacrament of Baptism, one is given a share in God's life and becomes a member of the Church family.

Holy water is a reminder of one's baptism.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Being a good steward means caring for and respecting all of God's creation. It means respecting and loving all members of God's family of all races, languages and abilities.

The first school of prayer is one's family.

Spontaneous prayer is using one's own words from one's heart to pray to God.

One needs to accept and love others who are different from oneself.

There are appropriate ways to show and receive love and affection.

It is important to reflect on what it means to be a child of God.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before a Meal
- Our Father/The Lord's Prayer
- Hail Mary

New Prayers, Beliefs and Practices introduced at this level are:

- Grace After a Meal
- Glory Be
- Morning Prayer
- Angel of God

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION **Second Grade/Ages 6, 7, 8**

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

The Bible is made up of two parts: the Old Testament and the New Testament.

God's creation is filled with signs of God's goodness and loving care.

The Son of God became human so that everyone could know God the Father's love.

Jesus lived and died for the sins of everyone.

Jesus uses parables to tell about God and how to live.

The Holy Spirit was sent by Jesus to teach his followers how to live and pray.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Mary is the Mother of Jesus, Mother of the Church, and the greatest of all saints.

The Church is the people of God and the Body of Christ.

The Church celebrates the life, death, and resurrection of Jesus throughout the Church Year and at every Mass.

Sunday is a special day of worship together at Mass for those who believe in Jesus.

The Church honors Mary and the saints throughout the Church Year.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Being a good steward means using one's talents and gifts to serve God and others.

One learns about God's great love and forgiveness in a Christian home.

Sin is a word, thought, or deed that harms or weakens one's relationship with God and others.

A conscience is God's gift of an inner voice that guides one to know right and wrong.

The Ten Commandments are God's laws that tell how to love God and neighbor.

God forgives sin through Baptism, the Sacrament of Reconciliation or Penance and the Eucharist.

The two main parts of the Mass are the Liturgy of the Word and the Liturgy of the Eucharist.

Jesus is truly present in the sacred bread and wine in the Eucharist. The bread and wine become Jesus' Body and Blood.

There are appropriate ways to receive Jesus' Body and Blood in the Eucharist.

Family relationships and friendships need to include listening, sharing, forgiveness and trust.

Following good health and safety rules helps provide for wellness of the body and spirit.

It is important to reflect on God's forgiveness and the need for spiritual nourishment.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God

New Prayers, Beliefs and Practices introduced at this level are:

- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Third Grade/Ages 7, 8, 9

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

The Holy Trinity—God the Father, God the Son and God the Holy Spirit—is three persons in one God.

Some ways to express one's belief in the Holy Trinity are with the Sign of the Cross and the Apostles' Creed.

Jesus is fully human and fully divine.

Jesus sent the Holy Spirit on Pentecost.

The gifts of the Holy Spirit are wisdom, understanding, right judgment, courage, knowledge, piety and fear (or awe) of the Lord.

WE BELONG *(to one, holy, catholic and apostolic Church and the communion of saints).*

The people of the Americas honor Our Lady of Guadalupe as their patroness.

The first Christians were disciples (followers of Jesus) and formed the earliest Christian communities—the Church.

The Church is one, holy, catholic and apostolic.

The Lord's Day is honored as a celebration of the Resurrection and a holy day of obligation.

The Church has certain holy days of obligation on which to worship together as a community.

The Church Year consists of Advent, Christmas, Lent, Easter and Ordinary Time. It also includes special feasts in honor of Mary and saints.

The Church is a communion of saints made up of those living and those who have died.

The pope is the pastor of the whole Church. Bishops, priests and deacons help lead the Church, God's people.

A parish is specific gathering place for a community of believers in Jesus to worship together under the leadership of a pastor.

The human family is the domestic church through whom one learns how to live faith in community.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Being a good steward means sharing one's time, talents and treasures with the Church.

Grace is God's life; it is a participation in the life of the Holy Trinity.

Sacraments are visible signs of God's life.

Through Baptism everyone is called to serve God and others through the married, ordained, vowed religious or single life.

Bishops, priests and deacons are members of the ordained ministry.

Jesus summed up the Ten Commandments with his Great Commandments: love God and love one's neighbor.

There are prayers of praise and blessing, petition, thanksgiving and contrition (sorrow).

The psalms are special prayers written long ago and intended to be sung.

Boys and girls are equal partners in God's plan for creation.

From the beginning of life to death, humans grow and develop in a given sequence but the rates and patterns differ for each individual.

It is important to reflect on what it means to be a member of the Catholic Church.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments

New Prayers, Beliefs and Practices introduced at this level are:

- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Fourth Grade/Ages 8, 9, 10

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

God's everlasting love is revealed in the Old and New Testaments.

God gave humans the special gift of free will.

God responded to the sin of the first humans with mercy and forgiveness.

God made a covenant of love with Noah, Abraham, Moses and to all people.

Jesus, Son of God, taught the Beatitudes and modeled how to live them.

The Holy Spirit was sent by Jesus to be helper, guide and inspiration.

WE BELONG *(to one, holy, catholic and apostolic Church and the communion of saints).*

Mary is the greatest model of holiness.

The Catholic Church is a particular community of God's people who profess certain beliefs and have certain responsibilities.

The Church Year celebrates Jesus as Savior of the world. It also gives honor to Mary and all the saints, living and dead.

The Church is a visible sign of the kingdom of God.

The Church community has the responsibility to bring the light of Christ to everyone and to be a servant to the world.

The work of the Church is to show love, peace and justice in the world.

WE RESPOND *(as disciples of Christ helping to build the kingdom).*

Being a good steward is to respect all forms of life, particularly human life, from birth to death.

One learns how to live a moral life from one's Christian human family and the parish community.

The Ten Commandments, the Great Commandment, the Beatitudes and the teachings of the Church help guide and form one's conscience.

Sin, personal and social, weakens (venial) or destroys (mortal) relationships with God and others.

The Church has been given the power to forgive sin through the priest in the Sacrament of Reconciliation.

The Church has precepts (laws) that help its members strengthen their relationship with God and the Church community.

Sunday is a holy day of obligation—a day on which to worship God in community and to refrain from work that would keep one from observing the day of the Lord's Resurrection.

The spiritual and corporal works of mercy are ways to show love for others.

The theological virtues are faith, hope, and charity; the cardinal virtues are prudence, justice, fortitude and temperance.

Respect and care must be shown for the biological processes/changes of one's own body and that of others.

God's gift of life needs to be protected and nurtured from conception to death.

It is important to reflect on what it means to live in relationship with God and to live a moral life.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year

New Prayers, Beliefs and Practices introduced at this level are:

- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Fifth Grade/Ages 9, 10, 11

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

The Holy Trinity is a communion of persons.

God as Father, Son and Holy Spirit is Creator, Redeemer and Sanctifier.

Jesus incarnate is the greatest sacrament, or sign, of God's love.

The Paschal mystery, the suffering, death, resurrection and ascension of Jesus, offers Christians eternal hope.

The Holy Spirit gives life and inspiration to the Church and to its members.

Some of the symbols of the Holy Spirit are wind, breath and fire.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Christians express their belief in the Holy Trinity in the Apostles' Creed and the Nicene Creed.

Two important beliefs and feasts about Mary are the Immaculate Conception and the Assumption.

The liturgical year of the Church celebrates the life, death, resurrection and ascension of Jesus.

The sanctoral year of the Church celebrates Mary and the saints.

The Church has designated sacred signs, such as holy water, medals, and especially blessings as sacramentals.

A good Christian family is the domestic Church as it is a sign of God's grace.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Stewardship is showing respect for and enjoyment of God's creation.

Sacraments are visible signs of God's life and means of God's grace.

The Catholic Church has seven sacraments in which it celebrates God's presence and grace.

The Sacraments of Initiation are Baptism, Confirmation and Eucharist.

The Sacraments of Healing are Reconciliation and Anointing of the Sick.

The Sacraments at the Service of Communion are Holy Orders and Matrimony.

Forming one's conscience is a lifelong responsibility.

The Paschal mystery is celebrated in the sacraments, particularly in the Eucharist, the source and summit of Christian life. It can also be celebrated in the daily happenings of one's life.

There are different liturgical and ministerial roles in which baptized members of the Church participate.

One shows quiet reflection and reverence in the presence of the Blessed Sacrament.

One needs to develop integrity of body, mind and spirit in order to recognize objects/situations that can cause harm to a person.

There are positive ways to handle negative peer pressure and stress.

It is important to reflect on what it means to live a sacramental life.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
- Grace Before/After a Meal
- Our Father/The Lord's Prayer
- Hail Mary
- Glory Be
- Morning Prayer
- Angel of God
- Act of Contrition
- Communion Fast
- Communion Regulations
- The Ten Commandments
- Apostles' Creed
- The Rosary
- The Two Commandments of Love
- Liturgical Year

- Jesus Prayer
- Act of Faith
- Act of Hope
- Act of Love
- Seven Sacraments
- Beatitudes
- Mysteries of the Rosary

New Prayers, Beliefs and Practices introduced at this level are:

- The Stations of the Cross
- Morning Offering
- Memorare
- Hail Holy Queen
- The Five Precepts of the Church
- Parts of the Mass

BASIC ELEMENTS OF CATHOLIC FAITH FORMATION

Sixth Grade/Ages 10, 11, 12

Catechesis shapes the minds, hearts, and spirits of believers, forming them as disciples (GDC, no. 87).

WE BELIEVE *(in God the Father, Son and Holy Spirit).*

Scripture and Tradition together form one source of God's revelation.

God's infinite love, providence, justice and goodness for all people is expressed through the covenant, a binding, holy commitment between God and his people.

Jesus, the Anointed One (Messiah), established a new covenant.

Jesus proclaimed the kingdom of God as one of peace, justice and love.

Jesus will come again at the end of time to judge the living and the dead.

The 46 books of the Old Testament (Hebrew Scriptures) and the 27 books of the New Testament (Christian Scriptures) were written by human authors inspired by the Holy Spirit.

The Holy Spirit continues to inspire and guide God's people.

WE BELONG *(to one, holy, catholic and apostolic church and the communion of saints).*

Abraham is the father and model of faith.

Prophets are called to speak of God's everlasting covenant and to call people back into covenant with God.

Christianity has its roots in the Jewish religious faith of Jesus and the cultural/historical world of Jesus.

With her saying yes to being the Mother of Jesus, Mary is the perfect model of faith.

The four evangelists, or writers, of the Gospels were Mark, Matthew, Luke and John.

The Gospels have a special place of honor because they tell about the person and message of Jesus Christ.

The Acts of the Apostles tells of the coming of the Holy Spirit and how Christians lived in the years after Jesus' Resurrection and Ascension.

The Letters, many of which were written by Paul, tell about the first Christian communities and what they believed.

The Church Year celebrates God's story of salvation as fulfilled in the life, death, resurrection and ascension of Jesus. It also honors Mary and the saints with special feast days.

The Sunday celebration of the Lord's Day/Christ's resurrection is at the heart of the life of the Church.

WE RESPOND *(as disciples of Christ helping to build the kingdom of God).*

Good stewardship means showing respect for the dignity of the human person and responsible use of resources.

As temples of the Holy Spirit, all the baptized are called to be saints.

All baptized persons belong to the priesthood of Christ and are called to be priests, prophets and kings.

There are various ways people can actively participate in a parish community of faith.

In the Beatitudes Jesus tells people how to attain happiness and eternal life with God the Father in heaven.

Being a disciple of Christ calls one to serve family, community and Church.

Social justice is a responsibility of all followers of Christ.

Each person goes through various stages of life; each stage brings new changes and challenges for the individual on his/her journey to mature adulthood.

God's gift of sexuality includes/affects one's physical, intellectual, emotional, social and spiritual development.

It is important to reflect on what it means to be on the journey to the promised land.

Some ways to deepen one's relationship with God include spontaneous prayer, prayers of cultural/liturgical significance, and the following formal prayers, beliefs and practices:

- Sign of the Cross
 - Grace Before/After a Meal
 - Our Father/The Lord's Prayer
 - Hail Mary
 - Glory Be
 - Morning Prayer
 - Angel of God
 - Act of Contrition
 - Communion Fast
 - Communion Regulations
 - The Ten Commandments
 - Apostles' Creed
 - The Rosary
 - The Two Commandments of Love
 - Liturgical Year
 - Jesus Prayer
 - Act of Faith
 - Act of Hope
 - Act of Love
 - Seven Sacraments
 - Beatitudes
 - Mysteries of the Rosary
 - The Stations of the Cross
 - Morning Offering
 - Memorare
 - Hail Holy Queen
 - The Five Precepts of the Church
 - Parts of the Mass
- New Prayers, Beliefs and Practices introduced at this level are:
- The Seven Corporal Works of Mercy
 - The Seven Spiritual Works of Mercy
 - The Fruits of the Holy Spirit
 - The Gifts of the Holy Spirit
 - Four Gospels
 - The Golden Rule