

The Bible Reveals God's Saving Love

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

❖ The key to reading the Bible is understanding that something can be truthful without being factual. The Bible teaches us the truth about God.

PAGE 2

❖ The Old Testament tells of God's special relationship with the Chosen People. Their journey shows us how much God loves his people. Their journey is similar to our own journey to God's kingdom.

PAGE 3

❖ God reveals himself through creation, Scripture, and Jesus. Creation reveals God's greatness. Scripture tells about the Hebrews and reveals God's plan to save his people. Jesus fulfilled God's plan.

PAGE 3

❖ Scripture tells us about God's plan to save all people by sending Jesus to live among us. It teaches us about the Chosen People, Jesus, and God's revelation. It also teaches us how to love God's people and how to respond to his love.

PAGE 3

❖ God planned to send his Son, Jesus, to save his people. Through his death and Resurrection, Jesus fulfilled God's plan. Jesus is the perfect revelation of God.

PAGE 3

❖ Jesus gave the apostles a "sacred deposit," which was God's Word. Today the Church is entrusted with the sacred deposit—the Sacred Scripture and Sacred Tradition.

PAGE 6

❖ God is the author of the Sacred Scripture. God gives us the help of the bishops and the guidance of the Holy Spirit to help us understand what he is saying in the Sacred Scripture.

PAGE 6

❖ Throughout the Old Testament, people predicted the coming of the Messiah, or king. In addition to the passages listed in your book, the Messiah is predicted in Genesis 12:1–3, Jeremiah 31:5, Isaiah 40:3–5, Isaiah 11:2, and Psalm 16:10. Micah chapters 4–5 predict that a new king would come from the line of David. Jesus was born to the family of King David.

PAGE 6

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

Scripture Is God's Saving Word

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

❖ The writings, guarded by God, that reveal God's message are called Scripture. God inspired the Scripture writers to express his message in their own ways.

PAGE 10

❖ Tradition refers to the beliefs and practices passed down through the ages and is part of the Church's teaching. It is one part of what makes up God's Word. It includes the prayers, beliefs, and practices that identify us as Catholics. The other part of God's Word is Scripture.

PAGE 10

❖ God's revelation is contained in Scripture and Tradition. They form a sacred deposit—God's Word.

PAGE 10

❖ In the Old Testament, the word *old* refers to God's Law. The Law is the first five books of the Bible, which tell about the beginning of God's people.

PAGES 11, 13

❖ The New Testament contains 27 books that tell of the teaching, ministry, and saving events of the life of Jesus. The four Gospels are especially important, because Jesus is at their center and in them we learn about his life, death, and Resurrection.

PAGES 11, 13

❖ The writers of Scripture were inspired by the Holy Spirit. We learn to understand the Bible through a combination of human knowledge, the teachings of the Church, and the guidance of the Holy Spirit.

PAGE 11

❖ When they are put together, the books of the Bible tell the story of salvation history and about the life, death, and Resurrection of Jesus.

PAGE 12

❖ The first five books of the Bible—called the Law, the Pentateuch, or the Torah—tell the story of the beginnings of God's people, including the story of Creation, the journey to the Promised Land, and the Covenant.

PAGE 12

❖ The different forms of writing in Wisdom literature help us understand how to act as God's people. Wisdom literature contains psalms, poems, prayers, sermons, proverbs, riddles, and parables.

PAGE 12

❖ When the people had turned away from God, prophets reminded them of God's love. The prophets challenged the people to be faithful to God, to remember their covenant with him, and to be just to one another.

PAGE 12

❖ Biblical references are always listed in the same order. First the name of the book is listed, then the chapter, and finally the verse or verses.

PAGE 14

❖ The Dead Sea Scrolls are among the only surviving biblical documents written before A.D. 100.

PAGE 14

❖ God speaks to us at Mass as his Word is proclaimed. Hearing God's Word proclaimed, as well as reading the Bible, helps us understand God's message. It is good practice to read the Bible every day.

PAGE 14

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

Everything God Created Is Good

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

❖ The biblical story of Creation appears in the Book of Genesis. The story of Creation helps us recognize God’s existence, wisdom, power, and glory. It is most of all a sign of God’s love. Through God’s creation, we learn that God loves us and wants to be loved in return.

PAGE 17

❖ There are two Creation stories in the Bible. They both tell about God’s creation of the first man and the first woman.

PAGE 18

❖ It is a religious truth that God created the universe in six days. On the sixth day, he created man and woman. He rested on the seventh day, which is our Sabbath.

PAGE 18

❖ The Creation stories show that we are important creations of God. They show that God cares for creation and that he makes us his stewards. Because we are all created in God’s image, men and women have equal dignity.

PAGE 18

❖ We are all special and unique. The gift of our souls makes us human and allows us to share God’s truth, goodness, and beauty. God gives us knowledge, freedom, and responsibility, which we exercise to protect creation.

PAGE 19

❖ Life is precious. We show appreciation to God for our lives by using the other gifts he gives us to protect creation and to give glory to him. Because of the stewardship we are given, God wants us to care for and protect human life and all the gifts of the earth. We must share the earth’s gifts with others. We must protect the earth for future generations of God’s people.

PAGE 20

❖ God wants us to find creative ways to use God’s gifts to protect the earth. These gifts include our talents in art, science, and labor.

PAGE 20

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

God Offers Love and Mercy

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

❖ Because of Adam and Eve's disobedience, they lost the gift of sanctifying grace. Sin entered the world, and all people are born with a tendency to sin. This condition is called original sin, which is taken away through Baptism.

PAGE 23

❖ After the first sin, sin spread throughout the world. Only through Mary, the sinless one, and her Son, Jesus, would a new creation be possible. Jesus' death and Resurrection save us from sin.

PAGES 23–24

❖ The only rule God gave to Adam and Eve was that they were not to eat the fruit from the tree of knowledge of good and evil. As punishment for their disobedience, God said that Eve would bear children with pain and that Adam would work for food with much difficulty. The serpent would be outcast from all other animals. In addition to these punishments, Adam and Eve had to leave the garden. All the descendants of Adam and Eve are born into sin.

PAGE 24

❖ Cain, a farmer, and Abel, a shepherd, were Adam and Eve's sons. Cain killed his brother, Abel, after God accepted Abel's gift and rejected Cain's. The story shows the consequence of sin, because Cain is cursed with banishment by God.

PAGE 25

❖ God called Noah to build an ark. Noah brought his family and one pair of every kind of animal on the ark. They were saved from the flood. God made a covenant with Noah and with every living creature. Rainbows serve as reminders of that everlasting covenant.

PAGE 26

❖ People built the Tower of Babel to make a name for themselves. God punished the people's pride by confusing their language. They couldn't live together and eventually moved to different parts of the earth.

PAGE 26

❖ Every sin separates us from God. Our effort to turn from sin and return to God and our neighbors is called reconciliation. Each attempt to turn away from sin helps heal that separation. We look to Jesus to learn how to return to God.

PAGE 26

❖ Our consciences help us make good moral choices. We develop our consciences by praying for guidance and by reading and listening to Scripture. Many other things help us make moral choices. We have the help of the Holy Spirit. We also have the help of the Church.

PAGE 27

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

Abraham Is Our Father in Faith

Keep these ideas in mind as you study *Chapter 6*.

❖ God chose to reveal himself to Abram, a 75-year-old shepherd. God promised to make Abram “a great nation.” Even though Abram did not understand what that meant, he obeyed at once. Abram had to leave his friends and most of his family. He showed great willingness to know God by trusting in God’s call.

PAGE 39

❖ God made a covenant with Abram. Covenants can be made between people, or between people and God. God made covenants with many people. These covenants offered salvation to the people. God told Abram that he would have as many descendents as there are stars in the sky. That meant that his descendents would be special people protected by God.

PAGE 41

❖ God told Abram that he would be called Abraham. He said that Abram’s wife, Sarai, was to be called Sarah. Sarah was 90 years old, and Abraham was even older, when God told her she would have a son. When God told Sarah that she would have a child, she laughed because she thought she was too old.

PAGE 41

❖ A patriarch is the male head of a family. Abraham was the first man selected to receive God’s promise and to pass it along to his descendents.

PAGE 41

❖ When we place our trust in God as Abraham did, we are living the First Commandment. God did not give the commandments until the time of Moses. Despite this, Abraham lived the commandments without being told to do so.

PAGE 41

❖ When we are baptized, we enter into a covenant with God. He gives us eternal life. We promise to believe in him and to live as Catholics.

PAGE 42

❖ The Canaanites believed that the sacrifice of their firstborn child would give them abundant crops, strong herds, and blessings. Abraham was worried that he would have to sacrifice his son, Isaac. God did ask Abraham to sacrifice Isaac, and Abraham, though sad, was willing to do it. Abraham’s willingness to sacrifice his son reminds us of the death of Jesus. God made the ultimate sacrifice in his Son when Jesus died for our sins. An angel stopped Abraham before he sacrificed his son.

PAGES 43–44

❖ The story of Abraham and Isaac teaches that God does not want human sacrifice, but a sacrifice of will. Those who trust in God are rewarded. The story shows us that all life is sacred. God would never ask us to do something that did not treat human life with dignity and respect.

PAGE 43

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

Jacob Is Chosen by God

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

❖ Isaac had two sons, Esau and Jacob. As the firstborn, Esau was to receive his family's birthright. God had told Isaac's wife, Rebekah, that Jacob was his chosen one. Jacob would play a special role in the life of his people.

PAGE 47

❖ The birthright meant higher rank in the family and a larger inheritance. It also meant that God's Chosen People would come from that line.

PAGE 47

❖ Even though Jacob was the chosen one, he and Rebekah did not trust in God's choice. First, Jacob persuaded Esau to sell his birthright. Then Rebekah and Jacob fooled Isaac by having Jacob pretend to be Esau. God was not pleased with Jacob's deception. However, because Jacob was the chosen one, the special blessing could not be taken back.

PAGE 47

❖ Esau wanted to kill his brother for stealing his birthright. To save Jacob from his brother, Rebekah sent Jacob to live with his uncle Laban in Haran. This also allowed Jacob to choose a wife from among Laban's daughters.

PAGE 48

❖ On his way to Haran, Jacob had a dream. In the dream, God renewed the promises he had made to Abraham. The dream reassured Jacob of God's presence in his life.

PAGE 48

❖ Jacob fell in love with his uncle Laban's daughter Rachel. He agreed to work for his uncle for seven years in order to marry her. After the first seven years, Jacob was tricked into marrying Rachel's sister Leah. He worked another seven years in order to marry Rachel.

PAGE 49

❖ While traveling, Jacob stopped to pray and a stranger appeared. Jacob wrestled the stranger until dawn. As a result, he was hurt and he would always have a limp. The stranger gave Jacob the name Israel. The Chosen People would later be known as the Israelites—those who came from Israel.

PAGE 49

❖ The Sacrament of Baptism marked you as chosen by God to be his child and a member of his Church. Your baptismal name is the name by which God called you to be a member of his family. Baptism gives us new life in Jesus Christ.

PAGE 49–50

❖ The Sacrament of Confirmation strengthens and confirms our relationship with God. It seals the grace that we receive in Baptism. We are better able to share in Jesus' mission.

PAGE 50

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

The Israelites Journey to Egypt

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

❖ Divine Providence means that God can bring good results from the bad choices we make. It is proof that God is always loving and caring for us, even when we make mistakes.

PAGE 53

❖ Joseph was the eleventh son of Israel and his favored son. Israel's other sons were so jealous of Joseph that they couldn't even greet their brother. When they heard about Joseph's dreams, they decided to kill him. Reuben convinced them to sell him into slavery instead.

PAGES 53–54

❖ Joseph's brothers were guilty of the sin of envy. This sin is a feeling of anger, sadness, or resentment because someone has something that we want. Envy caused damage to their relationships with God.

PAGE 54

❖ Joseph was sold again as a slave to Potiphar. Potiphar put Joseph in charge of all his possessions. Potiphar's wife fell in love with Joseph, but Joseph would not betray Potiphar or break God's law. She took revenge on him by having him thrown in prison.

PAGE 54

❖ In prison, Joseph interpreted dreams. He even interpreted Pharaoh's dreams. Pharaoh's dreams prophesied seven years of good crops, then seven years of famine. The prophesy allowed Egypt to store food for the coming famine. As a reward, Pharaoh made Joseph governor of Egypt.

PAGE 55

❖ Joseph's brothers, except for Benjamin, came to Joseph to buy food, but they did not recognize him. Joseph kept Simeon as a prisoner until they returned with Benjamin. When Joseph's brothers returned, Joseph accused Benjamin of theft. The brothers said that their father would die if Benjamin did not return home with them. Joseph was moved, and he revealed who he was.

PAGES 56–57

❖ Joseph's brothers returned home and told Israel that Joseph was still alive. The whole family then went to Egypt to be with Joseph.

PAGE 57

❖ After Israel died, Joseph's brothers were afraid that Joseph would harm them for what they had done. Joseph said, "Do not be afraid. God planned that it would bring good." He realized that God had sent him to Egypt so that he could save his family during the famine.

PAGE 57

❖ The Fourth Commandment calls us to honor and respect our parents. The family is the central institution of our society and one way that God works in our lives.

PAGE 57

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

God Rescues the Chosen People from Slavery

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

❖ Moses is one of the most important people of the Old Testament. God chose Moses to free the Chosen People from slavery. The Book of Exodus tells all about Moses' mission.

PAGE 69

❖ Pharaoh forced the Hebrews into slavery because he feared that they would take over Egypt, but God was protecting the Hebrews. Through Moses, God would free the people from slavery.

PAGE 69

❖ Moses was a Hebrew child adopted by Pharaoh's own daughter. Moses was raised as an Egyptian, but he knew that he was a Hebrew. Even when he enjoyed great privilege, he was bothered by seeing his people suffer. Moses killed a man who struck a Hebrew. Moses then fled Egypt because Pharaoh ordered his death.

PAGE 69

❖ During their slavery and oppression in Egypt, the Chosen People cried out to God for help. God answered their cries by choosing Moses to lead them out of Egypt. God revealed himself to Moses in a burning bush while Moses tended sheep on Mount Sinai.

PAGE 70

❖ In Hebrew, God's name "I am who am" is represented by the letters YHWH. In the Greek Old Testament, God's name is translated as *kyrios*, or LORD.

PAGE 70

❖ Aaron spoke for Moses, who was not a good speaker. But Moses had been given the ability to perform signs and miracles to convince Pharaoh to let the Hebrews go.

PAGE 70

❖ God sent ten plagues to convince Pharaoh to let the Hebrews go. The first nine plagues were awful, but still Pharaoh would not listen. God sent a final, terrible plague to Egypt to convince Pharaoh to let the Hebrews go.

PAGE 71

❖ The Israelites were spared the tenth plague—the death of every firstborn son—because God told them to sprinkle the blood of a sacrificial lamb on their doorposts. Because death passed over the Hebrews on this night, the Jewish people honor this event with a special celebration called Passover.

PAGE 72

❖ God guided and protected the Israelites in many ways during their escape, called the Exodus. By guiding the people out of Egypt with a column of cloud by day and a column of fire by night, God showed that he was truly with the Israelites.

PAGE 72

❖ God guided Moses to part the Red Sea so that the Israelites could cross safely. When the Egyptian soldiers tried to follow, the water swept over them, drowning them all. God acted through Moses to save the people, but the Israelites knew that it was God who had saved them from the soldiers.

PAGE 73

❖ The name *Jesus* means "God saves." Through Jesus, God saves us from sin.

PAGE 73

❖ Christians celebrate a special meal at Mass called the Eucharist. It is a memorial of Christ's Passover from death to new life. In the Eucharist, we give thanks for Christ's suffering, death, and Resurrection, which freed all of God's people from sin.

PAGE 74

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

❖ To keep the Chosen People safe, God had Moses and Aaron lead the people by a long, indirect route to the Promised Land. The journey would take 40 years.

PAGE 77

❖ The Israelites traveled without water through the desert. The oasis known as Marah had water, but it was bitter until God told Moses how to make it fresh. Later, God told Moses to strike a rock, from which water flowed. The people complained again and again, but God always took care of them.

PAGES 77–78

❖ When the people had nothing to eat, God sent them quail in the evening and manna in the morning. Manna was called “bread from heaven.” This story foretells the Eucharist, because Jesus refers to himself as the bread that came down from heaven.

PAGE 77

❖ God gave Moses the Ten Commandments on a mountain in Sinai. God said that the Israelites would be his people if they followed his law. When Moses told the people the commandments, they were grateful. They made a Covenant with God, promising to obey God’s law.

PAGE 79

❖ The Ten Commandments were kept in the Ark of the Covenant. The Ark was a sign of God’s presence and a reminder of the Covenant.

PAGE 79

❖ Aaron made a golden calf while Moses was on the mountain. The people broke the First Commandment by worshiping the calf. When Moses saw the golden calf, he grew so angry that he smashed the commandments and melted down the calf.

PAGE 79

❖ Moses had a special friendship with God. He prayed that God would forgive the people for their idolatry, and God listened. God forgave his people, renewed the Covenant, and replaced the broken tablets.

PAGE 79

❖ The Eucharist is a special gift, much like the manna God provided for the Israelites. It nourishes us during our spiritual journeys. It brings us into union with Jesus Christ and his saving death and Resurrection.

PAGE 80

❖ The Sacraments of Baptism, Confirmation, and the Eucharist bring us into the Church. The Sacraments of Penance and Reconciliation and Anointing of the Sick are ways that we can be healed. Everyone sins from time to time. The important thing to remember is that when we sin, we should confess our sins in the Sacrament of Reconciliation.

PAGE 80

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

We Live the Commandments Today

Keep these ideas in mind as you study *Chapter 12*.

❖ God implants natural laws in our hearts. They are made known to us by God and through human reason. The Israelites knew many of these laws before God gave them the commandments. Natural laws tell us our rights and duties and guide our moral choices.

PAGE 83

❖ The Law united the Israelites to the Lord and united them as a people. Obedience to the commandments would help them live according to God's plan.

PAGE 83

❖ The Ten Commandments are divided into two groups. One group focuses on our relationship with God. The other focuses on our relationship with others. Jesus summarized the first group of commandments by telling us that we must love the Lord with all our hearts, all our souls, all our minds, and all our strength. He summarized the second group by telling us to love our neighbor as ourselves.

PAGE 84

❖ By working for social justice, we challenge society to say no to things that interfere with our ability to live as a united people. The Catholic Church guides us in working for social justice.

PAGE 85

❖ To trust in people or things more than in God shows we do not really know and love him. Practices such as astrology or spiritualism show a lack of trust in God. We show trust by loving God and by speaking and listening to him.

PAGE 85

❖ We stay in touch with God through prayer, in which we raise our hearts and minds to God. There are many ways to pray. Thinking of God when we see the beauty of creation, sharing love with others, and talking to God as a friend are just a few ways.

PAGE 86

❖ Asking God to witness to the truth of what someone says is to make an oath. Lying while under oath or asking God to witness a lie is called perjury.

PAGE 86

❖ Blasphemy is speaking against God in a hateful manner. It includes saying things that go against our faith, such as "God is cruel," or comparing ourselves or others to God.

PAGE 86

❖ The Sabbath is a day for us to rest, to trust in God's care, and to come together as a community to renew our relationship with God. Every Sunday we celebrate the Lord's Resurrection.

PAGE 87

❖ Holy Days of Obligation are special celebrations that honor Jesus, Mary, or the saints. On these days, we celebrate the great things that God has done for us through Jesus and the saints.

PAGE 87

❖ Ordinary Time is the time between the seasons of Christmas and Lent, Easter and Advent. It is a time devoted to growing in understanding of the teachings of Jesus.

PAGE 87

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

❖ When the Israelites reached Canaan, Moses sent scouts into the land. The Israelites discovered that the land was rich, but the people were fierce. The Israelites became fearful. They wanted to choose a new leader and return to Egypt. Caleb and Joshua suggested that the Israelites seize Canaan. Joshua believed that if the Lord was pleased with the Israelites, he would give them Canaan. In response to Joshua's words, the people threatened to stone him. Despite everything that God had done for them, they still did not fully trust him.

PAGE 91

❖ God appeared to Moses in the Tent of Meeting and said that he would disown the people. He was very disappointed that they still did not trust him. Moses offered a special prayer called a prayer of intercession. Thanks to Moses' intercession, God agreed to show mercy and forgiveness to the people.

PAGE 91

❖ God told Moses he could not lead the Israelites into Canaan because he struck the rock twice at Meribah to bring forth water. Moses showed his lack of faith.

PAGE 92

❖ The Beatitudes are guidelines to help us find happiness in the Kingdom of God. They give us choices that help point us toward better lives. Jesus gave us the Beatitudes during his Sermon on the Mount. Read the Beatitudes in Matthew 5:3–12.

PAGE 93

❖ Obligations are duties that we have because we have agreed to them. We have obligations to our families, to our schools, and to our friends. We also have obligations to God, such as following the commandments.

PAGE 93

❖ Principles are truths we believe in strongly enough to act on them. Jesus gave us many principles in his Sermon on the Mount. Many of these principles teach us how to respect others and how to love God.

PAGE 93

❖ We must always consider the consequences of our choices. If a choice weakens our friendship with God or hurts others, then it is a poor choice.

PAGE 93

❖ A conscience is the ability to judge how good or bad an act is. A conscience is a special gift. We must give it accurate information and expose it to God's teachings so that it can help us make good choices. The Holy Spirit guides our consciences by helping us decide whether an act is good or bad.

PAGE 93

❖ If we make a bad decision, our conscience feels uneasy or unhappy. That uneasy feeling is a warning sign that we have made a decision that could lead us away from God. It is also a sign that we can be brought back to God by fixing our bad choices.

PAGE 94

❖ A good conscience helps us be more like Jesus. By following a good conscience, we are closer to finding true happiness in the Kingdom of God.

PAGE 94

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

❖ God sent serpents among the Israelites because they had grown tired of eating manna and complained about both God and Moses. Being bitten by these serpents caused death. After many people died, the Israelites realized how sinful they had been. Moses interceded with God, who told Moses how to cure the snakebites. A bronze serpent was raised on a pole.

PAGE 97

❖ In the New Testament, the image of the bronze snake is compared to Jesus' death and Resurrection, which healed us of sin. The bronze snake on the pole prefigures Jesus on the cross. We are called to have faith in Jesus' sacrifice. That is why we display crosses or crucifixes in our homes and wear them as symbols of our faith.

PAGE 98

❖ Sin is the root of all evil, but Jesus broke the power of sin. By expressing sorrow for our sins and becoming reconciled to God, we are granted new life in the Holy Spirit.

PAGE 99

❖ Confession is one way that we become reconciled with God. Confession is another name for the Sacrament of Penance and Reconciliation. Through it, we express our sorrow for our sins and promise to do better.

PAGE 99

❖ We can reconcile ourselves with God through an act of contrition, such as a prayer or an act of kindness to another person. When we go to confession, the priest will ask us to make an act of contrition. He may tell us what we should do to repair our relationship with God.

PAGE 99

❖ We reconcile ourselves with God at Mass every week through the Eucharist. This is the fullest sign of God's forgiveness. By participating in the Eucharist, we accept the Body and Blood of Jesus Christ. We are nourished, and God takes away anything that stands between him and us.

PAGE 99

❖ A mortal sin is one that is seriously wrong. To commit mortal sin, you must know that it is seriously wrong and freely and willingly choose to do it anyway.

PAGE 100

❖ A venial sin is a lesser sin. It can be forgiven in many ways. You should confess venial sins because they can lead to more serious sins.

PAGE 100

❖ In the Sacrament of Reconciliation, we repair our relationship with God and identify our bad habits and replace them with virtues. We receive the life-giving power of God's grace through the sacrament. By receiving God's grace, we grow closer to him and to others. We are able to better inform our consciences and to make choices that lead us away from sin.

PAGE 100

❖ A virtue is a habit of doing something good. Virtues help us on our journey to happiness. They help us strengthen our relationships with God and with those around us.

PAGE 100

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

God's Chosen People Enter the Promised Land

Keep these ideas in mind as you study *Chapter 15*.

❖ Moses was a true leader of his people and the greatest of the prophets. He spoke with God face-to-face and was a true friend to God and the people. But Moses was not able to enter into the Promised Land.

PAGE 103

❖ The military leader Joshua replaced Moses as the leader of the Israelites. Moses indicated that Joshua would be the new leader when he laid hands on Joshua.

PAGE 103

❖ In the Sacrament of Confirmation, the bishop lays hands on a person as a sign of conferring the gift of the Holy Spirit. Through Confirmation, we receive the grace needed to assume responsibility in the Church.

PAGE 104

❖ When Joshua got the people ready to cross the Jordan and enter the Promised Land, they did what he said. The Israelites knew that Joshua had been chosen by God to lead them. God had promised Joshua that as long as the people followed his law, they would be successful in conquering Canaan.

PAGE 104

❖ When the priests carrying the Ark of the Covenant began to cross the Jordan, the river stopped flowing. The people were able to walk on a dry path, just as they had when they crossed the Red Sea.

PAGE 105

❖ Jericho was the first city in Canaan that the Israelites attacked. Joshua told the people to circle the wall of this city seven times and then to shout and blow their horns. God brought down the wall of Jericho, allowing the Israelites to storm the city. Their victory was a sign that God was with them.

PAGE 105

❖ Before his death, Joshua reminded the people that God had fulfilled his promise to them by giving them Canaan. He asked the people to decide which gods they would serve. The people responded that they would serve the Lord. The covenant was renewed.

PAGE 105

❖ Heaven is our promised land, where we are united with God. Every action, every choice, and every decision that we make helps determine whether we will reach our promised land.

PAGE 106

❖ In purgatory we undergo purification.

PAGE 106

❖ When we die, we will be judged according to our works and faith. If we sin and do not repent, we damage our relationship with God until we are completely separated from him. This state is what we call hell.

PAGE 106

❖ Leaders of the Church receive their authority in the Sacrament of Holy Orders. People who receive Holy Orders include the pope, bishops, priests, and deacons. They are blessed in the same way that Moses blessed Joshua.

PAGE 106

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

The Period of Judges

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

❖ The Israelites constantly struggled in the Promised Land. After years as slaves and as travelers, they had to adjust to their new lives. When the people cried out to God for help in the Promised Land, he sent judges to guide and lead them. The judges were gifted with a special power called charism. Charism helped the judges protect the people and defeat Israel's enemies.

PAGE 117

❖ Deborah advised people from under a palm tree. She told Barak to march on Mount Tabor because she knew that God would guide him to defeat the Canaanite general. Deborah served God and the people by helping build a healthy society. She set an example by trusting in God and being a good leader.

PAGE 118

❖ Gideon was called to save the Israelites from the Midianites. God performed a miracle with Gideon's fleece to prove that he would give Gideon the power he needed to defeat the Midianites.

PAGE 118

❖ Samson had great physical strength, which came from an oath his parents made to God that he would abstain from wine, unclean meat, and cutting or shaving his hair. As long as he upheld the oath, he would have the power to defeat the Philistines. Samson lost his strength when Delilah cut his hair, which broke the final part of the oath. It was only through humility that he was able to regain his strength and defeat the Philistines.

PAGE 119

❖ Ruth lived during the time of judges, but she was not a judge herself. She is, however, an example of someone with great faith and love. Ruth showed great loyalty by staying with her mother-in-law, Naomi. As a foreigner, she could have been treated very badly by Naomi's people. Ruth eventually married an Israelite named Boaz. Boaz showed both Ruth and Naomi great love and care when they were in need. They are ancestors of King David and Jesus.

PAGES 119–120

❖ Like the judges, some people in the media are good leaders, while others are flawed. We must think carefully about what we see and hear in the media.

PAGE 120

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

The Kings of Israel

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

❖ The last and greatest judge was the prophet Samuel. Samuel's mother, Hannah, had promised that if God gave her a son, she would give him to God. When Samuel was old enough, Hannah took him to the Temple at Shiloh and gave him to a priest named Eli. One night, Eli recognized that God was talking to Samuel. He told Samuel to say "Here I am, Lord." Samuel listened to Eli and responded to God's call.

PAGE 123

❖ Samuel's first task from God was to tell his mentor, Eli, that God was displeased with him. When Eli heard, he knew that Samuel spoke for the Lord. Eli's sons brought the Ark of the Covenant to the battle, where it was captured. This act resulted in the deaths of Eli and his sons.

PAGE 123

❖ When Samuel became too old to rule the people, they asked for a king. At first, Samuel objected to having a king, because kings in other countries were treated like gods. But God granted the people's request.

PAGE 124

❖ The first king that Samuel anointed was Saul. Before Saul became king, the tribes of Israel were spread out, and each was ruled by its own leader. As king, Saul united the tribes as one nation and led them against many other nations. He kept them safe from their enemies.

PAGE 124

❖ When Saul began to ignore the Lord's messages, the Lord chose David to be the second king of Israel. Saul did not know that David would replace him.

PAGE 124

❖ To anoint is to pour or rub on oil when performing a ritual. People, places, and objects are anointed to show that they have been marked by God. That is why we are anointed when we are baptized and confirmed.

PAGE 125

❖ When a person receives the Sacrament of the Anointing of the Sick, he or she is given the grace to be healed spiritually and sometimes physically. Only a priest or bishop can administer the Sacrament of the Anointing of the Sick. It can be done anywhere, depending on the person's situation.

PAGE 126

❖ Deacons, priests, and bishops are ordained in the Sacrament of Holy Orders. This sacrament can only be performed by a bishop who is acting in the name of the Church. The bishop lays his hands on the person being anointed—just as Moses laid his hands on Joshua.

PAGE 126

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

❖ After Saul died, David's first priority was to unite the people as one nation. He brought the Ark of the Covenant to Jerusalem and made it the capital of the united kingdom.

PAGE 129

❖ David commit a serious sin by having Uriah killed and marrying Bathsheba. He broke the Fifth, Sixth, and Ninth Commandments. The prophet Nathan told David a story about a rich man who took a poor man's only lamb in order to give a guest a meal. David realized that he had sinned and must take responsibility for his sin. As punishment, David's son with Bathsheba died.

PAGE 130

❖ David repented, and God forgave him for his sin. David later proved that he had learned forgiveness when he forgave his own son for rising up against him.

PAGE 130

❖ Psalms are prayer-songs credited to King David. They are an important example of prayer collected in the Old Testament. Psalms are prayers of praise, love, and gratitude to God. They remind us of how God keeps his promises. They express hope for the future.

PAGE 131

❖ David anointed his son Solomon as the next king. In a dream, he learned that God would grant him a favor. Solomon asked for an understanding heart and wisdom to rule the people. He is known as the wisest king of Israel. The gifts that God granted him were so great that no one ever equaled Solomon in wisdom and understanding.

PAGE 131

❖ Wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord are Gifts of the Holy Spirit. At Confirmation, we ask God to send us these gifts through the Holy Spirit, to strengthen our relationship with him.

PAGE 132

❖ Solomon is regarded as the patron of wisdom. He made his kingdom very wealthy and famous. He was also known for his military skills. He composed 3,000 proverbs, or wise sayings.

PAGE 132

❖ God told David that Solomon would build him a great house. It took seven years to build the Temple. On the day of the Temple dedication, the priests placed the Ark inside the Holy of Holies. Its presence reminded the people that God was with them.

PAGE 132

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

Elijah and Amos Speak for the Lord

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

❖ A prophet is someone called by God to represent him and to point out how people are turning away from God.

PAGE 143

❖ God started calling prophets after Solomon's death because the people had become unfaithful and turned away from God. The prophets were called to bring God's Word to the people, even when they did not want to hear it.

PAGE 143

❖ The three major prophets of the prophetic books are Isaiah, Jeremiah, and Ezekiel. Their books are the longest of the prophetic books.

PAGE 143

❖ The prophet Elijah lived in the northern kingdom, which was ruled by a wicked king named Ahab and his wicked queen, Jezebel. He held a contest between God and Baal in which he proved that Baal was a fake. Jezebel tried to have Elijah killed after he persuaded Ahab to repent for his sins and return to God. Because Elijah was protected by God, he was able to escape to safety. When his work was finished, he was taken up to heaven in a fiery chariot.

PAGE 144

❖ The prophet Amos was called by God while raising sheep and caring for sycamore trees. Amos told the rich city people of the northern kingdom that because all human beings have equal dignity, we are all called to eliminate inequality in society. He told people to tend to the needs of those who were poor, to defend and promote dignity for all, and to share resources, just as we are called to do today. Amos also reminded the people that one of their responsibilities was to make the true God known to all people.

PAGES 144–145

❖ Archbishop Oscar Romero spoke out against injustice and violence, and became a martyr for human rights. He spent his life working against human rights violations and supporting El Salvador's civil war victims and those who were poor.

PAGE 146

❖ Works of Mercy are things that we can do to help those in need. Corporal Works of Mercy address the physical needs of others. Spiritual Works of Mercy help meet the emotional and spiritual needs.

PAGE 146

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

Isaiah Proclaims the Promised Messiah

Keep these ideas in mind as you study *Chapter 22*.

❖ Isaiah, like Amos, was a prophet concerned with the suffering of those who were poor. He was active for a long time and advised several kings. When God asked who he should send as his messenger, Isaiah said “Here I am! Send me!” His experience with God changed the way he saw things, and he wanted to share the truth he had learned.

PAGE 149

❖ When the Assyrians threatened to attack Judah, Isaiah told the king that Judah would be conquered, but that it was God’s plan. The kings of Judah did not listen, but Isaiah remained calm and secure in his trust. He knew that only trust in God mattered.

PAGE 150

❖ When we say Amen to conclude our prayers, we are expressing God’s faithfulness and our trust in him.

PAGE 150

❖ The Book of Isaiah is a collection of some of the prophecies and warnings of Isaiah. Chapters 40–55 are credited to someone called Second Isaiah, who studied Isaiah and was like him in thought and talent. These chapters were written while the Israelites were in exile in Babylon.

PAGE 150

❖ Second Isaiah speaks of a suffering servant who will take on the sins of the people. Through his love, the true kingdom will come. The servant of whom the prophet speaks is Jesus. Jesus spoke often about the real kingdom, and through him we are offered salvation.

PAGE 151

❖ If we want true greatness, we must be faithful people. Faithful people understand their responsibility to love and care for others. They act on what they believe and serve as examples of faith.

PAGE 152

❖ According to Scripture, God alone is holy. We are, however, all called to be holy. That means we do our best to reflect godliness by following the Gospel and by doing our part to care for God’s creation.

PAGE 152

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

Prophets Proclaim God's Lasting Love

Keep these ideas in mind as you study *Chapter 23*.

❖ When God first called him, the prophet Jeremiah thought he was too young. Being a prophet was difficult and dangerous. But God gave Jeremiah strength.

PAGE 155

❖ At the time of Jeremiah's call, Josiah was king of Judah. He was a good and faithful king. Under Josiah's leadership, the people renewed their promise to obey God. But the people had not truly accepted God into their hearts. When Josiah died, they returned to their unfaithful ways.

PAGE 156

❖ Jeremiah warned that if the people did not stop doing evil, the Temple would be destroyed and Jerusalem would be burned to the ground. The people did not believe Jeremiah. They thought that God would not let an enemy conquer them as long as they prayed at the Temple. Though they did not believe Jeremiah, the people were not pleased with his message. They beat Jeremiah and had him arrested, but he remained firm.

PAGE 156

❖ After the people were conquered by the Babylonians, Jeremiah warned them that things would get worse if they rebelled. Again, no one listened to him. They threw him into a well to keep him quiet. When the Babylonians attacked again, the Israelites lost the Temple and all their wealth. Everything that Jeremiah had told them came to pass.

PAGE 156

❖ The prophet that God called in Babylon was a priest named Ezekiel. He preached to the first exiles. Like Jeremiah, Ezekiel warned that Jerusalem would be destroyed, but the people did not believe him. The people believed that because they were God's Chosen People, God would deliver them from the Babylonians.

PAGE 157

❖ From 587 until 537 B.C., the Israelites were without a homeland. This period is known as the Exile. The second group of exiles arrived in Babylon and told the first group that Jerusalem and the Temple had been destroyed. Upon hearing this, Ezekiel began to preach messages of hope. He said a new Israel would be raised up.

PAGE 157

❖ During the Exile, the people no longer had a Temple, so they gathered in synagogues. Synagogues were places where the people could study and worship. Today, the Jewish people still meet in synagogues to worship. The remnant was in exile for 50 years. When they returned home, they rebuilt the Temple. After they returned home, the remnant became known as Jews.

PAGE 158

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.

The Savior Is Jesus, the Son of God

Keep these ideas in mind as you study *Chapter 24*.

❖ Elizabeth and Zechariah were the parents of John the Baptist. Through his mother, he was also Jesus' cousin. Because they were quite old, Zechariah and Elizabeth doubted they could have a child. Zechariah was unable to speak until the baby was born, and his first words were the child's name. The words that Zechariah spoke after his son's birth were later included in the Morning Prayer in the Liturgy of the Hours.

PAGE 161

❖ Isaiah predicted the coming of John the Baptist when he spoke of a voice in the desert preparing the way of the Lord. John the Baptist prepared himself for his mission by training in the desert.

PAGE 162

❖ John the Baptist may have belonged to a religious group called the Essenes. They had many strict rules and rites, and their way of life was one of self-discipline. The Essenes had a bathing rite, or baptism, that they used as a sign of repentance. John may have gotten his idea of baptism from them.

PAGE 162

❖ The Holy Spirit came to John to tell him it was time to leave the desert and begin preparing the people for the Messiah. John did as the Holy Spirit urged. He left the desert and began teaching, telling people to repent because the kingdom of heaven was near.

PAGE 162

❖ During the season of Advent, we look forward with hope and anticipation of the coming of Christ. We hear many Gospel readings featuring John at this time.

PAGE 163

❖ Jesus came to the Jordan River to be baptized by John. Although John felt that Jesus should baptize him, he did as Jesus asked. John then told his disciples to follow Jesus.

PAGE 163

❖ The Messiah had been promised by God and predicted by the prophets. The Messiah would be the one who saved the Chosen People from sin. Mary was called to be the Mother of the Messiah, and she freely agreed. In Mary's special prayer of praise, the Magnificat, she thanks God for all that he has done and for all that he will do through Jesus.

PAGE 164

For more games, activities, and resources related to *Christ Our Life*, please visit www.christourlife.org.