

Contents

Welcome to Be My Disciples.....	6
---------------------------------	---

UNIT 1

We Believe, Part One.....	9
---------------------------	---

CHAPTER 1 The Gift of Faith..... 11

FAITH CONCEPTS: faith, the Creeds, deposit of faith, *perseverance*

SCRIPTURE: Psalm 148:7-13; Jeremiah 24:7

FAITH-FILLED PEOPLE: Miriam, sister of Moses

PRAYER: Baptismal Professional of Faith

CHAPTER 2 The Word of God..... 19

FAITH CONCEPTS: Divine Revelation, inspiration, Covenant, *knowledge*

SCRIPTURE: Genesis 12:2, 3; Exodus 3:4, 6, 10, 13-14; Psalm 119:105-116; Baruch 3:9, 12-13; 4:1-2

FAITH-FILLED PEOPLE: The People of God

PRAYER: Lectio Divina

CHAPTER 3 The Mystery of God..... 27

FAITH CONCEPTS: The Mystery of the Holy Trinity, attributes of God, the soul, wonder and awe

SCRIPTURE: Genesis 1:27; Psalm 66:1-2, 4; John 1:1-5

FAITH-FILLED PEOPLE: Saint Thomas Aquinas

PRAYER: Liturgy of the Hours

CHAPTER 4 God, Father and Creator . 35

FAITH CONCEPTS: Almighty and Creator, Original Sin, promise of Salvation, *justice*

SCRIPTURE: Genesis 2:16-17; 3:4-5; Psalm 96:2, 3-4, 11; Matthew 6:9-10; 11:27; John 17:1-26

FAITH-FILLED PEOPLE: Mary, the New Eve

PRAYER: Responsorial Psalm

UNIT 2

We Believe, Part Two.....	45
---------------------------	----

CHAPTER 5 Son of God, Son of Mary..... 47

FAITH CONCEPTS: titles of Jesus, the Incarnation, Mary the Mother of God, *humility*

SCRIPTURE: Matthew 16:16; Luke 1:35, 38; 1:46-49, 54-55; John 1:14; Hebrew 2:8-18

FAITH-FILLED PEOPLE: Saint Lawrence

PRAYER: Hail, Holy Queen

CHAPTER 6 The Suffering Servant 55

FAITH CONCEPTS: the Paschal Mystery, the Resurrection, salvation, *mercy*

SCRIPTURE: Isaiah 52:13-15; 53:12; Matthew; 27:32, 54; 28:19; Mark: 14:61-62; Luke 23:26-32; 24:35; John 1:29; 19:17-18, 24; Hebrews 9:15-28

FAITH-FILLED PEOPLE: The Passionists

PRAYER: Stations of the Cross

CHAPTER 7 The Holy Spirit..... 63

FAITH CONCEPTS: the Advocate, Pentecost, Temple of the Holy Spirit, *counsel*

SCRIPTURE: Psalm 143:10; 28:16-20; Luke 4:18; 24:48-49; John 19:26-27; Acts 1:4-5, 14-41; 2:1-13; 1 Corinthians 6:12-20

FAITH-FILLED PEOPLE: The Spiritans

PRAYER: Liturgy of the Word

CHAPTER 8 The Mystery of the Church..... 71

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

SCRIPTURE: Psalm 28:7-9; Matthew 9:35-38; 25:31-46; 28:19-20; 1 Corinthians 12:27; Ephesians 4:5-6; 1 Peter 2:9

FAITH-FILLED PEOPLE: Saint Timothy

PRAYER: Prayer of Vocations

UNIT 3

We Worship, Part One 81

CHAPTER 9 Celebrating the Liturgy . . . 83

FAITH CONCEPTS: the liturgy, the Seven Sacraments, the liturgical year, *diligence*

SCRIPTURE: Genesis 12:1-7, 22:2-18; Leviticus 23:1, 3 Psalm 57:8-11; 95:1-7

FAITH-FILLED PEOPLE: Abraham

PRAYER: Doxology

CHAPTER 10 Baptism 91

FAITH CONCEPTS: Christian Initiation, the Rite of Baptism, sanctifying grace, *modesty*

SCRIPTURE: Genesis 7:6-23; Exodus 14:26-31; Mark 1:9-11; John 3:3-6; 19:31-37

FAITH-FILLED PEOPLE: The Prophets

PRAYER: Anointing with Oil

CHAPTER 11 Confirmation 99

FAITH CONCEPTS: Christian Initiation, the Rite of Confirmation, witness for Christ, *fortitude*

SCRIPTURE: 1 Samuel 16:1-13; Acts 2:2-4; Galatians 5:22-26

FAITH-FILLED PEOPLE: USCCB

PRAYER: Prayer to the Holy Spirit

CHAPTER 12 The Eucharist 107

FAITH CONCEPTS: Christian Initiation, sacrifice of the Mass, Real Presence, *faithfulness*

SCRIPTURE: Genesis 14:17-20; Exodus 12:1-20; 16:1-15; Psalm 105:39-41; John 6:32-35; 1 Corinthians 11:17-34

FAITH-FILLED PEOPLE: Saint Dominic de Guzman

PRAYER: Liturgy of the Word

UNIT 4

We Worship, Part Two 117

CHAPTER 13 Penance and Reconciliation 119

FAITH CONCEPTS: movement of conversion, the Rite of Penance, examination of conscience, *self-control*

SCRIPTURE: Matthew 25:41-43; Luke 7:47-50; John 20:22-23

FAITH-FILLED PEOPLE: Saint Mary Magdalene

PRAYER: The Act of Contrition

CHAPTER 14 Anointing of the Sick . . . 127

FAITH CONCEPTS: Sacraments of Healing, the Rite of Anointing, effects of sacrament, *gentleness*

SCRIPTURE: Numbers 21:4-9; Psalm 102:2-6; Matthew 9:35; Mark 6:12-13; Luke 4:40; James 5:14-15

FAITH-FILLED PEOPLE: Saint Rafqa

PRAYER: Litany of Saints

CHAPTER 15 Holy Orders 135

FAITH CONCEPTS: Sacraments at the Service of Communion, the Rite of Ordination, bishop, *patience*

SCRIPTURE: Matthew 9:35-38; Mark 10:42-45

FAITH-FILLED PEOPLE: Venerable Jean Gailhac

PRAYER: Prayer for Vocations

CHAPTER 16 Matrimony 143

FAITH CONCEPTS: the Rite of Marriage, complementarity, domestic Church, *chastity*

SCRIPTURE: Genesis 2:22-24; Tobit 7:11-13; Isaiah 54:5-8, 10; Hosea 2:21-25; Matthew 19:6; 1 Corinthians 13:4-7, 13; Ephesians 1:32; 6:1-4

FAITH-FILLED PEOPLE: Blessed Louis and Zélie Martin

PRAYER: Adaptation from the *Rite of Marriage*

UNIT 5

We Live, Part One 153

CHAPTER 17 Our Call to Holiness . . . 155

FAITH CONCEPTS: holiness, the Works of Mercy, the Precepts of the Church, *understanding*

SCRIPTURE: Leviticus 11:44-45; Ruth 1:16; Psalm 99:4, 7, 9; Proverbs 12:13; 1 Corinthians 1:30; 13:13; Colossians 3:12-14

FAITH-FILLED PEOPLE: Job

PRAYER: Adaptation from *The Road Ahead*

CHAPTER 18 Making Moral Choices . . . 163

FAITH CONCEPTS: sources of morality, virtues, conscience, *prudence*

SCRIPTURE: Psalm 119:2; Proverbs 3:13–14, 18; 6:16–19; 11:19; 15:4; 16:8; 24:3; 29:8; Matthew 15:18–20; Mark 10:17–22; Galatians 5:19–26; 1 John 5:16–17

FAITH-FILLED PEOPLE: Saint Alphonse de Liguori
PRAYER: Examination of Conscience

CHAPTER 19 The Law of Love 171

FAITH CONCEPTS: the Natural Law, the Great Commandment, the Shema, *charity*

SCRIPTURE: Exodus 20:1–17; Leviticus 19:18; Deuteronomy 6:4–5; Tobit 4:15; Matthew 5:44, 46–47; 7:12; 22:37–40; 25:31–40; Luke 6:31; John 13:34–35; 15:9–15; 1 Corinthians 13:13

FAITH-FILLED PEOPLE: Canossian Sisters
PRAYER: The Shema

CHAPTER 20 Ways of Happiness 179

FAITH CONCEPTS: the Beatitudes, Kingdom of God, canonization, *joy*

SCRIPTURE: Psalm 146:2, 5, 10; Matthew 5:3–12; Mark 9:23; Luke 6:20–26; Philippians 4:4, 8, 13

FAITH-FILLED PEOPLE: Blessed Chiara Badano
PRAYER: Psalm 146

UNIT 6

We Live, Part Two 189

CHAPTER 21 Love of God 191

FAITH CONCEPTS: First Commandment, Second Commandment, Third Commandment, *piety*

SCRIPTURE: Exodus 20:1–17; Psalm 19:8–9; 103:1

FAITH-FILLED PEOPLE: Moses
PRAYER: The Act of Love

CHAPTER 22 Commandments of Love . 199

FAITH CONCEPTS: Fourth, Fifth, Sixth and Ninth Commandments, *temperance*

SCRIPTURE: Exodus 20:12–14, 17; Mark 10:5–9

FAITH-FILLED PEOPLE: Ruth
PRAYER: A Peace Prayer

CHAPTER 23 Love of Neighbor 207

FAITH CONCEPTS: Seventh, Eighth and Tenth Commandment, *generosity*

SCRIPTURE: Exodus 20:15–17; Matthew 5:37; Luke 21:3–4; John 14:15–21; Ephesians 4:25

FAITH-FILLED PEOPLE: Saint Paul of Tarsus
PRAYER: Prayer for Peace

CHAPTER 24 The Summary of the Gospel 215

FAITH CONCEPTS: the Lord's Prayer, adoration, contemplation, meditation, *hope*

SCRIPTURE: Psalm 33:20–22; Matthew 6:9–13; John 12:27–28

FAITH-FILLED PEOPLE: Sarah
PRAYER: The Lord's Prayer

We Celebrate the Church Year 225

Solemnity of All Saints 227

Advent 229

The Immaculate Conception 231

Our Lady of Guadalupe 233

Solemnity of Christmas 235

Solemnity of Mary 237

Epiphany 239

Ash Wednesday 241

Lent 243

Palm Sunday 245

Holy Thursday 247

Good Friday 249

Easter 251

The Ascension of the Lord 253

Solemnity of Pentecost 255

Catholic Prayers and Practices . . . 257

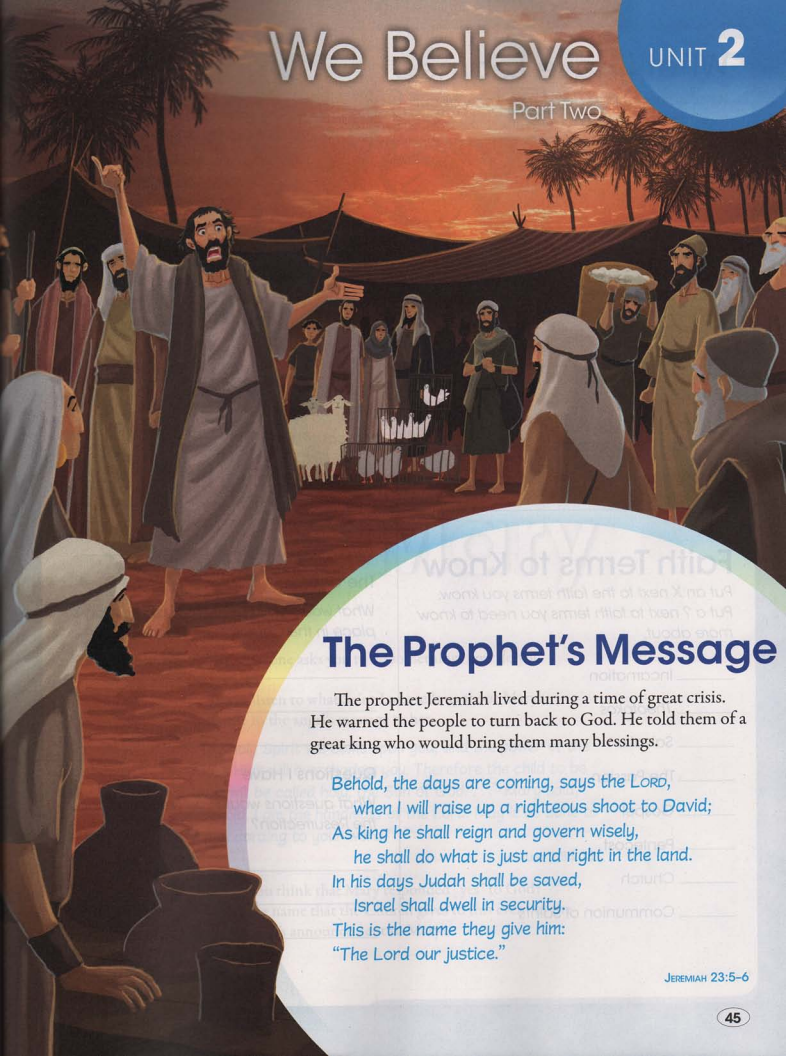
We Celebrate the Mass 265

Key Teachings of the Church 273

Glossary 281

Index 286

Credits 288



The Prophet's Message

The prophet Jeremiah lived during a time of great crisis. He warned the people to turn back to God. He told them of a great king who would bring them many blessings.

Behold, the days are coming, says the LORD,
when I will raise up a righteous shoot to David;
As king he shall reign and govern wisely,
he shall do what is just and right in the land.
In his days Judah shall be saved,
Israel shall dwell in security.
This is the name they give him:
"The Lord our justice."

JEREMIAH 23:5-6

What I Have Learned

What is something you already know about these faith concepts?

The Paschal Mystery

The Kingdom of God

God the Holy Spirit

Faith Terms to Know

Put an X next to the faith terms you know.
Put a ? next to faith terms you need to know more about.

_____ Incarnation

_____ Theotokos

_____ Salvation

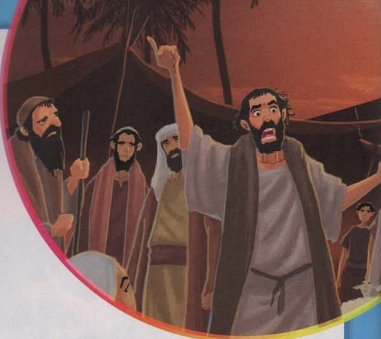
_____ The Passion

_____ Gospel

_____ Pentecost

_____ Church

_____ Communion of Saints



The Bible

What do you know about the visit of Mary to her cousin Elizabeth?

The Church

What would you like to know about Mary's place in the Church?

Questions I Have

What questions would you like to ask about the Resurrection?

Looking Ahead

In this chapter the Holy Spirit invites you to ▶



EXPLORE how Mary demonstrates the virtue of humility.



DISCOVER that God the Son has human to reconciled us with God.



DECIDE on how you can commit to living with humility.



Son of God, Son of Mary

? When someone asks you to do something, how do you respond?

Let us listen to what Saint Luke tells us about Mary's response to the angel's message to her.

"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. . . ." Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word."

LUKE 1:35, 38

? Why do you think that Mary responded "yes" to God? What is the name that the Church gives to this event of the angel Gabriel's announcement to Mary?



Disciple Power

Humility

Humility helps us see and accept the truth about God and ourselves. A humble person acknowledges that God is the source of life and author of all that is good. Humility is often described as "poverty in spirit" when the humble person completely trusts in God.

THE CHURCH FOLLOWS JESUS

Mary, the First and Model Disciple

Imagine the teenage Mary's surprise and confusion when God invited her to be the mother of his Son. Mary did not understand why God had chosen her. She was a virgin and asked, "How can that be?" Yet, she responded, "May it be done to me according to your word" (Luke 1:38).

Full of humility at what God was asking from her, Mary set out to visit her relative Elizabeth, who was also pregnant. It was not an easy journey from Nazareth to the home of Elizabeth. When Mary arrived, she was perhaps once again surprised when the much older Elizabeth greeted her,

"Most blessed are you among women, and blessed is the fruit of your womb . . . Blessed are you who believed that what was spoken to you by the Lord would be fulfilled." LUKE 1:42, 45

Mary responds to Elizabeth with great faith. Mary proclaims,

*"My soul proclaims the greatness of the Lord;
my spirit rejoices in God my savior . . .
The Mighty One has done great things for me,
and holy is his name."* LUKE 1:46-47, 49

Mary told Elizabeth that all blessings come from God. She realized that her being "blessed" in the eyes of Elizabeth and future believers was not of her own doing. Hers was the response of a true and faithful Israelite, one who knew her part in the Covenant that God made with Abraham and Moses, "God alone is God" (see Psalm 62:2). Mary's humble "yes" models for us what it means to be a true disciple of her Son, Jesus. She is the model for the whole Church of how to follow Jesus.

Activity

Reflecting on Mary's faith and humility, write a short prayer of praise to God for how he has blessed you this week.



Jesus the Christ

God the Father chose the **Blessed Virgin Mary** to be the mother of his Son. She is the handmaid of the **Lord**, who was a virgin her whole life.

The Incarnation

The Virgin Mary conceived Jesus by the power of the Holy Spirit. He is the Son of God. Jesus is the Second Person of the Trinity, who took on flesh and became fully human in all things except sin. This great event is called the **Incarnation**. Thus the Virgin Mary, mother of Jesus, is truly the *Theotokos*, the Mother of God. The Greek word *theotokos* means “God-bearer.”

In the opening passages of the Gospel of John, we read,

And the Word became flesh and made his dwelling among us, and we saw his glory, the glory as of the Father's only Son, full of grace and truth.

JOHN 1:14

God has revealed to us, through Sacred Scripture and Sacred Tradition, that his only begotten Son assumed our human nature while remaining fully God.

The early Church called Jesus the New Adam. The Incarnation was the beginning of the new Creation, the beginning of restoring God's plan of creation. The Word of God became a man so that we could be redeemed and share in the divine life. In him, God's plan of salvation and redemption came true.

Because Jesus was fully human, he experienced joy and sadness, peace and suffering. He thought with a human mind, acted with a human will, worked with human hands, and loved with a human heart. Jesus is a divine Person with both a human and divine nature. This is a great mystery of faith.

Activity

Read the following Scripture passage. Tell a partner whether each passage reminds you more of the human or divine nature of Jesus.

John 1:1-5

John 11:32-36

FAITH FOCUS

What is the meaning of the Incarnation?

FAITH VOCABULARY

Christ

This title of Jesus identifies him as the Messiah, the Anointed One, whom God sent to save all of humanity.

Incarnation

The Incarnation is the belief of the Church that the Son of God became fully human in all ways except sin, while remaining fully divine.

Lord

This title of Jesus indicates his divine sovereignty, or power.





Faith-Filled People

Saint Lawrence

Lawrence, deacon and martyr, served the Church during the persecution under Emperor Valerian (A.D. 257–260). Lawrence had the responsibility to care for the “treasures” of the Church. He was ordered to bring these treasures to his sentencing for execution. Lawrence arrived accompanied by a large number of blind, sick, and poor people. He declared, “Here are the treasures of the Church.”

In His Name

While Jesus lived on Earth and did the work his Father sent him to do, not everyone came to believe he was **Christ**, the Savior and Messiah. Some people were confused and hesitant to believe. Others were hostile. On one occasion when Jesus asked his disciples, “Who do you say that I am?” only Peter the Apostle spoke out and confessed his faith in Jesus. Simon Peter said in reply,

“You are the Messiah, the Son of the living God.”

MATTHEW 16:16

Like Peter we too, led by the Holy Spirit, confess our faith in Jesus. We believe in the faith as handed down to us by the Apostles:

Jesus is Lord. In Sacred Scripture, the word *Lord* is used for God. Jesus is the Son of the living God. He is the Second Person of the Holy Trinity and is intimately one with the Father in the Holy Spirit (see John 12:44–45; 1 Corinthians 12:3).

Jesus is true God and true man. The Son of God became true man without giving up his divinity. The Son of God became like us in all things but sin. We call this the mystery of the Incarnation (see John 1:14).

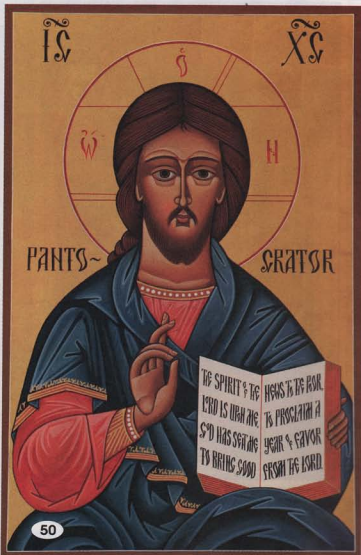
Jesus is the One whom God promised to send to deliver his people and to lead them to live the Covenant faithfully. The name of Jesus means “God saves.” Jesus is the Messiah and Savior. The title Messiah, or Christ, means “Anointed One.”

Jesus Christ is the one and only Mediator, or “go-between,” who links God and the human family. He alone reconciles the human family with God (see 1 Timothy 2:5–6; Hebrews 9:15–28).

Being a Christian is not only knowing and believing that Jesus is Lord, the Son of God, the Savior of the World but also living as his faithful disciples, as Saint Lawrence did.



Who do you say Jesus is?



The Mysteries of Salvation

Mary is the first disciple of Jesus. She is the first and greatest saint of the Church. Mary always points us to Christ. We can look to Mary to teach us and help keep our eyes fixed on Jesus. Mary gazed on the human face of her son, Jesus, and saw God. She kept in her heart the beautiful mystery of her son, Jesus Christ, the Son of God. We are to honor Mary as our mother too, and our hearts are to be like hers.

The Church has given us the Rosary to help us join with Mary and always keep our lives centered on Jesus. There are twenty Mysteries of the Rosary. The word *mysteries* points to the mystery of Salvation. There are five Joyful Mysteries, five Sorrowful Mysteries, five Luminous Mysteries, and five Glorious Mysteries. Here is a list of the Joyful Mysteries:

1. The Annunciation of Gabriel the Archangel to the Blessed Virgin Mary (see Luke 1:26–38)
2. The Visitation of the Blessed Virgin Mary to Saint Elizabeth (see Luke 1:39–49)
3. The Nativity of Jesus in Bethlehem (see Luke 2:1–14)
4. The Presentation of Jesus in the Temple (see Luke 2:22–38)
5. The Finding of Jesus in the Temple (see Luke 2:41–52)

Because of Mary's unique role in God's plan of Salvation, at the end of her earthly life, she was taken up, body and soul, into Heaven. The Church encourages us to pray the Rosary in her honor. It is one way we can bless and honor God with Mary. The Church celebrates October as the Month of The Holy Rosary.

Activity Design a poster encouraging classmates to participate in the Month of The Holy Rosary. Include events, and reasons that will motivate students to take part.

Catholics Believe



The Rosary

The Church honors Mary as Our Lady of the Rosary each year on October 7. Praying the twenty mysteries of the Rosary helps us to reflect on the main events, or mysteries, of salvation. This kind of meditative prayer helps puts us in touch with the heart of our faith in Christ.



I FOLLOW JESUS

Mary teaches us how to be humble disciples of Jesus. She is the virgin Mother of Jesus. Because Jesus is the Son of God, Mary is the Mother of God.

THE STORY OF MARY

Review what you learned about Mary in this chapter. Use the Gospel Stories and Mysteries of the Rosary to assist you in writing a story about Mary. Give your story a title and illustrate it.

MY FAITH CHOICE

Having reflected on Mary's humility, I will try to be humble this week. I will



Pray, "Heavenly Father, I praise you for giving me this opportunity to act with a humble heart. Amen."

Chapter Review

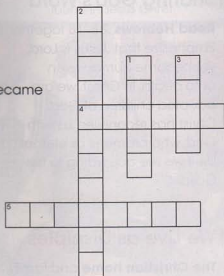
Complete the crossword puzzle.

Down

1. The Son of God, the Messiah and Savior
2. The belief that the Son of God became man
3. The Mother of Jesus, the Mother of God

Across

4. The prayerful meditation on events in the life of Jesus and Mary
5. The virtue related to "poverty in spirit"



TO HELP YOU REMEMBER

1. God the Father chose the Blessed Virgin Mary to be the mother of his Son.
2. Jesus is the Second Person of the Trinity who is the Messiah, Christ, or "Anointed One." He is true God and true man.
3. The Rosary is a prayer in which we reflect on the Mysteries of Salvation.

Hail, Holy Queen

We conclude the praying of the Rosary by praying the prayer, Hail, Holy Queen. Catholics have been praying this prayer since the 1100s. Originally written in Latin, it is now prayed around the world.

Here is the Hail, Holy Queen in Polish. You will find the Hail, Holy Queen in English on page 262 of your book. Pray the Hail, Holy Queen together in the language you know.

Witaj Królowo, Matko Miłosierdzia,
 życie, stodyczy i nadziejo nasza, witaj!
 Do Ciebie wołamy
 wygnańcy, synowie Ewy,
 do Ciebie wdychamy jęcząc i płacząc
 na tym też padole.
 Przeto, Orędowniczko nasza,
 one miłosierne oczy Twoje na nas zwróć,
 a Jezusa, błogosławiony owoc żywota Twojego,
 po tym wygnaniu nam okaż.
 O taskawa, o litościwa, o słodka Panno Maryjo!



With My Family

This Week...

In chapter 5, Son of God, Son of Mary, your child learned:

- ▶ God the Father chose the Blessed Virgin Mary to be the mother of Jesus, the Son of God, who became one of us without giving up being God.
- ▶ In Jesus Christ, the Son of God and the Son of Mary, God's promise and plan of salvation are fulfilled.
- ▶ In praying the Rosary, we can honor Mary and meditate on the life of Christ.
- ▶ Mary is the first and model disciple of her son. She demonstrates the virtue of humility in her words and deeds, acknowledging that all her blessings are from God.

For more about related teachings of the Church, see the *Catechism of the Catholic Church*, 422-570; and the *United States Catholic Catechism for Adults*, pages 77-87.

Sharing God's Word

Read Hebrews 2:8-18 together. Emphasize that Jesus is Lord, yet became human even unto death. In Christ, we are adopted children of God. Christ has reconciled us with God, who promises us eternal life if we live according to the Gospel.

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:

- ▶ Talk about some of the choices your family has made. How are these choices signs of your faith in Jesus Christ? Reflect on your celebration of the Christmas season. Decide as a family what Christian choices you can make amid the popular consumerism of the season.

- ▶ Humility can be a difficult virtue for pre-adolescent sixth-graders, who are trying to maintain independence and autonomy. Discuss practical ways your family can live this virtue. Remind your child that humility is not a sign of weakness, but of a strong faith and relationship with God.
- ▶ Pray the Rosary as a family at home, especially on a feast of Mary, making sure each family member has his or her own rosary. Also participate in a family Rosary at your parish, if and when it is prayed.

Our Spiritual Journey

Praying the Rosary helps us see how Mary always points us to Jesus. In this chapter, your child prayed part of the Rosary. Read and pray together the prayer on page 53.



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

www.BeMyDisciples.com