

Contents

Welcome to Be My Disciples. 6

UNIT 1

We Believe, Part One 9

CHAPTER 1 Speak, Lord. 11

FAITH CONCEPTS: faith, Divine Revelation, plan of Salvation, knowledge

SCRIPTURE: Deuteronomy 7:6; Psalm 148:3, 9-10, 13; 1 Samuel 3:9; John 3:16; James 1:22, 25

FAITH-FILLED PEOPLE: Saint Anselm of Canterbury

PRAYER: Act of Faith

CHAPTER 2 The Word of God 23

FAITH CONCEPTS: inspiration of the Bible, Gospel, reverence

SCRIPTURE: Mark 4:39-41

FAITH-FILLED PEOPLE: Saint Jerome

PRAYER: Meditation

CHAPTER 3 The Holy Trinity 35

FAITH CONCEPTS: the mystery of the Holy Trinity, Annunciation, Nicene Creed, wonder and awe

SCRIPTURE: Psalm 25:4-5; Matthew 28:19; John 14:26

FAITH-FILLED PEOPLE: Saint John de Matha

PRAYER: Profession of Faith

CHAPTER 4 Great Is the Lord 47

FAITH CONCEPTS: attributes of God, Abba, Original Sin, joy

SCRIPTURE: Exodus 34:6; Deuteronomy 6:4; Psalm 33:4; 99:3; Isaiah 6:3; 40; 49:15-16; 64:7; Matthew 6:9; 1 John 3:1; 4:16; Revelations 1:8; 15:3

FAITH-FILLED PEOPLE: Saint Thérèse of the Child Jesus

PRAYER: Prayer of Praise

UNIT 1 Catholic Social Teaching 59

UNIT 1 Review 61

UNIT 2

We Believe, Part Two 63

CHAPTER 5 Jesus Christ, Son of God . . . 65

FAITH CONCEPTS: titles of Jesus, Second Person of the Trinity, Virgin Mary, faithfulness

SCRIPTURE: Matthew 1:20-21; Luke 1:35; 2:10-11; 28:11; John 19:26-27

FAITH-FILLED PEOPLE: Saints Matthew and Luke, Evangelists

PRAYER: Prayer of Petition

CHAPTER 6 The Paschal Mystery. 77

FAITH CONCEPTS: Passover, the Paschal Mystery, eternal life, hope

SCRIPTURE: Exodus 12:39; Luke 24:1-3; 1 Corinthians 15:12-14, 19

FAITH-FILLED PEOPLE: Saint Veronica

PRAYER: The Exsultet

CHAPTER 7 Many Gifts, One Spirit . . . 89

FAITH CONCEPTS: the Advocate, charisms, Sacred Tradition, courage

SCRIPTURE: Matthew 28:16-20; Luke 4:16-19; John 16:5-7; Acts 2:1-2, 4; 1 Corinthians 12:4-7; Galatians 5:22-23

FAITH-FILLED PEOPLE: Saint Elizabeth Ann Seton

PRAYER: Prayer for the Spread of the Gospel

CHAPTER 8 Thy Kingdom Come! . . . 101

FAITH CONCEPTS: the four Marks, the laity, the ordained, the faithful, life after death, peace

SCRIPTURE: Matthew 5:17-19; 28:19; Mark 1:15; Romans 12:4-5; 1 Corinthians 12:12-13, 27; 2 Peter 3:13; Ephesians 2:19-20; 4:4-6; 2 Timothy 1:9

FAITH-FILLED PEOPLE: Blessed John Paul II

PRAYER: The Our Father

UNIT 2 Catholic Social Teaching 113

UNIT 2 Review 115

UNIT 3

We Worship, Part One117

CHAPTER 9 Celebrating the Liturgy...119

FAITH CONCEPTS: the liturgy, the liturgical year, the Seven Sacraments, perseverance

SCRIPTURE: Psalm 75:2; Matthew 28:20

FAITH-FILLED PEOPLE: Blessed John XXIII

PRAYER: Prayer of Praise and Honor

CHAPTER 10 Joined to Christ131

FAITH CONCEPTS: Christian Initiation, the Rite of Baptism, graces of Baptism, generosity

SCRIPTURE: Matthew 3:13-17; John 3:5

FAITH-FILLED PEOPLE: Nicodemus

PRAYER: Renewal of Baptismal Promises

CHAPTER 11 We Celebrate the Holy Spirit.....143

FAITH CONCEPTS: Rite of Confirmation, laying on of hands, Gifts of the Holy Spirit, *understanding*

SCRIPTURE: 1 Samuel 16:12-13; Luke 4:18-19

FAITH-FILLED PEOPLE: Missionaries

PRAYER: Prayer for the Gifts of the Holy Spirit

CHAPTER 12 One Bread, One Cup...155

FAITH CONCEPTS: The Eucharist, the sacrifice of Christ, the Mass, *charity*

SCRIPTURE: Luke 22:19-20; 1 Corinthians 11:23-26

FAITH-FILLED PEOPLE: Óscar Romero

PRAYER: Praise the Gift of the Eucharist

UNIT 3 Catholic Social Teaching 167

UNIT 3 Review 169

UNIT 4

We Worship, Part Two171

CHAPTER 13 Jesus Heals the Sinner... 173

FAITH CONCEPTS: Sacraments of Healing, sin, Rite of Penance, *mercy*

SCRIPTURE: Psalm 103:2-3; Matthew 6:14-15; 18:32-33; Luke 23:24; John 20:21-23

FAITH-FILLED PEOPLE: Blessed Charles de Foucauld

PRAYER: Lord, Have Mercy

CHAPTER 14 Jesus Heals the Sick...185

FAITH CONCEPTS: Jesus' healing, the Rite of Anointing, graces of the Sacrament, *kindness*

SCRIPTURE: Matthew 8:5-8, 13; 9:2, 6-8; 9:27-31; John 9:2-3

FAITH-FILLED PEOPLE: Blessed Frances Schervier

PRAYER: Prayer for the Sick

CHAPTER 15 The Sacrament of Holy Orders197

FAITH CONCEPTS: Sacraments at the Service of Communion, Holy Orders, Rite of Ordination, *faith*

SCRIPTURE: Acts 20:28; 1 Corinthians 12:12-13; Colossians 3:12-15

FAITH-FILLED PEOPLE: Saint Joseph Maria Rubio y Peralta, SJ

PRAYER: Liturgy of the Word

CHAPTER 16 The Sacrament of Matrimony209

FAITH CONCEPTS: vocation, the Rite of Marriage, domestic Church, *humility*

SCRIPTURE: Genesis 1:28; 2:24; 1 Corinthians 13:4-7; Colossians 3:12-17

FAITH-FILLED PEOPLE: Saint Anne

PRAYER: A Family Blessing

UNIT 4 Catholic Social Teaching 221

UNIT 4 Review 223

UNIT 5

We Live, Part One225

CHAPTER 17 Called to Holiness227

FAITH CONCEPTS: holiness, grace, mortal sin, venial sin, *goodness*

SCRIPTURE: Psalm 25:4-5; Matthew 5:14-16; John 15:9, 17; Ephesians 3:7-9; 1 Peter 1:15-16

FAITH-FILLED PEOPLE: Saints Perpetua and Felicity

PRAYER: Praying a Psalm

CHAPTER 18 Making Moral Decisions 239

FAITH CONCEPTS: free will, conscience, Cardinal Virtues, *prudence*
SCRIPTURE: Psalm 25:4; Mark 14:72
FAITH-FILLED PEOPLE: Saint Catherine of Siena
PRAYER: An Examination of Conscience

CHAPTER 19 Living the Covenant 251

FAITH CONCEPTS: Covenant, Ten Commandments, consecration, *obedience*
SCRIPTURE: Genesis 7:11-12; 8:21; 15:1-16; Exodus 3:6; Psalm 108:1-2; 117:2; Jeremiah 31:31-33; Matthew 5:17-18; 22:37; Galatians 3:29
FAITH-FILLED PEOPLE: Abraham
PRAYER: Prayer of Commitment

CHAPTER 20 The Beatitudes 263

FAITH CONCEPTS: Sermon on the Mount, the Beatitudes, Kingdom of God, *justice*
SCRIPTURE: Matthew 5:3-12
FAITH-FILLED PEOPLE: Saint Damien de Veuster
PRAYER: Praying the Beatitudes

UNIT 5 Catholic Social Teaching 275

UNIT 5 Review 277

UNIT 6

We Live, Part Two 279

CHAPTER 21 Love of God 281

FAITH CONCEPTS: First, Second, and Third Commandments, *meekness*
SCRIPTURE: Exodus 20:2-3, 7-8; Deuteronomy 6:1-3; Psalm 119:33-34
FAITH-FILLED PEOPLE: Moses
PRAYER: *Te Deum* ("You Are God")

CHAPTER 22 Love of Neighbor 293

FAITH CONCEPTS: Fourth, Fifth, Sixth and Ninth Commandments, *temperance*
SCRIPTURE: Exodus 20:12-14, 17; Psalm 25:4
FAITH-FILLED PEOPLE: The Good Samaritan
PRAYER: Prayer of Saint Francis of Assisi

CHAPTER 23 Living a Just and Truthful Life 305

FAITH CONCEPTS: Seventh, Eighth and Tenth Commandments, *integrity*
SCRIPTURE: Exodus 20:15-17; John 15:5, 11, 13-14; Ephesians 4:25
FAITH-FILLED PEOPLE: Saint Stephen
PRAYER: Psalm 19

CHAPTER 24 Lord, Teach Us to Pray 317

FAITH CONCEPTS: the Lord's Prayer, *piety*
SCRIPTURE: Psalm 69:14; Matthew 6:9-13; John 17:20-22
FAITH-FILLED PEOPLE: Venerable Pierre Toussaint
PRAYER: The Lord's Prayer

UNIT 6 Catholic Social Teaching 329

UNIT 6 Review 331

We Celebrate the Church Year 333

Exaltation of the Holy Cross 335
 All Saints 337
 Advent 339
 Immaculate Conception 341
 Our Lady of Guadalupe 343
 Christmas 345
 Mary, the Holy Mother of God 347
 Epiphany of the Lord 349
 Ash Wednesday 351
 Lent 353
 Palm Sunday 355
 Triduum/Holy Thursday 357
 Triduum/Good Friday 359
 Triduum/Easter 361
 Ascension of the Lord 363
 Pentecost Sunday 365

Catholic Prayers and Practices 367

We Celebrate the Mass 375

Key Teachings of the Catholic Church 383

Glossary 391

Index 396

Credits 398

Looking Ahead

In this chapter, the Holy Spirit invites you to ►



EXPLORE how art can express belief in Christ.



DISCOVER what Jesus' name and titles reveal about him.



DECIDE how you will show others that you believe in Jesus.

CHAPTER

5

Jesus Christ, Son of God

? How was your name chosen? What do you know about the meaning of your name?

Names are very important. They can tell us many things about a person. In the Gospels of Matthew and Luke, we hear the story of an angel announcing the Savior's birth and revealing that he is to be given the name Jesus.

"Joseph, son of David, do not be afraid to take Mary your wife into your home. For it is through the holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins."

MATTHEW 1:20-21

? What do you think the name *Jesus* means?



Disciple Power

Faithfulness

Faithfulness is one of the Fruits of the Holy Spirit. The Fruits of the Holy Spirit are twelve signs that we are cooperating with the grace of the Holy Spirit. When we are faithful, we live according to God's will. We put into practice the teachings of Jesus, the Scriptures, and the Catholic Church.

THE CHURCH FOLLOWS JESUS

Madonna and Child

From the beginning of the Church, Christian artists have expressed the Church's devotion to Mary, the Mother of Jesus, through art. They have done this in many ways. They have created paintings, icons, mosaics, frescoes, sculpture and wood carvings.

The Christian devotion to Mary and her son, Jesus, is often expressed through the portrayal of Mary holding the Christ Child. These works of art are called "Madonna and Child." The word *madonna* means "my lady."

Mary Trusted God

God asked Mary to be the Mother of his Son, Jesus. Mary trusted in God and said yes to his will with her whole heart. Mary is our model of a faithful disciple. She teaches us to love and obey God and to trust in his will for our lives. When we see the image of Madonna and child, we are reminded of Mary's love and faithfulness.

? What are some of the qualities of Mary that you see in this art?



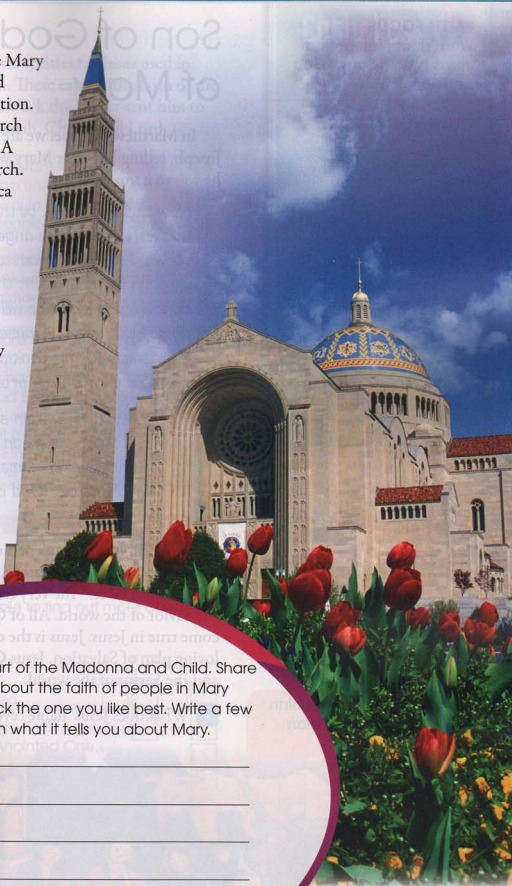
We Honor Mary

In the United States, where Mary is the patron Saint, she is called Mary, the Immaculate Conception. In Washington, D.C., the Church built a basilica to honor Mary. A basilica is a special type of church. This church is called the Basilica of the National Shrine of the Immaculate Conception. This national shrine is the largest Roman Catholic church in the United States and one of the largest in the world.

? In what ways do you show that Mary is important in your life?

Activity

Look at the art of the Madonna and Child. Share what they tell you about the faith of people in Mary and her Child. Check the one you like best. Write a few sentences to explain what it tells you about Mary.



FAITH FOCUS

What does it mean that Jesus is both Son of God and Son of Mary?

FAITH VOCABULARY

Christ

A title for Jesus that states that he is the Messiah, the One whom God promised to send to save his people.

Lord

A title for Jesus that states that Jesus is truly God.

Son of God, Son of Mary

In Matthew's Gospel we are told that an angel appeared to Joseph, telling him that Mary would give birth to a son whom he was to name Jesus.

Now this is how the birth of the Jesus Christ came about. [B]ehold, the angel of the Lord appeared to [Joseph] in a dream and said, "Joseph, ... it is through the holy Spirit that this child has been conceived in her. She will bear a son and you are to name him Jesus, because he will save his people from their sins." All this took place to fulfill what the Lord has said through the prophet:

"Behold, the virgin shall be with child and bear a son.
and they shall name him Emmanuel,"
which means "God is with us."

MATTHEW 1:18, 20-23

In the Bible, a person's name often describes the role they play in God's plan of Salvation. The Hebrew name for *Jesus* means "God saves." The very name of Jesus reveals that he is the Savior of the world. All of God's promises in the Bible come true in Jesus. Jesus is the center and heart of God's loving plan of Salvation. Jesus **Christ** is the Messiah, the **Lord** and the Savior of the world.

? What does Jesus' name reveal about him?

An illustration of the birth of Jesus from an Asian perspective



Catholics Believe



Christmas Customs

Catholics all over the world express their faith in the Incarnation in different ways. In Brazil, families create a *Presépio*, or a manger scene. In Mexico, *Las Posadas*, which begins on December 16, recreates the search of Mary and Joseph for shelter. Christians in Uganda greet one another, saying, *Atuzariware*, or "He's been born for us."

Titles for Jesus

There are also several important titles for Jesus used in the Gospels and by the Church. These express the faith of the Church in who Jesus is and the work the Father sent him to do. Three of these titles are Messiah, Christ, and Lord.

Messiah. Throughout the Old Testament, God promised to send a messiah. The title *messiah* means "anointed one." The messiah would be a king who would save, or deliver, God's people from their enemies.

Christ. The English word *Christ* is used for the Hebrew word *messiah* and for the Greek word *kristos*. Jesus is the Christ—the Messiah or Anointed One.

Lord. The Israelites used the word *LORD* for God in place of the name *YHWH*. The letters *YHWH* of the Hebrew alphabet are the letters of the name by which God identified himself to Moses (read Exodus 3:11–15). When we call Jesus "Lord," we are professing the faith of the Church, that Jesus Christ is truly God. He is the Son of God, the Second Divine Person of the Holy Trinity. Jesus is true God and true man.

Activity Titles for Jesus

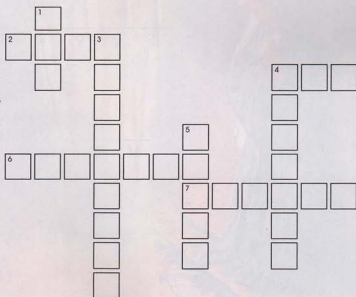
Jesus is the Savior and Lord. He is the Christ, the Messiah promised by God. Solve this crossword puzzle to find out more about Jesus.

DOWN

- _____ created us.
- The Risen Jesus appeared to the _____.
- Jesus is the _____, the Anointed One.
- _____ is true God and true man.

ACROSS

- _____ is a title that expresses our belief that Jesus is truly God.
- Jesus is both God and _____.
- To have faith is to _____.
- Jesus is our _____ because he saves us from sin.



FAITH FOCUS

What is the meaning of the Incarnation?

FAITH VOCABULARY

Incarnation

From the Latin word meaning "putting on flesh," to have a real body; the Son of God "putting on flesh," or becoming man, while keeping his divinity.

The Annunciation

The announcement of the coming birth of Jesus was a special moment in the life of the Virgin Mary. We call this moment in the life of Mary the Annunciation.

The angel Gabriel brought Mary a message telling her that God had chosen her to be the mother of his Son. Gabriel said to the Virgin Mary that she would conceive and give birth to a son and name him Jesus. When Mary asked how that was possible because she was a virgin, Gabriel replied,

"The holy Spirit will come upon you, and the power of the Most High will overshadow you. Therefore the child to be born will be called holy, the Son of God."

LUKE 1:35

After the birth of Jesus, Luke's Gospel tells us that an angel of God appeared to shepherds, proclaiming the Good News of Jesus' birth. The angel said to them,

"Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all people. For today in the city of David a savior has been born for you who is Messiah and Lord."

LUKE 2:10-11

? Why did the Son of God become one of us?

Annunciation,
William Brassey Hole,
(1846–1917)



The Incarnation

The Church names the mystery of the Son of God becoming man the **Incarnation**. The word *incarnation* means “putting on flesh.” This word names our belief that the Son of God, the Second Person of the Holy Trinity, became fully human without giving up being fully God. Jesus Christ is true God and true man.

Each year during the Christmas season, we remember and celebrate this great mystery of faith. From the Solemnity of the Nativity of the Lord (Christmas Day) to the Solemnity of the Epiphany of the Lord, churches, homes, and communities are filled with the sights and sounds of Christmas joy. The story of the birth of Christ is told through the whole world. Jesus Christ is the Lord and Messiah, the Savior of the world.

? How would you explain the meaning of the Incarnation?
Tell a classmate.

Faith-Filled People

Saint Matthew and Saint Luke, Evangelists

Matthew was a tax collector and one of the first Twelve Apostles. Luke was a physician and a companion of Paul the Apostle. It is only in the Gospel of Matthew and in the Gospel of Luke that we read the account of the birth of Jesus.

Activity

Complete the sentences below. Then decode the secret message.

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16
m y s t e r f u l h a n p g o d

The Incarnation is the 1 2 3 4 5 6 2

of the Son of God becoming 7 8 9 9 2
10 8 1 11 12

Without giving 8 13 being fully 14 15 16

Decode the Secret Message

13 6 15 9 11 1 2 15 8 6
7 11 4 10

FAITH FOCUS

Why do we call Mary the Mother of God?

Mother of God, Mother of All

The four Gospel accounts do not tell us much about the childhood of Jesus. His life was probably very much like the lives of other Jewish children in Nazareth. Mary and Joseph shared the faith of the Jewish people with Jesus. They taught him the customs and practices of their religion.

Mary is truly the Mother of God because Jesus is true God and true man. We remember and celebrate this truth about Mary each year on January 1, the Solemnity of Mary, the Holy Mother of God. This feast of Mary is a holy day of obligation for Catholics in the United States of America.

Mary is our Blessed Mother. She is the Mother of the Church. When Jesus was crucified, Mary, several other women disciples, and John were there with him.

As he was dying on the Cross, Jesus said to Mary,

"Woman, behold your son." Then he said to John, "Behold, your mother." And from that hour the disciple took her into his home.

JOHN 19:26-27

The Church, from the very beginning understood in these words that Mary is our mother, the mother of all Jesus' disciples, the Mother of the Church. We too are called to take Mary, our mother, into our homes and into our hearts as the disciple John did. We trust that Mary cares for us and wants us to grow closer to her son, Jesus.

? How do Catholics show their devotion to Mary? How can you show Mary your love for her?

Mary and the Child Jesus, an icon at the Church of Mary Magdalene in Jerusalem, Israel



I FOLLOW JESUS

Each year the Church celebrates the events of Jesus' life. You can celebrate God's love for you, for your family, and for all people. The Holy Spirit invites you to celebrate that love through living a life of faithfulness and sharing your faith in Jesus with others each and every day.

SHARING THE GOOD NEWS

Create a Web home page. Use words, pictures, or symbols that tell others about your faith in Jesus Christ.

MY FAITH CHOICE

This week, I will show that I am faithful to Jesus. I will



Pray, "Heavenly Father, help me to become a more faithful follower of your only Son, Jesus, my Lord and Savior. Amen."

**TO HELP YOU
REMEMBER**

1. Jesus is the Christ, the Messiah.
2. Jesus Christ is Lord. He is true God, the Second Person of the Holy Trinity, who became true man without giving up being God.
3. The Virgin Mary is the Mother of God.

Chapter Review

Recall

Write the title of Jesus next to its meaning.

Jesus Christ Lord Messiah Savior

Meaning

Title

1. Anointed One _____
2. Truly God _____
3. God Saves _____

Complete the following sentences.

4. Christ was called the _____ who would save God's people.
5. Jesus' name means that he is the _____ of the world.

Reflect

Why do we call Mary the "Mother of God" when she is the Mother of Jesus?

Share

Describe the meaning of the word *Incarnation* with a partner. Share your thoughts with the class.

Jesus' Holy Name

Pray this prayer of petition from the Litany of the Holy Name of Jesus. In this kind of prayer, we ask, or petition, God for his grace to live a life of faithfulness to him.

Leader: God, our loving Father, out of your love and mercy, you sent us your only Son. Send the Holy Spirit to strengthen our faith in him.

Reader: A reading from the holy Gospel according to Luke.

All: **Glory to you, O Lord.**

Reader: Now there were shepherds in that region living in the fields and keeping the night watch over their flock. The angel of the Lord appeared to them and the glory of the Lord shone around them, and they were struck with great fear. The angel said to them, "Do not be afraid; for behold, I proclaim to you good news of great joy that will be for all the people. For today in the city of David a savior has been born who is Messiah and Lord."

Luke 2:8-11

Leader: The Gospel of the Lord.

All: **Praise be to you, Lord Jesus Christ.**

Leader: Let us ask Jesus to help us know him better.
Jesus, Son of the living God,

All: **have mercy on us.**

Leader: Jesus, Son of the Virgin Mary,

All: **have mercy on us.**

Leader: Jesus, Good Shepherd,

All: **have mercy on us.**
Amen.



With My Family

This Week . . .

In Chapter 5, "Jesus Christ, Son of God," your child learned:

- ▶ The name *Jesus* means "God saves." It reveals to us that Jesus is truly the Savior of the world.
- ▶ Titles for Jesus, such as *Christ*, *Lord*, and *Messiah* help us understand who Jesus is and the work God the Father sent him to do.
- ▶ The mystery of the Son of God becoming fully human while remaining fully God is called the Incarnation.
- ▶ Mary, the Mother of Jesus, is truly the Mother of God because Jesus is the Son of God.
- ▶ Faithfulness is a quality that shows that we are cooperating with the grace of the Holy Spirit.

For more about related teachings of the Church, see the *Catechism of the Catholic Church*, 422-451, 456-478, 484-507, and the *United States Catholic Catechism for Adults*, pages 77-87.

Sharing God's Word

Read together the Bible story about the birth of Jesus at the beginning of the Gospel according to Matthew and the Gospel according to Luke. Emphasize what the Gospel accounts of Jesus' birth tell us about who he is and the work he was sent to do.

We Live as Disciples

The Christian home and family is a school of discipleship. Choose one of the following activities to do as a family, or design a similar activity of your own.

- ▶ The angel Gabriel told Mary to name her child Jesus. Names are very important. Talk about how each family member's name was chosen.

- ▶ Jesus showed his love for his mother. It is very important to show our love for family members. Be sure to do special things this week to show your love for one another.

Our Spiritual Journey

Showing reverence for the name of Jesus is an expression of our faith in him, the Son of God and the Son of Mary. Bowing our heads slightly when we speak or hear the name "Jesus" is a long tradition of the Church. Encourage one another to use this expression of reverence and faith when you speak or hear the name "Jesus." In this chapter, your child prayed a prayer of petition. Read and pray together this prayer on page 75.



For more ideas on ways your family can live as disciples of Jesus, visit

BeMyDisciples.com