

CATECHIST GUIDE

# Called *to Be* Catholic

ESSENTIALS OF THE CATHOLIC FAITH FOR AGES 12–15

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# Foundations of Our Faith: Scripture and Tradition

## 3-MINUTE RETREAT

Before you prepare for this session, pause for a few moments to be still. Clear your mind of distractions and be aware of the loving presence of God as you continue in his service.

### Listening

LUKE 24:44–45

*He said to them, "These are my words that I spoke to you while I was still with you, that everything written about me in the law of Moses and in the prophets and psalms must be fulfilled." Then he opened their minds to understand the scriptures.*

### Reflecting

The risen Jesus, the Christ, stands before his disciples. He is their beloved Jesus. He walked with them, talked with them, taught them for three years. Yet they do not fully understand what has happened and are concerned about what to do now that Jesus won't be with them. "Then he said to them, 'Why are you troubled? And why do questions arise in your hearts?'" (Luke 24:38) Jesus then helped them understand what had been revealed.

We are not much different from the disciples. It is thousands of years later and we still have questions; we do not fully understand either. And we never will. God is beyond our understanding. To fully understand God is to be God. But we have an advantage—we are blessed with the gift of faith through the Sacrament of Baptism. Faith is our mind-opener.

We believe what has been revealed. We believe what we know through Scripture and Tradition. We believe and love Jesus, the most important of God's Revelation. We believe and we pray to the Spirit for understanding. We ask for the strength to live what we believe.

### Questions

***How much time do I spend reading the Bible, the written words of Revelation?***

***Do I pray daily for an increase in faith and understanding?***

## PRAYER

Speak to your heavenly Father, using these words or your own words.

*Lord God, increase my faith so that I may better know you and thus lead others to believe in you.*

## Knowing and Sharing Your Faith

### Chapter Theme

God reveals himself to us through Scripture and Tradition.

### Faith Focus

The Creed, sacraments, moral living, and prayer draw us into relationship with Jesus, the most important Revelation of God.

### Scripture in Chapter 1

**Matthew 28:18–19**

In this chapter from Matthew, the women go to Jesus' tomb. On leaving the tomb, the women encounter the risen Jesus. He asks them to tell the disciples to meet with him.

This is a significant meeting. Jesus tells his disciples that "all power in heaven and on earth" has now been given to him. "All power" is a reference to universal power. Previous to this, what was revealed through Jesus was known only by the disciples. Now Jesus commands them to expand their mission, to make disciples of all nations. Jesus Christ is Savior of all people for all generations.

Membership in the Body of Christ, the Church, comes through Baptism. And with membership comes the responsibility to believe what Jesus taught, to obey his commands, and to model our lives after his example. The words for Baptism that Jesus gave his disciples are the same as those used in the rite today. These words, "In the name of the Father, and of the Son, and of the Holy Spirit," are also a clear indication of the New Testament belief in the Trinity.

The disciples' mission becomes our mission today. The Church is universal, yet there are many who still have not heard the good news of a loving God. We must have a grasp of what has been revealed by Jesus as well as a relationship with him. The mission of Jesus was driven by his love for the Father. Love must also be the driving force of our life—love for Father, Son, and Holy Spirit and for all those whom they love.

### Scripture for Further Reflection

**Psalms 119:89–98**

**Matthew 28:16–20**

**2 Peter 1:5–8**

## The Chapter at a Glance

### Chapter Theme

God reveals himself to us through Scripture and Tradition.

### Faith Focus

The Creed, sacraments, moral living, and prayer draw us into relationship with Jesus, the most important Revelation of God.

### Focusing on Chapter 1

This chapter is an introduction to the origins of our faith. It explains that God's Revelation comes to us in two forms: Scripture, the written word of God, and Tradition, the teaching of Jesus' disciples. What is most important is that God reveals himself in order to draw us into a loving relationship with him.

Sacred Scripture is the Bible, which is composed of the Old and New Testaments. What is meant by the word *Old* is not outdated, but rather that it encompasses the time from the creation of the world leading up to the birth of Jesus; it is the story of the Jewish people. It is here that we find the Ten Commandments, our guide to moral living.

The New Testament encompasses the period of time from Jesus' birth through the establishment of the early Church. It is in the New Testament that we learn the most important Revelation of God is the person of Jesus Christ. From Jesus we learn about the Beatitudes.

Another source of Revelation is Tradition—the teaching of Jesus and the Apostles. This teaching has been passed on through the generations and is preserved by the Church.

While knowledge is essential, we want to emphasize that knowing should lead to loving. A loving relationship with God is based on what we know in faith—Creed, how we celebrate our faith—sacraments, how we live our faith—morality, and how we communicate with God—prayer.

We want the young people to become comfortable with the Bible and to search both the Old and New Testaments for stories of our faith that excite them or pique their interest and to view Tradition as “family stories” and prayers handed down from generation to generation and used over and over again. Both Scripture and Tradition are old and yet ever new because they live on in the faith of believers.

#### PRAYER IN CHAPTER 1



The prayer in this chapter focuses on our mission to be witnesses to Jesus Christ in virtue of our Baptism and baptismal promises.

#### WITNESS

The saint featured in this chapter is Abraham.

#### SACRED SIGN

The sacred sign featured in this chapter is the Bible.

#### RITE

The ritual action featured in this chapter is Baptism.

## A Look at Church Documents

### *Catechism of the Catholic Church*

References about how the Apostles transmitted God's Divine Revelation can be found in sections 74–82.

### *National Directory for Catechesis*

God's self-revelation given through his only Son in the Holy Spirit remains living and active in the Church. Sacred Tradition and Sacred Scripture together are the Deposit of Faith, which is guarded and protected by the Magisterium because it was given to us by Christ and cannot change. (#16)

### *Dogmatic Constitution on Revelation #9*

Hence there exists a close connection and communication between Sacred Tradition and Sacred Scripture. For both of them, flowing from the same divine wellspring, in a certain way merge into a unity and tend toward the

same end. For Sacred Scripture is the word of God inasmuch as it is consigned to writing under the inspiration of the divine Spirit. To the successors of the apostles, Sacred Tradition hands on in its full purity of God's Word, which was entrusted to the apostles by Christ the Lord and the Holy Spirit.

### *Dogmatic Constitution on the Church #42*

Thus the first and most necessary gift is that of charity by which we love God above all things and our neighbor because of God. If that love, as good seed, is to grow and bring forth fruit in the soul, each one of the faithful must willingly hear the Word of God and with the help of his grace act to fulfill his will. Each must share frequently in the sacraments, the Eucharist especially, and in liturgical rites. Each must apply himself constantly to prayer, self-denial, active brotherly service, and the exercise of all the virtues.



**BEFORE THE SESSION**

- Set up the prayer space.
- Bookmark your Bible to Matthew 28:18–19; Exodus 24:12–18.
- Make copies of the Chapter 1 Prayer Service.
- Make copies of BLM 1, if it will be used.
- Make copies of the Chapter 1 Assessment.
- Check [www.loyolapress.com/calledtobecatholic](http://www.loyolapress.com/calledtobecatholic) for more ideas and background information.

**MATERIALS****Required**

- Bible
- examples of architectural structures with pillars (page 2)
- six-inch strips of tan or gray butcher paper and art supplies (page 3)
- downloadable charts of the sacraments, Ten Commandments, Beatitudes, four forms of prayer (page 3)
- copies of prayer service (page 7)

**If Time Allows**

- paper for K-W-L chart (page 1)
- art materials (page 2)
- ball of yarn (page 3)
- additional Bibles (page 4)
- examples of illuminated Bible pages, colored pencils, drawing paper (page 5)
- stationery (page 8)





**FAITH FOCUS**

The Creed, sacraments, moral living, and prayer draw us into relationship with Jesus, the most important Revelation of God.

**OUTCOMES**

- Name the four pillars of our relationship with God.
- Describe how God's Revelation comes to us through Scripture and Tradition.
- Explain the concepts of faith and trust.
- Describe how the Catholic Church teaches with authority.
- Share in a prayer service for the renewal of baptismal promises.
- Define *Beatitudes*, *Creed*, *faith*, *Revelation*, *sacraments*, *Scripture*, *Ten Commandments*, and *Tradition*.

**ONE-DAY SESSION PLANNER**

STEPS	APPROXIMATE TIME: 60 minutes	
<b>Engage</b> Foundations of Our Faith (page 1)		10–15 minutes
<b>Explore</b> God in Your Life (page 2) What Makes a Relationship Good? (page 2) Four Pillars of a Relationship with God (page 2) God Reaches Out (pages 3–7)		30–35 minutes
<b>Reflect</b> Prayer Service: Baptismal Promises (page 7)		10–15 minutes
<b>Respond</b> Summary (page 8)		10–15 minutes

**Enriching the Faith Experience**



Use the activity ideas found at [www.loyolapress.com/calledtobecatholic](http://www.loyolapress.com/calledtobecatholic) to enrich a lesson or to replace an activity with one that better meets the needs of your group.

# TWO-DAY SESSION PLANNER




## FAITH FOCUS

The Creed, sacraments, moral living, and prayer draw us into relationship with Jesus, the most important Revelation of God.

## Day One Planner

STEPS	Additional Activity	APPROXIMATE TIME: 60 minutes	
<b>Engage</b> Foundations of Our Faith (page 1)	K-W-L Chart (page 1)		10–15 minutes
<b>Explore</b> God in Your Life (page 2) What Makes a Relationship Good? (page 2) Four Pillars of a Relationship with God (page 2)	BLM 1: My Support System (page 2) Help Wanted: Friend (page 2) Pillars Wall Display (page 3)		40–50 minutes

## Day Two Planner

STEPS	Additional Activity	APPROXIMATE TIME: 60 minutes	
<b>Explore</b> God Reaches Out (pages 3–7)	The Golden Rule (page 4) Illuminated Bible Verses (page 5)		30–40 minutes
<b>Reflect</b> Prayer Service: Baptismal Promises (page 7)	The Beatitudes in My Life (page 6)		10–15 minutes
<b>Respond</b> Summary (page 8)	Service: Letters of Appreciation (page 8)		10–15 minutes

## For Schools

Refer to the Director Guide, pages 9–13, to adapt this program for a school setting.

## Enriching the Faith Experience



Use the activity ideas found at [www.loyolapress.com/calledtobecatholic](http://www.loyolapress.com/calledtobecatholic) to enrich a lesson or to replace an activity with one that better meets the needs of your group.

Foundations of Our  
**faith**



What are some qualities that make someone a good friend? Is it someone who is a good listener, kind, and loyal? What makes you a good friend to others? Now think about your relationship with God. How would you describe that relationship?

Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the holy Spirit . . ."

—Matthew 28:18–19

1

CHAPTER 1

1 Set the Stage

Ask young people to name activities that they will do after school or after this session today. List the activities on the board. Together name categories in which the activities fall, such as sports, studies, chores, volunteering, clubs, and lessons. Acknowledge that young people today are very busy and are going in many directions.

2 Get Started

Read aloud the chapter title. Then have a volunteer read aloud the opening questions. Take time to discuss young people's ideas. Say: ***It's important to remember that to have a good friend, you have to be a good friend.***

3 Pray

Display the Bible. Explain that the Bible is the Word of God. Read aloud the Scripture passage. Say: ***Each of us is being formed as a disciple of Jesus Christ. As his followers, we believe that our Baptism makes us members of a worldwide Church community that can help us grow closer to God, make good decisions, solve problems, and live full, rich lives. Let us pray together the prayer Jesus taught us: Our Father . . .*** Continue and complete the Lord's Prayer. Close with the Sign of the Cross.

OUTCOMES

- Name the four pillars of our relationship with God.
- Describe how God's Revelation comes to us through Scripture and Tradition.
- Explain the concepts of faith and trust.
- Describe how the Catholic Church teaches with authority.
- Share in a service for the renewal of baptismal promises.
- Define *Beatitudes, Creed, faith, Revelation, sacraments, Scripture, Ten Commandments, and Tradition.*

IF TIME ALLOWS

K-W-L Chart

Have young people draw a three-column chart on a separate sheet of paper. Tell them to write the heading *Know* in the left column, *Want to Know* in the center column, and *Learned* in the right column. Ask the following questions: ***What do you already know about the Catholic faith? What do you want to know about the Catholic faith?*** Upon completing Chapter 1, ask this question: ***What have you learned about the Catholic faith?*** Have volunteers fill in three ideas in the right column. Revisit the chart as you complete each chapter, and invite young people to add as many ideas as possible to the columns.

Know	Want to Know	Learned

1 Begin

Have young people name ways they communicate with friends, such as face-to-face, text, social-networking sites, and so on. List their responses on the board. Then take an informal poll, asking volunteers to estimate how many times a day they use each form of communication. Draw conclusions based on the responses as to which form of communication is most popular. Then discuss why they think this is so.

2 Connect

**God in Your Life** Have a volunteer read aloud the text. Hold up a Bible and ask: *Where in this Bible can we find the Gospels?* (Possible answers: in the New Testament; in the second half of the Bible) Say: *The teachings of our Church are based on the Gospels. The Gospels tell us that God loves us and wants to be in relationship with us. This is really good news.*

**What Makes a Relationship Good?** Invite young people to think of their best friends. Ask the following questions, allowing young people time to reflect between each one: *What is one thing that you know about your best friend that he or she wouldn't mind if you shared? What is one thing that you like to do with your friend? When you are with your best friend, how do you usually act? How often do you and your best friend communicate?* Explain that nurturing relationships leads us on a path to growing closer to our friends.

MY TURN

**My Prayer** Read aloud the directions. Invite young people to complete this section independently. Explain that since prayer is personal, you will not ask anyone to share his or her answers.

**Four Pillars of a Relationship with God** Show young people examples of architectural structures with visible pillars. Ask for a volunteer to identify the structural element as you point it out. Explain that pillars provide strength, like a foundation.

Organize young people into four groups. Assign a different pillar of the



God in Your Life

Your days are probably filled with people demanding your attention: friends, parents, siblings, teachers, coaches, teammates, and neighbors. All these people offer ideas about what it takes to live a good life. They say: Get an education. Treat others well. Learn how to work hard. Develop your talents. Play fair. Find good friends. Be a good friend.

These things are important, but the Catholic Church says that the one thing that is more important than anything else is a connection with God. The basic message of the Gospel is that God loves you and wants to have a relationship with you. *Gospel* means "good news." The idea that God wants to be part of your life is very good news.

What Makes a Relationship Good?

God wants to have a close relationship with you. How does this work? Think about how you relate to your best friends. Most likely, four elements are present.

- You **know** certain things about your friends. They like you, and you can trust them.
- You **do** things together. You have fun when you spend time together.
- You **act** like a friend. You behave respectfully, show affection, and share your possessions with one another.
- You **communicate**. You talk with them and share your hopes and dreams with one another. You also share the difficult things.

Four Pillars of a Relationship with God

Four elements are also present in our relationship with God. Think about them as pillars, or columns, holding up a roof of a large building.

- **Creed:** What we *know* about our faith in God
- **Sacraments:** How we *celebrate* our faith in God
- **The Moral Life:** How we *live out* our faith in God
- **Prayer:** How we *communicate* with God

When you get these pillars in place, you'll have a strong foundation with God—the most important relationship you will ever have.

MY TURN: My Prayer

There are many ways to pray. List some of the ways you pray.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

IF TIME ALLOWS

You've Got a Friend

Organize young people into small groups. Have them talk about ways they can show they are a good friend. Then have groups create a short skit illustrating friendship. Provide an opportunity for groups to perform their skits for the class. Discuss the lessons of friendship demonstrated in each skit.

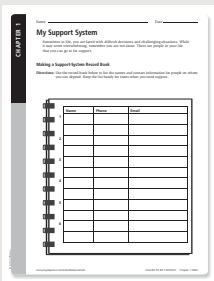
Help Wanted: Friend

Invite young people to reflect on what makes a good friend. Then have young people each write a help-wanted ad seeking a friend. In the job description, have them include characteristics and qualities they seek in a good friend. Provide art materials for young people to use in creatively presenting their

advertisements. Have young people write a prayer to Jesus thanking God for people in their lives that fit their description for a good friend.

BLM 1: My Support System

Have young people complete this black-line master. Allow time for young people to write and decorate their handy record books. Encourage young people to not be afraid to contact their support system when they need help or guidance.





We already know a lot about God. God has told us much about what he is like, what he has done for us, and what he wants. We find this in the **Creed** of the Catholic Church, the Bible, and in the ancient traditions of the Catholic faith. We hold on to our faith that is revealed to us through Scripture and Tradition and is summarized in the Creed.

We express our love for God through participation in the liturgy and sacraments of the Church. The **sacraments** are the most important ways that God shows his love for us.

We act lovingly toward God and other people. The **Ten Commandments**, the **Beatitudes**, and Jesus' moral teachings show us how to live lives of peace, justice, and love. We live our faith according to Catholic morality.

We communicate with God in prayer. The Church teaches us how to pray together at Mass and other times of worship, and also how to pray by ourselves.

## God Reaches Out

Most of the time, you have to work hard to get what you want. Do you want to be good at a sport? Then you do what the coach says, watch what you eat, play hard, and—above all—practice, practice, practice. Do you want to make new friends? This usually takes some time and work as you reach out to others and prove yourself as someone worthy of being a friend. Do you want to excel in school? Hit the books. Study. Whatever it may be, decide what you want, and then go after it.

With God it's the other way around. God takes the first step, and he continues to reach out to us as our connection with him deepens and grows stronger. We hold up our end of the relationship when we work in response to God's invitation to know him and love him. God issues an invitation; we answer the call.

Since the beginning of time, God has been inviting human beings into a relationship with him; from the beginning of time, people have answered this invitation in some way.



faith

# together

Scripture and Tradition 3



## IF TIME ALLOWS

### Pillars Wall Display

Ask young people to stand in a large circle. Hold a ball of yarn and toss it to a young person, holding the end of the string so it stretches across the group. Invite the student who holds the yarn to hang on to the end, toss the ball, and name another connection. Keep tossing until everyone has had a turn and the yarn has woven into a giant web of connections. End by saying: **Like this web of yarn, the pillars of the Church help us connect to God and to each other.**



## CATECHIST NOTES

### Downloadable Charts



Background information and downloadable handouts for the seven sacraments, the Ten Commandments, the Beatitudes, and the four forms of prayer, and other resources can be found online at [www.loyolapress.com/calledtobecatholic](http://www.loyolapress.com/calledtobecatholic).

Church to each group: Creed, Sacraments, the Moral Life, or Prayer. Provide groups with six-inch strips of tan or gray butcher paper and art supplies. Ask each group to design an ornate pillar that includes words and pictures that describe their assigned pillar. Arrange the pillars on a wall, and work together as a group to add a butcher-paper “roof” to cover the pillars. Add the following title to the roof: *The Pillars of the Church Are a Strong Foundation.*

Have volunteers take turns reading aloud the section. [Section begins on page 3.] Display or hand out the downloadable charts that name the seven sacraments, the Ten Commandments, the Beatitudes, and the four forms of prayer. Provide an explanation of each chart. Say: **These are just a few examples of how Scripture, Tradition, and the Church provide us with a path to a rich, full life in relationship with God. As we meet, we'll discover other examples that lead to God—there is guidance for any situation!**

**God Reaches Out** Have volunteers read aloud the first three paragraphs of this section. Explain that Scripture is filled with examples of God reaching out to someone who answers the call. Read aloud Exodus 24:12–18. Explain that when the Lord called out to Moses, Moses responded each time. In this case, he even climbed a cloud-covered mountain to follow God's call. Say: **Unlike God's call to Moses, God often communicates with us in subtle ways, such as through the beauty of nature and the actions of others. Be open and mindful. Remember to respond through prayer and loving actions toward all of God's creation.**

Ask young people to think of an adult in his or her life who sacrifices a lot for the sake of a loved one. It might be a parent, a grandparent, an aunt or uncle, a teacher, and so on. Invite volunteers to describe this person's sacrifices and explain why they think this person acts in this way. Say: **When you love someone, you pay attention to that person. You don't think only about yourself.**



Have volunteers take turns reading aloud the section titled *It's Not About You*. Explain to young people a talent you possess, such as knitting, shooting basketballs, or speaking a second language. Explain why you like this activity so much. Then describe the amount of practice and time it takes for you to keep up your skills in this area. Ask: **What is one talent that you've worked hard to develop? How much time do you put into it?**

Ask: **What sacrifice was Jesus willing to make for us? (He gave up his life for us.) Why did he make this ultimate sacrifice?** (Possible answer: so that our sins could be forgiven and we could be with him in Heaven)

Explain that we can remember and honor what Jesus has done for us by living like Jesus. We can love one another and follow God's commandments. Ask: **What are some ways that we can live like Jesus?** (Possible answers: by being kind to others, by reaching out to those who are struggling, by being obedient to our parents, by giving our time and energy to helping others)

MY TURN

**Friendship** Invite young people to complete this section independently. Then have them meet in small groups to share their ideas. Ask each group these questions: **Did your friends ever sacrifice anything to help you? If so, what? If Jesus were with you during this event, what would he say about the situation?**



It's Not About You

As we grow in a relationship with God, a surprising thing happens. We pay less attention to ourselves and dedicate more time and energy to God and to the people God has put in our lives. Don't misunderstand—you are a very important person. God cares deeply about you; he's personally concerned about your life. But part of our answer to God's invitation is to turn more of our attention to what God wants and what God is doing.

For thousands of years, human beings thought that the earth was the center of everything. Every day we could watch the sun rise in the east and set in the west. It seemed obvious that the sun revolved around the earth. But about 500 years ago, it was shown beyond a doubt that the earth was circling the sun. We've since learned that the earth and the sun are tiny specks in a vast universe of billions of stars. Knowing this makes us humble.



The same kind of shift in thinking happens as we get to know God. It's easy to think that we're the center of our world. It's a pleasant thought, and it's reinforced constantly in our society in many ways, even by parents and teachers. But the center of our world is God and what he is doing in our lives.

The person who knew this best was Jesus, the Son of God. During his life on earth, his driving passion was to do his Father's will. "[N]ot my will but yours be done," he told his Father. (Luke 22:42) We say the same thing every time we pray the Lord's Prayer, the prayer Jesus taught us, praying "thy will be done on earth as it is in heaven."

MY TURN: Friendship

Think of all the people you consider good friends. What qualities do these people share?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



IF TIME ALLOWS

Answering God's Call

In advance, bookmark the Scripture passages young people will research. Organize young people into small groups. Assign a different Scripture figure to each group, such as Noah [Genesis 6–10], Abraham [Genesis 22], the Samaritan woman at the well [John 4:4–42], Peter, and Paul. Ask each group to use a Bible to find the answers to these questions: **What is one main event in this person's life that showed how he or she answered God's call? Do you think you would have reacted in the same way in this case? Why or why not?** Have groups share their ideas with the rest of the group.

The Golden Rule

Read aloud Matthew 7:12 about the Golden Rule. Have young people discuss what they think this means. Organize young people into pairs. Provide each pair with a scenario that invites a person to apply the Golden Rule, such as *It's the week before a big science test and your friend calls to tell you that he lost all of his notes. What do you do?* Ask each pair to role-play the scenario so that the Golden Rule is applied. After each performance, ask: **How was the Golden Rule applied? What sacrifice was made to reach a positive outcome?**

### God's Revelation

God has told us much about who he is and how we can know and love him. **Revelation** is what we know about God. Much of it is written down. Much of it consists of traditions of beliefs and teachings that stretch back thousands of years. The Catholic Church preserves this Revelation and teaches what it means.

The most important Revelation of God is Jesus Christ, who is both fully God and fully man. Jesus lived the model human life. He showed us how to pray, how to love one another, and how to serve. Through his suffering, Death, and Resurrection, Jesus delivered the human race from its burden of sin. Jesus' work of saving and healing the world continues through the Church and through the work of every person who strives to love and serve God.

The Catholic **faith** is about who Jesus was, what he taught, and what he did. Having faith means believing in Jesus' teaching and trusting him to guide your life.

### Scripture and Tradition

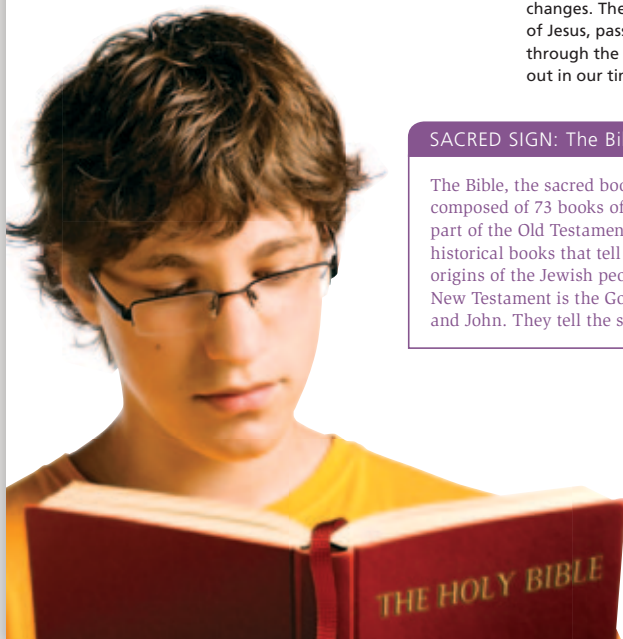
God's Revelation comes in two forms: **Scripture**, the written word of God, and **Tradition**, the teaching of Jesus' disciples. Jesus is the source of both Scripture and Tradition.

Scripture is the Bible, the written Word of God. More copies of the Bible have been printed than any other book in history. It tells the story of God's relationship with people from the creation of the world to the first Christian communities and to the establishment of the Church in the first century. The Old Testament tells the story of the Jewish people. The New Testament is the story of Jesus and the early Church.

You hear readings from both the Old and New Testaments at Mass. These readings are some of the most important parts of the Bible, but there is much more in the Bible to read and consider.

The teaching of Jesus and his Apostles is also passed along through the Tradition of the Church. Tradition doesn't mean doing the same things over and over while everything else changes. The Church's Tradition is the teaching of Jesus, passed on by his Apostles, preserved through the centuries by the Church, and lived out in our time.

faith



#### SACRED SIGN: The Bible

The Bible, the sacred book of the Christian faith, is composed of 73 books of different types. The central part of the Old Testament is the *Pentateuch*, five historical books that tell the story of Creation and the origins of the Jewish people. The central part of the New Testament is the Gospels of Matthew, Mark, Luke, and John. They tell the story of Jesus.

Scripture and Tradition

5



IF TIME ALLOWS

### Illuminated Bible Verses

In advance, research and print examples of illuminated Bible pages to show the group. Ask each young person to choose a Scripture verse and use colored pencils and drawing paper to develop their own illuminated version of the verse. Display the verses on a bulletin board or in a class book.

#### FYI

#### SACRED SIGN The Catholic Bible

The Catholic Bible differs from other Bibles in that it includes additional books in the Old Testament known as the *Apocrypha*, which means "hidden." Among these books are Tobit, Judith, First and Second Maccabees, Sirach, or Ecclesiasticus, and Wisdom. The Old Testament has 33 books, and the New Testament has 27.

Write the word *reveal* on the board. Ask young people to think of one aspect of themselves that they are willing to reveal.

Say: ***Let's take turns finishing this sentence: Most people don't know that I . . .*** Invite volunteers to share with the group, if they choose. After the young people share, say: ***God also reveals himself to us in many different ways.***

Have volunteers read aloud the section titled *God's Revelation*. Write the word *revelation* below the word *reveal*. Say: ***The words revelation and reveal are related. Revelation means that God opens himself to us and shows himself to us through his creation and through significant people, especially his Son, Jesus Christ.***

Point out the word *faith* in the last paragraph of this section. Say: ***When we talk about having faith, we are referring to believing and trusting in Jesus of the Gospels.***

Have volunteers read aloud the section titled *Scripture and Tradition*. Discuss the difference between *Scripture* and *Tradition*. Discuss the difference between *Tradition* and *tradition*. Say: ***Catholic Tradition with a capital T describes a body of teaching that is cherished and passed on by the Church—it sometimes changes over time to speak to new circumstances or to reflect culture. Catholic tradition with a lowercase t might describe the special way our parish sets up the crèche during Advent. This sort of tradition varies and is not official teaching.***

Explain that Scripture, through the Old and New Testaments, and the Tradition passed down from Jesus' Apostles, help Catholics fully experience and express their faith. Say: ***We are blessed as Catholics to have both the Bible and the Church, under the guidance of the Holy Spirit, to guide us.***

#### SACRED SIGN

**The Bible** Have a volunteer read aloud the feature. Say: ***The Bible is a record of God's Word and Jesus' teachings—Scripture—as well as direction on how to live our lives fully for God—Tradition. During Mass, we hear readings from both the Old and New Testaments. A psalm is read or sung in between, and then the priest or deacon reads from the Gospel.***





Invite volunteers to read aloud the section titled *Revelation from Scripture: Ten Commandments and Eight Beatitudes*. Note that the Ten Commandments and the Beatitudes show how we are to live toward God and all others, to live blessed and happy lives.

Have a volunteer read aloud the section titled *Revelation from Tradition: The Creed*. Say: **The word creed means “a set or system of beliefs.” It comes from the Latin word credo which means “I believe.”** Point out that one of the creeds we pray at Mass is known as the Nicene Creed. The other is the Apostles’ Creed. Direct the young people’s attention to page 91 in the back of their books. Pray aloud the Nicene Creed together. Go line by line and discuss the meaning of each phrase.

## RITE

**Baptism** Direct young people to the feature and invite a volunteer to read it aloud. Say: **One tradition we celebrate as Catholics is our entry into the Church. We call this personal celebration our Baptism.** Remind young people that Baptism is the first sacrament received in the Church. Say: **This special celebration, Baptism, includes prayers and ceremonies, such as the renunciation of sin, the immersion in or pouring of water over the baptized, and the anointing with Chrism.**

### Revelation from Scripture: Ten Commandments and Eight Beatitudes

God’s Revelation in both the Old and New Testaments is the basis for Catholic teaching on living a moral life.

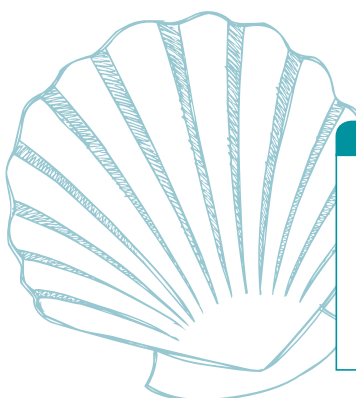
One of the most important of these moral teachings is found in the Old Testament. There we learn that God gave the Ten Commandments to the Jewish people through their great leader Moses, who delivered them from slavery in Egypt. The First Commandment is to love and serve God above all things. The remaining commandments forbid murder, stealing, lying, and other forms of wrong behavior.

In the New Testament, one of the best summaries of Jesus’ teaching about right and wrong is the Beatitudes, part of the Sermon on the Mount. While the Ten Commandments mainly forbid sinful behavior, Jesus paid particular attention to the virtues and attitudes of a person’s heart. The first beatitude is “Blessed are the poor in spirit, for theirs is the kingdom of heaven.” (Matthew 5:3) Other beatitudes praise those who seek justice, who make peace, and who give mercy.



### Revelation from Tradition: The Creed

An important Revelation from Tradition is the Nicene Creed, a summary of what Christians believe about God the Father, Son, and Holy Spirit. The Creed is prayed aloud at Masses that are celebrated on Sundays and major feast days. The Nicene Creed begins, “I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.” This Creed is an ancient text, written in the fourth century A.D. by the bishops of the Church in the cities of Nicaea and Constantinople. Over the centuries, the Church has affirmed the Creed as *orthodox*, meaning “correct belief.”



## RITE: Baptism

During the Rite of Baptism, the bishop, priest, or deacon pours water three times over the head of the candidate or immerses the candidate in the water three times. As the candidate is immersed or the water is poured over his or her head, the celebrant says, “I baptize you in the name of the Father, and of the Son, and of the Holy Spirit.” The water in Baptism symbolizes our sins being washed away.

6 CHAPTER 1: FOUNDATIONS OF OUR FAITH

## IF TIME ALLOWS

### The Beatitudes in My Life

Ask each young person to choose a beatitude and then write a personal narrative that describes a time when he or she lived out this beatitude at school, at home, or in the community and through it experienced God’s love and mercy. Invite young people to share their narratives with the group. If a young person has difficulty sharing personal experiences, invite him or her to write about a role model whose life exemplifies the beatitude he or she chose.

## FYI

### RITE Baptism in Scripture

Jesus instituted the Sacrament of Baptism. He not only commanded his disciples to baptize, but he also gave them the form with which to do so. [Matthew 28:19] In addition, Christ declares the absolute necessity of Baptism when he speaks to Nicodemus. He says, “Amen, amen, I say to you, no one can enter the kingdom of God without being born of water and Spirit.” [John 3:5]



## Authority You Can Trust

How do we know that Scripture and Tradition are true? It comes down to trusting the authority of God. You respect the authority of teachers and parents because you've learned to trust them. The direction they give you has good results, and most times, what they tell you turns out to be true. When it comes to faith, all authority comes from God. God the Father gave all authority to his Son, Jesus Christ. Jesus said, "All power in heaven and on earth has been given to me." (Matthew 28:18) Jesus established the Church and gave the Apostles and their successors, the bishops, authority to preach and teach in his name: "Go, therefore, and make disciples of all nations . . ." (Matthew 28:19)

God doesn't deceive or lie. He is love and truth. God came into our world in the person of Jesus Christ, who proclaimed the Gospel—the truth about God and the truth about how to live in peace and love. The Church preserves what Jesus said and helps us follow Jesus' teaching and example.

God has reached out to you—showing you the way to know him and love him. The Way is Jesus. Jesus Christ is alive in our world today, especially in the Church he established. God himself says this. And God's is a word you can trust.

WITNESS: Abraham



About two-thousand of years before Jesus was born, God called Abraham from his home and invited him to journey through the desert to the land of Canaan. Abraham, along with his wife Sarah, accepted this call and showed great faith in God through many trials. Abraham is the founding patriarch of the Jewish people and a spiritual father to Christians.

faith

### MY TURN: Authority

Think of the people in your life whom you look up to and are in a position of authority. What makes them trustworthy?

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Scripture and Tradition

7



## PRAYER SERVICE

### Before Praying Together

Preview the prayer service on page T-107. Make copies for each young person and select volunteers to lead each part.



This prayer service is also available for your reference at [www.loyolapress.com/calledtobecatholic](http://www.loyolapress.com/calledtobecatholic).

See page EC-4 for further information on how to prepare for the prayer service.

### On Praying Together

Point out that when we pray, we can always ask our ancestors in faith, those who prepared for the coming of the Messiah, to help and support us as we prepare our hearts for prayer.

## FYI

### WITNESS Who Is Abraham?

Three world religions consider Abraham to be their ancient patriarch: Judaism, Christianity, and Islam. For each of these, he modeled a faith in one God. His name at birth was Abram and his story is told in the Book of Genesis. This book includes a recounting of Abram's birth at Ur, his marriage to Sarai, and God's promise to make of him a great nation. After sending him and Sarai on a long and dramatic journey through the Middle East, God renamed the couple Abraham and Sarah.

Read aloud the section titled *Authority You Can Trust*. Invite volunteers to share stories about times when they felt as if someone tried to hold authority over them unfairly. Explain that everyone, no matter how old, must accept some level of authority in order to live positive lives.

Explain how the Church receives authority from God to guide his people. Say: **To begin, God has all authority. God gave authority to his Son, Jesus Christ. Jesus gave authority to the Church through Peter, the first pope—and through Peter, to his papal successors. Therefore, we can look to the Church as our authority and accept its teachings.**

### WITNESS

**Abraham** Read aloud the text, then guide young people to Scripture to explore the idea of God's call to Abraham. Read aloud Genesis 12:1–4. Ask: **How do you think Abraham felt when he heard this call from God? Do you think he was happy? Frightened? Nervous? Why do you think so?** Remind young people that Jesus himself was Jewish, and through Abraham, God made way for Jesus to be with us in human form.

### MY TURN

**Authority** Have young people complete this section independently. Invite volunteers to share their ideas. Explain that we often accept authority best from those we trust. Then say: **We can trust the Church as our authority because it has been established by God.**

## 3 Close

Invite young people to reflect on what they have learned about relationships. Say: **The most important relationship we will ever have is the one we have with God. The Church helps us build and strengthen that relationship. We also have Scripture and Tradition to help us develop faith and trust. All these things help us know Jesus, who is our way to God. With this understanding, let's now come together in prayer and renew the promises of our Baptism.**



**Prayer Service** Prepare young people to celebrate the prayer service.



summary

1 Begin

**Faith Summary** Review with young people the Faith Summary. Ask young people to explain each sentence in their own words. Revisit concepts as necessary.

2 Connect

**Remember** Have young people read this section silently. When they finish, be sure everyone understands the main points of the chapter.

**Reach Out** Ask each young person to choose one Reach Out item and follow the directions. Check in with young people at the following session and ask them to reflect privately on the outcomes.

**Words to Know** Read aloud the Words to Know. Ask volunteers to use the words in sentences. Consult the online Glossary if more clarification is needed.

**Reflect** Invite young people to think about the Reflect scenario and write their response on the lines provided. If they are comfortable doing so, encourage them to share their response with a partner.

3 Close

Ask a volunteer to pray aloud the closing prayer as the rest of the group prays silently. Conclude by praying together the Sign of the Cross. Invite young people to pray this week whenever they feel that they need help or guidance.

summary

FAITH SUMMARY

God wants us to be in a relationship with him. Jesus Christ is the most important way in which God reveals himself to us. We can look to Scripture and the Church to guide us in ways to grow closer to God. We depend on the Creed, the sacraments, the moral life, and prayer to help us grow closer to God through the Church.

REMEMBER

**What are the four pillars of a relationship with God?**

The Creed, the sacraments, the moral life, and prayer are the four pillars of a relationship with God.

**What are the two forms of God's Revelation?**

Scripture and the Church's living Tradition are the two forms of God's Revelation.

**What does having faith mean?**

Having faith means believing in Jesus' teaching and trusting him to guide your life.

**Who established the Church?**

The Catholic Church was established by Jesus and teaches with his authority.

REACH OUT

1. Think of lonely people you're aware of—at school, in your neighborhood, maybe even in your family. Resolve to do something to reach out to one of them. Write what you could do.
2. Where do you most need help in your life right now? When you get some time alone, pray a prayer asking Jesus for guidance during this time in your life.

Words to Know

Beatitudes	sacraments
Creed	Scripture
faith	Ten Commandments
Revelation	Tradition

REFLECT

Think about the faith Jesus has in us, his followers. How have you shown your faith in others? Write about a time you demonstrated faith in others.

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*Jesus, I want to know you better. Come into my heart. Help me. Help the people I love. Teach me what I need to know. Amen.*



IF TIME ALLOWS

Service: Letters of Appreciation

Have young people write letters of appreciation to their parish priests, deacons, or other members of their diocesan clergy thanking them for the service and leadership they provide to the local faith community. Invite young people to express how they plan to use their own gifts and talents to better serve the Church as they become more active members of the Catholic faith through the Sacrament of Confirmation.

\* CATECHIST NOTES

Online Glossary

An online Glossary can be found at [www.loyolapress.com/calledtobecatholic](http://www.loyolapress.com/calledtobecatholic).

Assessment Chapter 1

A downloadable, printable assessment can be found at [www.loyolapress.com/calledtobecatholic](http://www.loyolapress.com/calledtobecatholic). You may wish to have young people complete this assessment at home or in class independently or with a partner.

Plan Ahead

**Get Ready for Chapter 2** Consult the catechist preparation pages to prepare for Chapter 2 and determine any materials you will need.



## CALLED TO BE CATHOLIC

provides young people with a comprehensive presentation of the key teachings of the Catholic faith. Built to be flexible, *Called to Be Catholic* works in any program where young Catholics gather to reinforce their understanding of the Catholic faith or to fill in faith-formation gaps on their journey toward the Sacraments of Initiation. In our noisy world, it can be difficult to hear God's call. Let *Called to Be Catholic* assist you in helping young people listen, deepen their relationship with God, and recognize that faith matters.

Visit [www.loyolapress.com/calledtobecatholic](http://www.loyolapress.com/calledtobecatholic) for additional resources and activities.

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