



Resources for kids, teens, and parents

Forming Missionary
Disciples as a Parish
Community

Content

How to Use This Guide	03
Prayers	04
Bible	18
Saints	19
Sacraments	21
The Mass	22
Liturgical Year	28
Catholic Life	29
Apologetics	34
Who's Who	37
Glossary	38
Church Objects	40
More Resources	44

HOW TO USE THIS GUIDE

Welcome to Faith Formation! As parents, you are the primary teachers of your children's faith. Your home is the "Domestic Church"—the very first place your kids learn what it means to love God, show mercy, and live out the Gospel.

Our job isn't to replace you; our job is to back you up and give you the tools you need to feel confident steering the ship.

We know how incredibly busy family life is between school, sports, work, and everything in between. Please do not feel pressured to sit down and read this entire booklet from cover to cover. We didn't design it to be an extra chore on your to-do list. Instead, think of this guide as your family's faith-formation encyclopedia.

How to Use It: The "Control + F" Method

This document is structured to be searchable. Whenever your child asks a tough question at dinner, or you need a quick reminder on a specific church topic, simply open this digital file and use the search shortcut:

On a PC / Chromebook: Press Ctrl + F

On a Mac: Press Cmd + F

On a Phone/Tablet: Use the "Find in Page" or magnifying glass icon in your browser or PDF viewer.

Type in whatever word you need—whether it's Confirmation, Hail Mary, Beatitudes, or Confession—and jump straight to the exact Scripture, Catechism reference, or practical tool you need in that exact moment.

Thank you for partnering with us to pass on the beauty of the faith to the next generation. We are praying for your family every step of the way!

PRAYERS THE ESSENTIALS

Sign of the Cross



1. With your right hand, touch your forehead and pray, "In the name of The Father."



2. Touch the center of your chest and pray, "and of The Son,"



3. Touch your left shoulder and pray, "and of The Holy..."



4. Touch your right shoulder and pray, "Spirit, Amen."

How to make the Sign of The Cross - © TheCatholicKid.com

Our Father

Matthew 6:9-13,
Luke 11:2-4,
CCC 2759-2865

Our Father, who art in heaven,
hallowed be thy name;
thy kingdom come,
thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

PRAYERS THE ESSENTIALS

Hail Mary

Luke 1:28, Luke 1:42,
CCC 2676-2677

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

Glory Be (Doxology)

Glory be to the Father
and to the Son
and to the Holy Spirit,
as it was in the beginning
is now, and ever shall be
world without end.
Amen.

Hail, Holy Queen

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To thee do we cry,
poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
thine eyes of mercy toward us,
and after this our exile
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.

PRAYERS THE ESSENTIALS

Apostles Creed

CCC 198-1060

I believe in God,
the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son, our Lord,
who was conceived by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.



PRAYERS TIMES OF DAY

Morning Offering

O Jesus, through the Immaculate Heart of Mary,
I offer you my prayers, works, joys and sufferings of this day
for all the intentions of your Sacred Heart,
in union with the Holy Sacrifice of the Mass throughout the world,
for the salvation of souls, the reparation for sins, the reunion of all
Christians,
and in particular for the intentions of the Holy Father this month.
Amen

Bless us, O Lord

Bless us, O Lord and these, thy gifts, which we are about to receive
from thy bounty, through Christ our Lord, Amen.

Evening Examen

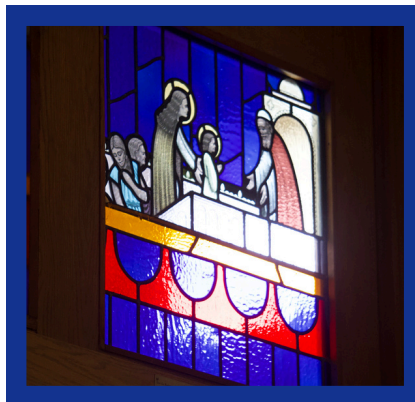
Taken from
LifeTeen

1. **Ask for Grace** - Ask for grace from God to reflect on your day.
2. **Give Thanks**- Thank God for everything you have experienced today because it is all a gift from Him, and He is present to us through all of it.
3. **Review** - Reflect on your thoughts, words, and actions throughout the entire day. How did you respond to God's invitation to know Him, love Him, and serve Him?
4. **Ask for Pardon**- Look at your shortcomings with a repentant heart. Journal what you are sorry for. Consider praying the Jesus Prayer: "Lord Jesus Christ, Son of God, have mercy on me, a sinner."
5. **Make a Resolution** - Make one or two concrete resolutions for tomorrow.

PRAYERS FROM THE MASS

Gloria

Glory to God in the highest,
and on earth peace to people of good will.
We praise you,
we bless you,
we adore you,
we glorify you,
we give you thanks for your great glory,
Lord God, heavenly King,
O God, almighty Father.
Lord Jesus Christ, Only Begotten Son,
Lord God, Lamb of God, Son of the Father,
you take away the sins of the world,
have mercy on us;
you take away the sins of the world,
receive our prayer;
you are seated at the right hand of the Father,
have mercy on us.
For you alone are the Holy One,
you alone are the Lord,
you alone are the Most High,
Jesus Christ,
with the Holy Spirit,
in the glory of God the Father.
Amen.



PRAYERS FROM THE MASS

Nicene Creed

CCC 198-1060

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
I believe in one Lord Jesus Christ,
the Only Begotten Son of God,
born of the Father before all ages.
God from God, Light from Light,
true God from true God,
begotten, not made, consubstantial with the Father;
through him all things were made.
For us men and for our salvation
he came down from heaven,
and by the Holy Spirit was incarnate of the Virgin Mary,
and became man.
For our sake he was crucified under Pontius Pilate,
he suffered death and was buried,
and rose again on the third day
in accordance with the Scriptures.
He ascended into heaven
and is seated at the right hand of the Father.
He will come again in glory
to judge the living and the dead
and his kingdom will have no end.
I believe in the Holy Spirit, the Lord, the giver of life,
who proceeds from the Father and the Son,
who with the Father and the Son is adored and glorified,
who has spoken through the prophets.
I believe in one, holy, catholic and apostolic Church.
I confess one Baptism for the forgiveness of sins
and I look forward to the resurrection of the dead
and the life of the world to come.
Amen.

PRAYERS FROM THE MASS

Holy, Holy, Holy

Holy, Holy, Holy Lord God of hosts.
Heaven and earth are full of your glory.
Hosanna in the highest.
Blessed is he who comes in the name of the Lord.
Hosanna in the highest.

Sanctus, Sanctus, Sanctus Dóminus Deus Sábaoth.
Pleni sunt cæli et terra glória tua.
Hosáanna in excélsis.
Benedíctus qui venit in nómine Dómini.
Hosáanna in excélsis.

Lamb of God

Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
have mercy on us.
Lamb of God, you take away the sins of the world,
grant us peace.

Agnus Dei, qui tollis peccáta mundi: miserére nobis.
Agnus Dei, qui tollis peccáta mundi: miserére nobis.
Agnus Dei, qui tollis peccáta mundi: dona nobis pacem.

Lord, Have Mercy

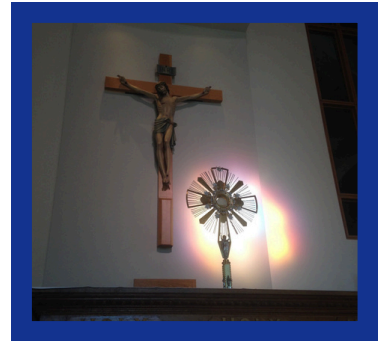
Lord, have mercy. Lord, have mercy.
Christ, have mercy. Christ, have mercy.
Lord, have mercy. Lord, have mercy.

Kyrie, eleison. Kyrie, eleison.
Christe, eleison. Christe, eleison.
Kyrie, eleison. Kyrie, eleison.

PRAYERS SACRAMENTAL PREP

Anima Christi

Soul of Christ, sanctify me.
Body of Christ, save me.
Blood of Christ, embolden me.
Water from the side of Christ, wash me.
Passion of Christ, strengthen me.
O good Jesus, hear me.
Within your wounds hide me.
Never permit me to be parted from you.
From the evil Enemy defend me.
At the hour of my death call me
and bid me come to you,
that with your Saints I may praise you
for age upon age.
Amen.



Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful
and kindle in them the fire of your love.
Send forth your Spirit and they shall be created,
and you shall renew the face of the earth.
Let us pray.
O God, who have taught the hearts of the faithful
by the light of the Holy Spirit,
grant that in the same Spirit we may be truly wise
and ever rejoice in his consolation.
Through Christ our Lord. Amen.

PRAYERS

Lectio Divina

Spiritual reading of Sacred Scripture, especially the Gospels, is an important form of meditation. This spiritual reading is traditionally called lectio divina or divine reading. Lectio divina is prayer over the Scriptures.

1. The first element of this type of prayer is reading (**lectio**): you take a short passage from the Bible, preferably a Gospel passage and read it carefully, perhaps three or more times. Let it really soak-in.
2. The second element is meditation (**meditatio**). By using your imagination enter into the Biblical scene in order to "see" the setting, the people, and the unfolding action. It is through this meditation that you encounter the text and discover its meaning for your life.
3. The next element is prayer (**oratio**) or your personal response to the text: asking for graces, offering praise or thanksgiving, seeking healing or forgiveness. In this prayerful engagement with the text, you open yourself up to the possibility of contemplation.
4. Contemplation (**contemplatio**) is a gaze turned toward Christ and the things of God. By God's action of grace, you may be raised above meditation to a state of seeing or experiencing the text as mystery and reality. In contemplation, you come into an experiential contact with the One behind and beyond the text.

For very young children, you can use a picture Bible or read the upcoming Gospel. Keep it short. About 5 minutes is appropriate. Pick a time when your child is relaxed and excited to hear a story about Jesus.

1. Read the story.
2. Your child may have questions about what happened. Lean into that and have a discussion. If they don't, ask them "what happened in the story? How do you think xyz person was feeling? What does Jesus do? What character do you feel like/would you be? What would you do if you were them? etc."
3. Have your child picture themselves in the story and talk to Jesus about the story.
4. After your child has spoken with Jesus, help them sit quietly for about one minute and listen to Him.

PRAYERS

Visio Divina

You can do similar to lectio with an image instead. You can use any piece of Catholic art work.

1. Look at the image and see what stands out to you.
2. Mediate on the image and picture yourself there/as one of the characters
3. Pray. Talk to Jesus about what is standing out to you and what it may mean.
4. Listen to anything Jesus may be telling you.

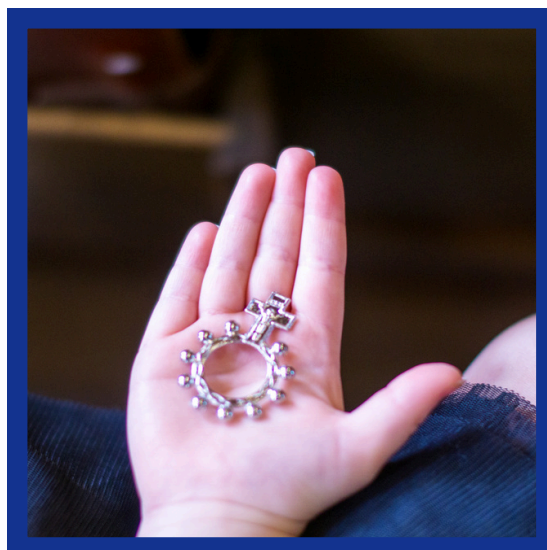
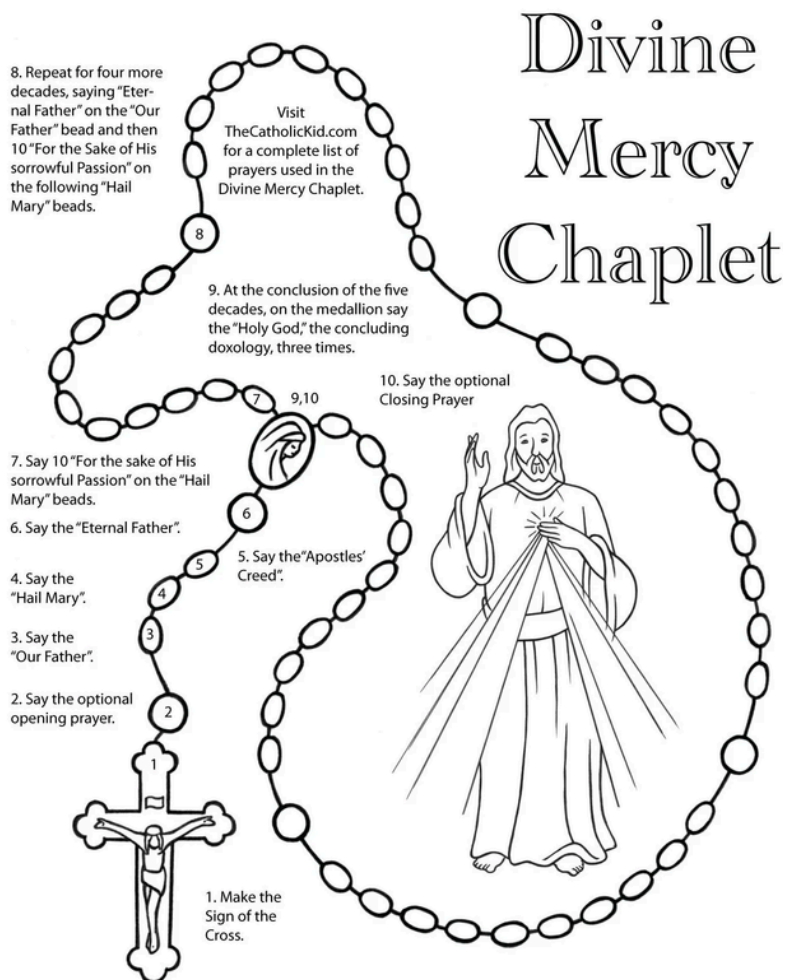
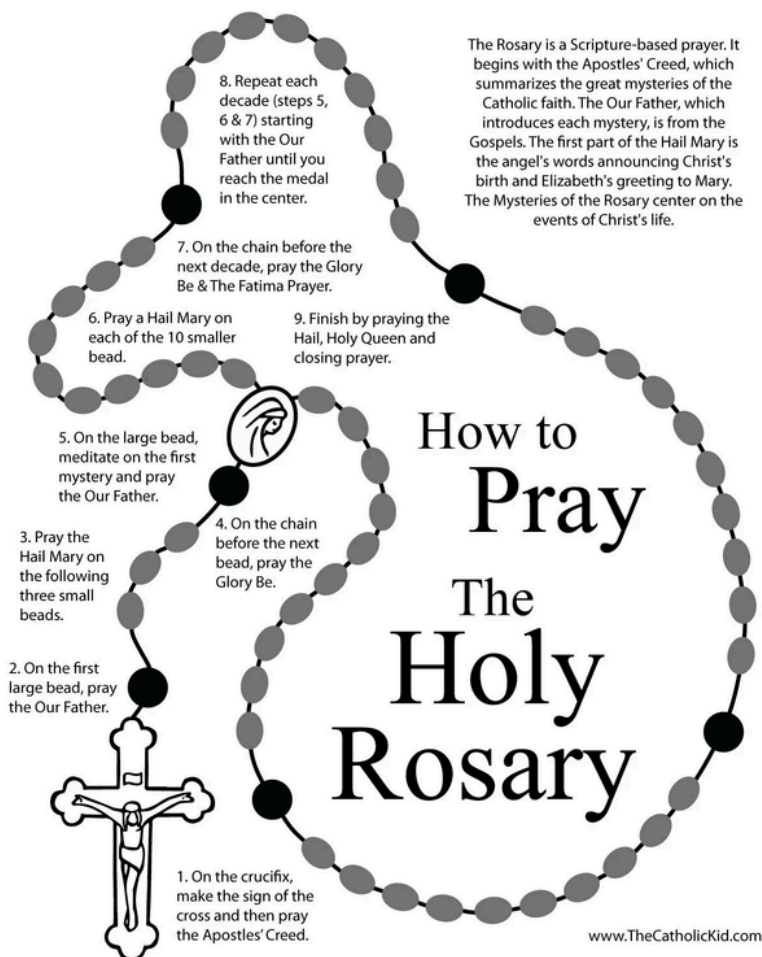
ACTS

Taken from
LifeTeen

1. **Adoration** - Adoration is when we recognize and adore God for who He is. Take time to worship God. Think about who God is — Creator, Savior, all-loving, good.
2. **Contrition** - Contrition is when we recognize our sinfulness and ask for God's mercy. Make a short Examination of Conscience by reviewing your thoughts, words, and actions since your last confession.
3. **Thanksgiving** - Thanksgiving helps us acknowledge all God has done for us and allows us to understand the Lord's love more profoundly. Thank God for specific people, things, and events in your life. Nothing is too big or small to be an object of thanksgiving.
4. **Supplication** - Supplication means asking for something. We can ask for ourselves (petition) and others (intercession). Like thanksgiving, nothing is too big or small for us to ask.

You and your child can pray according to your interests. If they like music, they can sing/ dance/ listen to praise and worship. If they like writing, they can journal their prayer. If they like drawing, they can doodle their prayer, make a comic of them talking to God, paint nature, etc.

PRAYERS THE ROSARY



PRAYERS STATIONS OF THE CROSS

Matthew 27, Mark 15,
Luke 23, John 19



1. Jesus is condemned to death
2. Jesus carries his cross
3. Jesus falls the first time
4. Jesus meets his afflicted mother
5. Simon of Cyrene helps Jesus to carry his cross
6. Veronica wipes the face of Jesus
7. Jesus falls the second time
8. Jesus meets the women of Jerusalem
9. Jesus falls a third time
10. Jesus is stripped of his clothes
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. The body of Jesus is taken down from the cross
14. Jesus is laid in the tomb

PRAYERS

GUIDED PRAYER FOR ADORATION

The following is a great place to start if you don't know what to do in Eucharistic adoration. Keep in mind, this is not the only "right" way. Be honest with God and allow the Holy Spirit to guide you.

1. **Greet Jesus** - Look at Jesus in the Blessed Host in the monstrance. Notice the following:

- It's quiet and peaceful
- The monstrance – the details, where Jesus is in it

In your own way, greet Jesus. Welcome Him into your heart by taking a deep breath, closing your eyes, or sitting quietly.

You can greet Him by praising Him. Here are praises written by St. Francis of Assisi "You are holy, Lord, the only God, and Your deeds are wonderful. You are strong. You are great. You are the Most High. You are Almighty. You, Holy Father, are King of heaven and earth. You are love. You are wisdom. You are rest. You are peace. You are joy and gladness. You are beauty. You are gentleness. You are our protector. You are our guardian and defender. You are our courage. You are our haven and our hope. You are our eternal life, Great and Wonderful Lord, God Almighty, Merciful Savior."

2. **Tell Jesus you are sorry**- Answer the following in your heart: Have I said mean things or hurt someone's feelings? Am I jealous of anyone or wish bad things on someone? Do I help when needed? Do I trust in God at all times? Do I give God enough attention? Do I live my life the way Jesus wants me to? Are there other sins you are sorry for? Silently say the Act of Contrition

3. **Thank Jesus** - Think about all the good things that God has given you – your parents, siblings, friends, sports, favorite foods, a home, education, gifts. Think about the blessings and graces God has given you and thank Him for those silently in your head.

4. **Ask Jesus** - During this prayer, fill in what or who you think needs to be prayed for in that section of the prayer:

Lord Jesus, please help my family, friends, and loved ones with needs and intentions, (silently say names of these people to yourself).

Dear Jesus, please help all the sick, suffering, and dying, especially those that will die this day and those who have died. (silently say names of these people to yourself)

Dear Jesus, help me to be better at _____. I want to be a good person and follow in your footsteps. (silently fill in the blank with things you feel you need help with doing)

5. **Listen to Jesus** - Still your body. Close your eyes. Slow your breathing. Put out of your mind your day-to-day thoughts. When a thought of school, work, sports, etc. pops into your mind, refocus in your breathing. Your mind might not be completely empty, but it becomes close enough for God to speak and you to listen. Just be with God.

PRAYERS

HOW TO HEAR GOD'S VOICE

Adapted from Mary Kate
Conner at LifeTeen

This is just a helpful guide and does not cover all the ways God speaks to people. We so often hear "God told me" or "in prayer I heard" etc. and it is often not explained what that means and how to hear God for yourself. Because of our Baptism, God lives inside all of us. He wants us to know His voice and hear Him, but we have to become familiar with His presence within us.

Ways of Hearing God's voice

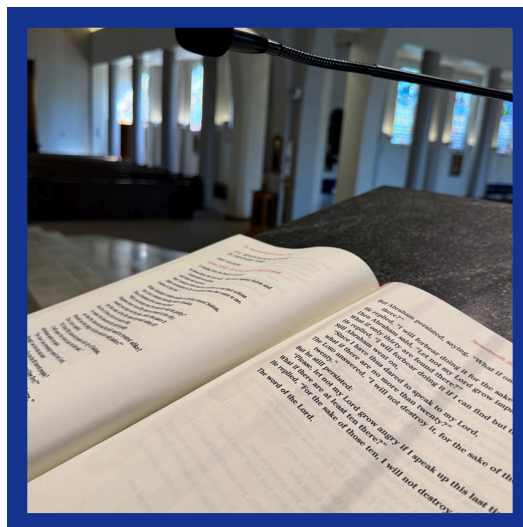
- Hear Him
 - Scripture is the first way you get to know the sound of His voice
 - "Vox Mentis" (voice of the mind)
 - A way to practice this is by saying "aloud" in your head your first, middle, and last name. then
 - "God, do you love me?" pause and listen, with eyes closed.
 - Repeat with "Father, how do you see me?" and listen again
- See Him
 - Imagination
 - practice - imagine your Christmas tree from last year. What did it feel like? Smell like? Was it tall or short? Real or Fake? Imagine your favorite ornament hanging on it. If your Christmas tree is not vivid in your mind, try your first car, the last sunset you saw, etc.
 - You can then do the same thing with Scripture passages, a conversation with God, etc.
 - Memory
 - Recall a moment when you felt really free or alive. Pause and acknowledge God's presence there, even if you didn't feel it in the moment.
- Feel Him
 - Sensing and knowing
 - Feeling the nearness of His presence
 - Emotions as indicators: anxious or peaceful
 - you feel this in your body - tightness in your chest, pit in your stomach
 - "I just KNOW!"
- Practice
 - Read John 1:35-39 "Come and see..." two times
 - Engage all your sense. Journal, draw, or mentally pray about what you see, hear, feel, etc.
- How do I know I'm not "making it up"?
 - You know a tree by its fruits - follow His voice and see what happens
 - Is there peace?
 - Is it true, good, beautiful?
 - Does it align with Scripture and the teachings of the Church?

BIBLE 101

CCC 101-141

In the Liturgy of the Word, the Church feeds the people of God from the table of his Word (cf. Sacrosanctum Concilium, no. 51). The Scriptures are the word of God, written under the inspiration of the Holy Spirit. In the Scriptures, God speaks to us, leading us along the path to salvation.

- The Bible is not a singular book, but a small library of 73 books
 - They have different authors, were written at different times, had different circumstances, point of view, reasons, etc.
- How to find something in the Bible - Book Chapter Verse
 - 1 Corinthians 10:31 - Chapter 10, verse 31 of 1 Corinthians
- Split into old testament and new testament.
 - Old is pre-Jesus and foreshadows the coming of a savior
 - New testament is Jesus and after his death
- Salvation History
 - The Bible tells the story of God's plan to save human beings from sin and bring them to eternal life. The history of that saving plan as told through the Scriptures is called salvation history.
 - Early World, Patriarchs, Egypt and Exodus, Desert Wanderings, Conquest and Judges, Royal Kingdom, Divided Kingdom, Exile, Return, Maccabean Revolt, Messianic Fulfillment, the Church
- Where do I start? - If you're new, start with:
 - The Gospels (especially Mark or John)
 - Acts of the Apostles (for mission and evangelization)
 - Psalms (for prayer)
 - Genesis or Exodus (to understand salvation history)



SAINTS

Hebrews 12:1, Revelation 8:4,
CCC 946-959, 828

The Canonization Process

From FOCUS

The five-step process is a general outline for how someone becomes a saint. There are exceptions to this process and specific situations that may change the process as well.

1. **Gathering information** - the person's local bishop will examine their life (after their death) by gathering evidence of their faith and any writings they may have written. If the bishop finds them to be worthy of being a saint, he submits the information that he gathered to the Vatican's Congregation for the Causes of Saints.
2. **Investigation** - the Congregation for the Causes of Saints can choose to reject the application or accept it and investigate the person's life. If the application is accepted, the person may be called Servant of God.
3. **The person is declared "Venerable"** - if the Congregation for the Causes of Saints approves of the candidate, they can choose to declare that the person lived a life of heroic virtue. This isn't a declaration that the person is in heaven, but that they pursued holiness while on earth. If this is indeed found to be the case, the person may be called Venerable.
4. **The person has a miracle attributed to them and is declared a "Blessed" and beatification is granted**- to be recognized as someone in heaven requires that a miracle has taken place through the holy intercession of that person. The miracle is usually a healing. The healing has to be instantaneous, permanent, and complete while being scientifically unexplainable. A group of independent doctors must first verify miracles as scientifically unexplainable. After that, theologians then approve the person, and the final approval rests with the pope. When these conditions are met, the Church will declare the person a "Blessed."
5. **A second miracle is verified, and the saint is declared a Saint** - Fifth, a second official miracle is needed in order to declare someone a saint. The confirmation of a new miracle goes through the same scrutiny as the first.

SAINTS

“New” Saints

- St. Jose Sanchez del Rio
- St. Carlo Acutis
- St. Pier Giorgio Frassati
- St. John Paul II
- St. Kateri Tekakwitha
- St. Juan Diego
- St. Josephine Bakhita

“Classics”

- St. Therese of Lisieux
- St. Francis of Assisi
- St. Joan of Arc
- St. Gertrude
- St. Agatha
- St. Elizabeth Ann Seaton

Common Patrons

- Sebastian - athletes
- Cecilia - music
- St. Thomas Aquinas - students
- St. Anthony - lost items
- St. Jude - hopeless cases/ lost causes

Stay Tuned!

- Blessed Fulton Sheen (as of September 24, 2026)
- SOG Thea Bowman
- SOG Dorothy Day
- SOG Clare Crockett



Catholics do not worship saints. Worship belongs to God alone. We honor the saints and ask them to pray for us, exactly like asking a trusted friend on earth to pray for our intentions. (CCC 2132, 2683).

SACRAMENTS

Christian Initiation

- Baptism - Matthew 28:19 CCC 1213-1284
- Confirmation - Acts 8:14-17, CCC 1285-1321
- Eucharist - Matthew 26:26-28, CCC 1322-1419



Healing

- Penance and Reconciliation - John 20:22-23, CCC 1422-1498
- Anointing of the Sick - James 5:14-15, CCC 1499-1532

Service

- Matrimony - Mark 10:6-9, CCC 1536-1600
- Holy Orders - Luke 22:19, CCC 1536-1600

How to Go to Confession

- Make the Sign of the Cross and say: "Bless me father, for I have sinned. My last confession was..." (give the number of weeks, months, or years).
- Confess all of your sins to the priest. The priest will help you to make a good confession. If you are unsure about how to confess or you feel uneasy, just ask him to help you. Answer his questions without hiding anything out of fear or shame. Place your trust in God, He is a merciful Father who wants to forgive you.
- The priest will give you words of encouragement and a penance.
- The priest will invite you to say an Act of Contrition, a prayer in which you express sorrow for your sins and your intention to avoid these sins in the future

O my God, I am heartily sorry for having offended you. I detest all my sins, because of your just punishments. But most of all, because they offend you my God, who are all good and deserving of all my love. I firmly resolve, with the help of your grace, to confess my sins, do penance, and to amend my life.

(There are other Acts of Contrition, and you are welcome to use whichever form you are comfortable with.)

- The priest will then pronounce the words of Absolution. Go in peace to do your penance.

THE MASS INTRODUCTORY RITES

CCC 1346-1348

Entrance

The Mass begins with the entrance chant/song. The celebrant and other ministers enter in procession and reverence the altar with a bow and/or a kiss. The altar is a symbol of Christ at the heart of the assembly and so deserves this special reverence.

Greeting

All make the Sign of the Cross and the celebrant extends a greeting to the gathered people in words taken from Scripture.

Penitential Act

At the very beginning of the Mass, the faithful recall their sins and place their trust in God's abiding mercy. The Penitential Act includes the Kyrie Eleison, a Greek phrase meaning, "Lord, have mercy." This litany recalls God's merciful actions throughout history. On Sundays, especially in Easter Time, in place of the customary Penitential Act, from time to time the blessing and sprinkling of water to recall Baptism may take place.

Glory to God

On Sundays, solemnities, and feasts, the Gloria follows the Penitential Act. The Gloria begins by echoing the proclamation of the angels at the birth of Christ: "Glory to God in the highest!" In this ancient hymn, the gathered assembly joins the heavenly choirs in offering praise and adoration to the Father and Jesus through the Holy Spirit.

Collect

The celebrant invites the gathered assembly to pray and, after a brief silence, proclaims the prayer of the day. The Collect gathers the prayers of all into one and disposes all to hear the Word of God in the context of the celebration.

THE MASS LITURGY OF THE WORD

CCC 1349

First Reading

During most of the year, the first reading is from the Old Testament. During Easter Time, the first reading is taken from the Acts of the Apostles which tells the story of the Church in its earliest days.

Responsorial Psalm

The Responsorial Psalm is sung between the readings. The psalm helps us to meditate on the word of God.

Second Reading (on Sundays and Solemnities)

The second reading is from one of the New Testament letters.

Gospel Acclamation

The high point of the Liturgy of the Word is the reading of the Gospel. Because the Gospels tell of the life, ministry, and preaching of Christ, it receives several special signs of honor and reverence. The gathered assembly stands to hear the Gospel and it is introduced by an acclamation of praise. Apart from Lent, that acclamation is "Alleluia," derived from a Hebrew phrase meaning "Praise the Lord!" A deacon (or, if no deacon is present, a priest) reads the Gospel.

Gospel

Homily

After the Scripture readings, the celebrant preaches the homily. In the homily, the preacher focuses on the Scripture texts or some other texts from the liturgy, drawing from them lessons that may help us to live better lives, more faithful to Christ's call to grow in holiness.

THE MASS LITURGY OF THE WORD

CCC 1349

Profession of Faith (on Sundays, solemnities, and special occasions)

In many Masses, the Profession of Faith then follows the homily, either the Nicene or Apostles' Creed. The Nicene Creed is a statement of faith dating from the fourth century, while the Apostles' Creed is the ancient baptismal creed of the Church in Rome. If baptismal promises are renewed, from a formula based on the Apostles' Creed, this takes the place of the Creed.

Universal Prayer

The Liturgy of the Word concludes with the Universal Prayer, also called the Prayer of the Faithful. The gathered assembly intercedes with God on behalf of the Church, the world, and themselves, entrusting their needs to the faithful and loving God.



THE MASS LITURGY OF THE EUCHARIST

CCC 1350-1355

Presentation of the Gifts and Preparation of the Altar

The Liturgy of the Eucharist begins with the preparation of the gifts and the altar. As the ministers prepare the altar, representatives of the people bring forward the bread and wine that will become the Body and Blood of Christ. The celebrant blesses and praises God for these gifts and places them on the altar, the place of the Eucharistic sacrifice. In addition to the bread and wine, monetary gifts for the support of the Church and the care of the poor may be brought forward. The Prayer over the Offerings concludes this preparation and disposes all for the Eucharistic Prayer.

Prayer over the Offerings

Eucharistic Prayer

- o Preface
- o Holy, Holy, Holy
- o First half of prayer, including Consecration
- o Mystery of Faith
- o Second half of prayer, ending with Doxology



The Lord's Prayer

The rite begins with the Lord's Prayer. Jesus taught this prayer to his disciples when they asked how to pray (cf. Mt 6:9-13, Lk 11:2-4). In this prayer, the people join their voices to pray for the coming of God's kingdom and to ask God to provide for our needs, forgive our sins, and bring us to the joy of heaven.

Sign of Peace

The Rite of Peace follows. The celebrant prays that the peace of Christ will fill our hearts, our families, our Church, our communities, and our world. As a sign of hope, the people extend to those around them a sign of peace.

THE MASS LITURGY OF THE EUCHARIST

Lamb of God

In the Fraction Rite, the celebrant breaks the consecrated bread as the people sing the Agnus Dei or "Lamb of God." John the Baptist proclaimed Jesus as "the Lamb of God who takes away the sin of the world" (Jn 1:29). The action of breaking the bread recalls the actions of Jesus at the Last Supper, when he broke the bread before giving it to his disciples. One of the earliest names for the Eucharistic celebration is the breaking of the bread (Lk 24:35; Acts 2:42, 46).

Communion

Those who receive Holy Communion should be prepared to receive so great a gift. They should fast (except for medicines) for at least one hour before receiving the Eucharist and should not be conscious of having committed serious sin.

Because sharing at the Eucharistic Table is a sign of unity in the Body of Christ, only those in communion with the Catholic Church may receive Holy Communion. To invite others present to receive Holy Communion implies a unity which does not exist. Those who do not receive Holy Communion still participate in this rite by praying for unity with Christ and with each other.

The people approach the altar and, bowing with reverence, receive Holy Communion. People may receive the Body of Christ either on the tongue or in the hand. The priest or other minister offers the Eucharist to each person saying, "The Body of Christ." The person receiving responds by saying, "Amen," a Hebrew word meaning, "So be it" (Catechism of the Catholic Church, 2856).

As the people receive Holy Communion, the communion chant/song is sung. The unity of voices echoes the unity the Eucharist brings. All may spend some time in silent prayer of thanksgiving as well.

Prayer after Communion

The Communion Rite ends with the Prayer after Communion which asks that the benefits of the Eucharist will remain active in our daily lives.

THE MASS CONCLUDING RITES

CCC 1354

Optional Announcements

Greeting and Blessing

The celebrant then blesses the people assembled. Sometimes, the blessing is very simple. On special days, the blessing may be more extensive. In every case, the blessing is always trinitarian: "May almighty God bless you, the Father, and the Son, and the Holy Spirit." It is in the triune God and in the sign of the cross that we find our blessing.

Dismissal

After the blessing, the deacon dismisses the people. In fact, the dismissal gives the liturgy its name. The word "Mass" comes from the Latin word, "Missa." At one time, the people were dismissed with the words "Ite, missa est" (literally meaning "Go, she—meaning you, the Church—has been sent"). The word "Missa" is related to the word "missio," the root of the English word "mission." The liturgy does not simply come to an end. Those assembled are sent forth to bring the fruits of the Eucharist to the world.



THE LITURGICAL YEAR

CCC 1168-1173

Advent

four weeks of preparation before the celebration of Jesus' birth

Christmas

recalling the Nativity of Jesus Christ and his manifestation to the peoples of the world



Lent

a six-week period of penance before Easter

Sacred Paschal Triduum

the holiest "Three Days" of the Church's year, where the Christian people recall the suffering, death, and resurrection of Jesus

Easter

50 days of joyful celebration of the Lord's resurrection from the dead and his sending forth of the Holy Spirit

Ordinary Time

divided into two sections (one span of 4-8 weeks after Christmas Time and another lasting about six months after Easter Time), wherein the faithful consider the fullness of Jesus' teachings and works among his people

Holy Days of Obligation

- January 1, the solemnity of Mary, Mother of God
- August 15, the solemnity of the Assumption of the Blessed Virgin Mary
- November 1, the solemnity of All Saints
- December 8, the solemnity of the Immaculate Conception
- December 25, the solemnity of the Nativity of Our Lord Jesus Christ

CATHOLIC LIFE

10 Commandments

Exodus 20:1-17, Deuteronomy
5:6-21, CCC 2052-2557

1. I am the Lord your God: you shall not have strange Gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's spouse.
10. You shall not covet your neighbor's goods.

Beatitudes

Matthew 5:3-12; Luke 6:20-26,
CCC 1716-1729

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are they who mourn, for they will be comforted.
- Blessed are the meek, for they will inherit the land.
- Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
- Blessed are the merciful, for they will be shown mercy.
- Blessed are the clean of heart, for they will see God.
- Blessed are the peacemakers, for they will be called children of God.
- Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Gifts of the Holy Spirit

Isaiah 11:1-2, CCC 1831

- Wisdom
- Understanding
- Counsel
- Fortitude
- Knowledge
- Piety
- Fear of the Lord

CATHOLIC LIFE

5 Precepts

CCC 2041-2043

1. You shall attend Mass on Sundays and holy days of obligation
2. You shall confess your sins at least once a year
3. You shall humbly receive your Creator in Holy Communion at least during the Easter season
4. You shall keep holy the holy days of obligation
5. You shall observe the prescribed days of fasting and abstinence

The faithful also have the duty of providing for the material needs of the Church, each according to his abilities

7 Capital/ Deadly Sins

CCC 1866

- Pride
- Covetousness/greed
- Envy
- Anger
- Gluttony
- Lust
- Sloth

7 Virtues

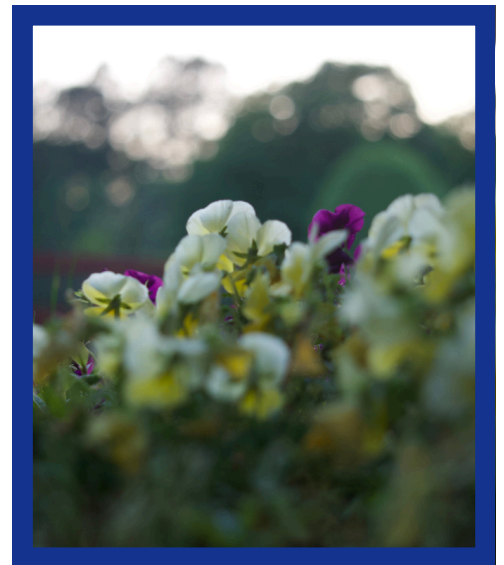
1 Corinthians 13:13, CCC 1812-1829
Wisdom 8:7, CCC 1804-1811

Theological

- Faith
- Hope
- Charity (love)

Cardinal

- Prudence
- Justice
- Fortitude
- Temperance



Fruits of the Holy Spirit

Galatians 5:22-23, CCC 1832

- Charity
- Joy
- Peace
- Patience
- Kindness
- Goodness
- Generosity
- Gentleness
- Faithfulness
- Modesty
- Self-control
- Chastity

CATHOLIC LIFE

Corporal Works of Mercy

Matthew 25:31-46, CCC 2447

- Feed the Hungry
- Give drink to the thirsty
- Shelter the homeless
- Visit the sick
- Visit the prisoners
- Bury the dead
- Give alms to the poor

Spiritual Works of Mercy

- Counseling the doubtful
- Instructing the ignorant
- Admonishing the sinner
- Comforting the sorrowful
- Forgiving injuries
- Bearing Wrongs Patiently
- Praying for the living and the dead



CATHOLIC LIFE CATHOLIC SOCIAL TEACHING

CCC 2419-2449

Life and Dignity of the Human Person

The Catholic Church proclaims that human life is sacred and that the dignity of the human person is the foundation of a moral vision for society. This belief is the foundation of all the principles of our social teaching.

Call to Family, Community, and Participation

The person is not only sacred but also social. How we organize our society -- in economics and politics, in law and policy -- directly affects human dignity and the capacity of individuals to grow in community.

Rights and Responsibilities

The Catholic tradition teaches that human dignity can be protected and a healthy community can be achieved only if human rights are protected and responsibilities are met. Therefore, every person has a fundamental right to life and a right to those things required for human decency. Corresponding to these rights are duties and responsibilities-- to one another, to our families, and to the larger society.

Option for the Poor and Vulnerable

A basic moral test is how our most vulnerable members are faring. In a society marred by deepening divisions between rich and poor, our tradition recalls the story of the Last Judgment (Mt 25:31-46) and instructs us to put the needs of the poor and vulnerable first.

The Dignity of Work and the Rights of Workers

The economy must serve people, not the other way around. Work is more than a way to make a living; it is a form of continuing participation in God's creation. If the dignity of work is to be protected, then the basic rights of workers must be respected--the right to productive work, to decent and fair wages, to the organization and joining of unions, to private property, and to economic initiative.

CATHOLIC LIFE CATHOLIC SOCIAL TEACHING

CCC 2419-2449

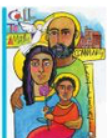
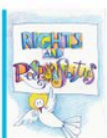
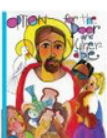
Solidarity

We are one human family whatever our national, racial, ethnic, economic, and ideological differences. We are our brothers and sisters keepers, wherever they may be. At the core of the virtue of solidarity is the pursuit of justice and peace. Pope Paul VI taught that if you want peace, work for justice. Our love for all our sisters and brothers demands that we promote peace in a world surrounded by violence and conflict.

Care for God's Creation

We show our respect for the Creator by our stewardship of creation. Care for the earth is not just an Earth Day slogan, it is a requirement of our faith. We are called to protect people and the planet, living our faith in relationship with all of God's creation. This environmental challenge has fundamental moral and ethical dimensions that cannot be ignored.

CATHOLIC SOCIAL TEACHING for children

 1 God made each person, so every life is important and should be protected.	 5 Work is important in God's plan for adults and their families, so jobs and pay should be fair.
 2 God made us to be part of communities, families and countries, so all people can share and help each other.	 6 God made everyone, so we are all brothers and sisters in God's family wherever we live.
 3 God wants us to help make sure everyone is safe and healthy and can have a good life.	 7 The world was made by God, so we take care of all creation.
 4 God wants us to help people who are poor, who don't have enough food, a safe place to live, or a community.	 These themes are based on United States Conference of Catholic Bishops, <i>Shaping Catholic Social Teaching Challenges and Directions</i>. © Copyright 2011 United States Conference of Catholic Bishops and Catholic Relief Services. All rights reserved. Revised edition of <i>Shaping Catholic Social Teaching</i>, 2011.



Learn more

APOLOGETICS

From the Diocese of
Little Rock

1. What do Catholics believe?

That God created the world and us to live in union with him forever. That union was lost by sin and restored by the death and resurrection of Jesus. The Church was established by Jesus so that we could continue to live in that union by receiving grace. We receive grace in the sacraments as strength so that we can practice charity. All of this together helps us live in unity with each other on earth so that we are ready for eternal unity in heaven.

2. What does the word, “Catholic” mean?

Catholic means universal. In other words, Jesus Christ came to save all people not just some and he calls all people to share the life of grace that he offers. The Church is not meant to be an exclusive club but a place of welcome where all can benefit from the life of grace given by Christ through the Holy Spirit. Universal also means the Church exists already on earth and in heaven because we are part of the family of God by baptism and that family includes the saints already in heaven.

3. How do Catholics practice their faith?

They practice through sacraments, prayer and virtue. The sacraments include our worship and the way to celebrate God's gift of grace. Prayer is the conversation with God that should include both speaking and listening so that we better understand God's will and follow it. Virtue explains what should be the quality of our lives; good actions that reflect our life with God and help bring about greater good in the world around us.

4. Are Catholics saved?

Salvation means the forgiveness of sin and being restored in God's grace, which is given by God alone. All are redeemed by the death and resurrection of Christ but being saved means accepting our place with God as a free gift. Catholics are born again in baptism, but final salvation is judged by Christ only at the time of death. Eternal life with God in heaven is determined at that time according to the justice and mercy of God taking into account the whole of our lives.

APOLOGETICS

From the Diocese of
Little Rock

5. What are sacraments?

God exists around us all the time, but there are moments when he intervenes in life to give us grace. These moments are called sacraments, and they dispense the very life of God into the soul. There are seven sacraments in the Church's life and each gives specific grace to help us live more fully in communion with God.

6. Do Catholics worship Mary and other saints?

No, worship is given to God alone. For Catholics worship follows the ancient tradition of offering sacrifice and Catholics never offer sacrifice except to God during the Mass. Prayer and singing and preaching are included in worship but are distinct. So, some people are confused by actions they may judge to be worship but are distinct. Catholics honor Mary and the saints as part of the family of God who are very much alive in heaven and pray for us who remain on earth. They offer hope for having made it to the end of journey.

7. Do Catholics believe the pope is infallible?

With regards to teaching faith and morals, yes. In other statements such as opinions of world events or policies, no. The pope is the successor of Peter whom Jesus chose to entrust the keys of the kingdom of God with the promise of divine protection. It is the Holy Spirit who guides and protects the Church through those chosen as the human instrument and the Holy Spirit cannot be in error. Popes through the centuries have erred in many and tragic ways but not in teaching dogmas of the Church. (cf. CCC 84-95; 888-892)

APOLOGETICS

From the Diocese of
Little Rock

8. Why do Catholics confess their sins to a priest?

Because Jesus said to. (John 20:23) After the resurrection of Jesus, in his first appearance to the apostles he breathed on them to entrust his Holy Spirit to them, and then sent them out with the power to do what he had done, specifically telling them that their words would have power over sin both on earth and in heaven.

9. What do Catholics believe about holy Communion?

In John 6 Jesus said that we were to “eat his flesh and drink his blood.” This caused many disciples to leave him but the Twelve Apostles were among those who remained. At the Last Supper Jesus made clear to them what he meant by taking bread and wine at Passover and saying, “This is my Body. This is my Blood.” He also said, “Do this in remembrance of me.” The Last Supper was the first Mass and holy Communion is the act at Mass of receiving the Body and Blood of Christ that he gave to us.

10. What do Catholics believe about the Bible?

That the Bible is a collection of books that contain the truth of God's revelation. The Bible is God's living word that has power to reveal God in our history and his voice in our lives now. It is not written as a history book to convey the accuracy of every detail but rather to convey the deeper truth of who God is and why he includes us in his life and creation. It is a gift so that we may know God and follow him.

WHO'S WHO



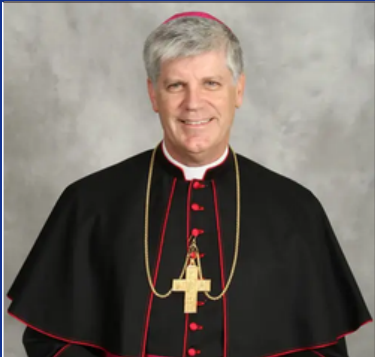
Pope Leo XIV



Archbishop Gregory J.
Hartmayer OFM Conv.



Bishop Joel M. Konzen,
S.M.



Bishop Bernard E.
Shlesinger, III



Bishop John Nhat Trần



Fr. Juan Anzora

Faith Formation staff members can be found in our faith formation handbook. There is a QR Code on the last page

GLOSSARY

Grace

CCC 1996–2005, Ephesians 2:8

Grace is favor, the free and undeserved help that God gives us to respond to his call to become children of God, adoptive sons, partakers of the divine nature and of eternal life.

Incarnation

CCC 461–463, John 1:14

the fact that the Son of God assumed a human nature in order to accomplish our salvation in it.

Paschal Mystery

CCC 1085

Jesus dies, is buried, rises from the dead, and is seated at the right hand of the Father "once for all.

Sin

CCC 1849

Sin is an offense against reason, truth, and right conscience; it is failure in genuine love for God and neighbor

Mortal Sin

CCC 1854-1864

Mortal sin destroys charity in the heart of man by a grave violation of God's law; it turns man away from God, who is his ultimate end and his beatitude, by preferring an inferior good to him. For a sin to be mortal, three conditions must together be met: "Mortal sin is sin whose object is grave matter and which is also committed with full knowledge and deliberate consent.

Venial Sin

CCC 1854-1864

Venial sin allows charity to subsist, even though it offends and wounds it.

GLOSSARY

Virtue

CCC 1803

an habitual and firm disposition to do the good

Penance

CCC 1459-1460

Absolution takes away sin, but it does not remedy all the disorders sin has caused. Raised up from sin, the sinner must still recover his full spiritual health by doing something more to make amends for the sin. May also refer to the sacrament of reconciliation/confession/penance

Contrition

CCC 1451

sorrow of the soul and detestation for the sin committed, together with the resolution not to sin again.

Confirmation

CCC 1285

by the sacrament of Confirmation, [the baptized] are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. Hence they are, as true witnesses of Christ, more strictly obliged to spread and defend the faith by word and deed.

Martyr

CCC 2473

Martyrdom is the supreme witness given to the truth of the faith: it means bearing witness even unto death.



More definitions can be found here

OBJECTS IN THE CHURCH



Vestments



Ciborium



Chalice



Ambo



Altar



Tabernacle



Monstrance



Sanctuary Candle



Pascal Candle

OBJECTS IN THE CHURCH



Purificator



Corporal



Lavabo



Aspergillum



Cruet



Thurible



Credence Table



Luna



Pyx

OBJECTS IN THE CHURCH



Baptismal Font



Chrism



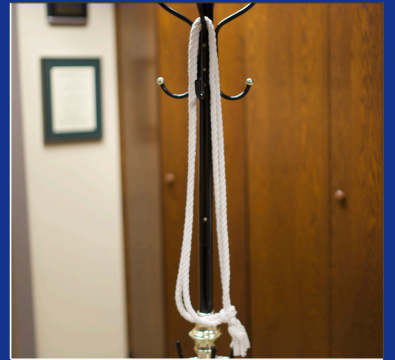
Relic



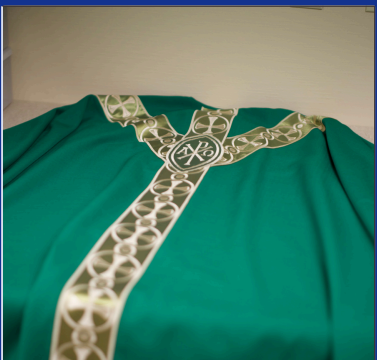
Stole



Alb



Cincture



Chasuble



Humeral Veil



Roman Missal

OBJECTS IN THE CHURCH



Lectionary



Book of the Gospels



Narthex



Sanctuary

FURTHER READING/ LISTENING



**Bible in a
Year**



**Catechism in
a Year**



Magnifikid -
a weekly mini-
magazine for kids
that has all of the
Mass parts and
readings as well
as reflections and
activities



**Catholic
Children's
Books**

APPS



Hallow -
Paid subscription
that contains
many prayers,
reflections, etc.
similar to
podcasts



iBreviary -
some free some
paid, contains the
liturgy of the
hours (a series of
prayers
throughout the
day that all priests
and religious pray)



Laudate -
Free app with
many prayers,
virtual rosary,
daily readings,
etc.



Formed -
St. Andrew
currently provides
a membership for
families. It
contains shows,
movies, courses,
etc. for all ages.

WEBSITES



Vatican



USCCB



**Archdiocese
of Atlanta**



St. Andrew



**St. Andrew
Youth Faith
Formation**

