

STUDY GUIDE
1

We Are a Worshiping People

Keep these ideas in mind as you study *Chapter 1*.

❖ God has done too many good things for us to count. He loves us so much that he wants us to share in his life. Through worship we praise God.

PAGE 3

❖ God chose the Israelites to be his people. He taught them how to worship him. Jewish people today still pray to God in synagogues.

PAGE 4

❖ God chose to reveal himself to the Israelites, who responded with love. Then, through Jesus, Christian worship grew out of Jewish worship.

PAGE 4

❖ Even those who do not know the true God are still God's children. God wants all to come to him, and he wants all Christians to help.

PAGE 4

❖ Jesus taught the first Christians the Lord's Prayer and how to worship his Father. For all Christians, the greatest act of worship is the Eucharist.

PAGE 4

❖ The word *alleluia* comes from the Hebrew words *hallel* ("praise") and *yah* (the first syllable of "Yahweh," a name for God).

PAGE 5

❖ We honor God through worship. Two ways that we can worship are through prayer and loving service.

PAGES 5–6

❖ Prayer is an important way we worship. In prayer, we can ask for help, but we also praise our Creator. We can pray alone or as a community.

PAGE 5

❖ All prayer is important to God. Any time we pray, together or alone, God listens and responds.

PAGE 5

❖ Jesus told us to love God and to love others. Treating everyone with love and respect is a way we give loving service. It is a way to worship God.

PAGE 6

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Jesus Calls Us to Worship

Keep these ideas in mind as you study *Chapter 2*.

❖ Our share in God's life is called grace. It is God's greatest gift to us.

PAGE 9

❖ The word *gospel* means "good news." The books written by Matthew, Mark, Luke, and John are called the Gospels because they tell the Good News that Jesus saved us.

PAGE 10

❖ John 19:29–30 means the Gospel of John, chapter 19, verses 29 through 30. All Scripture references name the book first, then the chapter, and sometimes the verse or verses. Knowing how to read Scripture references can help you study the Bible.

PAGE 10

❖ Sacraments are sacred signs in which we meet Jesus and receive from him a share in God's life. They are the actions of Jesus and his Church.

PAGE 11

❖ Baptism, Confirmation, and the Eucharist are called the Sacraments of Initiation. An initiation is a beginning. Through these sacraments we enter Christian life, and we are strengthened to take Jesus' message of love to all.

PAGE 11

❖ The Sacraments of Healing are the Sacrament of the Anointing of the Sick and the Sacrament of Penance and Reconciliation. The Anointing of the Sick is meant for those who need healing of the body. Penance and Reconciliation heals us of the damage caused by sin.

PAGE 11

❖ The Sacraments of Holy Orders and Matrimony are the Sacraments at the Service of Communion. They anoint people to special ways of living.

PAGE 11

❖ The words and actions of a sacrament are special signs that have meaning. These words and actions are called the rite of that sacrament. Through these signs, Jesus shows what he is doing and offers us his grace.

PAGE 12

❖ Liturgy is all the ways we worship God as a Church, such as at Mass, in the sacraments, or when we pray the Liturgy of the Hours.

PAGE 12

❖ The Liturgy of the Hours—sometimes called the Divine Office—includes psalms, readings, and intercessions. It is the daily prayer of the Church.

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Baptism Unites Us with the Christian Community

Keep these ideas in mind as you study *Chapter 3*.

❖ Baptism is the first sacrament we celebrate, often when we are babies. It marks us forever as Christians.

PAGE 15

❖ Baptism brings us into the Christian family and cleanses us of all sin.

PAGE 15

❖ Original sin is the sin we are born with as members of the human race. It comes from the sin Adam and Eve committed. Baptism washes away this sin.

PAGE 15

❖ In RCIA, adults get ready to enter the Christian community by preparing to celebrate the Sacraments of Initiation. They study the Catholic faith. The Christian family helps bring them into the community.

PAGE 16

❖ A person learning the faith in RCIA is called a catechumen.

PAGE 16

❖ Words, actions, and objects blessed by the Church that bring us closer to God are called sacramentals. Water is a sacramental for Baptism.

PAGE 16

❖ We welcome people into our homes by name. Likewise, during Baptism, the Christian community welcomes new members of the Church by name.

PAGES 17–18

❖ Sacramentals used in Baptism include a white garment, the Lord's Prayer, and the Sign of the Cross. The most important sacramental is water.

PAGES 17–18

❖ A candle is lit from the paschal candle during the baptismal ceremony. This lighted candle reminds us of the light of Christ. Parents and godparents are told to help their child keep the light burning brightly.

PAGE 18

❖ The celebration of Baptism ends with the great prayer Jesus taught his first disciples, the Lord's Prayer.

PAGE 18

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Confirmation Is the Sacrament of the Holy Spirit

Keep these ideas in mind as you study *Chapter 4*.

❖ At the Ascension, Jesus promised to send an Advocate to strengthen his disciples. This Advocate is the Holy Spirit. **PAGE 21**

❖ During the Jewish feast of Pentecost, the Holy Spirit renewed the strength of the apostles. This fulfilled the promise Jesus made at the Ascension. The apostles spoke about Jesus in the crowded streets of Jerusalem. **PAGE 21**

❖ In Confirmation, we recommit ourselves to living out the promises we made at Baptism. The Holy Spirit strengthens us to do so. **PAGE 22**

❖ A bishop is the usual minister for Confirmation. The apostles first received the Holy Spirit, and they were the first bishops of the Church. This is why bishops administer the sacrament today. **PAGE 22**

❖ A sponsor stands with a Confirmation candidate during the ceremony. His or her right hand is placed on the candidate's shoulder. That person promises to help the candidate live as a Christian. Page 22 explains the role of a sponsor. **PAGE 22**

❖ Confirmation candidates receive the Gifts of the Holy Spirit. These gifts give them strength to be witnesses to Jesus Christ. **PAGE 22**

❖ The apostles laid their hands on those who were to receive the Holy Spirit. Today the bishops do the same during Confirmation. **PAGES 22–23**

❖ The bishop anoints a Confirmation candidate with chrism and says, "Be sealed with the gift of the Holy Spirit." When you put your seal on something, you show that it belongs to you. Through Confirmation, God puts his seal on us, and we are marked forever as witnesses to Christ. **PAGE 23**

❖ Confirmation marks us forever as witnesses to Christ. The Holy Spirit strengthens us to be witnesses to Christ for the whole world. **PAGE 23**

❖ To give witness means to show others how Jesus wants us to live our lives. The best way to do that is to live as Jesus lived and to share his teaching. **PAGE 24**

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The Eucharist Is the Center of Christian Life

Keep these ideas in mind as you study *Chapter 5*.

❖ The Jewish feast of Passover is also called *Pesach*. It celebrates the night the Israelites sacrificed lambs, and death passed over them. Jesus became the sacrificial lamb on the night of the Last Supper and gave this feast new meaning.

PAGE 27

❖ At the Last Supper, Jesus offered himself to the Father for us. By doing so, he gave us our greatest act of worship—the Eucharist.

PAGE 27

❖ Jesus gave us the Eucharist to nourish and strengthen us. We are fed in the Eucharist, which is our most important sacrament.

PAGE 27

❖ The passion, death, Resurrection, and Ascension of Jesus is the Paschal Mystery. We enter the Paschal Mystery when we celebrate the Eucharist.

PAGE 27

❖ When the priest consecrates the bread and wine, Jesus becomes really and truly present in the Blessed Sacrament. This is the Real Presence.

PAGE 28

❖ Mortal sin separates us from God. If someone has committed a mortal sin, he or she must confess it before receiving Holy Communion.

PAGE 28

❖ One way we prepare for Holy Communion is through fasting for one hour beforehand. We can drink water or take medicine, however.

PAGE 28

❖ After Communion, the Blessed Sacrament is placed in the tabernacle, where we can honor the Lord.

PAGE 29

❖ A priest may take the Blessed Sacrament to those who are sick. Extraordinary ministers of Holy Communion also do this work. They take Holy Communion to those who need strength and comfort.

PAGE 29

❖ During exposition and benediction, the Blessed Sacrament is placed in a monstrance for us to adore. Exposition is a time for us to worship through prayer, song, readings, and processions. Benediction occurs when the priest kneels at the altar and the Blessed Sacrament is incensed.

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We Come Together to Celebrate

Keep these ideas in mind as you study *Chapter 7*.

❖ The word *eucharist* means “thanksgiving.” At our celebration of the Eucharist, we thank God for his greatest gift, sending his Son, Jesus Christ.

PAGE 43

❖ The Paschal Mystery of Jesus saved us from sin and death and obtained eternal life for us. We enter the Paschal Mystery when we celebrate the Eucharist.

PAGE 43

❖ The Church year is divided into seasons and Ordinary Time. Advent, Lent, and Easter are seasons.

PAGE 44

❖ The liturgical year is divided into seasons with feast days. These events recall over the year the entire story of Jesus’ time on earth.

PAGE 44

❖ The Introductory Rites are the first part of the Mass. They prepare us for the Liturgy of the Word and the Liturgy of the Eucharist. This part of the Mass focuses us and reminds us why we have gathered to celebrate.

PAGE 45

❖ During the Entrance Chant, everyone sings while some members of the community join the priest in walking to the altar.

PAGE 45

❖ After the Entrance Chant, we make the Sign of the Cross. The Sign of the Cross reminds us why we have gathered to celebrate the Eucharist. We have come to thank God for sending Jesus to die for us.

PAGE 46

❖ During the Penitential Act, we ask for and receive forgiveness. Most sins are forgiven by the Penitential Act.

PAGE 46

❖ The *Gloria* is a powerful hymn praising almighty God. We pray it on most Sundays and on special feast days.

PAGE 46

❖ The word *amen* means “yes.” When you say “Amen,” you say that you agree with a prayer. We respond to the Collect by saying, “Amen.”

PAGE 46

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We Listen to God's Word

Keep these ideas in mind as you study **Chapter 8**.

❖ During the Liturgy of the Word, we listen as God speaks to us and teaches us through his Word.

PAGES 49–50

❖ The readings we hear at Mass are contained in a book called the *Lectionary for Mass*. They are organized by the time of year, and each day's readings are listed.

PAGE 50

❖ The First Reading is usually from the Old Testament, which tells us of God's love for the Israelites, the first people he revealed himself to.

PAGE 50

❖ The Responsorial Psalm is a song-prayer from the Old Testament. The psalms are responses to God written long ago and have been prayed for centuries.

PAGE 50

❖ The Second Reading is taken from the letters of early Christians, such as Saint Paul. These letters are also called epistles.

PAGE 50

❖ With the Gospel Acclamation, we welcome Christ, who will speak in the Gospel Reading. During Lent, the Alleluia is replaced with another response of praise.

PAGE 51

❖ The story of Jesus' life, death, Resurrection, and Ascension is told in the Gospel. Every celebration of the Eucharist includes a Gospel Reading.

PAGE 51

❖ At the end of the Gospel Reading, the reader says, "The Gospel of the Lord." We respond, "Praise to you, Lord Jesus Christ."

PAGE 51

❖ During the Homily, the priest or deacon helps us better understand the Gospel Reading for the day.

PAGE 52

❖ During the Profession of Faith, we pray together the Nicene Creed. In this prayer, we proclaim the truths of our faith.

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We Praise and Thank God

Keep these ideas in mind as you study *Chapter 9*.

❖ Jesus offered himself to the Father as the perfect gift. With Jesus, we offer ourselves in the Eucharist.

PAGE 56

❖ The Eucharist is our greatest prayer and a meal we share as God's people. It is also a memorial of Jesus' death.

PAGE 56

❖ Jesus broke bread and shared wine at the Last Supper. Through his words and actions, he gave us the Mass.

PAGE 56

❖ Bread and wine are the main gifts we present at Mass as signs of ourselves. At the Last Supper, Jesus prayed for the unity symbolized by the bread and wine. He prayed that we would all love one another.

PAGE 57

❖ During the Presentation and Preparation of the Gifts, bread and wine are presented to the priest.

PAGE 57

❖ The Eucharistic Prayer begins with the priest praying the Preface in our name.

PAGE 58

❖ The Preface is prayed in our name by the priest. It is a prayer of praise and thanksgiving. Our response is to sing the Holy, Holy, Holy.

PAGE 58

❖ The consecration is when the priest asks God to bless our gifts of bread and wine. God makes our gifts into the Body and Blood of Christ.

PAGE 58

❖ After the consecration, we proclaim the Mystery of Faith.

PAGE 58

❖ With the Amen, we proclaim our faith and praise. We agree with all that has been said in the Eucharistic Prayer.

PAGE 58

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We Receive Holy Communion

Keep these ideas in mind as you study *Chapter 10*.

❖ Because the Sacrament of the Eucharist makes us one with one another and with Jesus, it is sometimes called the sacrament of unity.

PAGE 61

❖ The Lord's Prayer is an important part of the Mass, but it is also a perfect mealtime prayer. When we pray for "our daily bread," we pray that all our daily needs are met. We also pray for forgiveness.

PAGE 63

❖ During the Liturgy of the Eucharist, we ask God for peace and then give one another a sign of peace.

PAGE 63

❖ As the priest breaks the bread and prepares it, we sing or say the Lamb of God.

PAGE 63

❖ The bread and wine are good symbols of many things, such as unity. But when they are consecrated, they become the Body and Blood of Jesus Christ.

PAGE 64

❖ When the priest says, "The Body of Christ," we respond, "Amen!" By our response, we say that we truly believe that Jesus Christ is present.

PAGE 64

❖ When you receive the consecrated bread, you receive Jesus Christ himself. You might be able to receive the consecrated wine as well, but it is not required.

PAGE 64

❖ After we receive Holy Communion, we may sit down and talk with Jesus. He will listen and speak to us.

PAGE 64

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We Are Sent to Glorify the Lord

Keep these ideas in mind as you study *Chapter 11*.

❖ In every Mass, Jesus gives us the strength to share his love with everyone we meet. One way to do this is to live as joy-filled people. We should also work to live according to God's Word and to do what Jesus did in the Eucharist.

PAGE 67

❖ Jesus taught us loving service at the Last Supper when he washed the disciples' feet. He also gave us the Eucharist that night. When Catholics live the Mass and love others as Jesus loves us, we are serving the world as Jesus did.

PAGE 67

❖ The Concluding Rites begin with the blessing, "The Lord be with you." We respond, "And with your spirit."

PAGE 68

❖ Our final response to the Mass is one of thanksgiving: "Thanks be to God."

PAGE 68

❖ Through Baptism, we are called to make the world a better place by sharing our faith. We are all missionaries, strengthened by the Eucharist.

PAGE 69

❖ Our gifts of money will help missionaries with their work. Our prayers give them strength. By learning about other people, we too can help.

PAGE 69

❖ The works of mercy are things we can do to help with the physical and spiritual needs of others.

PAGE 70

❖ The Corporal Works of Mercy are way to tend to the physical needs of others. They include works that shelter the homeless and feed the hungry.

PAGE 70

❖ The Spiritual Works of Mercy are ways we can help with the spiritual and emotional needs of others. The Spiritual Works of Mercy are instruct, advise, console, comfort, forgive, and bear wrongs with patience.

PAGE 70

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❖ The Anointing of the Sick gives us God's grace and strength in times of serious illness. The Sacrament of Penance and Reconciliation heals the damage our sins have caused to our relationship with God. These are the Sacraments of Healing.

PAGE 81

❖ God gave us freedom to choose. If our choice leads to sin, we are responsible for our sin. Because of Jesus' sacrifice, we can be forgiven of any sin we have committed.

PAGE 81

❖ God has given us many gifts to help us know what is the right choice and what is the wrong choice. Conscience is the most powerful of these gifts. However, we must form our conscience and make it stronger.

PAGE 82

❖ God gave us the Ten Commandments, Scripture, the sacraments, and the teachings of Jesus and his Church to help us form our conscience.

PAGE 83

❖ Becoming holy like Jesus is the work that begins at Baptism. Christ gives us sanctifying grace to help us continue this work.

PAGE 84

❖ Jesus suffered and died on the cross because he loves us. His sacrifice redeemed us from sin and death. Because of Jesus' sacrifice, we can join him with the Father one day in heaven.

PAGE 84

❖ We commit sin when we do something that disobeys God's law of love. We also sin when we choose not to do something God would want us to do.

PAGE 84

❖ We commit mortal sin when we do something seriously wrong, we know it is seriously wrong, and we freely choose to do it anyway. Mortal sin cuts us off from God. Only through the Sacrament of Reconciliation can mortal sin be absolved.

PAGE 84

❖ There are many ways to receive forgiveness for venial sins. It is good to confess venial sins in the Sacrament of Reconciliation because they can become habits.

PAGE 84

❖ Jesus wants all of us to spend eternity in heaven with him. He knows that we make mistakes and commit sin. Through his sacrifice, we can be forgiven for our sins and become holy like him.

PAGE 84

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Jesus Heals Us in the Sacrament of Reconciliation

Keep these ideas in mind as you study *Chapter 14*.

❖ Contrition is the sadness we feel for having sinned. Perfect contrition is feeling sorry for our sin because we love God and want to be close to him. **PAGE 88**

❖ On Easter Sunday night, Jesus gave his disciples the gift of the Sacrament of Reconciliation. **PAGE 89**

❖ Praying to the Holy Spirit is part of preparing for confession. God gave us his Holy Spirit to help us follow his way of love. The Spirit can help us see how we have loved or failed to love. **PAGE 90**

❖ To prepare for confession, we examine our conscience. We think and pray about how we have followed in Jesus' footsteps. Have we loved God, others, and ourselves? **PAGE 90**

❖ When we confess, we tell our sins, how often we committed them, and why we committed them. We may not always know the reason. When we think about why we have sinned, we can discover ways to avoid sinning in the future. **PAGE 90**

❖ During Reconciliation, we pray an Act of Contrition to say we are sorry for our sins. Jesus forgives us through the words and actions of the priest. **PAGE 91**

❖ A penance is something that will help us keep our promise to avoid sin. The priest gives us a penance during confession. Often, it is a prayer to pray or a good deed to perform. **PAGE 91**

❖ Jesus forgives our sins through the words and actions of the priest. The action occurs when the priest extends his hand over us. The words are, "I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit." This is absolution. **PAGE 91**

❖ As we are absolved, we pray the Sign of the Cross. This is the sign we make to show that we are God's people. **PAGE 91**

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❖ Sickness and suffering are not good, but God can bring good out of evil. We cannot understand God's plans for us. We must remember that God uses everything, even sickness and suffering, to bring us closer to him.

PAGE 95

❖ All Christians are to help those who are suffering. When we help those who are sick and suffering, we are doing the healing work of Jesus.

PAGE 96

❖ The name *Jesus* means "God saves." The name *Christ* means "anointed." The name *Jesus Christ* shows that Jesus was given a special mission to save us.

PAGE 96

❖ The Sacrament of the Anointing of the Sick can heal the body, but it is meant to give us strength and courage to accept our sickness. It takes away sin. It may be celebrated whenever someone is seriously ill or facing major surgery.

PAGE 97

❖ The Anointing of the Sick is meant for those who face life-threatening illness, those who are about to have major surgery, and those who are elderly, when they grow weak and sick. Children are sometimes afflicted with life-threatening illnesses, and some children face major surgery. These children may be anointed.

PAGE 97

❖ The Anointing of the Sick may be celebrated wherever someone who is sick may be suffering. It may be celebrated during Mass or outside of Mass.

PAGE 97

❖ The Anointing of the Sick should be celebrated with family and friends present. During the sacrament, everyone will pray for the person who is ill.

PAGES 97–98

❖ During the Anointing of the Sick, the priest lays his hands on the person in silence. Then he anoints the person with the oil of the sick.

PAGE 98

❖ Communion given to someone who is dying is called viaticum.

PAGE 98

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God Calls Us to Be Holy

Keep these ideas in mind as you study *Chapter 17*.

❖ The greatest goal of our lives as Christians is holiness. Holiness is sharing God's life by becoming like God.

PAGE 109

❖ To be holy is to be like Jesus. It is to be filled with the Holy Spirit and to be a saint. It is to have perfect love for God and all people.

PAGE 109

❖ A vocation is a call to a special way of life. God has a plan for each of us, and the call of our vocation is part of that plan.

PAGE 110

❖ Through our vocations we are able to serve others. The Sacraments at the Service of Communion help those who are in two demanding vocations serve Jesus. These sacraments are the Sacrament of Matrimony and the Sacrament of Holy Orders.

PAGE 110

❖ We can discover our vocations by praying, talking to people about their vocations, and listening for God's call.

PAGE 110

❖ People who live the religious vocation make vows to serve God in the way they live.

PAGE 111

❖ Vows are public promises made to God. Religious offer their love to God by faithfully living their vows.

PAGE 111

❖ Religious are part of communities in which they pray and serve God. They also serve by working in many different ministries. They may teach, work in health care or social service, or serve as priests. Many serve as cooks, carpenters, and farmers as well.

PAGE 111

❖ Some people are not called to get married or join a religious community. They live the single vocation and serve God in other ways.

PAGE 111

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Christian Marriage Leads to Family Holiness

Keep these ideas in mind as you study **Chapter 18**.

❖ The story of a family is meant to be a story of love. A family begins with the love of a married couple, and love keeps a family together.

PAGE 115

❖ The Sacrament of Matrimony is a sign of Jesus' love for his Church and his union with it. The love of a parent for a child also reminds us of God's love for us.

PAGE 115

❖ A priest is present to conduct the marriage ceremony, but the bride and groom administer the Sacrament of Matrimony to each other.

PAGE 116

❖ Rings are exchanged during the Sacrament of Matrimony. The rings are not sacramentals, but they are important reminders of the couple's love.

PAGE 116

❖ If the marriage takes place during a Mass, the priest gives the bride and groom a nuptial blessing after the Lord's Prayer.

PAGE 116

❖ Marriage is a sacrament that lasts as long as the husband and wife are alive. The married couple receive God's grace all their lives.

PAGE 117

❖ Married life and family life can be difficult at times. The gift of grace given through the Sacrament of Matrimony will help a husband and wife care for each other and for their family.

PAGE 117

❖ God's greatest natural gift to a married couple is a child. A child is a reminder of the married couple's love and of God's love for us all.

PAGE 117

❖ A family can be called a domestic church. Just like the Church, they form a community of grace and prayer. They help one another grow in faith.

PAGE 118

❖ Every family requires sacrifice sometimes. We must show love and thankfulness for every person in our family. Through our families, we show God's love to the world.

PAGE 118

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Holy Orders Is a Sacrament of Service

Keep these ideas in mind as you study Chapter 19.

❖ Bishops, priests, and deacons make up the ordained priesthood. All baptized Catholics share in the common priesthood.

PAGE 121

❖ Men are ordained through the Sacrament of Holy Orders to act in the person of Christ. The rite of the sacrament is called ordination.

PAGE 121

❖ A stole is a sign of the priesthood. Deacons wear stoles, but only on their left shoulders. During the Sacrament of Holy Orders, when a deacon is ordained as a priest, the stole is put around his neck. Priests and bishops wear their stoles around their necks. A chasuble is another vestment of the priesthood. It is worn over the other vestments at Mass.

PAGES 122, 124

❖ During ordination, the bishop anoints the palms of the men with chrism. This is because Jesus used his hands for God's work, and the priest will do the same.

PAGE 122

❖ Priests serve the Church and their communities in many ways. Celebrating the Eucharist is their greatest privilege.

PAGE 123

❖ Some priests do not serve one parish. They might belong to religious orders, such as the Jesuits, or serve in other ways, as missionaries or chaplains, for example.

PAGE 123

❖ Deacons are ordained to help priests and bishops. Deacons may be married or unmarried, but they must be at least 35 years old.

PAGE 124

❖ A man serves as a deacon before he is ordained as a priest. Not all deacons intend to become priests, though.

PAGE 124

❖ Deacons assist priests and bishops in many different ways. Some ways that deacons can help include presiding at Baptisms, distributing Holy Communion, and preaching a Homily. Deacons can assist with the Eucharistic celebration, but they do not preside.

PAGE 124

❖ The bishops are the chief shepherds of the Church. A bishop carries a crozier, which looks like the staff of a shepherd. He also wears a pointed hat called a miter.

PAGE 124

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Life Is Precious

Keep these ideas in mind as you study *Chapter 21*.

❖ God made all of us and loves all of us. Every one of God's creatures is precious to him. God wants us to take care of all people.

PAGE 135

❖ God gave us the ability to think, choose, and love, and a life that will last forever. We are to use our gifts to care for his creation.

PAGE 135

❖ The Fifth Commandment tells us not to kill. It also tells us that life is precious and must be cared for.

PAGE 136

❖ Jesus is the Good Shepherd. As a good shepherd cares for every one of his sheep, Jesus cares for all people. He shows us how to cherish all life.

PAGE 136

❖ God wants us to respect and cherish everyone, even when he or she is different from us. All life is precious to God. Those who have disabilities, those who are older, and those who are from different cultures are all beloved. We are to treat them all with love and respect.

PAGE 138

❖ When we take care of our own life, we cherish the gift God gave us. In this way, we honor the Fifth Commandment to cherish life.

PAGE 138

❖ Suicide is the act of intentionally taking one's own life. This act is a sin because all life belongs to God.

PAGE 138

❖ The Fifth Commandment tells us to respect life, including our own life. We should not take dares that could bring us harm.

PAGE 138

❖ Though no one is really hurt, violence on TV and in movies lowers the value of life. Jesus taught us to solve our problems peacefully. He taught us that we should not hurt others. Violence on TV and in movies goes against the Fifth Commandment, which tells us that all life is precious.

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❖ Sex is a special gift God gave married men and women. It is a way they can share their love and create new life. When sex is shared between people who are not married to each other, God's plan is not followed, and problems usually result.

PAGE 141

❖ Without chastity, sexuality loses its power. Chastity is found through self-control and prayer. It unites our sexuality with our spiritual nature.

PAGE 141

❖ Through chastity we respect our bodies and the bodies of others. In this way, sexuality is saved for when we express our deepest love.

PAGE 141

❖ The Sixth Commandment tells us not to commit adultery. Adultery is giving someone the love promised only to your marriage partner.

PAGE 142

❖ The Ninth Commandment tells us not to covet your neighbor's wife. This commandment reminds us to be faithful in marriage. A person should not desire someone outside his or her marriage.

PAGE 142

❖ The Sixth and Ninth Commandments refer to married people, but these commandments remind us that we all should treat sex with reverence.

PAGE 142

❖ Mary is also known as Mother Most Chaste. She was a good wife and mother. She knows that temptations surround us, and she wants to help us choose what is right. She is a good person to pray to when we face challenges to chastity.

PAGE 142

❖ Prayer can help us achieve self-control and chastity. The Holy Spirit can give us love and courage. Mary always wants to help.

PAGES 143–144

❖ The Sixth and Ninth Commandments remind us to treat sex with reverence. They remind us to speak privately and reverently about sex.

PAGE 144

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❖ The way we treat a person's property reflects how we treat the person. We are to respect others, so we should respect the property of others.

PAGE 147

❖ The Seventh and Tenth Commandments teach us to respect the property of others and to be satisfied with what we have.

PAGE 147

❖ The Seventh Commandment says "You shall not steal." This means we should respect what belongs to someone else.

PAGE 147

❖ When you make up for something you stole or damaged, you make restitution. We must make up for wrongs with restitution. If something stolen cannot be returned or replaced, we must find another way to make up for the injustice.

PAGE 147

❖ The Tenth Commandment says "You shall not covet your neighbor's goods." When you covet what belongs to others, you resent the fact that they have more than you or something better. This leads to envy.

PAGE 147

❖ God created the goods of the earth for all to share. Greed is the desire to have more than our fair share.

PAGE 148

❖ In the parable of the rich fool, a farmer had a good harvest. He could have shared, but he tried to find ways to keep all the extra wheat. He thought the goods of the earth belonged to him.

PAGE 148

❖ In a just world, the strong would work to make life better for the weak. All people would be respected and their needs met. Jesus wants all Christians to work to make a more just world.

PAGE 149

❖ All people deserve a share of God's creation. The faithful have a duty to justly distribute the goods of the earth to everyone.

PAGE 149

❖ God created the earth—its resources and people. All people deserve a fair share of that creation. People have a right to live with dignity.

PAGES 149–150

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❖ Kind and true words help us build the Christian community. Lies and unkind words destroy love in the community. We should seek to build.

PAGE 153

❖ The Eighth Commandment reminds us that we should speak the truth, as Jesus did.

PAGE 154

❖ The Eighth Commandment is “You shall not bear false witness against your neighbor.” It means you should not say untrue or unkind things. It reminds Christians that we must always speak true and kind words.

PAGE 154

❖ The Eighth Commandment tells us to always speak the truth. Jesus always spoke the truth, even when he knew it would cost him his life. It takes courage to speak the truth. The truth can be painful or hard to say. Jesus will help us love the truth and give us the courage we need.

PAGE 154

❖ Christians should love and respect all people, no matter their reputations. Christians should also protect people’s reputations.

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