

Religious Education Standards, Competencies and Assessments

PART ONE: THE PROFESSION OF FAITH

Sacred Scripture

Content Standard

Students in the Diocese of Bridgeport will understand Sacred Scripture, along with Sacred Tradition, to be God's revelation of Himself and His love for us. The Old Testament is an indispensable part of Sacred Scripture, and Christians venerate it as the true Word of God which bears witness to the whole divine pedagogy of God's saving love (CCC 122). The writings of the New Testament hand on the ultimate truth of God's Revelation, and their central object is Jesus Christ, God's incarnate Son: His acts, teachings, Passion and glorification, and His Church's beginnings under the Spirit's guidance (CCC 124).

Rationale

God is the author of Sacred Scripture. The Church has always venerated the Sacred Scriptures as She venerates the Body of the Lord (DV 21): both nourish and strengthen the Church and Her members (CCC 104). Therefore, the reading, knowledge, and study of Scripture should be the soul of religious instruction (CCC 132). "Ignorance of Scripture is ignorance of Christ Jesus" (Saint Jerome).

"Thy Word is a lamp unto my feet and a light unto my path." Psalm 119:105

Performance Standard Categories

- A. Students will be able to explain Divine Revelation and its two distinct modes of transmission: Sacred Scripture and Tradition (CCC 51-95).
- B. Students will understand that Sacred Scripture is the Word of God through which the Father who is in heaven comes lovingly to meet His children and in which the Church constantly finds her nourishment and her strength (CCC 101-104).
- C. Students will respect the canonical texts of Sacred Scripture as the inspired and living Word of God which teaches the Truth (CCC 105-127).
- D. Students will understand the organic unity of the Old and the New Testaments, and they will explain how the New Testament lies hidden in the Old and the Old Testament is unveiled in the New (CCC 128-130).
- E. Students will be able to recognize the force and power of Sacred Scripture in the life of the Church and in their personal lives of faith, and they will learn to rely on the Word of God as strength for their faith, food for the soul and a pure and lasting fount of spiritual life (CCC 131-132).

Student Competencies and Assessments

Upon completion of this program of study, students will be able to:

1. Define Divine Revelation as God's revelation of Himself in order to make known the mystery of His will that all should have access to the Father, through Christ, in the Holy Spirit (CCC 51-53).
2. Explain the distinct stages of God's revelation including creation, the covenant with Noah, the call of Abraham and the formation of Israel (CCC 54-64).
3. Read the books of the Old Testament as the story of God's love expressed through His Covenant relationship with His people (CCC 54-67).
4. Locate historical and biblical figures within the continuum of salvation history, ranging from prehistory through 4th century A.D., and explain their impact on this history (CCC 54-65).
5. Profess Jesus Christ as God's perfect, unsurpassable, and definitive revelation of Himself (CCC 65-67).
6. Understand that both Sacred Scripture and Tradition are inspired by the Holy Spirit and form one body of Divine Revelation by which God saves us in Christ (CCC 75-80).
7. Explain that Sacred Scripture is the inspired and written Word of God contained in the Old and New Testaments (CCC 81).
8. Explain that Tradition is the Word of God entrusted by Christ to the Apostles to be preserved, taught, and defined by their successors, the Pope and the bishops, through the ages (CCC 81).
9. Explain that the Holy Spirit guides our study and reading of Sacred Scripture not as individuals but as docile members of the Church entrusted to the interpreting authority of the Magisterium (CCC 85-87).
10. Explain that the Truth that God speaks to His earthly children through Sacred Scripture is the same Truth that He speaks through His incarnate Son, Jesus Christ (CCC 101-103).
11. Accept the books of the Old and New Testaments as the revealed and inspired Word of God, whole and entire, with all their parts, written under the inspiration of the Holy Spirit (CCC 105).

12. Defend the inspired books of the Bible as texts that firmly, faithfully, and without error teach the truth which God, for our salvation, wished to see confided to Sacred Scripture (*CCC 107*).
13. Defend the Church's understanding of the written Word of God as an incarnate and living Word (*CCC 108*).
14. See that just as God's plan of salvation included human authors - with their unique personalities, times and circumstances - to put His Divine Word down in writing, it also calls each believer to use his talents as God's co-workers (*CCC 110*).
15. Understand and discuss various literary forms found in Sacred Scripture respecting that, regardless of the particular form God has chosen to speak to us, everything in the Bible is meant to help us understand God and our own destiny.
16. Develop an appreciation for the impact of the Bible on world history, culture and society (*CCC 110*).
17. Understand the strengths and weaknesses of the various methods of biblical interpretation (literary, form, redaction, source, etc.).
18. Recognize the literal sense of Scripture, the meaning conveyed by the words and discovered by exegesis (*CCC 116*).
19. Recognize the spiritual sense of Scripture, the realities and events that bear significance and truth for the spiritual life of God's people (*CCC 117*).
20. Distinguish between the three subdivisions of the spiritual sense of Scripture: the allegorical, moral, and anagogical (*CCC 117*).
21. Defend the Canon of Sacred Scripture as the 46 books of the Old Testament and the 27 books of the New Testament that the Church has discerned and declared to be the complete list of the sacred books of the Bible (*CCC 120*).
22. Identify the books of the Old Testament and the New Testament (*CCC 120*).
23. Locate biblical texts using chapter and verse citation.
24. Be able to identify key biblical figures and their impact on salvation history including but not limited to: Yahweh, Adam, Eve, Cain, Abel, Seth, Noah, Ham, Shem, Japheth, the Patriarchs, Sarah, Rachel, Rebekah, Joseph, Moses, Joshua, the Judges, Saul, David, Solomon, the kings of the Divided Monarchy, the Major and Minor Prophets, Esther, Ruth, the Maccabees, John the Baptist, Mary, Joseph, Anna, Simeon, Jesus, the Apostles, Paul, the Evangelists.

25. Understand the authorship, location, audience, political situation, and main themes of each of the Gospels in light of the Synoptic Problem (CCC 126).
26. Explain that the three stages of the formation of the Gospels include the life and teaching of Jesus, the oral tradition, and the written text (CCC 126).
27. Recognize Jesus as the fulfillment of the prophecies and promises of the Old Testament (CCC 128-129).
28. Explain the political and religious environment at the time of Jesus, along with the various political groups present in 1st century Palestine.
29. Relate the preaching, teaching, healing, miracles, parables, and ministry of Jesus to His saving work in their lives today.
30. Understand the role of the early Christian community in the formation of the Church through an exploration of the Acts of the Apostles and the Catholic and Pastoral Letters.
31. Find the Scriptural foundations for the seven sacraments of the Catholic Church.
32. Map out the missionary journeys of Paul, and explain his central teachings.
33. Recognize in the Book of Revelation the promise of Christ's return in glory at the end of the world.
34. Understand the Church's exhortation to integrate Sacred Scripture into their prayer-life, reflection, meditation, and moral decision-making (CCC 131-133).

Foundational Resources

The New American Bible

National Directory for Catechesis

The Catechism of the Catholic Church

The Dogmatic Constitution on Divine Revelation (Dei Verbum)

The Interpretation of the Bible in the Church (Pontifical Biblical Commission)

PART ONE: THE PROFESSION OF FAITH
Doctrine

Content Standard

Students in the Diocese of Bridgeport will understand that the objective teachings of the Catholic faith are derived from Sacred Scripture and Sacred Tradition and interpreted by the Magisterium. They will grasp that these teachings represent the ultimate truths concerning the reality of God and His salvific plan for humanity; that they guide us towards our intended end, which is the Beatific Vision in heaven. Students will be strongly encouraged to interiorize, practice, and proclaim the faith that God reveals to us through the Church.

Rationale

The Church, in Her life, worship, and doctrine perpetuates and transmits to every generation all that She is and all that She believes (*DV* 8). There is a fundamental connection between our spiritual life and our dogmas. Dogmas are lights along our path of faith; they illuminate it and make it secure. Knowledge of doctrine bolsters belief and thus fortifies the precious gift of faith God gives us. “Faith seeks understanding” (St. Anselm). A more penetrating knowledge will in turn call forth a greater faith, increasingly set afire by love (*CCC* 89, 158).

“Your ways, O Lord, make known to me; teach me your path. Guide me in your truth and teach me, for you are God my savior.” Psalm 25:4-5

Performance Standard Categories

- A. Students will grasp that the human person innately desires God’s presence, hence his searching for happiness and fulfillment through various cultures, languages, religions, and historical periods. In turn, God ignites the capacity of man for Himself as the Initiator of this relationship, via His deliberate self-revelation through Scripture and Tradition. The human person plays a crucial role in his own salvation by using his freedom to accept and respond to God’s love.
- B. Students will understand that the twelve articles of the Nicene Creed succinctly reveal the totality of doctrine in the Church; hence assent to the Creed is assent to the Church as the Bride of Christ and thus as the chosen safeguard and teacher of God’s full revelation.
- C. Students will understand the Father’s role in creating the world “ex nihilo,” both visible and invisible; the original plan of God’s love, the Fall of angels and mankind, its catastrophic effects and the Father’s continued loving response.

- D. Students will understand the ontology of Jesus Christ as co-equal to the Father and the radical nature of His birth, life, death, and resurrection as an act of unconditional love to redeem all of humanity.
- E. Students will understand the role of the Holy Spirit as the sanctifying force for humanity, His role in the Church in sustaining its authentic witness to Christ, and its communication of grace to sanctify and enable each man and woman to reach heaven.

Student Competencies and Assessments

Upon completion of this program of study, students will be able to:

1. Explain ways of understanding the human person's natural capacity for desiring and knowing God through the natural world via proofs of existence. As God is Author of Creation and intellect, authentic faith is never opposed to authentic reason. (CCC 31-35).
2. Understand that since the senses and human judgment are limited and fallible, mankind requires God's assistance in knowing Him without error, hence the need and gift of the Church (CCC 36-43).
3. Explain that God reveals Himself to humanity through specific stages and covenants that culminate in the everlasting covenant of Jesus Christ (CCC 51-65).
4. Understand that God intended Revelation to be transmitted from the Apostles through the living Tradition of the Church as interpreted by the Magisterium (CCC 75-79).
5. Explain the essential connection between Sacred Scripture and Sacred Tradition and the necessity of this connection for perceiving God's full Revelation. That the New Testament itself is a product of living Tradition illustrates this inseparable connection (CCC 80-83).
6. Understand that the task of authentically interpreting Sacred Scripture and Tradition for doctrinal purposes rests solely with the teaching office of the Church: the bishops in communion with the Roman Pontiff exercised in the name of Jesus Christ (CCC 85-87).
7. Grasp the crucial aspects of faith:
 - a) It is a grace and gift.
 - b) It is gained only through grace and a free assent.
 - c) Authentic faith requires and inspires one to further knowledge.
 - d) True faith can never contradict science, since God is the Author of both.
 - e) It is the Church that believes first and nourishes our faith.
 - f) It is necessary for salvation (CCC 144-184).

8. Recognize the different creeds, including both the Apostles' and Nicene Creeds (CCC 185-197).
9. Understand the nature of the first article, "I believe in God, the Father Almighty, the Creator of heaven and earth..."
 - a) The nature of God as One; self-revealing, merciful, ever-present, Truth, and Love (CCC 198-231).
 - b) God is Trinity, three Persons in perfect communion; all three consubstantial with each other; a mystery that yet reveals our own identity as images of God (CCC 238-263).
 - c) God is all-powerful, yet permits suffering and death in order to demonstrate His great plan of salvation (CCC 268-278).
 - d) Understand that God created all things. The scientific order only substantiates God's existence, and the ancient myths that existed in the classical world in no way invalidates the Christian reality, but demonstrate man's consummate inquiry into his own origin (CCC 282-289).
 - e) Explain that creation is motivated and sustained purely by Divine Love (CCC 290-301).
 - f) Explain that God is the Sovereign Master of creation, but permits creatures to cooperate freely or not as His plan is consummated. Thus God permits evil, as a risk of freedom, ever signaling mankind His refusal to coerce love; instead seeking it in freedom (CCC 302-324).
 - g) Understand that God first created angels, who serve Him in the plan of Providence in various capacities, including guardian angels, as illustrated many times in Scripture (CCC 325-336).
 - h) Understand that the visible world in all its beauty, order also indicates the solidarity of all creatures as emerging from the creative handiwork of God (CCC 337-349).
 - i) Explain that the human person is the summit of God's creation; made in His image and likeness; the only creature who is able to know and love his Creator. Doctrines crucial to Catholic understanding of man include:
 - (i) Man possesses self-knowledge, self-possession, and freedom to love.
 - (ii) To be truly human is to be a profound body-soul unity.
 - (iii) The body is mortal and of earthly material; soul only created by God.
 - (iv) God's image is fully reflected in the complementary union of male and female.
 - (v) Man and woman are willed for each other as a community of persons.
 - (vi) Man and woman began in Eden in the state of original justice, without original sin.
 - (vii) Original justice: man is free from death, illness and suffering (CCC 355-384).
 - j) Understand that the account of the Fall in Genesis 3 uses figurative language but affirms a primeval event, a deed that took place *at the beginning of the history of man*. Revelation gives us the certainty of faith that the whole of human history is marked by the original fault freely committed by our first parents (CCC 390).

- k) Before the earthly Fall came the fall of the angels, the product of a mysterious and irrevocable choice to reject the authority of God. The doctrines include:
 - (i) The devil, Satan, and the rest of the fallen angels remain pure spirits.
 - (ii) They are personal beings who seek the spiritual destruction of all mankind.
 - (iii) God permits diabolical activity to demonstrate His infinite love and mercy.
 - (iv) Those who seek His help will have power to resist evil (CCC 391-395).
 - l) Explain that Original Sin is the sin of the first man and woman, and that it was choice of self over God and abuse of freedom, hence an act hostile to authentic love. Effects include:
 - (i) Original justice destroyed, control of soul over body is shattered.
 - (ii) Union of man and woman now subject to tensions.
 - (iii) Harmony with creation broken; creation subject to bondage and decay.
 - (iv) Death enters human history.
 - (v) Revealing miseries of this world and inclination towards evil (CCC 396-403).
 - m) Explain that original sin is transmitted to all, part mystery and part the fact that Adam had received original justice not for himself but for all human nature; hence the passage of original sin replaces the passage of original justice (CCC 404).
 - n) Understand subsequent realities of original sin:
 - (i) Human nature is wounded, but not totally corrupted.
 - (ii) First Protestants disagreed, taught original sin destroyed human nature.
 - (iii) First Protestants thus posited freedom destroyed; Trent condemned this.
 - (iv) Concupiscence remains after baptism as effect of original sin.
 - (v) For us, Original sin is a sin *contracted*, not *committed*; is a state, not an act.
 - (vi) For Adam and Eve, it was a personal (committed) and contracted sin (CCC 405-406).
 - o) Explain that ignorance of concupiscence and the necessity to combat it via grace leads to serious errors in moral judgments and establishment of law (CCC 407-409).
10. Understand the nature of the article “and in Jesus Christ His only Son, our Lord, conceived by the power of the Holy Spirit, and was born of the Virgin Mary...”
- a) Understand that Jesus Christ is the second Person in the Holy Trinity, consubstantial with the Father. The meaning and significance of Jesus’ name and titles include:
 - (i) Jesus – God saves.
 - (ii) Christ – anointed, the Messiah.
 - (iii) Only Son of God – Divine Sonship.
 - (iv) Lord – divine title signifying honor due Christ as is due God (CCC 422-455).
 - b) God became Flesh to save us, to know His love, and to be our model of holiness (CCC 456-460).
 - c) Explain Jesus Christ as True God and True Man: follow development of doctrine surrounding the Nicene Creed through an exploration of the early Christological Councils and related heresies, including Arianism and Nestorianism. Thus, we doctrinally conclude that Christ was fully human in possession of a human soul, human knowledge, a human will, and physical body (cf. CCC 464-477).

- d) Understand that Jesus was conceived solely through the Holy Spirit (*CCC 484-486*).
 - e) The mysteries of Christ's early and public life, that they are acts of Revelation of the Father and signal the beginning of universal redemption, including:
 - (i) John the Baptist: last and greatest of prophets, announces imminent arrival of Messiah.
 - (ii) Christmas: the poverty and humility of His birth.
 - (iii) Circumcision, Epiphany, Presentation, and flight into Egypt.
 - (iv) The finding in the temple and obedience in the hidden life.
 - (v) Baptism: acceptance of mission.
 - (vi) The temptations in the desert: the new Adam remains faithful.
 - (vii) Proclamation of the Kingdom of God.
 - (viii) Miracles are messianic signs.
 - (ix) Keys given to Peter to illustrate his singular authority.
 - (x) Transfiguration: foretaste of Christ's glorious coming.
 - (xi) Messianic entrance into Jerusalem (*CCC 512-570*).
11. Understand the nature of the article, "Jesus Christ suffered under Pontius Pilate, was crucified, died, and was buried."
- a) Understand the nature of the opposition to Jesus which was incited by:
 - (i) His interpretation of the Law by asserting authority over the Law.
 - (ii) His mingling with sinners, always to bring the sinner back to God.
 - (iii) His respect for the Temple and for Jewish tradition, (evicting the moneychangers).
 - (iv) His causing scandal by asserting authority to forgive sins (*CCC 571-594*).
 - b) Defend the Church's understanding of the details of Christ's trial and death:
 - (i) Division among Jewish authorities about Christ.
 - (ii) Jews are not collectively responsible for Christ's death.
 - (iii) All sinners were authors of Christ's Passion.
 - (iv) His death was according to the definitive plan of God.
 - (v) He died specifically for our sins.
 - (vi) Jesus never sinned, but "became sin" in order to redeem us.
 - (vii) Act is pure love of God, totally unmerited on our part.
 - (viii) Christ is the unblemished Lamb of God anticipated in Passover.
 - (ix) His death was an act of total freedom.
 - (x) He experienced horror at imminent death in Gethsemane.
 - (xi) His is the unique and definitive sacrifice that redeems the world.
 - (xii) His perfect obedience is a substitute for our disobedience.
 - (xiii) Christ's sacrifice merited justification for all human beings.
 - (xiv) Christ experienced genuine death and was buried (*CCC 595-630*).
12. Understand the nature of the article, "He descended into hell, on the third day He rose again."
- a) Explain that Christ descended into hell, the abode of the dead, not to end damnation, but to free the just who had gone before Him (*CCC 631-637*).

- b) Understand that Christ's resurrection is a real, historical event testified to by the empty tomb, the witness of Mary Magdalene and other women, and the apostles (CCC 638-644).
 - c) Understand doctrinal truths regarding the Resurrection:
 - (i) Christ possessed a glorified body, not limited by space or time.
 - (ii) It foreshadows the end of time, when all will be united with an immortal body and soul.
 - (iii) Father raised Christ up and, by doing so, introduced His humanity into the Trinity.
 - (iv) The Resurrection proves the Son's Divinity.
 - (v) It allows us to be adopted sons and daughters of God to inherit heaven.
 - (vi) It is the principle and source of our future resurrection (CCC 645-655).
13. Understand the nature of the article, "He ascended into Heaven and is seated at the right hand of the Father;" that Christ truly ascended to the Father, body and soul, marking the path for all men and women to follow (CCC 659-667).
14. Explain the nature of the article, "From thence He shall come to judge the living and the dead."
- a) That Christ participates fully in the power of God, is the Head of the Church which is His Body, and that He dwells in it on earth. The final kingdom to be established must first be preceded by a time of great trial, followed by Christ's Last Judgment (CCC 668-682).
15. Explain the nature of the article "I believe in the Holy Spirit."
- a) Understand that the Holy Spirit is the third Person in the Holy Trinity, consubstantial with the Father and the Son, the Communicator of God's grace (CCC 683-686).
 - b) Know that the Holy Spirit has other titles: Paraclete, Advocate. Symbols include water, anointing, fire, cloud and night, seal, hand, finger, dove (CCC 691-701).
 - c) Explain that the Holy Spirit's actions permeate salvation history: giving life to all creatures, inspiring the Word to be written into the Old and New Testaments, etc. (CCC 702-716).
 - d) Know that the Holy Spirit concludes the role of speaking through prophets in John the Baptist (CCC 717-720).
 - e) Explain that the Holy Spirit prepared the Virgin Mary by grace, conceived the Word in her womb, and through her brings people into communion with Christ (CCC 721-726).
 - f) Articulate that the Holy Spirit works jointly with the Son, and Jesus promises the Spirit's coming after the Resurrection (CCC 727-730).
 - g) Know that the Holy Spirit at Pentecost fully reveals the Trinity. He brings grace, the first effect of which, to prepare for further reception of grace, is the forgiveness of sins (CCC 733-736).
 - h) Explain that the Holy Spirit makes present the mystery of Christ in the sacraments, supremely in the Eucharist. The Spirit is poured out to nourish, heal,

organize, give life, and send members to bear witness to the Word (CCC 737-741).

16. Explain the nature of the article, "I believe in the Holy Catholic Church."
- a) Explain that the Church receives all its light and power from Christ (CCC 748-750).
 - b) Recognize the Church's names and symbols. Names of the Church include *ekklesia*, the Greek word used to describe the chosen people in the Old Testament; hence the connection to the New Covenant. Also *Kyriake*, which means, "what belongs to the Lord." Symbols include sheepfold, cultivated field, building, Jerusalem, the spotless spouse of the spotless Lamb (CCC 751-757).
 - c) Explain that the Church was planned before the beginning of time, to manifest God's love for the world, foreshadowed by the chosen people beginning with Abraham, and inaugurated through the life, death, and resurrection of Christ. The Church was born through the Spirit on Pentecost and will be perfected in glory (CCC 758-769).
 - d) Explain that the Church is both visible and spiritual, human and divine, a sign of the mystery of man's union with God. She is the universal sacrament of salvation, meaning it is the instrument of God's grace in the world (CCC 770-780).
 - e) Know that the Church as the People of God is marked by membership in baptism and acknowledging Christ as the Head (CCC 781-782).
 - f) Explain that the People of God share in the three offices of Christ: priest, prophet, and king (CCC 783-786).
 - g) Know that the Church is the body of Christ; therefore all who truly live in the Church's life live in intimate communion with Christ (CCC 787-791).
 - h) Know that Christ is Head of the Body and the Church is the true Bride of Christ, intimately tied to His authority and teachings (CCC 792-796).
 - i) Explain that the Church is the Temple of the Holy Spirit, which communicates the saving actions and graces of Christ (CCC 796-801).
 - j) Explain the four marks of the Church, One, Holy, Catholic, and Apostolic.
 - k) Understand why the Church is One due to its one source, the Holy Trinity. The Church contains great diversity from the different gifts of God to the diversity of those who receive them. Charity binds the Church together, along with the profession of one faith, common celebration of sacraments, and apostolic succession (CCC 813-815).
 - l) Defend that the one Church subsists in the Catholic Church, governed by the successor of Peter and the bishops in communion with him. It is in the Catholic Church alone, under the Roman Pontiff, that the fullness of the means of salvation can be obtained (CCC 816).
 - m) Explain that the Church suffers from wounds to unity, against the will of its Founder. The separation of certain communities from the Catholic Church are rifts rooted in sin, the blame for which can be assigned to persons of both sides (CCC 817).
 - n) Explain that those who belong to these separated ecclesial communities, who cultivate faith in Christ and are justified in Baptism (hence they contain elements of sanctification and truth) have a right to be called Christians, and are accepted

- as brothers. Christ can use these ecclesial communities as a means to salvation, but their power is derived from the fullness of truth and grace that Christ entrusted to the Catholic Church (CCC 818-819).
- o) Understand that all Christians have a responsibility to pray for unity as Christ did, hoping that the unity that subsists in the Catholic Church will increase to the end of time (CCC 820-822).
 - p) Understand that the Church is Holy in that Christ is her bridegroom, gave up His life for her, thereby sanctifying her. Members of the Church constantly seek sanctification, recognizing their sinfulness and looking to saints, especially the Virgin Mary, for intercessory aid and inspiration (CCC 823-829).
 - q) Explain that the Church is Catholic (universal) because Christ is present in her and she has been sent by Christ on a mission to the whole human race (CCC 830-831).
 - r) Understand that the phrase “particular church” refers to dioceses (or eparchy) but are Catholic via their communion with Rome (CCC 832-835).
 - s) Understand how all Christians are joined to the Catholic Church, including:
 - (i) Those in full communion who profess faith in the Church governed by the Roman Pontiff.
 - (ii) Those validly baptized outside the Catholic Church have a certain, albeit imperfect, communion with the Church. With the Orthodox Churches, this communion is so profound "that it lacks little to attain the fullness that would permit a common celebration of Eucharist" (CCC 836-838).
 - t) Explain that the Church’s relationship with the Jewish People perceives a common ancestry of the Old Testament covenants; for the future, both await the coming or return of the Messiah (CCC 839-840).
 - u) Understand that the Muslims profess to hold the faith of Abraham, and with us adore the one, merciful God (CCC 841).
 - v) Understand that the Church recognizes a common bond with peoples of non-Christian religions in the origin of the human race. The Church, as established by Christ, is the place for humanity to rediscover its unity and salvation (CCC 842-845).
 - w) Explain the phrase, “outside the Church there is no salvation”, as meaning all salvation comes from Christ, and the Church is God’s chosen instrument for salvation. Those who do not know Christ or His Church through no fault of their own, but seek God with a sincere heart and seek to act on right conscience, can achieve salvation. But, it is still the grace through the Church that provides such salvation (CCC 846-848).
 - x) Explain that the Church retains a missionary obligation, as dictated by Christ, to bring the eternal love of the Holy Trinity to all; so that the fullness of the means of salvation in the Church may be provided to all (CCC 849-856).
 - y) Understand that the Church is apostolic because she is founded on the apostles, retains and continues the teaching of the apostles, and is taught, sanctified and guided by the successors to the apostles with the successor of Peter (CCC 857-865).

- z) Explain that the Church contains a hierarchical structure as established by Christ Himself; one that is collegial in character, characterized by service and a personal character (*CCC 871-879*).
- aa) Explain that Christ instituted the twelve apostles as a permanent apostolic college with Peter selected as the head of the college (*CCC 880-881*).
- bb) Explain that the Pope is the Bishop of Rome, the successor of Peter and the visible and perpetual source and foundation of unity in the Church, and retains full, supreme, and universal power over the Church. He enjoys participation in the infallibility of Christ by virtue of his office when proclaiming definitive teaching under the proper conditions (*CCC 882, 891*).
- cc) Understand that the bishops are successors of the apostles, but have no authority unless united with the Pope. Bishops are visible sources of unity in their own particular churches. The authority of the Pope over the whole Church does not annul but instead confirms the authority of local bishops (*CCC 883-887, 893-896*).
- dd) Understand that the charism of infallibility promised the Church is present in an Ecumenical Council only when the council is recognized by the Roman Pontiff (*CCC 884*).
- ee) Understand that the charism of infallibility given the Magisterium by Christ governs not only infallible definitions pronounced in a definitive manner, but is also exercised in the ordinary Magisterium. Thus, a teaching on faith or morals not defined as infallible but authoritatively taught by the Church requires the faithful "to adhere to it with religious assent" (*CCC 892, LG 25*).
- ff) Explain that the laity participate in the priestly, prophetic, and kingly office of Christ by virtue of baptism and confirmation, and are called to exercise those offices in the proper manner (*CCC 897-913*).
- gg) Encourage a deep appreciation for the different types of the consecrated life, including the eremitic life, virgins, widows, religious life, secular institutes, and societies of apostolic life. All these seek to follow Christ's exhortation to the evangelical counsels, and identify more closely with His person. The consecrated life provides a special means of personal sanctification (*CCC 914-933*).
- hh) Understand that the communion of saints is integral to the Church. It has two meanings: communion in holy things and among holy persons (*CCC 946-953*).
- ii) The Church has three states:
 - a) Church Triumphant: the saints and their intercession in heaven.
 - b) Church Suffering: souls in purgatory and their intercession.
 - c) Church Militant: the Church on earth seeking to defeat evil (*CCC 954-962*.)
- jj) Understand that the Virgin Mary is truly Mother of the Church which flows from her inseparable union with Christ. Mary's faithfulness during the Passion exemplifies perfect faith, and her prayers after the Ascension aided the Church. Her Assumption is anticipation of the resurrection of other Christians (*CCC 964-966*).
- kk) Understand by her complete adherence to the Father's will and every prompting of the Holy Spirit, the Virgin Mary is the model of faith and charity. Because of her unconditional cooperation in redemption, she is a mother to all in the order of grace (*CCC 967-968*).

- ll) Explain that the Virgin Mary's function as the mother of humanity in no way diminishes the unique mediation of Christ, but rather shows its power. Christ remains the sole source of salvation, but utilizes the perfection of Mary as a means of drawing people to Himself (*CCC 970*).
 - mm) Explain that devotion to the Virgin Mary flows from Scripture's own words: "all generations will call me blessed." This devotion encompasses not adoration (reserved to God alone) but veneration. Devotion to the Virgin Mary via the rosary, novenas, and other Marian prayers honor God and greatly contribute to personal sanctification (*CCC 971*).
 - nn) Explain the fundamental doctrines concerning the Virgin Mary and the necessary role she plays in salvation history as the New Eve, which serve to illumine the doctrines concerning Jesus Christ, including (*CCC 484-511, 966*).
 - (i) Immaculate Conception – preserved from stain of original sin; sinless throughout life.
 - (ii) Mary's Fiat – divine motherhood accepted in total freedom.
 - (iii) Perpetual Virginity.
 - (iv) Mother of God – conceived, by the Holy Spirit, the Second Person of the Trinity.
 - (v) Assumption – assumed body and soul into heaven.
17. Understand the nature of the article, "I believe in the forgiveness of sins."
- a) Understand that Baptism is the first and chief sacrament of the forgiveness of sins; Penance is recognition of concupiscence and reconciles the baptized with God (*CCC 977-980*).
 - b) Understand that the Church has been granted specific power by Christ to forgive sins, and there is no offence that the Church cannot forgive (*CCC 981-983*).
18. Understand the nature of the article, "I believe in the Resurrection of the Body."
- a) Understand that God began the revelation of resurrection in the Old Testament, and revealed it in the words of Christ: "I am the Resurrection and the Life." Encounters with the risen Christ feed that hope (*CCC 988-996*).
 - b) The resurrection will involve a physical reuniting of immortal body and soul for all, righteous and evil doers, on the last day (*CCC 997-1001*).
 - c) Christian life on earth is already a participation in the death and resurrection of Christ. Therefore, we must treat all bodies with respect (*CCC 1002-1004*).
 - d) Death reminds us we have a limited time in which to live lives pleasing to God; death exists as a consequence of sin; death is transformed by Christ (*CCC 1005-1009*).
 - e) Understand that because of Christ, death assumes a positive meaning; it is the manner in which we are called to God, hence the need for serious spiritual preparation (*CCC 1010-1014*).

19. Understand the nature of the article, “I believe in Life Everlasting.”
- a) Explain that Particular Judgment is when each individual person will be judged by Christ immediately following death: heaven, purgatory, or hell (CCC 1021-1022).
 - b) Explain that Heaven is the perfect state of eternal bliss in union with the Holy Trinity forever. The Beatific Vision is the supernatural desire of every soul (CCC 1023-1029).
 - c) Explain that the doctrine on Purgatory reveals it as a state of final purification of the elect, for whoever needs to be cleansed of venial sin or effects of mortal sin still remaining (CCC 1030-1032).
 - d) Explain that Hell is the eternal state of definitive self-exclusion from communion with God, for all those who die in a state of unrepented mortal sin. Jesus speaks often of hell, and its reality is a fundamental doctrine (CCC 1033-1037).
 - e) Explain that the Last Judgment will follow the resurrection of the dead. It will reveal even to its furthest consequences the good each person has done or failed to do (CCC 1038-1041).
 - f) Explain that after the Last Judgment, the visible world will be transformed into a new heaven and a new earth (CCC 1042-1050).

Foundational Resources

The New American Bible

The Catechism of the Catholic Church

The Documents of Vatican II

The Catholic Encyclopedia

PART TWO: THE CELEBRATION OF THE CHRISTIAN MYSTERY

Content Standard

Students in the Diocese of Bridgeport will understand the transforming power of God's grace as lived through the Mass and Sacraments. They will comprehend the use of ordinary signs and symbols that become sacred through the celebration of the Sacraments. "The Sacraments are efficacious signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us" (CCC 1131).

Rationale

"Sacraments are 'powers that come forth' from the Body of Christ, which is ever-living and life-giving. They are actions of the Holy Spirit at work in the Body, the Church. They are 'the masterworks of God' in the new and everlasting covenant" (CCC 1116). Sacraments touch all stages and key moments of Christian life: sanctification, purification, forgiveness, healing, and strength. Most importantly, because God has made us for Himself and we belong to Him, we need the nourishment of Christ's Body and Blood in order to be transformed into the image of Christ.

“. . . go therefore and, make disciples of all nations. Baptize them in the name 'of the Father, and of the Son, and of the Holy Spirit'. Teach them to carry out everything I have commanded you. And know that I am with you always until the end of the world."
Mt 28:19-20

"Do this in remembrance of me." I Cor 11:24

Performance Standard Categories

- A. Students will come to understand the mystery of the relationship between Christ and the Church. It is the Paschal mystery by which Christ accomplished the work of our salvation that the Church proclaims and celebrates (CCC 1068).
- B. Students will understand the role of liturgy in the prayer life of the Church. Liturgy is the participation of the People of God in the work of God. It refers to the celebration of divine worship and the proclamation of the Gospel and to active charity. In the liturgy, Christ's own prayer addressed to the Father in the Holy Spirit, the Church is made present and is manifested as the visible sign of the communion in Christ between God and men (CCC 1069-1073).
- C. Students will understand that the liturgical celebration involves signs and symbols relating to creation (candle, water, fire), human life (washing, anointing, breaking bread), and the history of salvation (the rites of the Passover) (CCC 1189).

- D. Students will know the seven Sacraments, outward signs, instituted by Christ to give grace, which touch all the stages and all the important moments of the Christian life (CCC 1210).
- E. Students will develop an appreciation of the scriptural basis and the historical development of each of the Sacraments within the Church and their implementation (CCC 1212-1690).

Student Competencies and Assessments

Christ as Sacrament; Church as Sacrament

Upon completion of this program of study, students will be able to:

1. Realize that the liturgy is the work of the whole Christ, Head, and Body. In the liturgical celebrations of the Church which is the sacrament of unity, the holy people are united and organized under the authority of the bishop (CCC 1140, 1187).
2. Articulate that Christ is always present in the Church, especially in her liturgical celebrations (CCC 1088).
3. Recognize that the Church in this world is the sacrament of salvation, the sign and the instrument of the communion of God and men (CCC 780).
4. Be aware that the Church is the Body of Christ and it is He who establishes the community of believers as His own Body (CCC 805).
5. Understand that the Church celebrates the Sacraments as a priestly community structured by the baptismal priesthood and the priesthood of ordained ministers (CCC 1132).
6. Understand that the visible churches are images of the holy city, the heavenly Jerusalem, toward which we are making our way on pilgrimage (CCC 1198).
7. See that it is in the local churches that the Church (CCC 1199):
 - a) Celebrates public worship to the glory of the Holy Trinity.
 - b) Hears the word of God and sings His praise.
 - c) Lifts up her prayer.
 - d) Offers the sacrifice of Christ sacramentally present in the midst of the assembly.
 - e) Is also a place of recollection and personal prayer.

Signs, Symbols, Sacramentals

8. Appreciate that song and music are closely connected with the liturgical action and that with their proper expression add to the sacred character of the celebration (CCC 1189).

9. Appreciate that the sacred images in our churches and homes are intended to awaken and nourish our faith in the mystery of Christ (*CCC* 1192).
10. Be able to articulate that sacramentals are sacred signs instituted by the Church (*CCC* 1189).
11. Be able to name and explain types of sacramentals, for example, blessings, ashes, palms, rosary, medals, scapulars, holy water, etc. (*CCC* 1678).

Baptism

12. Explain the meaning of Jesus' baptism as it prefigures the Paschal Mystery. Jesus voluntarily submitted himself to the baptism of St. John, intended for sinners, as a manifestation of his self-emptying (*CCC* 1223-1225).
13. Understand the history of Baptism and its relationship to the other Sacraments of Initiation.
 - a) Baptism is the basis of the whole Christian life.
 - b) Baptism is the gateway to life in the Spirit and the door which gives access to the other Sacraments.
 - c) Through Baptism we are freed from sin and reborn as sons of God (*CCC* 1213, 1217-1222, 1226-1228).
14. Explain the Baptismal symbols:
 - a) Water is the source of life and fruitfulness, symbol of death, and sign of liberation.
 - b) With sacred chrism the baptized is being anointed priest, prophet and king.
 - c) White garment symbolizes putting on Christ.
 - d) Candle symbolizes that in Christ the baptized are the light of the world (*CCC* 1220-1243).
15. Defend the practice of infant Baptism. Born with a fallen human nature and tainted by original sin, children also have need of the new birth in Baptism. Infant baptism gives a child a priceless grace of becoming a child of God (*CCC* 1250-1252).
16. Understand the role of godparents who should be firm believers and are able and ready to assist the parents, the primary teachers, and help the newly baptized on the road of Christian life (*CCC* 1255).
17. Understand the necessity and the two principal effects of Baptism. Baptism is necessary for salvation and the two principal effects are purification from sins and new birth in the Holy Spirit. Through Baptism we become members of Christ, are incorporated into the Church, and are sharers in her mission. The baptized are sharers in the priesthood of Christ, in his prophetic and royal mission. They are a royal priesthood, a holy nation, God's own people (*CCC* 1234, 1228 ff., 1268).
18. Be familiar with the Rite of Christian Initiation of Adults (*CCC* 1247-1249).

19. Know the ordinary ministers of Baptism are the bishop, priest and deacon. Extraordinary ministers can be anyone, in case of necessity, with the required intention to do what the Church does, and using the Trinitarian baptismal formula of the sacrament of Baptism, can administer the Sacrament (CCC 1256).
20. Know that Baptism is necessary for salvation and that the Church holds the conviction that those who suffer death for the sake of the faith without having received Baptism are baptized by their death for and with Christ. This Baptism of blood, like the desire for Baptism, brings about the fruits of Baptism without being a Sacrament (CCC 1258).

Confirmation

21. Understand that through Confirmation we are strengthened witnesses of Christ spreading and defending the Faith and that Confirmation is necessary for the completion of baptismal grace. By the Sacrament of Confirmation, the baptized are more perfectly bound to the Church with a special strength of the Holy Spirit (CCC 1285).
22. Be familiar with the history of the Sacrament of Confirmation (CCC 1286-1289).
23. Understand the rite of Confirmation and its symbols:
 - a) Anointing with oil is a spiritual seal.
 - b) Laying on of hands and words which bestows the gift of the Spirit which in a certain way perpetuates the grace of Pentecost in the Church (CCC 1293-1312).
24. Know the effects of Confirmation, namely it brings an increase and deepening of baptismal grace:
 - a) It roots us more deeply in the divine filiation which makes us cry, “Abba! Father”.
 - b) It unites us more firmly to Christ.
 - c) It increases the gifts of the Holy Spirit in us.
 - d) It renders our bond with the Church more perfect.
 - e) It gives us a special strength of the Holy Spirit to spread and defend the faith by word and action as true witnesses of Christ, to confess the name of Christ boldly, and never to be ashamed of the cross (CCC 1301, ff.).
25. Investigate the appropriate age for receiving the sacrament and its reasons in both the Eastern and Western traditions. The practice of Confirmation at Baptism in the Eastern Church gives greater emphasis to the unity of Christian initiation. The practice of waiting to a later age more clearly expresses the communion of the Christian with the bishop (CCC 1307-1308).
26. Know the preparation necessary to receive the sacrament of Confirmation which is leading the Christian toward a more intimate union with Christ and a more lively familiarity with the Holy Spirit (CCC 1306-1310).

27. Understand the responsibility of the sponsor at Confirmation being a spiritual help to the candidate for confirmation. To emphasize the unity of Baptism and Confirmation, it is appropriate that one of the baptismal godparents be chosen (CCC 1311).
28. Know the ordinary minister of the Sacrament of Confirmation is the bishop. If the need arises, the bishop may grant the faculty of administering Confirmation to priests.

Eucharist

29. Understand why the Eucharist is the source and summit of the Christian life. The holy Eucharist completes Christian initiation. The other Sacraments are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself (CCC 1323-1327).
30. Be familiar with the various names for the Eucharist: Breaking of the Bread, Holy Sacrifice, Sacred Mysteries, the Lord's Supper, Holy Communion, Holy Mass, etc. (CCC 1328-1332).
31. Understand the Institution of the Eucharist and its connection to the Passover including the meaning of the bread and wine and its continuity throughout the ages. Jesus instituted the Eucharist at the Last Supper during the Jewish Passover. By doing this Jesus gave the Jewish Passover its definitive meaning. Jesus' passing over to his Father by his death and Resurrection, the new Passover, is anticipated in the Last Supper and celebrated in the Eucharist, which fulfills the Jewish Passover and anticipates the final Passover of the Church in the glory of the kingdom. From the Old Testament use of bread and wine as a sign of grateful acknowledgment to the Creator, to the cup of blessing at the Jewish Passover, to the multiplication of loaves, bread and wine, have an integral part of celebrations in human history (CCC 1333-1340, 1345).
32. Understand what Jesus meant by the command "Do this in memory of me." Jesus commands to repeat his actions and words at the Last Supper, until he comes (*I Cor* 11:24); (CCC 1341-1344).
33. Recognize the various parts of the Liturgy of the Word and the Liturgy of the Eucharist: (CCC 1346-1354):
 - a) Introductory Rites:
 - i) Gathering
 - ii) Greeting
 - iii) Rite of Blessing and sprinkling Holy Water/Penitential Rite/Kyrie
 - iv) Gloria
 - v) Opening prayer
 - b) Liturgy of the Word:
 - i) Old Testament Reading (Acts of the Apostles during Easter)
 - ii) Responsorial Psalm

- iii) New Testament Reading (Letters or Book of Revelation)
 - iv) Gospel (Matthew, Mark, Luke, John)
 - v) Profession of Faith
 - vi) General Intercessions (Prayer of the Faithful)
- c) Liturgy of the Eucharist:
- i) Preparation of the altar and the gifts
 - ii) Prayer over the gifts
 - iii) Eucharistic prayer
 - (1) Preface
 - (2) Sanctus
 - (3) Eucharistic prayer/canon
 - (4) Memorial acclamation
 - (5) Great Amen
- d) Communion Rite:
- i) Lord's Prayer
 - ii) Sign of Peace
 - iii) Breaking of the Bread/Agnus Dei
 - iv) Communion
 - v) Prayer after Communion
 - vi) Concluding rite
34. Understand the Eucharist as: thanksgiving and praise to the Father, the sacrificial memorial of Christ and of His Body, the Church, and the presence of Christ by the power of His word and the Holy Spirit (CCC 1359-1371).
35. Define the terms:
- a) Transubstantiation: by the consecration of the bread and wine there takes place a change of the whole substance of the bread into the substance of the body of Christ and of the whole substance of the wine into the substance of His blood.
 - b) Epiclesis: the Church asks the Father to send His Holy Spirit or the power of His blessing on the bread and wine.
 - c) Anamnesis: the Church calls to mind the Passion Resurrection, and glorious return of Christ Jesus (CCC 1376, 1355, 1354).
36. Understand the fruits of Holy Communion which are: augmenting our union with Christ, separating us from sin, unifying us with the Mystical body... the Eucharist makes the Church, commits us to the poor, and is the unity of Christians (CCC 1391-1401).
37. Understand that the disunity among Christian Churches concerning the Eucharist precludes intercommunion (CCC 1398-1399).
38. Understand the connection between the Eucharist and the pledge of the glory to come. The Lord comes in the Eucharist, however, his presence is veiled. We await his coming in glory when every tear will be wiped away (CCC 1402-1405).

39. Know the meaning of the liturgical seasons and colors:
- a) Advent (purple): penance and hope.
 - b) Christmas & Feast of the Lord and Blessed Virgin Mary (white): joy.
 - c) Lent (purple): penance.
 - d) Easter (white): joy.
 - e) Ordinary Time (green): hope and growth.
 - f) 3rd Sunday of Advent and 4th Sunday of Lent (rose): lessening of the penitential season.
 - h) Option for All Souls Day and Funerals (black): sorrow.
 - i) Optional for Feasts (gold): joy (CCC 1168-1173).
40. Define the sacred objects in the liturgy such as: altar, tabernacle, chair, lectern (ambo), sacred vessels, vestments, etc. (CCC 1182-1184, 1303, 1379).
41. Understand and participate in the rituals of Eucharistic Exposition and Benediction (CCC 1378).
42. Know that the ordinary minister of the celebration of the Eucharist is the bishop or priest.
43. On Sunday and other holy days of obligation, understand that the faithful are bound to participate in the Mass (CCC 2180 – 2181 ...CIC, can 1247).

Reconciliation/Penance

44. Understand Christ's constant call to conversion and the process of *metanoia*, conversion from sin to God which includes sorrow for sin, amendment of sinful ways, and satisfaction or payment of the penalty for sin when possible (CCC 1425-1433).
45. Know the forms of penitential acts in the Christian life: interior mortification, taking up one's cross daily, Eucharist and Penance, reading Sacred Scriptures, observing seasons and days of Penance, etc. (CCC 1434-1438).
46. Define sin (commission and omission): mortal, venial, capital and social sins, and cooperation in the sins of others. Sin is above all else an offense against God and a rupture of communion with him. At the same time, it damages communion with the Church (CCC 1440, 1456, 1853, 1855-1861, 1863, 1866, 1868-1869).
47. Describe the consequences and punishments of sin: it deprives us of communion with God and therefore makes us incapable of eternal life. Secondly, sin entails an unhealthy attachment to creatures, which must be purified either here on earth, or after death, in the state called Purgatory. This purification frees one from what is called the temporal punishment of sin (CCC 1722).
48. Understand why a person confesses to a priest, the ordinary minister of the sacrament. Since Christ entrusted to his apostles the ministry of reconciliation, bishops, who are their successors, and priests, the bishops' collaborators, continue to exercise this ministry. Understand that only God forgives sins (CCC 1444-1446, 1456, 1441).

49. Trace the history of the Sacrament of Penance (CCC 1446-1448).
50. Know the necessary (vital) conditions that constitute sacramental forgiveness: contrition, confession of sins, satisfaction/Penance and absolution (CCC 1451-1467).
51. Name the effects of the Sacrament of Reconciliation: it restores us to God's grace and joining us with him in an intimate friendship, it reconciles us with the Church (CCC 1468-1469).
52. Realize that purgatory is a state of purification for sin after death (CCC 1472).
53. Understand the three different forms for the celebration of the Sacrament and the reasons for them: ordinary/individual, communal and general absolution (CCC 1480, 1482, 1483).
54. Be familiar with the stories of forgiveness in Sacred Scripture.
55. Understand that after having attained the age of discretion, each of the faithful is bound by an obligation faithfully to confess serious sins at least once a year and without being strictly necessary, confession of everyday faults is nevertheless strongly recommended by the Church (CCC1457-1458).
56. Know, participate and pray a prayer of contrition (CCC 1450).
57. Understand the nature, purpose, and practice of indulgences.

Anointing of the Sick

58. Articulate the experience of suffering as it is linked with the Paschal Mystery.
59. Understand the Rite of Anointing in private and communal settings; know the significance of the symbols and actions of the liturgy of anointing: all actions are directed toward healing soul, spirit, and body (CCC 1513, 1517-1519, 1531).
60. Understand the connection of Viaticum and reconciliation in conjunction with anointing. Viaticum is the last Sacrament of the earthly journey for passing over to eternal life. Penance, the Anointing of the Sick, and the Eucharist constitute the sacraments that complete the earthly pilgrimage (CCC 1524-1525).
61. Be aware of the importance of the community accompanying the sick, suffering, and dying in their respective journeys.
62. Know who is eligible to receive the sacrament of Anointing: anyone in danger of death from sickness or old age should receive this Sacrament (CCC 1514-1515, 1528-1529).
63. Know the effects of the Sacrament of Anointing: a gift of the Holy Spirit (one of strengthening, peace and courage to overcome the difficulties that go with the

condition of serious illness or the frailty of old age), union with the passion of Christ, ecclesial grace, and preparation for the final journey (CCC 1520-23, 1532).

64. Know the ordinary minister of the Sacrament of Anointing is the Bishop or priest (CCC 1530).

Holy Orders

65. Know the three degrees of the ordained ministry and the responsibilities of each: (CCC 1536, 1554, 1594-1596):

- a) Bishop has the fullness of the Sacrament and is the visible head of the particular Church entrusted to him.
- b) Priests/presbyters are co-workers of the Bishop.
- c) Deacons are ordained in order to serve: (CCC 1536, 1554, 1594-1596).

66. Recognize the priestly vocation as a continuation and celebration of Christ's ministry (CCC 1536-1538, 1548).

67. Understand the ordained ministry as priest, prophet, and servant to all the faithful (CCC 1539-1547).

68. Understand that ordained ministers form the leadership for the Church community.

69. Distinguish between the transitional and permanent diaconate (CCC 1157).

70. Describe the hierarchy of the Church: the Pope, the college of Bishops, priests, deacons, and laity (CCC 871-879).

71. Understand the office of the Bishop: the teaching office, the sanctifying office and the governing office and his relationship to the diocese being the visible source and foundation of unity in their own particular Churches (CCC 1560).

72. Know the symbols and actions of the ordination rites:

- a) The laying on of hands, words.
- b) Anointing by the Bishop (CCC 1572-1584).

73. Know the promises made at ordination to priesthood are to pray the Liturgy of Hours, celibacy, and respect and obedience to the Bishop (CCC 1599).

74. Know the ordinary minister of the Sacrament of Holy Orders is the Bishop.

Matrimony

75. Understand that all vocations are particular calls of commitment to and union with the life of Christ.

76. Know that marriage is a covenant relationship reflecting God’s love for all mankind and a reflection of Jesus’ complete dedication and sacrifice for the individual (CCC 1612-17).
77. Recognize the conditions for a valid, sacramental marriage (Premarital investigation).
78. Understand the ritual of the Sacrament of Matrimony (CCC 1621-1624, 1643-1644).
79. Know the two ends of marriage: union and procreation (CCC 1646-1652, 2360-2372).
80. Perceive the family unit in the context of the “domestic Church,” a reflection of the Holy Family (CCC 1655-1658).
81. Understand the challenges of interfaith marriage (CCC 1633-1637).
82. Understand the annulment process, the role of the marriage tribunal, and the distinction between a civil divorce and declaration of nullity (CCC 2382-2385).
83. Know that the ordinary ministers of the Sacrament of Matrimony are the husband and wife while the Church’s official witness is the bishop, priest, or deacon.

Consecrated Religious Life

84. Explain the commitment to the evangelical counsels: poverty, chastity, and obedience (CCC 915, 922-924).
85. Identify the types of consecrated life (CCC 920-921).
86. Know that the religious life is one of community support, prayer and service to the Church (CCC 924).

Foundational Resources

The New American Bible
The Documents of Vatican II
Code of Canon law
Rite of Confirmation
Rite of Penance
Rite of Ordination

The Catechism of the Catholic Church
National Directory for Catechesis
Rite of Baptism
Rite of Matrimony
Rite of Anointing of the Sick
Roman Missal/Lectionary

Pre-Marital Investigation for Bridgeport Diocese

PART THREE: LIFE IN CHRIST
Man's Vocation: Life in the Spirit

Content Standard

Students in the Diocese of Bridgeport will understand that Baptism incorporates them into Christ and therefore they participate in the life of the Risen Lord (CCC 1694). Students will understand that their vocation is to show forth the image of God and to be transformed into the image of Christ. "This vocation takes a personal form and also concerns the human community as a whole" (CCC 1877).

Rationale

By virtue of their dignity as human persons created in the image and likeness of God, Christians are called to be saints. They are made capable of doing so by the grace of Christ and the gifts of His Spirit (CCC 1692). Life in the Holy Spirit fulfills the vocation of man. This life is made up of divine charity and human solidarity. It is graciously offered as salvation (CCC 1699).

"I am the way and the truth and the life...If you love me, you will keep my commandments. And I will ask the Father, and he will give you another Advocate to be with you always, the Spirit of truth..." John 14:6, 15-17

Performance Standard Categories

- A. Students will understand the dignity of the human person (CCC 1700 -1876).
- B. Students will understand their responsibility to participate in the human community in ways consistent with their dignity and vocation as a child of God (CCC 1878-1944).
- C. Students will understand how God's salvation in Christ is revealed in moral law, made possible through justification and grace, and is entrusted to the Church (CCC 1949-2051).
- D. Students will experience opportunities to nourish their moral and spiritual lives through participation in the liturgy, the celebration of the Sacraments, corporal and spiritual works of mercy, and the life of the Church.

Student Competencies and Assessments

Upon completion of this program of study, students will be able to:

- 1. Articulate that all human persons are created in the image of God (CCC 1701- 1715).
- 2. Understand the universal call to holiness and beatitude (CCC 1716- 1729).

3. Explain and discuss the Beatitudes as the heart of Jesus' preaching (*Mt 5:3-12*).
4. Understand the nature of freedom and the responsibility thereof in the economy of salvation (*CCC 1730-1748*).
5. Explain that the morality of human acts depends on the object chosen, the intention and the circumstances (*CCC 1750-1754*).
6. Define the term "passions" and explain the principal passions as love and hatred, desire and fear, joy, sadness, and anger, and how they can be directed by the virtues or perverted by the vices (*CCC 1762-1774*).
7. Defend the teaching that the dignity of the human person requires the "uprightness of moral conscience." Students will explain:
 - a) The judgment of conscience.
 - b) How the conscience is formed, through prayer, the Sacraments, and Magisterial teaching.
 - c) The obligation to choose in accord with conscience.
 - d) How a conscience may be erroneous in judgment (*CCC 1776-1802*).
8. Define virtue as a habit or pattern of doing good and identify and explain the importance of the virtues: cardinal and theological, and the gifts and fruits of the Holy Spirit, in their effort to reflect the image of God in their lives (*CCC 1803-1845*).
9. Define sin, identify the different kinds of sin, explain mortal sin and its three conditions, venial sin, the role of ignorance in reducing moral culpability and the proliferation of sin (*CCC 1846-1876*).
10. Examine their conscience and understand the necessity of the Sacrament of Penance/Reconciliation as the means through which their sins are forgiven and through which they continue in their transformation into the image of Christ.
11. Explain the communal character of the human vocation and the need for charity as the greatest social commandment (*CCC 1878-1896*).
12. Articulate the principle of *subsidiarity* (*CCC 1883-1885*).
13. Define the common good and explain its three essential elements:
 - a) As respect for and promotion of the fundamental rights of the person.
 - b) The social well-being and development of the group.
 - c) The peace and security of the group and of its members (*CCC 1906-1911*).
14. Demonstrate specific ways in which Christians responsibly participate in social life with a fullness of understanding the nature of authority and the common good (*CCC 1897-1927*).

15. Articulate and defend the principles of Catholic social teaching with emphasis on the “preferential option for the poor” (cf. CCC 1928-1948).
16. Understand that personal sin gives rise to sinful social situations, structures and institutions (CCC 1869).
17. Assess societal values in light of Gospel values.
18. Plan and implement appropriate remedies that work to convert institutions and living conditions to the norms of social justice for the advancement of the common good.
19. Explain the “moral law” and defend how “the Law of the Gospel is the perfection here on earth of the divine law, natural and revealed” (CCC 1965).
20. Defend what is meant by “Be perfect, as your heavenly Father is perfect” (Mt 5:48), in light of justification, grace, merit, and Christian holiness (CCC 1987-2029).
21. Understand the role, authority, and infallibility of the Magisterium of the Church in all matters of faith to be believed and applied in the moral life (CCC 2030-2051).

Foundational Resources

The New American Bible

The Catechism of the Catholic Church

The Documents of Vatican II

United States Bishops, *Catholic Social Teaching and the U.S. Economy* (1986)

On Social Concern, Encyclical Letter of Pope John Paul II (1987)

Veritatis Splendor, Encyclical Letter of Pope John Paul II (1993)

PART THREE: LIFE IN CHRIST
The Ten Commandments

Content Standard

Students in the Diocese of Bridgeport will recognize that the Ten Commandments belong to God's Revelation and express one's fundamental duties towards God and towards one's neighbor. Students will understand that the Decalogue is a path of life, and its liberating Spirit is fully revealed in the New Covenant of Jesus Christ. Students will understand that their moral life has its meaning in and through the covenant and is a response to the Lord's loving initiative (CCC 2072, 2054, 2062).

Rationale

“Jesus says: ‘I am the vine, you are the branches. He who abides in me, and I in Him, he it is that bears much fruit, for apart from me you can do nothing’ (Jn 15:5). The fruit is the holiness of a life made fruitful by union with Christ. When we believe in Jesus Christ, partake of His mysteries, and keep His commandments, the Savior himself comes to love, in us, his Father and his brethren, our Father and our brethren. His person becomes, through the Spirit, the living and interior rule of our activity” (CCC 2074).

“Teacher, which commandment in the law is the greatest?’ He said to him, ‘ You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind. This is the greatest and the first commandment. The second is like it: You shall love your neighbor as yourself. The whole law and the prophets depend on these two commandments’” Mt 22:36-40.

Performance Standard Categories

- A. Students will understand one's duties toward God as Jesus summed up in this saying, *“You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind” (Mt 22:37, CCC 2083).*
- B. Students will understand one's duties toward one's neighbor as Saint Paul summed up in this saying, *“You shall love your neighbor as yourself. Love does no evil to a neighbor; hence, love is the fulfillment of the law” (Rom 13:9-10).*
- C. Students will understand that to live a moral life requires a loving response to God and neighbor. Students will also understand that Jesus' command to love oneself obliges them to respect their personal call to holiness.

Student Competencies and Assessments

Upon completion of this program of study, students will be able to:

1. Define the term “Decalogue” and explain its historical origin in the liberating event of the Exodus (CCC 2057).
2. Understand that “the revelation of the vocation and truth of man is linked to the revelation of God” (CCC 2085).
3. Recognize that our “vocation is to make God manifest by acting in conformity with his creation ‘in the image and likeness of God’” (CCC 2085).

The First Commandment

4. Articulate the first commandment, “I am the Lord your God: you shall not have strange gods before me” (cf. *Ex* 20:3, *Deut* 5:7, CCC Part 3, Chapter 1, Article 1).
 - a) Explain how the first commandment embraces the theological virtues of faith, hope, and charity and articulate ways in which one can sin against each virtue (CCC 2086-2094).
 - b) Explain *the virtue of religion* (i.e. adoration, prayer, sacrifice, promise, and vows), the social duty of religion and the right to religious freedom (CCC 2095-2109).
 - c) Define superstition, irreligion, atheism, and agnosticism and explain why they are sins against the first commandment (CCC 2110-2128).
 - d) Defend the position that the veneration of sacred images is not contrary to the first commandment (CCC 2141).

The Second Commandment

5. Articulate the second commandment, “You shall not take the name of the Lord your God in vain” (cf. *Ex* 20:7, *Deut* 5:11, CCC Part 3, Chapter 1, Article 2).
 - a) Explain why the name of the Lord is Holy, how we respect the name of the Lord, and how one may abuse God’s name (CCC 2142-2149).
 - b) Explain the proper taking of oaths, vows, and promises (CCC 2142-2149).
 - c) Explain Jesus’ teaching in regard to taking false oaths (CCC 2150-2155).
 - d) Explain how, in the sacrament of Baptism, the Lord’s name sanctifies man (CCC 2156).
 - e) Explain how the Christian receives his name in the Church (CCC 2156).
 - f) Explain the significance of making the sign of the cross for baptized persons (CCC 2156-2159).

The Third Commandment

6. Articulate the third commandment, “Remember to keep holy the Lord’s day” (cf. *Ex* 20:8, *Deut* 5:12, CCC Part 3, Chapter 1, Article 3).
 - a) Explain why the Sabbath is *a sign of the irrevocable covenant* (CCC 2168-2173).
 - b) Explain how the Lord’s Day, the day of the Resurrection, is the fulfillment of the Sabbath (CCC 2174-2176).
 - c) Explain how the Sunday celebration of the Holy Eucharist is at the heart of the Church’s life (CCC 2177).
 - d) Explain the obligations the baptized have in keeping the Sabbath holy (CCC 2180-2188).

The Fourth Commandment

7. Articulate the fourth commandment, “Honor you father and your mother” (cf. *Ex* 20:12, *Deut* 5:16, CCC Part 3, Chapter 2, Article 4).
 - a) Explain the order of charity and how it is a foundational element of the social doctrine of the Church (cf. CCC 2197-2198).
 - b) Explain the nature and purposes of the family, the Christian family as the domestic Church, and the responsibility of society to support and strengthen marriage and the family (CCC 2201-2213).
 - c) Explain the responsibilities and duties children and adult children have in family relationships (CCC 2214-2218).
 - d) Explain the duties parents have to their children (CCC 2221-2231).
 - e) Understand that the first vocation of a Christian is to follow Jesus. Explain how this vocation affects familial and societal relationships (CCC 2232).
 - f) Explain the duties civil authorities and citizens have toward each other and the common good (CCC 2234-2257).

The Fifth Commandment

8. Articulate the fifth commandment, “You shall not kill” (cf. *Ex* 20:13, *Deut* 5:17, CCC Part Three, Chapter 2, Article 5).
 - a) Explain that God alone is the Lord of Life; human life is sacred, and no one under any circumstance can claim for himself the right to directly destroy an innocent human being (CCC 2258).
 - b) Explain that in the Sermon on the Mount, Jesus recalls, “You shall not kill,” but adds to it the proscription of anger, hatred, and vengeance. We must love our enemies (CCC 2262).
 - c) Understand their obligations in regard to respecting human life in our contemporary society using the criteria established by the Church in the following areas:
 - i) Right of Self Defense (CCC 2263-2264)
 - ii) Death Penalty (CCC 2265-2267)
 - iii) Direct and Indirect Killing of Human Persons (CCC 2268-2269)

- iv) Abortion (CCC 2270-2273)
- v) Embryonic Experimentation, Manipulation, and Destruction (CCC 2274-2275)
- vi) Euthanasia (CCC 2276-2277)
- vii) Ordinary and Extraordinary Means of Care (CCC 2278-2279)
- viii) Suicide (CCC 2280-2283)
- ix) Scandal (CCC 2284-2287)
- x) Respect for the Body (CCC 2288-2291)
- xi) Scientific Research and the Moral Law (CCC 2292-2295)
- xii) Organ Transplants (CCC 2296)
- xiii) Respect Human Life (CCC 2297-2298)
- xiv) Respect for the Dead (CCC 2299-2301)
- xv) Anger, Hatred, and Revenge (CCC 2302-2306)
- xvi) War (CCC 2307-2317)

The Sixth Commandment

9. Articulate the sixth commandment, “You shall not commit adultery” (cf. *Ex* 20:14, *Deut* 5:18, CCC Part Three, Chapter 2, Article 6).
 - a) Explain that human sexuality is a sacred gift from God, and both sexes, created in the image of God, are equal in dignity (CCC 2331-2336).
 - b) Explain that human sexuality as designed by God holds two ends or goals: the unitive and procreative (CCC 2332).
 - c) Understand that chastity means the successful integration of sexuality within the human person (CCC 2337).
 - d) Understand that chastity is a moral virtue that falls under the cardinal virtue of temperance (CCC 2338-2347).
 - e) Understand that chastity comprises different forms, and should be cultivated by persons in the way suitable to their states in life (CCC 2348-2350).
 - f) Explain that the deliberate use of the sexual faculty outside of marriage, for whatever reason, is intrinsically evil and contrary to the purpose for which God created it (CCC 2352).
 - g) Define the offenses against chastity:
 - i) Lust (CCC 2351)
 - ii) Mutual masturbation (CCC 2352)
 - iii) Fornication (CCC 2353)
 - iv) Pornography (CCC 2354)
 - v) Prostitution (CCC 2355)
 - vi) Rape (CCC 2356)
 - h) Explain the church’s teaching on homosexuality and homosexual acts (CCC 2357-2359).
 - i) Explain the nature of the sexual union within the Sacrament of Matrimony:
 - i) Source of Joy – Pleasure (CCC 2360-2379)
 - (1) Conjugal fidelity

- (2) Indissolubility/Annulment
- ii) Fecundity (CCC 2366-2379)
 - (1) Natural family planning
 - (2) Gift of a child and adoption
- iii) Offenses against the dignity of marriage (CCC 2387-2391)
 - (1) Adultery
 - (2) Divorce
 - (3) Polygamy
 - (4) Free Union
 - (5) Trial Marriage
 - (6) Artificial Contraception
 - (7) Direct Sterilization
 - (8) Sperm donation
 - (9) Ovum and surrogate uterus
 - (10) Artificial insemination
 - (11) Incest
 - (12) Sexual Abuse

The Seventh Commandment

10. Articulate the seventh commandment, “You shall not steal” (cf. *Ex* 20:15, *Deut* 5: 19, CCC Part Three, Chapter 2, Article 7)
- a) Explain the *universal destination of goods* as it relates to *the right of private property* and the dignity of the human person (CCC 2402-2406).
 - b) Explain solidarity and the relationship between respect for others’ goods and the integrity of creation (CCC 2407-2418).
 - c) Explain the social doctrine of the Church (cf. CCC 2419-2449) in the context of:
 - i) Economic activity and social justice
 - ii) Justice and solidarity among nations
 - iii) Love for the poor

The Eighth Commandment

11. Articulate the eighth commandment, “You shall not bear false witness against your neighbor” (cf. *Ex* 20:16, *Deut* 5:20, CCC Part Three, Chapter 2, Article 8).
- a) Explain the Catholic notion of truth and how it manifests itself in our modern society (CCC 2465-2492).
 - b) Delineate the offenses against truth (CCC 2475-2487):
 - i) False witness
 - ii) Perjury
 - iii) Calumny
 - iv) Slander

The Ninth Commandment

12. Articulate the ninth commandment, “You shall not covet your neighbor’s wife” (cf. *Ex 20:17, Deut 5:21, CCC Part Three, Chapter 2, Article 9*).
- a) Understand that concupiscence is the movement of passions against human reason. (*CCC 2514-2516*).
 - b) Explain that purity of heart entails relying on and asking for the grace of chastity, disciplining our emotions, thoughts, and words, and sincerely striving to do God’s will in everything (*CCC 2517-2519*).
 - c) Explain that modesty is the virtue that seeks to discipline our thoughts, words and deeds that contribute or counteract our desire for chastity (*CCC 2520-2524*).
 - d) Explain that Christian purity demands purification of the social climate, especially the communications media (*CCC 2525-2527*).

The Tenth Commandment

13. Articulate the tenth commandment, “You shall not covet your neighbor’s goods” (cf. *Ex 20:17, Deut 5:21, CCC Part Three, Chapter 2, Article 10*).
- a) Explain what is meant by the poverty of heart (*CCC 2535-2557*).
 - b) Explain the sins against the tenth commandment:
 - i) Greed
 - ii) Avarice
 - iii) Envy

Foundational Resources

The New American Bible

The Catechism of the Catholic Church

The Documents of Vatican II

United States Bishops, *Catholic Social Teaching and the U.S. Economy* (1986)

On Social Concern, Encyclical Letter of John Paul II (1987)

Veritatis Splendor, Encyclical Letter of John Paul II (1993)

PART FOUR: CHRISTIAN PRAYER
Prayer in the Christian Life

Content Standard

Students in the Diocese of Bridgeport will understand that the mystery of the faith is professed in the Apostles' Creed and celebrated in the sacramental liturgy so that the life of the faithful may be conformed to Christ in the Holy Spirit to the glory of God the Father. This mystery requires that the faithful believe in it, that they celebrate it, and that they live from it in a vital and personal relationship with the living and true God. This relationship is prayer (CCC 2558).

Rationale

Prayer is the raising of one's mind and heart to God or the requesting of good things from God. It is the response of faith to the free promise of salvation and also a response of love to the thirst of the only Son of God (CCC 2559-2561).

“If you knew the gift of God, you would have asked him, and he would have given you living water.” John 4:10

Performance Standard Categories

- A. Students will understand the mysterious revelation of prayer wherein God calls each person into a loving relationship. Students will understand that humility, the foundation of prayer, is the necessary disposition for an encounter with God in the human heart (CCC 2558-2565).
- B. Students will understand the Sacred Tradition within the “believing and praying Church,” especially through contemplation and the study of believers who treasure in their hearts the economy of salvation (CCC 2651). Students will learn how to pray and that prayer ought to “animate them at every moment” (CCC 2697). Students will understand the essential promptings of the Holy Spirit within their hearts.
- C. Students will understand the Tradition of the Church and the life and rhythm of prayer: Sunday Mass, daily, the Liturgy of the Hours, daily prayer, the cycle of the liturgical year, and its great feasts (CCC 2697-2699).
- D. Students will be provided with opportunities to be nourished through the prayerful life of the Church and understand the importance of deepening their relationship with the Lord through their personal prayer and devotional practices (The Holy Rosary, Exposition and Adoration of the Blessed Sacrament, Stations of the Cross, Benediction, etc.)

Student Competencies and Assessment

Prayer in the Christian Life

Upon completion of this program of study, students will:

1. Know that prayer is:
 - a) God's gift (CCC 2559-2561)
 - b) A covenant with God (CCC 2562-2564)
 - c) Communion with the triune God (CCC 2565)
2. Understand that the universal call to prayer means:
 - a) Man is in search of God (CCC 2566)
 - b) God calls each person into a mysterious encounter. God's initiative of love always comes first; our own first step is always a response (CCC 2567).
3. Understand that prayer unfolds throughout the whole history of salvation as a reciprocal call between God and man (CCC 2591).
4. Know the following examples of prayer in the Old Testament:
 - a) Abraham (CCC 2570-2573)
 - b) Moses (CCC 2574-2577)
 - c) David (CCC 2578-2580)
 - d) Elijah, the prophets and the conversion of heart (CCC 2581- 2584)
5. In reference to the psalms:
 - a) Know the Psalms as essential prayers of the Church prayed and fulfilled in Christ.
 - b) Understand the Psalms as personal and communal and their constant characteristics (CCC 2585-2589).
 - d) Explain how Catholics use the Psalms as the content of prayer at Mass and in the Liturgy of the Hours (CCC 2582-2589).
6. Comprehend that by contemplating and hearing the Son, the Master of prayer, we learn to pray to the Father. Prayer is fully revealed to us in the Word who became flesh and dwells among us (CCC 2601, 2598).
7. Understand that the Father's plan of love is fulfilled and brought to completion on the cross. "All the troubles, for all time, of humanity enslaved by sin and death, all the petitions and intercessions of salvation history are summed up in this cry of the incarnate Word. Here the Father accepts them and, beyond all hope, answers them by raising his Son" (CCC 2606).
8. Be encouraged to model their life of prayer on the example Jesus provides us: (CCC 2607-2616).
 - a) The theological path (the path of faith, hope, charity) of prayer to the Father

- b) Conversion of heart
 - c) Filial boldness
 - d) Disposing the heart to do the will of the Father
 - e) Watchfulness
 - f) The gift of the Holy Spirit, the Spirit of truth
9. Be encouraged to model their life of prayer on the prayers of the Virgin Mary, in her Fiat and Magnificat, characterized by the generous offering of her whole being in faith (CCC 2617-2619). Students will know how to pray the Holy Rosary.
10. Understand that by a living transmission – Tradition – the Holy Spirit in the Church teaches us to pray (CCC 2650-2651).
11. Describe the forms of prayer and identify the appropriate times of each:
- a) Adoration/blessing (CCC 2626-2628)
 - i) Mass
 - ii) Response to God’s gifts
 - iii) Expression of homage
 - b) Petition (CCC 2629-2633)
 - i) Mass
 - ii) Asking forgiveness
 - iii) Times of need, e.g. confusion, distress, temptation
 - iv) Every event and need of life can become an occasion for petition
 - c) Intercession (CCC 2634-2636)
 - i) Mass
 - ii) Asking on behalf of others – e.g. family, friends, enemies, and persecutors
 - d) Thanksgiving (CCC 2637-2638)
 - i) Mass
 - ii) Every event and need in life can become a time to give thanks
 - e) Praise (CCC 2639-2643)
 - i) Mass
 - ii) Recognizing that God is God
12. Know that the Word of God, the liturgy of the Church, and the virtues of faith, hope, and charity are sources of prayer (CCC 2653-2660).
13. Understand that it is in the present that we encounter God (CCC 2059). “O that today you would hearken to his voice! Harden not your hearts” (Lk 13:20-21).
14. Understand that in the living tradition of prayer, the Church proposes to its faithful, according to its historical, social and cultural context, a language for prayer: words,

- melodies, gestures, iconography, and that the Magisterium of the Church has the task of discerning the fidelity of these ways of praying (CCC 2663).
15. Understand that when we pray to the Father, we do so in the name of the Son, with the power of the Holy Spirit, and in communion with the Blessed Mother (CCC 2664-2679).
 16. Describe the guides for prayer (CCC 2683-2691):
 - a) Witnesses (saints and schools of spirituality)
 - b) Servants (family, ordained ministers, catechists, religious, prayer groups)
 - c) Places (churches, prayer corners, monasteries, places of pilgrimages)
 17. Understand that in the life of prayer, our goal is a new heart, which animates us and requires that we consciously will to pray (CCC 2697-2699).
 18. Know the different expressions of prayer (CCC 2700-2719):
 - a) Vocal
 - b) Meditative
 - c) Contemplative
 19. Understand that prayer is both a gift of grace and a determined response on our part. It always presupposes effort (CCC 2725).
 20. Describe various helps for growing in spirituality and prayer (CCC 2689-2690):
 - a) Prayer groups
 - b) Spiritual direction
 - c) Spiritual retreats
 21. Understand that in the life of prayer, our goal is a new heart, which animates us and requires that we consciously will to pray (CCC 2697-2699):
 - a) Rhythm of praying
 - i) Morning and Evening Prayers
 - ii) Grace before and after meals
 - iii) Mass on Sundays and Holy Days of Obligation
 - iv) Liturgical year
 - (1) Advent and Christmas
 - (2) Lent and Easter
 - (3) Pentecost and Ordinary Time
 - b) Personal expression of prayer
 - i) Prayer journal
 - ii) Scripture-based prayer
 22. Understand the difficulties associated with prayer (CCC 2726-2745):
 - a) Habits
 - b) Misconceptions of prayer
 - c) Distractions and dryness
 - d) Wavering faith and laziness

- e) Lack of trust
 - f) Lack of perseverance
23. Understand that prayer and the Christian life are inseparable and that our prayers are always heard (CCC 2745; 2756).

The Lord's Prayer: "Our Father"

24. Know and be able to recite *The Lord's Prayer*.
25. Understand that the "Our Father" is the:
- a) Summary of the Gospel and center of the Scriptures (CCC 2761-2764).
 - b) Prayer of Jesus (CCC 2765-2766).
 - c) Quintessential prayer of the Church; it is an integral part of the Sacraments of Christian Initiation (CCC 2767-2772).
26. Understand that in the "Our Father" we are invoking God as Father through our brotherhood with Jesus in Baptism (CCC 2777-2793).
27. Understand that the phrase "Which art in heaven" means God's presence in our hearts, as well as our true homeland to which we belong and toward which we are heading (CCC 2794-2796).
28. Understand the first three (3) petitions of the "Our Father" are testimonies to God's glory:
- a) "Hallowed be Thy Name" as the sanctification of his name (CCC 2807-2815).
 - b) "Thy Kingdom come" as acknowledgement of Christ's return, the final Kingdom of God, the growth of His Kingdom (CCC 2816-2821).
 - c) "Thy will be done on earth as it is in heaven" as the recognition of the union of our will with God's (CCC 2822-2827).
29. Understand the next four (4) petitions of the "Our Father" as expressions of our needs:
- a) "Give us this day our daily bread" as the need for earthy nourishment and the Bread of Life (CCC 2828-2837).
 - b) "And forgive us our trespasses against us" as the need for forgiveness that depends on our ability to forgive (CCC 2838-2845).
 - c) "And lead us not into temptation" as the need for discernment, strength, vigilance and perseverance (CCC 2846-2849).
 - d) "But deliver us from evil" as the need to see the victory of Christ over sin and death (CCC 2850-2854).
30. Know that the "Amen" is our ratification of what is contained in the entire prayer (CCC 2865).

Foundational Resources

The Catechism of the Catholic Church

The New American Bible

Roman Missal

Liber Usualis

National Catechetical Directory

Classical Spiritual Writers

St. Theresa

St. Ignatius

St. Benedict, etc.

The Documents of Vatican II