



Grade 7

TEACHINGS OF JESUS

TEACHERS GUIDE

QUESTION ANSWERS

BIBLIOGRAPHY

Lesson 1

What should I do to attain Eternal Life?

The aim of human life is to attain eternal life. We attain eternal life when we grow in love. In order to grow in love, we should obey God's Commandments sincerely. This lesson explains the Commandments of God and tells us how to observe them.

AT A GLANCE

- *God is the author and love is the basis of the Ten Commandments.*
- *Commandments make us aware of our duties to God, our family and our fellow beings.*
- *Following the Ten Commandments in our life helps us to attain eternal life.*
- *Each Commandment has a deeper meaning that Jesus taught, which we should try to understand and put into practice.*

PRESENTATION OF THE LESSON

We shall present the lesson with the activity of an 'Open- Heart Surgery'.

Drop into the paper-heart ships of paper or cards on which words – Fear, Sorrow, Frustrated, Anger, Joy, Courage, Self-respect and Love – are written. Show the students the heart filled with all these emotions and inform them that you are going to conduct a surgery. Invite eight students and ask them to take one card each. Let them read out what they got. Divide the students into two groups based on what they got and explain what one gains by obeying the Commandments and what one losses by breaking them. With this explanation you may begin the class.

ACTIVITY RELATED TO THE LESSON

A heart shaped paper chamber, word cards, The Bible, Chart paper.

QUESTION & ANSWERS

1. What must we do to attain eternal life according to Jesus?

Ans: Page 10, Paragraph 1

“If you wish to enter into life, keep the Commandments.” (Mt 19:16-17). Jesus emphasised that in order for us to attain salvation, we must live out the commandments in our daily lives.

2. How can the Ten Commandments be summarised?

Ans: Page 12, Last section

These commandments can be summed up by two Commandments:

- I. Love the Lord your God above all else.
- II. Love your neighbour as you love yourself

3. How did Jesus fulfil the Law? Illustrate your points with an example.

Ans: Page 13 Paragraph 1 &2

“Jesus is the fulfillment of the law, rather than disregarding them, Jesus asks us to keep the spirit of love, respect and righteousness alive in our obeying of the Commandments.

Example: Throughout His ministry, Jesus never disregarded the significance of the Commandments given to Moses in the Old Testament; rather He gave them a deeper meaning. “You have heard that it was said to the people long ago, “You shall not murder, and anyone who murders will be subject to judgment. But I tell you that anyone who is angry with a brother or sister will be subject to judgment. And anyone who says, ‘You fool!’ will be in danger of the fire of hell” (Mt 5:21-22). Thereby, Jesus teaches us that committing murder isn’t the only way the fifth commandment is broken, rather even resorting to anger and hatred towards our brethren is displeasing to God. Jesus invites us to conquer evil with goodness. Jesus asks us not to resort to hatred and revenge towards our enemies and those who hate us, rather we should conquer them with love, patience, good deeds and prayer.

emphasised that in order for us to attain salvation, we must live out the commandments in our daily lives.

4. Why are the Commandments significant?.

Ans: Page 15 First 2 paragraphs

God brought about the Ten Commandments, so that mankind may be provided guidelines that outline our responsibilities towards God, our brethren, to ourselves and to the environment. The Ten Commandments assist us in understanding God’s good nature, becoming children of God.

Keeping the commandments starts within the family. Families should strive to live out the commandments by nurturing and serving others with love. By doing so, the love within the family, lived in their daily routines imitating Christ’s love,

extends further to the community. Thus, this love we have for one another helps us in our journey to attain heaven, through acts of prayer, kindness and respect for others.

5. What do the first three commandments teach us?

Ans: Page 13 (Highlighted)

The first three commandments instruct us on how to love God. .

6. What do the last seven commandments teach us?

Ans: Page 13 (Highlighted)

The last seven commandments teach us how to love our neighbours and value their inherent dignity, knowing they are made in the image and likeness of God, just as we are.

7. Jesus wants to keep the spirit of -----, ----- & ----- underlying every commandment (love, respect and righteousness)

Ans: Page 13 second paragraph

6. Reflect upon “Now therefore, if you obey my voice and keep my covenant, you shall be my treasured possession out of all the peoples” (Exodus 19:5) and write a summary

Ans: Read from the bible Exodus 19- Reflection and write a summary

Lesson 2

The Lord Our God

This lesson interprets and explains the First Commandment. It explains one’s duty of Worshipping God and the sins against faith in God. It enables the children to become aware of the need for spending life in the worship of God.

AT A GLANCE

- *We must only worship and honour the one true God the Creator.*
- *We are obliged to offer thanks, praise and worship to God as Jesus taught us.*
- *We must have a desire to proclaim God and witness to Him always.*
- *We shall participate in the Holy Qurbana actively and worship God.*
- *Venerating the saints does not detract from the glory given to God, since whatever good they possess is a gift from God’s bounty.*

- *Prayer is essential to obtain the divine gifts of Faith, Hope and Love. Personal prayers and reciting the rosary assists us to grow in Christian perfection.*
- *Do not commit sins that violate the First Commandment.*

PRESENTATION OF THE LESSON

We may begin by singing a hymn of adoration. Let the children repeat the hymn and discuss the hymn briefly. Tell them what is special about such hymns and whom we adore. Emphasising the fact that only God deserves our worship, we may begin with the lesson.

QUESTION & ANSWERS

1. What is the historical background of the First Commandment?

Ans: Page 19 Paragraph 2

The Israelites suffered under Egyptian captivity for over 400 years. There they found a number of Egyptian gods but none of them were real or able to help Israel to get out of their slavery. But the true real God liberated them. God liberated them from slavery and carried them across the Red Sea. Upon arriving at the foot of Mount Sinai, God made Himself known to the Israelites. God had also made Himself known to Moses when He conversed with him through the burning bush. He showed them His grandeur by recalling His all-powerful and saving acts, to strengthen their faith. The Lord spoke to them from the Mount: "I am the LORD your God, who brought you out of the land of Egypt, out of the house of bondage. Do not have other gods before me" (Exodus 20:2-3). "*I am the God of your father, the God of Abraham, the God of Isaac and the God of Jacob*" (Exodus 3:6).

2. What can we learn from Jesus' statement to the lawyer? "The Lord our God is one Lord, and you shall love the Lord your God with all your heart, and with all your soul and with all you might."

Ans: Page 19 Paragraph 1

Jesus emphasises that the First Commandment is the greatest, as God should be the centre and light of our lives.

3. Why are the Divine virtues fundamental to the Christian faith?

Ans: Page 20, Last Paragraph

God desires for us to wholeheartedly give Him our full faith; we should place all our hope in Him and direct all the strength of our love towards Him. Faith, Hope and Love (Charity) are therefore called theological (divine) virtues because they

have God as the centre. More than that, these virtues have God as their source and they are His gifts to humanity. These theological virtues (divine virtues) are fundamental to a holy Christian living.

4. List the different ways we can worship God.

Adoration, prayer, sacrifices, promises and vows are the means of worshipping God.

- To adore is to acknowledge God as the Creator and Saviour. We must praise and worship God with absolute respect and submission to Him.
- The Holy Sacrifice of the Mass is the sublime worship. It's the greatest way of providing worship to God (II Vat. Council; SC 33). We must participate in the Holy Qurbana and actively worship God.
- Prayer is the lifting up of our hearts towards God. It is a loving conversation with Him, who is our friend. Prayer consists of praise, thanksgiving, intercession and petition. Prayer is the oxygen for the soul; prayer is essential to be able to obey God's commandments.
- By uniting ourselves with the Sacrifice of Christ, every moment in our lives can be a sacrifice to God.
- Sacraments such as Baptism, Matrimony and Holy Orders involve promises made to God. We must faithfully fulfil them as a sign of respect to the Divine Majesty, but most importantly, to convey our love for our Saviour. The Church places great value in practice of the evangelical counsels of obedience, poverty and chastity, fundamental to a consecrated life.

5. How does honouring the communion of saints help us in understanding Christian virtues? Illustrate with an example..

Veneration of saints: In churches and houses, or even in our cars, we keep pictures or statues of saints. We do not worship saints; rather we revere and respect them. The Christian veneration of images is not contrary to the First Commandment which prohibits idols. "The honour rendered to an image passes to its prototype... whoever venerates an image venerates the person portrayed in it." The honour paid to a sacred image is a "respectful veneration," not the adoration due to God alone (CCC 2132).

Honouring the saints assists the faithful in growing in Christian virtues. This is because we can learn from their example, whilst they intercede for our sanctification from Heaven. Venerating the saints does not subtract from the glory reserved for God alone, since whatever good they possess is a gift from God's bounty. The saints give glory to God's perfection and their supernatural qualities are from the graces Christ merited for them through His suffering on the Cross. In the Church's liturgy, the saints are venerated as sanctuaries of the Trinity, as adopted children of the Father, brethren of Christ, faithful members of

His Mystical Body and temples of the Holy Spirit.

Example:

The way we venerate Mother Mary and our parish patron saint.

6. What is the central message of the First Commandment?

Ans: Page 22 last paragraph

The central message of the First Commandment is that we should not worship false gods and idols. We must believe in one God alone. Violation of this commandment consists in unacceptance of the One True God, and trusting in His Providence.

7. The worship of the one God sets man free from -----, from and also from -----(CCC 2097)

Ans: Page 21 Paragraph 1

(turning in on himself, the idolatry of the world)

8. True or False - Rushing through one's prayer and worship to move onto other tasks is a possible violation of the First Commandment

Ans: True

9. What is the greatest form of worship?

Ans: Page 21 second paragraph

The Holy Sacrifice of the Mass is the sublime worship. It's the greatest way of providing worship to God (II Vat. Council; SC 33). We must participate in the Holy Qurbana and actively worship God.

Lesson 3

God's Name-Adorable Name

This lesson explains how the name of God may be and may not be used. It helps one to understand how one should obey the Second Commandment. We must take care to inculcate in the children the tendency to use the name of God with reverence.

AT A GLANCE

- *The name of the Lord is holy.*
- *The name of God should only be used with reverence.*
- *Always use our tongue to sing praises to the Lord.*

- *We must show reverence towards consecrated persons, holy places and holy objects.*
- *We must be respectful to all human beings because they carry God's image and likeness.*
- *God calls each one of us by name and we shall call upon His holy name to be saved.*
- *The Second Commandment protects us from disrespecting God.*

ACTIVITY RELATED TO THE LESSON

Ask the children to find out the Saint whose name they have received in Baptism and motivate them to read the biography of those Saints. Also ask them to write a short note on the life of those saints.

RESPECTING THE HOLY BIBLE

Create an opportunity in the class to train the children to respect the Holy Bible whenever they use it. Give each one a chance. Let them handle the Bible respectfully.

QUESTION & ANSWERS

1. Why does the Bible say that God's name shall not be used in vain?

Ans: Page 27, Paragraph 4

Moses was assigned the responsibility of keeping the flock of his father-in-law Jethro. He led the flock to feed in the wilderness of the mountain of Horeb. There, he encountered a miracle that was to change the course of his life. He discovered a bush burning, although it was not consumed by fire. There God conversed with Moses, speaking to him about his mission to save the Israelites from Egyptian slavery.

Doubtful about his mission, Moses questioned the Lord. "Suppose I go to the Israelites and say to them, 'The God of your fathers has sent me to you,' and they ask me, 'What is his name?' Then what shall I tell them?" In response, *God declared to Moses, "I am who I am (YHWH). This is what you are to say to the Israelites: I am has sent me to you."*

"Say to the Israelites, 'The Lord, the God of your fathers -the God of Abraham, the God of Isaac and the God of Jacob - has sent me to you.' "This is my name forever, the name you shall call me from generation to generation" (Exodus 3: 13-15).

Moses' encounter with God is the first time in salvation history that God's holy

name was revealed (YHWH). God faithfully promised His people that wherever His name is invoked, there He will be present (Exodus 20:24). The name of the Lord has saving power, whoever calls upon the Lord with love and respect shall be saved. "Everyone who calls on the name of the Lord will be saved." (Joel 2:32)

2. Investigate and research an event in the New Testament where the power of the name of Jesus is manifested.

Ans: Page 29 Paragraph 1

The apostles understood the divine power inherent in the name of Jesus. One day Peter and John were going up to the temple at the time of prayer. Now a man who was lame from birth was being carried to the temple gate. When he saw Peter and John about to enter, he asked them for money. Peter looked straight at him, and said, "Look at us!" So the man gave them his attention, expecting to gain some materialistic possession. Then Peter said, "Silver or gold I do not have, but what I do have I give you. In the name of Jesus Christ of Nazareth, walk!" Taking him by the right hand, he helped him up, and instantly the man's feet and ankles became strong. He jumped to his feet and began to walk (Acts 3:1-10).

3. How did Jesus' address God and in what way is it significant for our spiritual living?

Ans: Page 28, Paragraph 2

Jesus made the heart of God the Father known during His mission. He invites His disciples to call upon the Lord with the title 'Abba.' Though it is not a divine title, it is a simple expression of tenderness towards the Father. Israelite children use this term to address their fathers. It is equivalent to daddy or papa. In this way, Jesus has "made the Father known." (John 1:18).

4. List everything the second commandment forbids us from.

Ans: Page 30

The Second Commandment forbids the abuse of God's name.

It forbids blasphemy. This is sinful uttering against God, inwardly or outwardly. Blasphemy includes words of hatred, reproach, defiance and speaking ill of God. The prohibition of blasphemy extends to Christ's church and the sacred things used by the church. It also forbids dishonouring the names of the Virgin Mary or the saints, in whom God's power was made evident.

It prohibits being unfaithful (either lying or breaking) to the promises and oaths made to others in God's name. Jesus teaches us that every oath references God's presence, so His truth must be honoured in all speech (CCC 2150-2155).

5. How does our baptismal name help us to become children of God?

Ans: Page 32 last paragraph

The names of saints who have glorified God are usually taken as our baptismal names. The purpose of being named after a saint is so the child can grow in virtue, modelling the saint after whom they are named. We should strive to make our Patron Saints proud of us and continually ask for their intercession. The Church exhorts that parents, godparents and the priests should take care not to give names unsuitable to Christian Spirit.

6. What is the core of the Second Commandment?

The Second Commandment reminds us to show reverence to God's name on all occasions in our daily life. We must always give praise, glory and reverence to the adorable name of God. We should always lift praise to God in our hearts. We must sincerely give thanks to the Lord for His infinite grace and mercy. In this way, we will be honouring the commandment to keep God's name holy.

7. Priests and religious are persons consecrated to God. Hence, we have to ----- (respect) them with great -----(love).

8. Churches, pilgrim centres and shrines are places dedicated to the worship of God and veneration of saints. We must behave there with -----(reverence).

9. The Bible containing the life-giving Word of God must be used with----- (due care and respect).

Lesson 4

The Day of the Lord

This is the lesson that explains how one should observe the day of the Lord. It clearly presents the observance of Sabbath in the Old Testament and Sunday in the New Testament. This lesson is useful in training the students as to how they should observe Sundays and other days of Obligation and what duties to be performed.

AT A GLANCE

- *Sunday is the Day of the Lord reminding us of the Command, Resurrection, Pentecost, the Church and our eternal rest.*
- *We should participate in the Holy Qurbana, listen to the Word and receive Holy Communion in our parish church.*
- *The ideal way to give thanks every day is by attending Holy Mass. Weekly thanksgiving is a bare minimum.*

- ***On Sundays we shall try to abstain from labour and business concerns that impede the worship to be rendered to God, the joy proper to the Lord's day and the relaxation of mind and body.***

ACTIVITY RELATED TO THE LESSON

My Diary:

Suggest to the students that they should maintain a diary for noting down in detail the things they do on Sundays show them a model of the diary. Ask the children to make a list of charitable activities that one can do on Sundays.

QUESTION & ANSWERS

1. How was Sabbath celebrated in the Old Testament?

Ans: Page 36 2nd & 3rd paragraph

God instituted the Third Commandment on Mount Sinai "Remember the sabbath day and keep it holy. Six days you shall labour and do all your work. But the seventh day is a sabbath to the LORD your God; you shall not do any work - you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns." (Exodus 20:8-10).

During the eve of the previous day of the Sabbath, all daily routines of life ceased. No work was to be done by man or animal. The entirety of the Sabbath day was lifted up to God, and the Israelites spent their time worshiping and praising the Lord Most High. Then they took rest at home and enjoyed their family time.

2. How did Jesus teach that man is not for the Sabbath, but Sabbath is for man?

Ans: Page 36 4th paragraph

Jesus was teaching in the synagogue when a man with a withered hand approached Him to ask for healing. Jesus was met with opposition so He asked the crowds "Is it against the law to cure a man on the Sabbath day?" When the crowd fell silent Jesus said; "If any of you has a sheep and it falls into a pit, will you not take hold of it and lift it out? How much more valuable is a human being than a sheep! So, it is lawful to do good on the Sabbath." (Matthew 12:12). By healing the man with the withered hand, Jesus taught that man is not for the Sabbath, but the Sabbath is for man. Jesus exhorted us to worship the Lord our God who is the Lord of the Sabbath.

3. Why is Sunday considered the day of Sabbath for Christians?

Ans: Page 37 3rd & 4th paragraph

The most important event in Salvific history occurred on a Sunday; the resurrection of Jesus. (Mark 16:12, Matthew 28:1, Luke 24:1, John 20) Conquering sin and death, Jesus resurrected on Easter Sunday.

The Holy Spirit descended upon the apostles on a Sunday, 50 days after the resurrection of Jesus. The Church was officially inaugurated on this Sunday, the day of Pentecost.

4. What are three important ways in which the New Testament people should celebrate Sunday?

Ans: Page 37 & 38

Day of Worship

Sunday is a day of worship, to praise the Lord our God. The entire day must revolve around the celebration of the Holy Qurbana, the greatest adoration given to God by the whole community. Attending Sunday Mass gives us the power to renew our faith, life and commitment. We must offer the Holy Qurbana with attention, devotion and purity of heart. The church teaches us that the faithful have the obligation to participate in the Holy Mass on all Sundays and other obligatory days. Sunday is also a special day for the faith formation of children and the youth through catechism

Day of Rest

Man should rest on the day of the Sabbath. We should strive to avoid hard work and spend the day with family to strengthen the bonds with one another. Sundays' should be set aside solely for fostering your relationship with God and man. The church also teaches us not to demand, if there is no such great urgency, anything that hinders others from celebrating the Lord's Day (CCC 2195). The theme of rest is not just to sanctify the interruption of work, but to point us even now towards man's eternal rest in God (Youcat 364).

Day of Mercy

Sundays are also the Days of Mercy. Therefore, we are obliged to act graciously and be of service to others. The Church confirms this behaviour in reaching out to the marginalised and the poor. Sundays are our reminder to pay concern to our poorer brethren and the needs of the parish community. St Paul writes to the faithful, "On the first day of every week, each of you is to put aside and save whatever extra you earn" (1 Corinthians 16:2). On Sundays, we must devote time to act with mercy and assist others however we can. Thereby, we can transform Sundays into days of mutual friendship and unity.

5. What does the Third Commandment teach us?

The Third Commandment reminds us to celebrate the Lord's Day by participating in the divine worship with joyful hearts. It also exhorts us to refrain from all work

that prevents us from worshipping God or that which disturbs the festive, joyful, restful and restorative character of the day. The true spirit of the Sabbath lies in devoting time and effort to worship God and to serve those in need.

Lesson 5

Respect Your Parents

This lesson explains what the Fourth Commandment demands us to do. It explains in full detail the duties of the parents and children. This lesson is useful to train the children to grow with respect and love towards the elders.

AT A GLANCE

- *Children owe their parents respect, gratitude, obedience and assistance. Filial respect fosters harmony in all of family life.*
- *We should be grateful to God who gave us our parents.*
- *We have the responsibility of doing our duty towards our parents.*
- *We should respect the authorities and the elders.*
- *Every citizen has the duty to cooperate loyally with the civil authorities and to contribute to the common good in truth, justice, freedom and solidarity.*

PRESENTATION OF THE LESSON

CWe may present the lesson through showing the children different videos associated with

family. The videos should depict children showing respect to Parents. Have a discussion after showing each video. Let the children give their views also. Then show some other videos depicting the opposite scenes and let the children speak about them. After this you may begin with the lesson.

QUESTION & ANSWERS

1. What are the rewards God promises to those who observe the Fourth Commandment?

Ans: God rewards those who observe the Fourth Commandment with long life, happiness and blessings upon earth.

2. **“Whoever forsakes a father is like a -----and whoever angers a mother is-----by the Lord.” (Sira. 3:16)**

Ans: Whoever forsakes a father is like a blasphemer, and whoever angers a mother is cursed by the Lord.” (Sira 3:16).

3. **How did Christ exemplify the duties of obedience and love towards parents? Provide an example.**

Ans: Page 45 paragraph 2 & 3

The greatest example of this sense of communion and unity is none other than the Holy Family. Jesus himself, was born into a family and was obedient to Mary and Joseph (Luke 2:51). As mentioned by St. Ambrose, “The Son of God Himself honoured His mother and His foster-father. It is said of Him that He was subject to them. Learn from Him to obey your parents. He honoured them, though they were His servants. He loved and respected His mother. He never forgot that as an infant. He had lain on Mary’s bosom and had been carried in Joseph’s arms.”

For example, Christ showed great respect for His mother at the marriage feast of Cana. Although He knew His time for working miracles had not yet come, He complied with her request. Therefore, it is only natural that we strive to imitate what Jesus exemplified and honour our parents, with the understanding that they are God’s representatives and our greatest benefactors.

4. **Write down the Fathima Prayer recited in rosary. For whom we pray in it?**

Ans: Page 48

Fatima Prayer: “Oh my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to heaven, especially those most in need of thy mercy.”

It is a prayer for forgiveness and mercy for sinners and souls in purgatory and to be recited after each mystery of the rosary.

5. **How do the Syro-Malabar Catholics pay respect to their deceased parents?**

Ans: Page 47 last paragraph and page 48 first paragraph

The Syro -Malabar Catholics regularly pray in their families for the repose of the souls of their forefathers by offering “5 Our Father, 5 Hail Mary and 5 Glory be” to the five sacred wounds of Jesus.

Children pray for the souls of their deceased parents who passed away on that date and request priests to offer Mass for the departed. They visit their graves often, decorating with flowers, light candles and pray with the priest saying the Office of the Dead. Children take fasting and keep the Lenten spirit from the date of demise to the 41st day of remembrance and offer their sacrifice for their beloved parents’ souls in purgatory. There are special prayers and blessing rites

conducted in the church and at home, as it is the custom and tradition of the Syro- Malabar church.

6. What are the duties of children to parents and elders?

Ans: Page 45

Duties of children to parents:

To truly fulfil our obligations, we must love, obey and behave respectfully towards our parents, as this is the reverence we owe them as our greatest benefactors. Our love must be conveyed through kind sentiments and actions, be it nursing them when they are sick or consoling them when they are upset.

Your parents are your first best friends - and as such, you must drive away any loneliness and sadness they face in their lives, and instead, fill it with joy, love and happiness.

Those who are older than us have the wisdom of life and their life experience leaves them prudent and aware of the ways of the world. As such, we are required to respect those who are elder to us. Those who are older have much advice to offer and the young should seek their counsel "for of them they shall learn wisdom and instruction".

7. What are the duties of parents towards their children?

Ans: Page 46

Parents are required to provide opportunities to ensure the appropriate spiritual, physical, mental and social growth of their children. Through the love and care parents extend towards their children, they must emulate the love God has for each of us. Parents bear the responsibility of creating a home in which love, affection and tenderness bear fruit. More importantly, in order to ensure the proper discipline and virtuous education of their child, they must be able to acknowledge their own failings and be a good example to their children (CCC 2223).

8. What are some sins against the Fourth Commandment?

Ans: Page 46

It is a great evil against this commandment for children to leave old parents and the elderly without appropriate care. Those who are aged should never be despised. Laughing, mocking, using abusive language or physically hurting them are great sins against this commandment.

Lesson 6

Life: The Gift of God

This lesson teaches that it is God who gives life and that we have no right to destroy life. It explains how the Fifth Commandment is presented in the Old Testament and in the New Testament. We should take up the responsibility of not only avoiding the vices against life but also of protecting life. This lesson helps the children to show respect to life.

AT A GLANCE

- *Life is the gift of God.*
- *We have a duty to respect and protect life.*
- *We should be thankful to God for the gift of our life.*
- *We should protect our people and planet for us and for our future generations.*

QUESTION & ANSWERS

1. What is the primary reasoning traced behind the Fifth Commandment “You shall not kill” referring to CCC 2258?

Ans: Page 52 paragraph 5 & 6

Human life is sacred. From its beginning it involves the creative action of God and it remains forever in a special relationship with the creator, who is its sole end. God alone is the Lord of life from its beginning until its end. No one can under any circumstance claim for himself the right directly to destroy an innocent human being (CCC 2258).

2. What are the factors involved in any kind of ending a human life?

Ans: Page 53

1. Contempt for life and consequent war and organised exploitation
2. Individualism and consequent rejection of life
3. Fear and consequent violence
4. Idols of life - money, power and success

All these arise out of the fallen nature of humanity; consequences of original sin. In the end, God declares the wickedness of Cain’s act and punishes him.

3. Why are euthanasia and abortion are considered an attack on the most vulnerable people in our society?

Ans: 54 & 55

Abortion

The Church maintains that all life begins at conception. A human life is sacred from the moment of conception until its natural death. Therefore, direct and purposeful taking of the life of the unborn child, which we call abortion, is morally wrong. This is the cruellest and most inhuman attack against human life.

The reality of abortion can be masked by language that conceals the dignity of the unborn child or ignorance toward what is actually involved in an abortion. Often others defend abortion by emphasising the rights of choice for the mother, potential hardship or the inconvenience associated with having a child. Pope Francis asks: "But how can an action that ends an innocent and defenceless life in its blossoming stage be therapeutic, civilized or simply human? I ask you: is it right to 'do away with' a human life in order to solve a problem? Is it right to hire a hitman in order to solve a problem? One cannot. It is not right to 'do away with' a human being, however small, in order to solve a problem. It is like hiring a hitman to solve a problem."

Moreover, the essence of our absolute condemnation against abortion comes down to the reality that taking away a human life is not a human choice, was never a choice and will never be a choice. Only God the creator has the supreme authority over life; in our mere mortal nature, humans cannot attempt to mirror this authority. Hence, the modern argument for abortion, which states that it is the mother's choice, is absolutely incorrect and unjustified. How can a mother choose to end a human life, when she has no authority over this life - only God does.

It is worthwhile to welcome every life because every man and woman is worth the blood of Christ Himself (1 Peter 1:18-19). We cannot have contempt for what God has loved so much! The teaching of the church is clear and unchanged in this respect. "Direct abortion, that is to say abortion willed as an end or means, is gravely contrary to the moral law" (CCC 2271)

Euthanasia

Euthanasia is the act of putting an end to the life of the dying, the sick and the retarded, whatever be the means and goals (CCC 2277). Euthanasia has been legalised in some countries such as the Netherlands and is now legal in Australia. Regardless of the laws, euthanasia is equal to murder, and to those who choose it, bears little difference to suicide. Euthanasia takes advantage of the most vulnerable people in our society by undermining their dignity and convincing them that they will only obtain peace upon death. Instead of promoting euthanasia, we should strive to support and assist those who are ill and suffering.

4. What type of things can we do to promote human dignity?

Ans: Page 56 & 57 under Towards promoting human dignity

Respect the reputation of others

Deeds and words of scandal, anger, calumny, envy and jealousy disrupt the wellbeing of fellow beings. We should deal with any other fellow human beings with due respect and without discriminating. This would help us to grow in a culture of promoting human dignity

Safe Driving

Road rage, illegal road racing and stupid and arrogant behaviour by drivers or pedestrians often results in accidents and casualties. The Church believes that driving is never a solitary activity. Being on the road is seen as an act of coexistence and integration within a community of people. A good driver should possess self-mastery, prudence and courtesy and acknowledge the rules of the road in order to save lives. The Church released "Ten Commandments for the Drivers" in 2007 starting with "You shall not kill."

Protection of health

Life and physical health are precious gifts entrusted to us by God. We must take reasonable care of them, availing sufficient food, workouts and medical aid to maintain good health. Similarly, by the virtue of temperance, let us avoid every kind of excess: the abuse of food, alcohol, tobacco and medicine. The use of drugs inflicts very grave damage on human health and life (CCC 2288 - 2291).

Safeguard peace

Peace is the consequence of justice and the sign of love put into action. Where there is peace, "every creature can come to rest in good order" (Thomas Aquinas). Earthly peace is the image and fruit of the peace of Christ, who reconciled heaven and earth. Peace was the promise at the birth of Jesus, a gift

5. What does Jesus teach about the Fifth Commandment during the sermon on the mount?

Ans: Page 53

Jesus taught in the Sermon on the Mount: "You have heard that it was said to those of ancient times: You shall not murder; and whoever murders shall be liable to judgment. But I say to you that if you are angry with a brother or sister you will be liable to judgement and if you insult a brother or sister you will be liable to the council; and if you say, 'you fool', you will be liable to hell." (Matthew 5:21-22). Hence, we see Jesus encourages a positive attitude of absolute respect for life and advises us to uphold the sacredness of life.

6. How does the use of drugs and liquor destroy life indirectly?

Ans: Page 55 last paragraph

Use of drugs, tobacco and abuse of liquor threatens human life as it destroys life indirectly. It is an act of self-destruction and thus an offence against the life that God has given us. Constant use of liquor damages the body considerably and spoils one's soul. Individuals under the influence of drugs, and liquor are prone to engage in dangerous activities and behave in an uncontrolled nature.

7. What are the sins against human life?

Murder, Abortion, Euthanasia, Suicide, Use of drugs liquor and smoking, Terrorism

8. Let us acknowledge life as God's(greatest gift) and show our respect to its Creator through..... (communal stewardship).

9. "Blessed are the -----(peacemakers) for they shall be called sons of God" (Mt 5:9).

10. When we fail to -----(fight for life) we create a culture of indifference and apathy.

Lesson 7

Lesson 7: Sexual Purity

This lesson explains about safeguarding the purity and holiness of our body which is the temple of God. This lesson also aims at teaching the basics of sexuality. It explains matters required for living in purity and its content motivates the children to live their life in purity.

AT A GLANCE

- *Our body is the temple of God and therefore holy.*
- *Sexual difference is not subjective, but it is willed by God. Man and woman should acknowledge, accept and thank God for one's sexual identity.*
- *Sexuality is ordered toward the union of man and woman in monogamous fidelity through the sacrament of marriage.*
- *Sins of impurity cause loss of grace, blinds the sinner, hardens the heart and leads to various other sins.*
- *We should treat our own body, and others, with respect, remembering we are all God's children*

QUESTION & ANSWERS

- 1. Our body is the temple of God and therefore it is holy. Explain this teaching of Bible on sexual purity from the example of the story Joseph and Potiphar's wife.**

Ans: Page 61

Joseph was the second youngest son of Jacob. His brothers were very jealous of him and so, sold him to some Egyptian traders. In Egypt, Joseph was sold as a slave to Potiphar, the head of the Pharaoh's bodyguard team. Potiphar soon realised that the Lord was with Joseph, because he succeeded in everything he did. Hence, Joseph was put in charge of Potiphar's household. He trusted Joseph immensely.

But, it wasn't long before sin came knocking at Joseph's door. Joseph was strong and handsome. God gave him great leadership skills amongst other blessings. Potiphar's wife soon noticed Joseph and started to like him very much, and wanted him to do wrong things with her. Rightly, Joseph knew that being with another man's wife was a sin against God. In the very beginning, God created one wife (Eve) for one man (Adam). God's perfect plan for marriage has always been one man and one woman together for their lifetime. God's grace gave Joseph the power to say NO to sin (Titus 2:11-12).

"My master hasn't held anything back from me, except you. You are his wife. So how could I do an evil thing like that? How could I sin against God?" Joseph asked her (Gen 39:8-9). But Potiphar's wife didn't give up. One day she pulled on his coat and didn't let him go. But Joseph managed to run away, leaving his coat behind. Potiphar's wife started to scream and told everyone that Joseph had tried to hurt her. Potiphar was furious when he heard his wife's story. He threw Joseph into prison (Gen 39).

- 2. Male and female are the twofold expression of human nature. Explain the meaning and purpose of sexuality using biblical images and the teachings of the Church.**

Ans: Page 62 first four paragraphs

Sexuality is God's gift to humanity. It is ordered towards a deeper level of communion sharing love and life between a husband and wife. The Church's teaching on human sexuality begins with the truths revealed in the book of Genesis; the truths about the nature of the human person and design of the human body. God created man in his own image, in the image of God he created him; male and female he created them. (Genesis 1:27).

Male and female is the twofold expression of human nature. Like human life itself,

sexual difference is not subjective but is willed by God. Men and women are equal in dignity, yet they are different from each other. They are different in their bodies and how they relate to each other and to the world. Sexuality affects all aspects of who we are (CCC 2332) and is woven into the fabric of each man and woman.

When we say every person is created in God's image, not only does it mean dignity of humanity, but also conveys that we are made for relationship, for communion and called to love like God with faithfulness, trustfulness, responsibility, forgiveness, mercy and generosity.

"Based on these revelations, marriage is defined as a communion of man and woman. It is a covenantal relationship, an 'affective union,' spiritual and sacrificial, which combines the warmth of friendship and erotic passion. It endures long after emotions and passion subside" (Amoris Laetitia, 120). Sexuality is ordered toward this union of man and woman in monogamous fidelity through the sacrament of marriage. It is in this context we need to understand the Sixth Commandment; "You shall not commit adultery."

3. Why is engaging in sexual relationships outside marriage a sin?

Ans: Page 62

1. It is against God's holiness and the Sixth and Ninth Commandments forbid it
2. It is against the unity and indissolubility of marriage
3. It is against the life - giving love of the creator
4. It is against the dignity of marriage
5. There is no authentic self-giving of two individuals
6. Because the body is objectified; treated as a thing for use

4. Summarise the ways in which each person, despite their vocation, must safeguard their chastity.

Ans: Page 63 paragraph 1

Everyone is called to chastity. This means that we are invited to live chastely in our thoughts, words and deeds. Chastity is necessary to the right living of one's sexuality. It is the virtue that moderates the desire for sexual pleasure according to the principles of faith and right reason. In married people, chastity moderates the desire in conformity with their state of life, by remaining faithful to their life partner; in unmarried people who wish to marry, the desire is moderated by abstinence until (or unless) they get married. Those who resolve not to marry, i.e. consecrated persons, keep chaste by their celibate life and by committing themselves to God and the people of God, with an undivided heart.

5. How does the virtue of chastity help us to live in sexual purity?

Ans: Page 63 paragraph 3

Chastity is a virtue that requires consistent practice. It is an “apprenticeship in self-mastery,” where a person learns the meaning of true freedom (CCC 2339). The chaste person is not governed by his or her emotions. Rather, the chaste person understands the meaning of sexual feelings and appropriate behaviours. Chaste self-possession brings true freedom and peace.

6. How can sexual sin affect our relationships?

Ans: Page 64

“The ‘heart’ has become a battlefield between love and lust. The more lust dominates the heart, the less the heart experiences the spousal meaning of the body, and the less sensitive it becomes to the gift of the person. Does this mean we should distrust the human heart? No! It is only to say that we must remain in control of it.” (Theology of Body, 258).

7. Describe the ways by which we engage in spiritual battle to be crowned with chastity

Ans: Page 64 & 65

Run away from the occasion of sin

“The most necessary remedy for avoiding sins against chastity is to fly from dangerous occasions” (St Alphonsus Liguori).

Avoid friends who engage in obscene talk and actions.

Avoid obscene publications and pictures, websites and TV shows.

Humility is the safeguard of chastity

“Know that we are weak, and we cannot fight this battle by ourselves” (St Philip Neri). O Practise self-control in conversation, modesty in dressing and be selective in choosing entertainment.

Frequenting the Sacraments

“The devil leads many souls into perdition by convincing them that their sins are either too shameful to confess to a priest, or they are not worth mentioning” (St Alphonsus Ligouri).

Be frequent to the sacrament of Reconciliation.

Actively attend Holy Qurbana and receive Holy Communion.

Prayer

“For every single grace comes to the soul through prayer” (St Faustina). O Nurture

and sustain our prayer life.

Seek the protection of Mother Mary and pray the rosary daily.

Practice

“When you decide firmly to lead a clean life, chastity will not be a burden on you: it will be a crown of triumph” (St Jose Maria Escriva).

Read the Bible & lives of saints.

Try to see in every person God’s own image and likeness. He/she is a person to be respected.

Be in the company of good friends and seek the counsel of mature adults.

Form the habit of occasional fasting from things you love, to practice discipline.
O Frequently call upon the divine names of Jesus and Mary.

8. Through the Sixth Commandment, God protects the of persons and of family. (Sanctity, Sanctity)

9. According St. Alphonsus Liguori, which are the ways impurity harms a soul that lives in impurity?

Ans: Page 63

According to St. Alphonsus Liguori, impurity does three things: it binds the sinner, hardens the heart and it leads to a multitude of other sins.

Lesson 8

Do Not Steal

This is a lesson that discusses in detail about the sin of stealing which is a very grave social evil and warns us against its consequences. The Seventh Commandment teaches us that wealth is a gift of God and we have a duty to share it to help others so that we would live with a sense of justice.

AT A GLANCE

- *Wealth is one of God’s gifts to humanity.*
- *We have a duty to share our wealth with others in need.*
- *Justice is the virtue that assists us in giving each person his/her due.*
- *If we have taken anything unjustly, we must return it and if we have caused loss to others unjustly, we must make amends for it.*

- ***Christian justice is closely associated with mercy and sharing. Love for the poor is a distinguishing universal mark of a Christian.***

QUESTION & ANSWERS

- 1. Everything delightful in creation is destined for the whole human race to share with one another. Explain.**

Ans: Page 70, Paragraph 1

We read in the book of Genesis, the description of creation, that God created the universe and all that is in it and gives them for the use of man. Wealth is meant for man's use (Genesis 1:28). God has provided resources in such a way that all human beings must use it and help one another, in order to ensure that everyone's primary needs can be met. Hence wealth is meant for all humans' use but should not be unjustly amassed.

- 2. What does St Thomas Aquinas say about justice?**

Ans: Page 71, Paragraph 1

St. Thomas Aquinas mentions that "Justice is the virtue which persuades a person to give each one his due. Only those who respect the rights of others can behave justly." One's right becomes another's duty.

- 3. What are the sins against the commandment "you shall not steal" ?**

Ans: Page 71 last two paragraph and page 72

The Seventh Commandment can be defied through cheating in exams, making profit from someone's misfortune, misuse of authority or showing partiality to someone and possessing lost items that could be rightfully returned.

Squandering public property carelessly, exploiting natural resources and polluting the environment are also sins against the Seventh Commandment. Social or systemic evils like bribery, corruption, denial of fair wages to workers, evading tax, setting employees to work in inhumane conditions, artificially driving prices up or down, betting and gambling are also sins against the Seventh Commandment. The misappropriation of intellectual property is considered thieving.

The theft of intellectual property begins with copying other students' work in school, continues in the illegal taking of materials from the internet, making unauthorized copies of media and extends to business dealings in stolen concepts and ideas.

4. Explain in the context of the parable of the Good Samaritan, how the basis of Christian justice is mercy and care for another?

Ans: Page 71, Paragraph 3

The basic principle of justice is to give what one owes to another. Jesus desires that our sense of justice should be enhanced by mercy and sharing. The parable of the Good Samaritan demonstrates this. The man, who was attacked and plundered by the robbers, was in need of help and nursing. The Good Samaritan went out of his way to assist the wounded man. Jesus commands us: "Go and do likewise" (Luke 10:37).

5. What is restitution?

Ans: Page 72, paragraph 2

If we steal something, we have the duty to give it back. If we have taken anything unjustly, we must return it. If we have caused loss to others unjustly, we must make amends for it. Restitution is defined as making reparation for a wrongdoing, either by returning what had been taken or by means of compensation. Restitution is between individuals, whereby one restores to the rightful owner something unjustly taken or repairs damage unjustly caused.

6. The commandment 'You shall not steal' teaches us that we have the responsibility to protect others' rights. Explain.

Ans: Page 72, paragraph 4

The commandment 'You shall not steal' teaches us that we have the responsibility to protect others' rights. It also invites us to look after the needy and disadvantaged of the society with the resources we consider our own. Love for the poor is a distinguishing mark of Christians across all time. "Ownership," Pope Francis says, "is a responsibility;" we can only truly possess "that which we know how to give." If there are things which we cannot give away, "it is because those things possess me, have power over me, and I am a slave to it." Let us grow as protectors and guardians of social justice. Let us grow in goodness as the stewards of God's riches, using them for our good and the good of others.

7. Ownership," Pope Francis says, "is a " we can only truly possess "that which we know how to give." (Responsibility)

8. St. Paul continues to say "Thieves, the greedy, drunkards, revellers, robbers - none of these will " inherit the kingdom of God".

Lesson 9

Speak the Truth

This lesson explains the Commandment 'You shall not tell lies; you shall speak the truth'. Jesus who came to witness truth dissuades us from telling lies. This lesson discusses in detail the evils against truth and how one can prevent them.

AT A GLANCE

- *Jesus is the Truth of God who became Man, and entered the world in order to bear witness to truth.*
- *Everyone has an equal right to be informed of the truth.*
- *We are obliged to observe truthfulness in our thoughts, words and deeds.*
- *An offense committed against the truth requires reparation.*
- *Society has a right to information based on truth, freedom and justice.*
- *One should practise moderation and discipline whilst using social media.*

QUESTION & ANSWERS

1. How does the Bible attest that God is the source of all truth?

Ans: Page 76, last two paragraphs

The Bible attests that God is the source of all truth. His word is truth. His law is the truth. His faithfulness is true and it endures to all generations. Since God is truth, His people are called to live in truth (CCC 2465).

In Jesus Christ, the whole of God's truth has been made manifest (John 14:6); full of Grace and truth (CCC 2466). Jesus said "I am the truth" (John 14:6), and as God is the fullness of truth, we are required to follow His example and bear witness to the truth.

2. What are the sins against the Eighth Commandment "You shall not bear false witness."?

Ans: Page 77-79

1. Denigration, 2 Copying, 3. Revealing Secrets, 4. Lying, 5. Defaming/Slandering, 6. Plagiarism or Copying, 7. Flattery

3. Why is lying the most direct offense against the truth?

Ans: Page 78, paragraph 3&4

Lying is making an untrue statement with the intent to deceive or to create a false or misleading impression. Others listen to our words with the conviction that our words are true. Lying deceives man's relationships with his neighbour. Therefore, a lie offends against the fundamental relation of man and of his word to the Lord (CCC 2483)

Lying is the most direct offense against the truth. Satan is the master of lies, "a murderer from the beginning, who does not abide in truth, because there is no truth in him. When he speaks a lie, he speaks of his own: for he is a liar, and the father of it" (John 8:44). St. Paul repeatedly exhorts against lying, "Stop lying to one another" (Colossians 3:9) and "Speak the truth" (Ephesians 4:25).

4. What does the Eighth Commandment demand from us?

Ans: Page 79 Paragraph 2

The Eighth Commandment concerns our relationship with our neighbours. Without mutual trust, a relationship cannot stand the trials that come its way. We should be deterred from injuring our neighbour's good name. Our Lord teaches: "Judge not, that you may not be judged." (Matthew 7:1), "Condemn not and you shall not be condemned." (Luke 6:37).

5. What is the truth that was revealed in Jesus?

Ans: 76 last paragraph and page 77 first paragraph

In Jesus Christ, the whole of God's truth has been made manifest (John 14:6); full of Grace and truth (CCC 2466). Jesus said "I am the truth" (John 14:6), and as God is the fullness of truth, we are required to follow His example and bear witness to the truth.

We are called to bear witness to the truth that Jesus revealed (John 14:6). During His passion, Jesus revealed to Pontius Pilate, "For this I was born, and for this I have come into the world, to bear witness to the truth" (John 18:37). As witnesses to the truth, every word we speak should coincide with Jesus' truth.

6. Those who do not endeavour to repair the harm they have done by slandering their neighbour, cannot obtain (pardon from God)

7. How can we be truthful in our words, actions and deeds?

Ans: Page Page 79 last paragraph

The Eighth Commandment invites us to speak, live and bear witness to the truth. The only contact some people will have with the Gospel and the beauty of the Catholic Church will be through your testimony to Jesus, by living out His Gospel in your truthful actions and words.

Lesson 10

Keep up the Marital Purity

This lesson contains some thoughts about the importance of marital relationship as presented by the Old Testament and the New Testament. Here we see Jesus blessing marital life. Jesus invites the couples to live in purity by upholding fidelity. Today's children should have the right attitude in order to have good families in future..

AT A GLANCE

- *Everyone who looks at a woman/man lustfully has already committed adultery with her/him in his heart.*
- *The Ninth Commandment warns us against lust.*
- *The struggle against carnal lust involves purifying the heart and practising temperance.*
- *Purity of heart will enable us to see God: it enables us to see the world through God's eyes.*
- *Purification of the heart involves prayer, the practice of chastity, purity of intention and clarity of vision.*
- *Purity of heart requires patience, decency and discretion. Modesty protects the integrity of a person.*
- *Marital life is a vocation that calls husband and wife to live in purity.*

QUESTION & ANSWERS

1. What is the meaning of marriage in a Biblical perspective?

Ans: Page 83 second paragraph

Our call to love one another is both God's greatest gift and commandment to us. As mentioned in 1 John 4:7, "God is love" reinforces that the purpose of our life is to learn how to love each other in the imitation of the heavenly love of our God. The Lord God said, "It is not good for the man to be alone. I will make a suitable partner for him" (Genesis 2:18). God instituted marriage as a sacred covenant between man and woman, calling them to undertake their vocation as spouses and parents. This Sacrament of Marriage is sacred so things that go against the purity of the spouses are prohibited.

2. Explain how the unconditional, sacrificial love between Christ and the Church, stands as the current model of marital relationships.

Ans: Page 84 second paragraph

While we may not consider the Bible to be filled with love stories, within it lies the greatest example of true love - the love of Christ and the Church. It is from this example that marriage is required to be interpreted, and in the words of St. Paul, husbands are called to "love your wives just as Christ loved the Church and gave Himself for her to make her Holy." (Ephesians 6:21-33). Thus, the unconditional, sacrificial love between Christ and the Church, stands as the current model of marital relationships.

3. How do you explain marriage as life-long, exclusive, life-giving and permanent?

Ans: Page 84 last paragraph

We have often heard "till death do us part" mentioned in wedding vows, and this signifies the indissoluble unity between the married couple. Spouses receive the grace to perfect their love and "help one another to attain holiness in their married life and in welcoming and educating their children" (CCC 1641). It is a life-long committed relationship because the vows were made before God. This covenant ends only in death, as once two people are married; they have become "one flesh." (Genesis 2:24) The permanency or indissolubility of marriage is reinforced by Jesus himself; "What therefore God has joined together, let no man put asunder" (Mark 10:9).

4. Why does it say that the main purpose of marriage is to partake in the amazing creation of God?

Ans: Page 85 second paragraph

As God created the world, the vocation of marriage was written into the very nature of man and woman through Adam and Eve. The Church recognises that "the well-being of the individual person and the Christian society is closely bound up with the healthy state of conjugal and family life", (Gaudium et Spes, 47§1) Thus, one of the main purposes of marriage is to partake in the amazing creation of God. Children are a gift of God, and during the marriage ceremony couples vow to bring-up the children they would receive as God's children. Thus, spouses are called to bring up their families in the image of the Holy Family, developing the Church and the society.

5. Divorces affect the security and strength of a society; Why?

Ans: Page 86 first paragraph

Divorce was never included in God's vision for His people so it is not permissible. Divorces affect the security and strength of a society, but more importantly, it is often the innocent children who suffer through the adverse effects of divorce. The selfish motives of the parents ultimately impact the children, as they are stripped of the love and protection they ought to receive from both parents.

6. The Church recognises that “the well-being of the individual person and the Christian society is closely bound up with the healthy state of and family life”. (Conjugal) (Gaudium et Spes, 47§1)
7. The basis of marital relationships should not be material desires such as wealth, status, or beauty rather one of as emulated by Christ. (unconditional love)
8. We must remember that marriage is not a(human) institution; it was created by (God) for the good of man and woman and the society.
9. How do you explain the strength of Joseph and weakness of king David in terms of marital fidelity?

David’s family then suffered from violence, rape, betrayal and murder, all stemming from the consequences of his lustful abuse of power and disregard for Bathsheba’s dignity as a human and another man’s wife. Through David’s actions, we are reminded that sins against one’s marital chastity are grievous in God’s sight.

Through the example of Joseph, and the lessons from the fate of Sodom and Gomorrah - cities which were destroyed due to their sinful nature (Genesis 19:1-29), we are reminded of our call to keep our sexual integrity, in order to remain as pure and holy children of God.

Lesson 11

Desire Not the Undeserving

This lesson clearly explains how one should earn money and how it should be spent. Jesus teaches us to live in Justice. The children should grow with the awareness that one should not desire the undeserving and that all should get what they deserve.

AT A GLANCE

- *“Where your treasure is, there also will your heart be” (Mt 6:21)*
- *We should earn wealth only through righteous means.*
- *We have a responsibility to share our wealth with those in need.*
- *We shall not covet others’ wealth.*
- *“Blessed are the poor in the spirit.” Detachment from riches is necessary for entering the Kingdom of God.*

QUESTION & ANSWERS

1. **Explain why Jesus calls the rich man, in the parable of the greedy man, a fool.**

Ans: Page 91 paragraph 3

Jesus called the rich man a “fool” not because he was rich, but because he was greedy and lacked the intention to share his wealth with the needy.

2. **“Therefore, we must keep in mind our duty as Christians to serve others and to be charitable with our earnings.” Explain the reasoning behind this teaching.**

Ans: Page 93 paragraph 3

It is God Himself who has given people the ability to earn wealth. Everyone is entitled to earn wealth through rightful means. However, it is sinful to earn wealth needlessly by unjust means. Pope Francis explains that people’s constant desire for wealth is rooted in their need for security. People are susceptible to becoming slaves to wealth, if they accumulate it only for themselves, rather than in order to serve others. It is displeasing in God’s eyes, seeking only to satisfy one’s own sense of security and wellbeing, while ignoring the needs of one’s fellow brethren. Therefore, we must keep in mind our duty as Christians to serve others and to be charitable with our earnings.

3. **What are the consequences of greed? How does it violate the Tenth Commandment?**

Ans: Page 91 paragraph 1

Greed or covetousness is a capital sin. It is the desire to own things, namely money, power or positions, beyond one’s needs and abilities. Possessing more than what is necessary deprives others of what they need to simply live. The Tenth Commandment prohibits coveting the goods of another, which is the root cause of theft, robbery and fraud and often leads to violence and injustice. Moreover, greed leads to the idolatry prohibited by the first three commandments. This is true because greed frequently leads to a kind of worship of material goods.

4. **Which virtues help us to conquer greed?**

Ans: Page 92 &93

Thrift, generosity, spirit of poverty, contentment.

5. **How are Christians called to develop a generous spirit?**

Ans: Page Page 92 second paragraph

Generosity assists us in the fight to eradicate poverty. The basis of generosity is the good will to sacrifice one’s own comfort and help others in need. In order to curb our greed and covetous tendencies, we are called to develop a generous

and giving spirit, to share with others in need. Many Christians have adopted the Biblical practice of tithing 10% or more of their income to their Church and the poor (Malachi 3:7-10). Whilst, not all are able to give the full 10%, we should give what we can. In other words, the tithe shouldn't be loose change or leftovers, rather it should be given with the intention of building up the Church and supporting the poor.

6. What is evangelical poverty?

Ans: Page 93 paragraph 1

As seen through Jesus' example, a spirit of poverty consists of evangelical poverty. It is living a life in which we trust in God's providence rather than finding one's satisfaction in the abundance of material goods. We must realise that material goods can never attain Heaven for us. We must always place trust in Jesus's words, "Blessed are the poor in spirit, for theirs is the Kingdom of heaven." (Mt 5:3). Those who live their lives in a spirit of poverty, use their God-given gift of wealth for the glory of God and for the good of their fellow beings, rather than for fulfilling their own selfish desires.

7. How is the Tenth Commandment related to contentment of life?

Ans: Page 94 paragraph 2

Human greed, violence and selfishness have a destructive impact on both people and the environment. Wherever sin and its consequences in the world have fractured our relationships with God, with ourselves, with others and with the whole of creation, reconciliation is needed. In fact, we are called to be content and share generously with others. We are invited to protect nature and its resources and not to exploit the earth unjustly. Let us come to the realisation that all human beings are equal, and the material goods and resources available to us on Earth are God's gift to us all.

8. Explain how justice is an important principle of our faith? Illustrate it with the help of the Tenth Commandment and the story of King Ahab and Naboth.

In Samaria, there was a man named Naboth, who had a vine garden near the palace of King Ahab. King Ahab desired to make the garden his own, however, Naboth refused to hand it over to the King. Consequently, Queen Jezebel accused Naboth of blasphemy so he could be stoned to death and the King could claim his land. Naboth's cry of injustice reached God and He sent Elijah to the King. God spoke to Ahab through the prophet Elijah: "You have murdered Naboth and took over his possession." The Lord says: "In the place where dogs licked up the blood of Naboth, dogs will also lick up your blood too" (1 Kings 21:19). God rightfully served justice and punished King Ahab for his greed.

Humans have innate desires that often lead us to commit sin. For example, hunger

and thirst are innate survival instincts, however an excess desire to consume food and drink can lead to gluttony. Similarly, the Tenth Commandment concerns mainly two appetites, namely greed and envy (also called covetousness) that lead us to steal and act unjustly, as King Ahab did to Naboth. The attitude of covetousness keeps us from truly enjoying the material things of life that God has blessed us with. That's why God commanded us: "You shall not covet ... anything that is your neighbour's" (Exodus: 20-17).

God created the universe for all but when He saw the ignorance of His people, He sought to protect the rights of all individuals. Thus, He established the Tenth Commandment - "You shall not covet your neighbour's house; you shall not covet your neighbour's wife, or male or female slave, or ox, or donkey, or anything that belongs to your neighbour" (Ex 20:17).

Lesson 12

The Greatest Commandment: Agape

This lesson teaches that love is the essence of all Commandments. There are two aspects to the Commandment of love given by Jesus: Love of God and love of our brethren. You shall present this lesson in such a way that it would enunciate the relevance of this new commandment of love in the present time.

AT A GLANCE

- *Love is the essence of God's commandments.*
- *Let's not merely say that we love each other; but rather show it with actions and truth.*
- *It is human to make mistakes, but to forgive is divine.*

QUESTION & ANSWERS

1. Why is God's love called Agape? How did Jesus live out Agape?

Ans: Page 98 last paragraph and page 99 1st & 2nd paragraph and boxed content.

The ultimate, most unconditional form of love is when God the Father loved the world so much that He gave us His only son, sent Him down to earth to die for our sins so that we may believe in Him and attain eternal life. This is love in its most radical form. Jesus is the incarnate love of God and this love is called Agape

Agape is the term that defines God's immeasurable, incomparable love for

humankind. It is His ongoing, outgoing, self-sacrificing concern for lost and fallen people. God gives this love without condition, unreservedly to those who are undeserving. Jesus lived out Agape by sacrificing Himself on the cross for the sins of the world

When Jesus speaks in His parables of the shepherd who goes after the lost sheep, of the woman who looks for the lost coin, of the father who goes to meet and embrace his prodigal son, these are no mere words; instead, they become an explanation of His very being as the incarnate love of God. Jesus' death on the Cross is the culmination of the never-ending love for which He gives himself up, in order to raise us up. "Just as I have loved you, you also should love one another" (John 13:34)

2. How do we love God in a personal way?

Ans: Page 100 1st paragraph

Jesus teaches us to respond to God's love through His own obedience to God's will. "In fact, this is love for God: to keep his commands. And his commands are not burdensome" (1 John 5: 3). Jesus invites us to love God in a personal way, "Abba, Father," just as children love their Father (Galatians 4:6); a relationship relies on two-way communication. We can show this love for God by finding time for prayer, reading the Bible and participating in the Holy Qurbana.

3. Whoever does not does not know God, for God is"

Whoever does not love does not know God, for God is love" (1 John 4:8),

4. On what criteria will Christ judge us on the day of judgement?

Ans: Page 100 last paragraph

On the Day of Judgement, Christ will judge us based on the measure of love we poured into assisting our brethren. This will determine our worthiness for an eternal reward in Heaven. God desires that we show our love for the poor and marginalised in our society through acts of mercy and charity. Jesus teaches, "Just as you did it to one of the least of these who are members of my family, you did it to Me" (Mt 25:4). As Christians, it is our duty to see the loving face of Christ in the poor and love them just as we love God.

5. To love our enemies is something uniquely Christian! Explain.

Ans: Page 101, paragraph 3 &4

Though he was innocent, Jesus was condemned, mocked by the people and made to carry a heavy cross to Calvary where He was cruelly nailed to the cross and accepted death for the sake of our salvation. Despite all this, Jesus prayed for those who caused Him pain, "Father, forgive them; for they do not know what

they are doing” (Luke 23:34), showing His love for us and giving us an example of how we should love others.

To love our enemies is something uniquely Christian, so in learning to love like Jesus, we set ourselves apart from our society as true children of God. Asking for forgiveness, generosity in giving forgiveness and praying for them, stems from our love for our enemies. No other religion teaches its adherents to love their enemies.

6. It is human to make mistakes, but when you forgive it becomes a?

it is human to make mistakes, but when you forgive it becomes a divine action.

7. The forgiveness we receive from God is dependent on our willingness to forgive others. Explain this on the basis of the Lord’s Prayer.

Ans: Page 101 last paragraph and page 102 1st paragraph

“Love your enemies, do good to those who hate you, bless those who curse you; pray for those who abuse you. If anyone strikes you on the cheek, offer the other also; and from anyone who takes away your coat do not withhold even your shirt” (Lk 6:27-29).

By loving in this manner, we imitate God’s love and mercy for the sinner which we see in the Lord’s Prayer: “Forgive us our trespasses as we forgive those who trespass against us”. Therefore, the forgiveness we receive from God is dependent on our willingness to forgive others. Remember, it is human to make mistakes, but when you forgive it becomes a divine action. So, let’s try and make this familiar prayer, ‘Our Father’, a reality in our lives today.

8. Jesus Christ’s love is a universal love, without any conditions or limits. Explain.

Ans: Page 102 5th paragraph

The love of Jesus is God’s universal love, without any conditions or limits. It is a love without selfishness, a love that commits Himself for the service of others. It is a love that forgives even His enemies. Jesus’ love is sacrificial, a love that paves the path to God. He loves us despite our frailties, our limitations and our human weaknesses. .

9. What are the 14 Deeds of Mercy? 7 Physical & 7 Spiritual.

Physical		Spiritual	
1.	Feed the hungry	1.	Teach the ignorant
2.	Give a drink to thirsty	2.	Counsel the doubtful
3.	Cloth the naked	3.	Comfort the suffering

4. Give shelter to the thirsty	4. Admonish the sinners
5. Visit the sick and prisoners	5. Forgive offences
6. Help the poor and needy	6. Bear wrongs patiently
7. Bury the dead	7. Pray for the living and dead

Lesson 13

The Precepts of the Church

The Church has given five precepts for its members to follow. All the members of the Church have the obligation to obey them. While the Commandments are meant for all human beings the Precepts are for the faithful members of the Church. This lesson explains that the precepts would also help us in our spiritual growth.

AT A GLANCE

- *Every Precept of the Church is important and is meant for all its members.*
- *The Precepts of the Church are sure guides to help us keep the commandments of God.*
- *The Precepts help us to grow in unity with the Church.*

QUESTION & ANSWERS

1. How many precepts of the church are there? Please name them.

There are five precepts of the Church, They are:

1. Participate in the Holy Mass on all Sundays and other days of obligations. Don't do any work on these days which will prevent us from keeping these days holy
2. Receive the Sacrament of reconciliation at least once a year and receive Holy communion during the Paschal season
3. Keep fast on the fixed days and abstain from certain foods during those days
4. Celebration of marriage is not permitted during Lent or with certain persons whom the Church has forbidden
5. Give generous share and contributions fixed by the bishops for the subsistence of the Churches and priests

2. From which commandment is the first precept of the church derived?

Ans: Page 108

This precept is derived from the Third Commandment, "Remember to keep the Lord's Day holy."

3. Why is it an obligation of the members of the Church to participate in the Holy Mass at least on Sundays?

Ans: Page 108 3rd paragraph

Holy Qurbana, or Holy Mass, is the supreme form of worship of God. Participation in the Holy Qurbana bestows upon us spiritual gifts that help us sanctify our lives, and contribute to the growth and unity of the ecclesial community. Hence it is an obligation of the members of the Church to participate in the Holy Qurbana on Sundays. We should always try to attend Holy Qurbana in our own parish church. Lord's Day holy."

4. What is the purpose of abstinence and fasting during Lent? Name the specific days every Catholic needs to keep fast?

Ans: Page 109 under the third precept

Fasting and abstinence are penitential practices essential in Christian life, which help us to acquire freedom of heart and mastery over our instincts.

They also help us to be prepared thoroughly for the salvation events celebrated towards the end of those seasons. The Lenten tradition is to abstain from meat and not necessarily eat fish. The Church also encourages us to give up additional things of personal attachment e.g., social media and games, and to accompany fasting with acts of penance, as this will strengthen our Christian life. "These times are particularly appropriate for spiritual exercises, frequent reception of sacraments, pilgrimages as signs of penance, voluntary self-denial such as fasting and almsgiving, and fraternal sharing (charitable and missionary works)." (CCC 1438).

There are fixed days and seasons for fasting by which all the faithful are invited to abide. The Church instructs us that Fridays are days of abstinence and penance in memory of the death of the Lord (CCC 1438). Vibhuti (Ash Monday) and Dukhavelli (Good Friday) are days of complete abstinence and fasting, where only one full meal may be consumed.

5. Explain how providing financial assistance to the parish church will contribute towards the building up of a Christ-centred community.

Ans: Page 110 2nd paragraph

This precept reminds us of the duty of the faithful to contribute towards protecting their church community. This includes maintenance of churches, support for the

subsistence of priests and to help the poor and vulnerable in the community. The parish church is the centre for the growth and welfare of a community in Christ; by providing financial assistance to the parish church you will be contributing to the building up of a Christ-centred community.

6. Which is the Second Precept and why is it important?

Ans: Page 108 last and page 109 1st para

Receive the sacrament of Reconciliation at least once a year and receive Holy Communion during the Paschal season (CCC 2042)

Frequent reception of the sacraments, such as Reconciliation and Holy Eucharist, is essential nourishment for our soul, as they are the channels through which our sins are forgiven and our relationship with God is restored. Participating in the sacrament of Reconciliation ensures that we receive Holy Communion worthily. The Catechism of the Catholic Church teaches us that receiving these sacraments continues the grace of Baptism by forgiving sins and renewing the person in God's love.

7. What is the difference between God's commandments and the Precepts of the Church?

Ans: Page 107 & 108

The Ten Commandments are indisputable laws that were written by God. No human being has the right to add or take away any words. The commandments received in the Old Testament were interpreted and completed by Jesus in the New Testament.

The "Five Precepts of the Church" with their minimum requirements are supposed to remind us that one cannot be a Christian without making a moral effort, without participating personally in the sacramental life of the Church, and without union with her in solidarity. They are obligatory for every Catholic Christian. (YOUCAT 346)."

The Church teaches the faithful various means to attain salvation. The important means for salvation are the worship of God, reception of the sacraments and obeying the commandments. Along with that, the Church gives us certain precepts to contribute to the growth of our spiritual journey and preservation of the ecclesial community.

8. Participation in the Holy Qurbana gives us that will help us our lives and contribute to the growth and unity of the ecclesial community.

Participation in the Holy Qurbana bestows upon us spiritual gifts that help us sanctify our lives, and contribute to the growth and unity of the ecclesial community.

Lesson 14

Formation of Conscience

This is a lesson that deals with Conscience which is God's voice. It gives a detailed account of (1) the characteristics of Conscience, (2) Faith and Conscience, (3) Formation of Conscience etc.

AT A GLANCE

- *Conscience is the Voice of God.*
- *Formation of a good conscience is an ongoing and lifelong task. If we have not formed a good Christian conscience, our decisions may not be correct.*
- *We should always reject all evil and hold on to virtues.*
- *Word of God and teachings of the Church are the principal tools in the formation of Conscience. We must assimilate them in faith and prayer and put them into practice.*

QUESTION & ANSWERS

1. What is conscience? How does it guide us?

Ans: Page 114 third paragraph

Conscience - the voice of God

The Second Vatican Council teaches us that conscience is a law written by God, in each of our hearts. Hence, the voice of conscience is the voice of God. If we strive to pay close attention to our conscience, it guides us to obey God and leads to goodness.

2. What will happen when we rebel against conscience?

When we rebel against conscience, we are allowing sin to lurk within us.

3. Why do people do bad things in spite of their ability to value good?

Ans: Page 114 last and page 115 1st paragraph

Although the sacrament of Baptism cleanses us from original sin, it does not abolish the frailty and weakness of human nature, or the inclination to sin (concupiscence) due to his fallen nature (CCC 1426). We must strive continuously to overcome evil through God's grace. There is an ongoing internal conflict between good and evil, present in all of humanity. St Paul speaks of this: "I can

will what is right, but I cannot do it. For I do not do the good I want, but the evil I do not want is what I do" (Rom 7:18-19).

4. Why is it necessary to form a conscience?

Ans: Page 115 third paragraph

A good conscience helps us to lead a life in goodness. It makes judgments that conform to reason and the good that is willed by the wisdom of God. Our conscience can assist us in our journey to desire good, if we listen to it carefully. Our conscience can help us evaluate our choices, in light of what is right or wrong. If our conscience is properly formed, in events of sin, it can lead us back to God through repentance and a change of heart (metanoia).

5. What do we require in order to form a good conscience?

Ans: Page 115 last

In order to form a good conscience, we must:

1. Discern what is good and what is evil.
2. Train our minds to make decisions which reject evil and accept good.

6. What is the relationship between faith & conscience?

The faithful have a duty to form their conscience according to the principles and teachings of our faith.

7. What is Christian Conscience and how is it formed?

Ans: Page 116 first 3 paragraph

We as Christians have received the Holy Spirit through the sacraments of Baptism and Confirmation. Hence the Spirit of God will enlighten our conscience in discernment and decision making. "My conscience confirms it by the Holy Spirit" (Rom. 9:1).

Christian conscience should be formed according to the Word of God and the teachings of the Church. "The proper formation of conscience leads a man into the freedom to do what has been correctly identified as good" (YOUCAT 297).

Formation of a good conscience is an ongoing and lifelong task. If we have not formed a good Christian conscience, our decisions may not be correct. Hence, we must take care to form a Christian conscience and regulate our lives in accordance with the will of God. Since we have the obligation to obey our conscience, we also have the great responsibility to see that it is formed in a way that reflects the true moral good.

8. Name four guiding principles for Christian Conscience and explain how they help us in making choices.

Ans: Page 116 & 117 table content

Action	Description	How can we live this out in our life?
<p>1. Gain proper knowledge "Your word is a lamp to my feet and a light to my path"(Ps 119:105</p>	<p>Gain knowledge and training in Christian and human values. Equip yourself with a thorough knowledge of Scripture and Church teachings to evaluate between good and evil in all circumstances.</p>	<p>Word of God is a principal tool in the formation of conscience. We assimilate it through Holy Qurbana, prayer, study and practice. The authoritative teaching of the Church (magisterium) is another essential factor in our conscience formation. Catechism classes help us to understand the Church teachings in better light.</p>
<p>2. Clear the doubts "Lord, if it's you," Peter replied, "tell me to come to you on the water." "Come," he said. Then Peter got down out of the boat, walked on the water and came toward Jesus (Mt 14: 28-29).</p>	<p>As we gather the right knowledge, it is expected that some doubts may arise. Reading Catholic literature or consulting people with proper knowledge and discretion will help us to clarify any doubts.</p>	<p>The prudent advice and good example of others supports and enlightens our conscience. Our parish priest would be a good resource person in this regard. Reading the lives of saints and holy friendships with people who are also trying to know, love and serve the Lord will be of great help</p>

<p>3. Preserve the freedom of mind "I have the right to do anything," you say -but not everything is beneficial. "I have the right to do anything" -but I will not be mastered by anything" (1 Cori 6:12).</p>	<p>Conscience can work only in an atmosphere of freedom. We must try not to lose the freedom of conscience by our own selfishness or through the influence of other people</p>	<p>Beware that we can be subjectively in error about something that is objectively true. Ignorance and error of perception can mislead our conscience. Hence forming our conscience in objective moral standards gives us freedom.</p>
<p>4. Seek the guidance of the Holy Spirit "You, my brothers and sisters, were called to be free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love" (Gal 5:13).</p>	<p>We need the power of the Holy Spirit to discern between good and evil. The gifts of the Holy Spirit will help us to choose what is right and act accordingly. Hence, we must pray to the Holy Spirit.</p>	<p>The gifts of the Holy Spirit, prayer, combined with regular examination of our conscience, will help us to develop a morally sensitive conscience.</p>

9. The essence of these commandments is to become the children of God by keeping away from and doing

The essence of these commandments is to become the children of God by keeping away from evil and doing good.

10. should be formed according to the Word of God and the teachings of the Church.

(Christian Conscience))

Lesson 15

The Beatitudes: Invitation to be Lights in a Dark World

Sermon on the Mount' is one of the important teachings of Jesus. The essence of this Sermon is the Evangelical Counsels or the Eight Beatitudes. This lesson deals with the details of the Beatitudes and enables one to live as a true disciple of Christ. The teacher should take care to give these convictions in such a way as they would register in the mind of the students..

AT A GLANCE

- *The beatitude we are promised confronts us with decisive moral choices. It invites us to purify our hearts of bad instincts and to seek the love of God above all else. It teaches us that true happiness is not found in riches or well-being, in human fame or power, or in any human achievement - however beneficial it may be - such as science, technology, and art, or indeed in any creature, but in God alone, the source of every good and of all love.*

QUESTION & ANSWERS

1. How does Pope Francis explain the structure of the Beatitudes? Explain your answer by giving an example?

Ans: Page 122 second paragraph

Pope Francis explained that each beatitude is composed of three parts: the opening word "Blessed", followed by the situation in which those who are called 'blessed' find themselves – poor in spirit, mourning, thirsting for justice etc. – the reason for which they are blessed. Finally those who are 'blessed' receive as a reward, a gift from God: "For theirs is the kingdom of heaven", "for they will be comforted", "for they will inherit the land" and so on.

2. Name the two places in the Holy Bible where you can find the sermon on the mount.

Ans: Mathew 5-7 and Luke 6: 20-49

3. What are the eight blessings which a true disciple of Jesus will obtain?

Ans: Page 122 last paragraph

1. Blessed are the poor in spirit, for theirs is the kingdom of Heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the earth.
4. Blessed are those who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the pure in heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven (Mt. 5: 3-10)

4. The Beatitudes are like one-line parables. How do you explain the profound meaning behind “Blessed are they who mourn, for they will be comforted”?

Ans: Page 123 third paragraph

Mourn: We will naturally think of “sadness” as an emotion we experience over things we have lost (a pet, a friend etc.). But “mourning” in scripture is not limited to personal loss, and often has a more spiritual and selfless dimension. First of all, we mourn over our sins (Psalm 51: 17). Repentance turns our mourning into joy because God washes our sin away and restores us to fellowship with Him (Ps 30: 11; Lk 15:10). Secondly, we mourn the way things are. We mourn poverty. We mourn trouble. We mourn tragedy. We don’t turn a blind eye. Mourning is often a public statement of the things God does not want for us. The world says to toughen up, and take care of only yourself. But the Lord says: “do something about it”

5. How can you be courageous about your faith, and in witnessing Christ especially, when it is unpopular in your circle of friends? Can you mention the specific Beatitude related to this context?

Blessed those who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven (Mt. 5: 3-10)

Reville and Persecute: These are strong words for us in a civilised society. Perhaps you have been called “weird” or “stupid” for going to church and believing in God. It will sometimes get worse as we grow older. Showing our faith often brings negative reactions from others who don’t want to be reminded that maybe they are wrong, or feel that we are judging them. The world hides behind the belief that “God doesn’t exist” or isn’t important. Be courageous about your Faith especially when it is unpopular!

6. "Everyone who hears these words of mine and does not act on them, will be like a ----- who built his house on sand. The rain fell, and the floods came, and the wind blew and beat against that house, and it fell - and great was its fall!"

Everyone who hears these words of mine and does not act on them will be like a foolish man who built his house on sand. The rain fell, and the floods came, and the wind blew and beat against that house, and it fell - and great was its fall!" (Mt. 7:24-27).

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PUBLISHED BY

The Department of Catechesis

Syro-Malabar Eparchy of St Thomas the Apostle
Melbourne, Australia

<http://syromalabar.org.au/department/catechesis>

Design & Layout: Professional Christian Enterprise Sydney, Australia

