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# **O CIA Catechumenate Lesson Plans 11-15**



## Session 11: Specifics of the Christian Moral Life Overview

<i>Echoing the Mystery Topics</i>
8. Sacred Scripture (1) 20. The Second Coming 3. Life Everlasting 53. Sin and Vice 47. The Life of Virtue
The Story
God is guiding His creation toward ultimate fulfillment at the coming of His Son in glory, when Christ will be all in all. God calls each man to perfect and everlasting communion with Himself. He gives the time of earthly life man as opportunity to either cooperate with Him in achieving this goal or to reject His offer of salvation. God intended us to be free to choose Him. He always had the remedy – mercy – when we abused freedom through sin. The Father’s wondrous plan for us is to make us “sons in the Son,” giving us the capacity for acting divinely by grace. Practicing the virtues gives us joy in living as His children.
Knowledge Targets
<ol style="list-style-type: none"><li>1. God is directing human history toward its final end.</li><li>2. With the renewal of man in the resurrection of the body, all creation will be renewed.</li><li>3. Jesus Christ will appear in glory.</li><li>4. In the general judgement, Christ will reveal the consequences of each person’s every action.</li><li>5. God wills all to be saved.</li><li>6. Heaven is an everlasting communion of life and love with God and the blessed.</li><li>7. In death, God calls man to Himself.</li><li>8. In the evening of life, we are judged on our love. This is the particular judgement.</li><li>9. God, in His merciful love, gives us purgatory to purify us after death if we lack the perfection necessary to enter heaven.</li><li>10. Those who choose not to love God in this life enter hell at death.</li><li>11. God created us for relationship with Himself and gave us freedom so that we could love Him.</li><li>12. Sin is choosing something else in place of God and not according to His will.</li><li>13. Sin is a refusal to live in communion with God; by sinning, man summons death.</li><li>14. Deliberately choosing sin enslaves us to sin. Through sin, we become less free to do and to enjoy what is good.</li></ol>



<p>15. Even when we are dead in our sins, God’s mercy runs out to meet us and embraces us in Christ.</p> <p>16. The debt for sin – death – could not be paid by us, so Jesus took our place to restore us to the Father.</p> <p>17. By grace, God not only restores what we lost through sin, but raises us to new heights in His Son.</p> <p>18. The Holy Spirit, given to us in Baptism, divinizes us. Through His indwelling, we receive power to live as sons of God.</p> <p>19. The goal of the virtuous life is to become like God.</p> <p>20. The cardinal (or moral) virtues make it easy and enjoyable to do what is good.</p> <p>21. The theological virtues make us capable of a divine relationship with God. They give us the capacity to approach Him as our Father.</p>
Catholic Devotion
Act of Contrition

**Preparation for Catechist**

***Echoing the Mystery* pp. 202-211, 36-47, 512-523, and 466-473**

Knowledge Target	Scripture References	Catechism of the Catholic Church
One and the same Word of God extends throughout Scripture.	Heb 1:1-3, Eph 1:3-10	102, 103, 1100, 1378
God is directing human history toward its final end.	Eph 1:10, 1 Cor 15:28, Rev 22:20, 2 Cor 4:16-18	668-677, 680, 769, 1000, 1002-1004, 2817-2818, 2850, 2853-2854
With the renewal of man in the resurrection of the body, all creation will be renewed.	Jn 6:38-40, 2 Pet 3:13, Rom 8:19-22, Rev 21:5	988-990, 994, 997-1001, 1042-1047, 1050
Jesus Christ will appear in glory.	2 Thess 1:6-12, Acts 1:11, Phil 2:9-11	314, 673, 677, 681, 1001, 1038, 1040, 1060
In the general judgement, Christ will reveal the consequences of each person’s every action.	Mt 25:31-46, Jn 5:28-29, Mt 7:21	314, 678-679, 682, 1038-1041, 2816, 2823
God wills all to be saved.	1 Tim 2:4, Phil 2:13, Eph 1:10, 13-14	306-308, 430, 605, 851, 1281, 1723-1724, 2548-2550, 2634, 2738, <i>EVANGELII NUNTIANDI</i> 9
Heaven is an everlasting communion of life and love with God and the blessed.	Jn 17:21-25, Ps 115:16, 1 Cor 2:9	260, 325, 326, 1023-1029, 1718-1722, 2794-2795



In death, God calls man to Himself.	Phil 1:21, Wis 2:23-24, 1 Cor 15:54-57, Gal 6:10	375, 989, 1005-1015, 2677
In the evening of life, we are judged on our love. This is the particular judgement.	Rom 14:10, 12; Jn 5:24; Eph 4:7; Rom 12:3	678-679, 1021, 1022
God, in His merciful love, gives us purgatory to purify us after death if we lack the perfection necessary to enter heaven.	1 Cor 3:13, 15; 1 Cor 1:30; 1 Pet 1:6-7; 2 Macc 12:44	954, 1030-1032, 1472, 1479, 2813
Those who choose not to love God in this life enter hell at death.	1 Jn 3:14-15, Mt 7:13-14, Mt 25:31-46	393, 1033-1037, 1861, 1867
God created us for relationship with Himself and gave us freedom so that we could love Him.	Ps 81:13-16, Phil 4:8, Lk 15:11-13	356, 358, 386, 396, 1766, 1873
Sin is choosing something else in place of God and not according to His will.	Ps 81:11-12, Wis 2:6-24, 1 Jn 2:16	387, 1440, 1739, 1849, 1850
Sin is a refusal to live in communion with God; by sinning, man summons death.	Wis 1:16, Lk 15:14-17, Lam 3:16-18, 1 Jn 5:16-17	396-397, 1855-1864, 1871, 1872, 1874, 1875
Deliberately choosing sin enslaves us to sin. Through sin, we become less free to do and to enjoy what is good.	Jn 8:31-32, 34; Jas 1:13-15	401, 405, 540, 1733, 1865, 1866, 2846-2849
Even when we are dead in our sins, God's mercy runs out to meet us and embraces us in Christ.	Gen 3:8-9, Lk 15:20-24, Eph 2:4-5, Lk 15:18-20	545, 604, 605, 1427, 1428, 1739, 1441, 1443, 1847, 1848, 1870
The debt for sin – death – could not be paid by us, so Jesus took our place to restore us to the Father.	Heb 12:2-4, Ps 49:7-9, 1 Jn 2:2, Ps 81:6-7, Isa 53:5, 2 Cor 5:21	598, 602-603, 613, 615, 827, 983, 1440, 1444-1446, 1851
By grace, God not only restores what we lost through sin, but raises us to new heights in His Son.	Eph 1:7-8, 1 Jn 3:2, 1 Jn 5:20, Rom 8:12-14, 1 Pet 1:22	412, 978, 979, 1425, 1426, 1430-1438, 1473, 1853
The Holy Spirit, given to us in Baptism, divinizes us. Through His indwelling, we receive power to live as sons of God.	2 Pet 1:3-4, Phil 2:12-13, Mt 5:48	1091, 1108-1109, 1695



The goal of the virtuous life is to become like God.	Eph 5:1-2, Eph 4:1-3, Eph 1:11-12	1692, 1694, 1803, 1810-1811, 2008-2009, 2011
The cardinal (or moral) virtues make it easy and enjoyable to do what is good.	Wis 8:7, 2 Pet 1:8, Col 3:12-13	1805-1809
The theological virtues make us capable of a divine relationship with God. They give us the capacity to approach Him as our Father.	Rom 5:5, Gal 4:6-7, 1 Cor 13:13	1812-1814, 1818, 1827



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# **Session 11: Specifics of the Christian Moral Life**

## **Session Outline**





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## Session 11: Specifics of the Christian Moral Life

### Period of Preparation

**Observe... discern... wonder...**

Spend some time making observations about this painting by Viktor Vasnetsov done in 1906.

What do you observe in this picture? What do you think is happening? What does it make you wonder about God and the life of faith?





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## Church's Proclamation

### Celebration of the Word

1 Cor 15:50-58

Ps 84

John 5:25-29

### Reflection

One and the same Word of God extends throughout Scripture.

God is guiding His creation toward ultimate fulfillment at the coming of His Son in glory, when Christ will be all in all.

God calls each man to perfect and everlasting communion with Himself. He gives the time of earthly life man as opportunity to either cooperate with Him in achieving this goal or to reject His offer of salvation.

God intended us to be free to choose Him. He always had the remedy – mercy – when we abused freedom through sin.

The Father's wondrous plan for us is to make us "sons in the Son," giving us the capacity for acting divinely by grace. Practicing the virtues gives us joy in living as His children.

## Session Explanation: Specifics of the Christian Moral Life

### The Second Coming of Christ

- God is directing human history toward its final end.
- With the renewal of man in the resurrection of the body, all creation will be renewed.
- Jesus Christ will appear in glory.
- In the general judgement, Christ will reveal the consequences of each person's every action.

### Life Everlasting

- God wills all to be saved.
- Heaven is an everlasting communion of life and love with God and the blessed.
- In death, God calls man to Himself.
- In the evening of life, we are judged on our love. This is the particular judgement.





- God, in His merciful love, gives us purgatory to purify us after death if we lack the perfection necessary to enter heaven.
- Those who choose not to love God in this life enter hell at death.

### **Sin and Vice**

- God created us for relationship with Himself and gave us freedom so that we could love Him.
- Sin is choosing something else in place of God and not according to His will.
- Sin is a refusal to live in communion with God; by sinning, man summons death.
- Deliberately choosing sin enslaves us to sin. Through sin, we become less free to do and to enjoy what is good.
- Even when we are dead in our sins, God's mercy runs out to meet us and embraces us in Christ.
- The debt for sin – death – could not be paid by us, so Jesus took our place to restore us to the Father.
- By grace, God not only restores what we lost through sin, but raises us to new heights in His Son.

### **The Life of Virtue**

- The Holy Spirit, given to us in Baptism, divinizes us. Through His indwelling, we receive power to live as sons of God.
- The goal of the virtuous life is to become like God.
- The cardinal (or moral) virtues make it easy and enjoyable to do what is good.
- The theological virtues make us capable of a divine relationship with God. They give us the capacity to approach Him as our Father.

Reflect on the doctrines of tonight's session. In Romans 12:2, St. Paul says, "*Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what the will of God is, what is good and acceptable and perfect.*"

In your journal, record the action of Holy Spirit on your heart, and write using the following:

**"I used to think ... about the Christian moral life," and "Now I think ... about the Christian moral life."**



### Common Errors about Sin and Vice

1. *“All sin is equal. The church doesn’t believe in mortal sin anymore.”* In any relationship between two human beings, there is a possibility of acting in a way that negatively affects the relationship, to varying degrees. Some acts against the others simply harm the relationship, like an inconsiderate choice or sarcastic remark. Some acts are such a betrayal that they end the relationship, like framing the other person for a crime one has committed. The same is true as we live in friendship with God. We act in a way that harms our relationship, without destroying it, by venial sin. By venial sin, we also weaken our love so that we are more inclined to betray God totally by mortal sin. Mortal sin, on the other hand, is such a betrayal of the covenant with God that we completely destroy our friendship with Him.
2. *“Sin is simply a personal choice that we have a right to - the Church has invented the ‘myth’ of sin to control us.”* Sin is an abuse of our God-given freedom. He allows us to choose it, but we cannot be free of the objective moral order He has created. Since this law is written on our heart, we easily recognize acts as right and wrong. CS Lewis in *Mere Christianity* gives the example of sharing an orange: If I shared half of my orange with you yesterday, and you refuse to share yours with me today, I rightly feel slightly outraged with you. Sin is this break with the moral ordering of the world, and freedom comes when we recognize that order and live in accordance with it.
3. *“Some sins, such as ‘white lies’ become ‘ok’ when you do it for the right reason.”* While emotional duress can lessen the guilt of an evil action, it can never make an evil action good. Frequently, confusion in this area comes from the lack of a worldview enlightened by faith, hope, and charity. Our belief in the supernatural order - in the life of grace and the hope of eternal life - opens our eyes to a few facts that are not readily apparent to a materialistic society: 1) Our spiritual life is far more valuable than our bodily life - for this reason, sin, with its eternal consequences, is far more harmful than even the loss of life. 2) Our loving and all-powerful Father is in control - He asks us to trust him, even when it seems like harm to ourselves or to others is the only thing that can result from our refusal to sin. When we fix these facts firmly in mind, we are freed from the need to manipulate and calculate in the moral life. We can abandon ourselves to the Father and live in the light of His truth.
4. *“Penance is a neurotic expression of our feeling of guilt.”* Our desires tend to get out of hand, and we can nip sin in the bud by overcompensating a little, such as denying a good and innocent pleasure to strengthen our will. Penance doesn't delight in pain, but submits the flesh to discipline to subject it to reason again. It also unites us to the suffering of Christ



on the cross. Love desires union with the Beloved, and, as I see that Christ suffered voluntarily for my sins, I come to desire to suffer for my sins with Him.

5. *“There is no way to be truly free of or cleansed from sin. The blood of Christ simply ‘covers over’ it.”* Christ came to bring us the freedom of the sons of God, and “no one born of God commits sin” (1 Jn 3:9), but “the blood of Jesus his Son cleanses us from all sin” (1:7). The Father radically changes things - He shows the depths of His omnipotence when He freely forgives us. He restores our nature, purifying us of our sin, and often bringing good to our souls through the humility and love He brings about in us when we repent and return to Him. Sin is not fitting for a son of God. We should never limit God's power to transform us to His glory.

## **Application**

Through the Paschal Mystery, Christ wins for us the new life which takes root in us and is expressed through the virtues.

### **Consider these three of the six promises made at the time of Baptism:**

1. Do you renounce sin, so as to live in the freedom of the children of God?  
“I do”
2. Do you renounce the lure of evil, so that sin may have no mastery over you?  
“I do”
3. Do you believe in Jesus Christ, [the Father's] only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?  
“I do”

### **Man's response to God – the theological virtues**

**Faith** becomes alive daily. I see God more clearly and understand the way to be like Him.

**Hope** becomes stronger as I see God helping me grow in self-mastery. I know that He who began a good work in me will complete it.

**Love** grows as I realize that God does not make me achieve on my own. He works within me and produces the growth with infinite love.



## Celebration

### This Sunday

In the Penitential Act we acknowledge our sins, and so prepare ourselves to celebrate the sacred mysteries.

As you prepare to celebrate Mass,

- Do an examination of conscience sometime during the week and bring your specific sins to the Confiteor.

As you participate in the Confiteor...

- In the silent pause, we examine our consciences.
- Beat the breast as a sign of humility and repentance.

### Closing our Session: Act of Contrition

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

Or:

My God,  
I am sorry for my sins with all my heart.  
In choosing to do wrong  
and failing to do good,  
I have sinned against you  
whom I should love above all things.  
I firmly intend, with your help,  
to do penance,  
to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ suffered and died for us.  
In his name, my God, have mercy.

Or:

*Lord Jesus, Son of God,*  
have mercy on me, a sinner.

## Session 12: The Story Continues – My Gospel Encounters and “Acts XXIX”

### Overview

<p>Echoing the Mystery Topics</p>
<p>8. Sacred Scripture (8)          INSERT: THE LIFE OF CHRIST          23. The Kingdom of God          26. The Church and Her Four Marks          27. The Sacramental Economy</p>
<p>The Story</p>
<p>Jesus Christ had an earthly ministry of personal relationships, healing, and teaching - through which God revealed Himself in fulness and accomplished all that was necessary for our salvation.</p> <p>From all eternity, the Father intended to gather a people to Himself. Through His blood, Christ purchased this people for God, and the Holy Spirit forms them into a priestly people, who share in Christ’s mission and proclaim His Kingdom. In the Church, God gave the Christian all the means he needs to fulfill his vocation to holiness. By the Church’s marks (one, holy, catholic, and apostolic), He enables the Christian to recognize the Church as the means of salvation. This is how we know her. The Father always intended to bestow every blessing on us His Beloved Son, who would make possible for us to become His family. The Holy Spirit is poured out on us to make this inheritance our even now.</p>
<p>Knowledge Targets</p>
<ol style="list-style-type: none"> <li>1. Through His life, Jesus Christ revealed the fulness of God and accomplished all that was necessary for our salvation.</li> <li>2. The Kingdom “is before all else a person with the face and name of Jesus of Nazareth, the image of the invisible God” (St. John Paul II, <i>Redemptoris Missio</i> 18).</li> <li>3. Through His blood, Christ purchased a people for God and made of them a kingdom of priests.</li> <li>4. Christ mandates that all the Church’s members share in His mission of spreading the Kingdom of God.</li> <li>5. Christ calls the laity to build up the Kingdom of God in the midst of the world.</li> <li>6. The Church is one in faith, worship, and government.</li> <li>7. The Church is holy.</li> <li>8. The Church is catholic in that she is universal.</li> <li>9. Apostolicity binds the Church together.</li> </ol>



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10. The Father's will is set forth in Christ and is made known in the Incarnation. The Church continues this Incarnational work and all her works bear this Incarnational stamp.
11. Through the Sacramental Economy, Christ makes His Paschal Mystery present in every age and unites us to it, making us share His life.
12. The Holy Spirit is the artisan of "God's masterpieces," the Sacraments. He directs the Church to shape the Sacramental mysteries and to dispense them through the Church's ministers.

Catholic Devotion: The Holy Rosary





## Preparation for Catechist

### *Echoing the Mystery* pp. 91, 234-243, 262-271, 272-281

Knowledge Target	Scripture References	Catechism of the Catholic Church
Ignorance of Scripture is Ignorance of Christ	2 Cor 1:20, Phil 3:8, Ps 119:105, Jn 17:3	125-127; 131; 133; 515; 2653; 2763; 2774; DEI VERBUM 18, 19, 21, 25
Through His life, Jesus Christ revealed the fulness of God and accomplished all that was necessary for our salvation.	Luke 1:31-35; Luke 1:41-45; Luke 2:4-7, 10-14; Luke 2:22; Luke 2:43-49; Mark 1:9-13; Jn 2:3-11; Mark 1:14-15; Matt 17:2-8; Jn 4:1-26; Jn 9:1-11; Jn 11:17, 38-44 Matt 26:26-29; Lk 22:41-44; Mk 15:15, Mk 15:16-20; Jn 19:17; Lk 23:33-34; Mk 16:5-7; Mk 16:19-20; Jn 16:7-11	51-53, 65, 67, 456-463, 512-560
The Kingdom “is before all else a person with the face and name of Jesus of Nazareth, the image of the invisible God” (St. John Paul II, <i>Redemptoris Missio</i> 18).	Mt 21:33-44; Mt 13:11; Lk 17:21; 1 Thess 2:12	526, 541, 546, 551, 732, 763, 2826
Through His blood, Christ purchased a people for God and made of them a kingdom of priests.	Ex 19:4-6; Mt 13:10-11; Rev 5:9-10; Acts 2:33; Eph 1:13	542-543, 759-761, 764, 766, 767
Christ mandates that all the Church’s members share in His mission of spreading the Kingdom of God.	Mt 20:1-16, 1 Peter 2:9, 2 Cor 2:14-15, Jn 1:16	436, 768, 782-786, 799-801, 871-873, 951
Christ calls the laity to build up the Kingdom of God in the midst of the world.	Jn 14:27, 16:33; 1 Pet 2:5; Mt 20:28; Esth 4:14	786, 871, 989, 901, 904, 905, 908, 909, 2044, 2442, 2472, 2495
The Church is one in faith, worship, and government.	Jn 17:20-23, Eph 4:3-6, 1 Cor 10:17	812-822, 2089, 2091, <i>LUMEN GENTIUM</i> 8
The Church is holy.	Rom 11:16, Col 1:18, Eph 5:25-26, Rev 19:8, 2 Pet 1:4	796, 823-829, 864, 1827, 2658
The Church is catholic in that she is universal.	Eph 1:10, 1 Tim 2:4, Mt 28:16-20	830-838, 849-856



Apostolicity binds the Church together.	Eph 2:20, Jn 14:23-26, Acts 2:42	551, 857-860, 863- 865, 1086, 2472
The Father's will is set forth in Christ and is made known in the Incarnation. The Church continues this Incarnational work and all her works bear this Incarnational stamp.	1 Jn 1:1-2; 1 Pet 3:21-22; Heb 12:8, 22-24	515, 521, 669, 690, 776, 1088, 1119, 1121, 1373
Through the Sacramental Economy, Christ makes His Paschal Mystery present in every age and unites us to it, making us share His life.	Col 2:9-10, 12; Col 1:26- 27	519, 521, 536-537, 556, 568, 618, 628, 654-655, 766, 824, 1085, 1115, 1116, 1118, 1988, 1999
The Holy Spirit is the artisan of "God's masterpieces," the Sacraments. He directs the Church to shape the Sacramental mysteries and to dispense them through the Church's ministers.	Titus 3:4-7, 2 Cor 5:20, Eph 2:10, Jn 7:38-39	1101, 1117, 1121, 1125, 1131, 611, 893, 1084, 1086- 1088, 1120, 737-739, 1091, 1092, 1107- 1109, 1116, 2017

# **Session 12: The Story Continues – My Gospel Encounters and “Acts XXIX”**

## **Session Outline**



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## Period of Preparation

**Observe... discern... wonder...**

**Spend some time making observations about this altarpiece from the fifteenth century. What do you observe in these paintings? What do you think is happening? What does it make you wonder about God?**



## Church's Proclamation

### Celebration of the Word

Eph 2:17-22  
Psalm 66:1-10, 12-14, 16-20  
Lk 24:13-35

### Reflection

The Church teaches that Ignorance of Scripture is Ignorance of Christ.

Jesus Christ had an earthly ministry of personal relationships, healing, and teaching through which God revealed Himself in fulness and accomplished our salvation.

From all eternity, the Father intended to gather a people to Himself. Through His blood, Christ purchased this people for God, and the Holy Spirit forms them into a priestly people, who share in Christ's mission and proclaim His Kingdom.

In the Church, God gave the Christian all the means he needs to fulfill his vocation to holiness. By the Church's marks (one, holy, catholic, and apostolic), He enables the Christian to recognize the Church as the means of salvation. This is how we know her.

The Father always intended to bestow every blessing on us His Beloved Son, who would make possible for us to become His family. The Holy Spirit is poured out on us to make this inheritance our even now.

## Explanation

### The Life of Christ

- Through His life, Jesus Christ revealed the fulness of God and accomplished all that was necessary for man's salvation.
- Through His birth, Jesus reconciled mankind to God
  - Annunciation to Mary by the Angel Gabriel
  - Visitation of Mary to her cousin Elizabeth
  - Nativity of Jesus in Bethlehem
  - Presentation of Jesus in the Temple
  - Finding of the Child Jesus in the Temple



- Through His life, Jesus established communion between God and man through personal relationships, healing, and teaching.
  - Baptism of Christ in the River Jordan
  - The miracle of changing water into wine at the wedding feast in Cana
  - The proclamation the Kingdom of God in Jesus' earthly ministry
    - Jesus visits the woman at the well in Samaria
    - Jesus heals the man blind from birth
    - The raising of Lazarus from the dead
  - The Transfiguration of Jesus on Mt. Tabor
  - The Institution of the Eucharist and Sacraments
- Through His death, Jesus defeated the power of the Devil, atoned for man's sin, and gave man a model of mercy, love, compassion and understanding.
  - Jesus' agony in the Garden of Gethsemane
  - The scourging of Jesus
  - Jesus is crowned with thorns
  - Jesus carries His cross
  - Jesus is crucified and dies
- Through His Resurrection, Ascension into Heaven, and sending of the Holy Spirit, Jesus brings our humanity into participation with the Divine Life and opens man's life up to beatitude.
  - Resurrection of Jesus on the first day
  - Ascension of Jesus into Heaven
  - Sending of Holy Spirit at Pentecost
  - Jesus' continued presence and work in through the Church and seven Sacraments

### **The Kingdom of God**

- The Kingdom "is before all else a person with the face and name of Jesus of Nazareth, the image of the invisible God" (St. John Paul II, *Redemptoris Missio* 18).
- Through His blood, Christ purchased a people for God and made of them a kingdom of priests.
- Christ mandates that all the Church's members share in His mission of spreading the Kingdom of God.

### **The Church and Her Four Marks**

- The Church is one in faith, worship, and government.
- The Church is holy.
- The Church is catholic in that she is universal.
- Apostolicity binds the Church together.





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### The Sacramental Economy

- The Father's will is set forth in Christ and is made known in the Incarnation. The Church continues this Incarnational work and all her works bear this Incarnational stamp.
- Through the Sacramental Economy, Christ makes His Paschal Mystery present in every age and unites us to it, making us share His life.
- The Holy Spirit is the artisan of "God's masterpieces," the Sacraments. He directs the Church to shape the Sacramental mysteries and to dispense them through the Church's ministers.

Which of the above is your muddiest point?

Form a question.

Return to *Seven Sacraments Altarpiece* by Rogier van der Wyden. How do you see the events and teachings of the life of Christ made present through the seven Sacraments in this depiction of Christian living?





## Application

Christ extends the boundaries of the People of God through his Suffering, Death, Resurrection, and Ascension. Henceforth, all nations and peoples belong to Him.

### Consider these two of the six promises made at the time of Baptism:

1. Do you renounce Satan, the author and prince of sin?

“I do”

2. Do you believe in Jesus Christ, [God’s] only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?

“I do”

### Man’s response to God – the theological virtues

Coming to see the Kingdom of God as mysteriously present in the Church strengthens our **faith** by showing us the world is a place where we help the Kingdom take root.

It informs **hope** by directing our eyes and hearts to things eternal. We can navigate the trials of this life confidently because we know that our homeland is in heaven.

It arouses **love** by making clear the great trust God has placed in us in inviting us to participate in spreading His Kingdom.

## Celebration

### This Sunday

In the Sign of the Cross we make the most ancient and basic Christian gesture. The Sign of the Cross is a summary of our faith – the Trinity and Salvation.

In the Greeting, we see a sign of the Church gathered together by God for an important action. It recognizes that the priest acts *in persona Christi*.



As you participate in the Sign of the Cross and Greeting...

- Think of the Trinity and our salvation, let the gesture give our mind, heart and actions to God.
- Reply, "And with your spirit," recalling that the priest acts in the person of Christ and with the Holy Spirit.

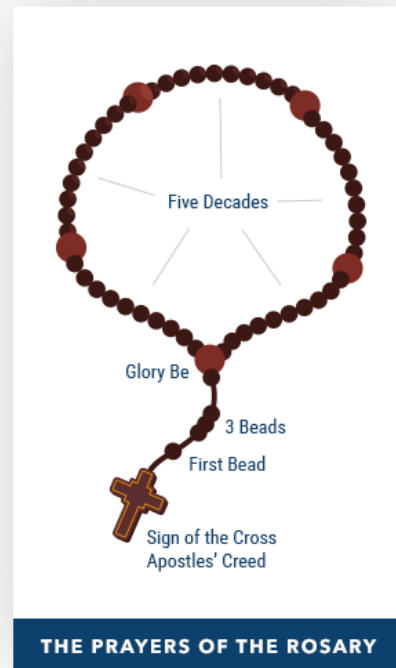
## Closing our Session: The Holy Rosary<sup>1</sup>

# Praying the Rosary

Familiarize yourself and/or your group with the prayers of the rosary.

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a *Glory Be*.  
(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*)
8. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:  
V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.

*Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*



THE PRAYERS OF THE ROSARY

<sup>1</sup> United States Conference of Catholic Bishops



## Session 13: The Story Continues – Baptism Overview

Echoing the Mystery Topics
5. The Blessed Trinity 29. The Sacrament of Baptism 45. Freedom in Christ 43. Love
The Story
God is a Trinitarian communion of Persons whose life is love. He created us to share in this communion of love. God intended to bless us with His life and have us participate in it for all eternity. He gives us this new, divine life through Holy Baptism. The Father intended that we might live with the freedom of the sons of God. With freedom, we participate in our own growth in His likeness. God is love, and He destined us in love to be His sons. He transforms us into the image of His Son by increasing His love in our hearts through the gift of the Holy Spirit.
Knowledge Targets
<ol style="list-style-type: none"><li>1. God is Himself an eternal exchange of love.</li><li>2. The aim of God's entire plan for us is our entry into His Trinitarian life; this defines the purpose for our lives.</li><li>3. The Trinity comes to us as self-emptying love in Christ.</li><li>4. God reveals this innermost secret of His life to us as He brings us to share in this life.</li><li>5. Each person of the Trinity works in a particular way in creation and salvation history.</li><li>6. The Church's language of faith aids our understanding of this dogma: the Trinity is the mystery of the One God in three Divine Persons, Father, Son, and Holy Spirit.</li><li>7. In Baptism, with Christ, the Father says of us, "This is my beloved son, in whom I am well pleased."</li><li>8. God makes us a new creation through the waters of Baptism.</li><li>9. Christ has made baptism the means of our Salvation.</li><li>10. Baptism requires a journey of faith.</li><li>11. Baptism is the gateway to life in the Holy Spirit.</li><li>12. Freedom is the power to choose what is good and true.</li><li>13. When God created man, He gave Him the gift of Freedom.</li><li>14. Free choices shape our character. They make us the kind of Saints that we will be in heaven. They are the substance of our relationship with God.</li><li>15. The gift of conscience is given to help direct the use of our freedom toward what is good.</li><li>16. God is essentially love personified. He is an eternal exchange of love.</li></ol>



<p>17. God has taken us into Himself, and His life is love. He puts His love in our hearts in the gift of the Holy Spirit. This is the life of charity.</p> <p>18. The Holy Spirit recreates us in Baptism, changing us essentially so that we can and do participate in the Divine Nature.</p> <p>19. Love is the soul of holiness, and it is the measuring rod of our life.</p> <p>20. The Gospel is the law of love.</p>
Minor Rite or Catholic Devotion
Examination of Conscience

## Preparation for Catechist

***Echoing the Mystery* pp. 56-65, 294-305, 448-457, 428-437**

Knowledge Target	Scripture References	Catechism of the Catholic Church
God is Himself an eternal exchange of love.	Wis 13:5, 1 Jn 4:8, Ex 34:6, Heb 1:3	41, 214, 221, 246, 253-256, 2002, 2500
The aim of God's entire plan for us is our entry into His Trinitarian life; this defines the purpose for our lives.	Mt 25:21-23, Jn 14:23, 2 Pet 1:4, 2 Cor 1:22, 5:5	260, 1720, 1721
The Trinity comes to us as self-emptying love in Christ.	Jn 17:3, Heb 2:9-11, 1 Jn 4:10	221, 684, 732
God reveals this innermost secret of His life to us as He brings us to share in this life.	Jn 17:21-23; Eph 1:3, 9; 2 Tim 1:9-10	51, 54, 234, 237, 257, 259
Each person of the Trinity works in a particular way in creation and salvation history.	2 Tim 1:8-9, Eph 3:9-10, Heb 1:2, Gal 4:6	257-259, 267, 759, 1077, 1084, 1091
The Church's language of faith aids our understanding of this dogma: the Trinity is the mystery of the One God in three Divine Persons, Father, Son, and Holy Spirit.	Ps 145:3, Ps 102:26-27, Acts 17:28	202, 251
In Baptism, with Christ, the Father says of us, "This is my beloved son, in whom I am well pleased."	Mt 3:11, 13-17; Col 2:12; Gal 4:4-6	536-537, 1214, 1224-1225, 1265
God makes us a new creation through the waters of Baptism.	Ezek 36:25-28, 2 Cor 5:17, Rom 6:3-4, 1 Cor 6:11	977, 978, 1221, 1239-1241, 1243, 1262, 1263, 1265, 1267, 1269
Christ has made baptism the means of our Salvation.	Mt 28:18-19; Mk 16:16; Acts 2:38, 41	1223, 1226, 1247, 1250, 1256, 1257





Baptism requires a journey of faith.	Jn 4:1-30, Eph 4:15-16	197, 1229, 1231, 1245, 1253-1255
Baptism is the gateway to life in the Holy Spirit.	Jn 3:3-9; Rom 6:1-3, 5-11; 2 Pet 1:3-11; 2 Pet 1:3-11; 1 Pet 2:5, 9	782, 786, 897, 901, 905, 908, 1212-1213, 1264-1266, 1268, 1273
Freedom is the power to choose what is good and true.	Deut 20:15, 19; Jn 8:31-32; Gal 5:1, 13-14	1704, 1731, 1733, 1744, 1745, 1749
When God created man, He gave Him the gift of Freedom.	Eph 5:1-2, Gal 4:1-7, Sir 15:14	307, 311, 396, 1692-1695, 1705, 1709, 1730, 1738, 1743, 1828, 2022
Free choices shape our character. They make us the kind of Saints that we will be in heaven. They are the substance of our relationship with God.	Gal 5:1; Jas 1:13-15; 1 Jn 2:16-17	377, 407, 1264, 1707, 1708, 1739, 1865, 2339, 2340, 2342
The gift of conscience is given to help direct the use of our freedom toward what is good.	Rom 2:14-16; 2 Cor 1:12, Wis 17:11, Titus 1:15	1776, 1781, 1784
God is essentially love personified. He is an eternal exchange of love.	1 Jn 4:8, 16; Gal 2:20; Jn 3:16	221, 257, 260, 293, 458, 478, 604, 616, 2011
God has taken us into Himself, and His life is love. He puts His love in our hearts in the gift of the Holy Spirit. This is the life of charity.	Eph 1:5-8; Eph 5:1-2; Gal 4:6-7	733, 1604, 1822-1829, 1968, 2069, 2093, 2605, 2615, 2742
The Holy Spirit recreates us in Baptism, changing us essentially so that we can and do participate in the Divine Nature.	Gal 4:1-7; 1 Jn 4:18, Rom 5:5	734-736, 1266, 1709, 1824-1828, 1966, 2074
Love is the soul of holiness, and it is the measuring rod of our life.	1 Pet 1:15; 1 Cor 13:4-8, 13; Col 3:12-15	826, 1022, 1698, 1823, 1825, 1827, 1829, 1878, 1973-1974, 2013-2014, 2331
The Gospel is the law of love.	Jn 13:34; Mt 25:40, 45; Mt 5:38-42; Rom 5:10; Lk 10:27-37; Mk 9:37	1823, 1825, 1850, 1855, 1966, 1970, 1972, 2094



# **Session 13: The Story Continues - Baptism**

## **Session Outline**

## Session 13: The Story Continues – Baptism

### Period of Preparation

Take a few minutes to consider the mystical encounter with God in Baptism. Spend some time in your journal and write down what you know about Baptism and what you want God to reveal to you about Baptism through the proclamation and teaching of the Church.

### Church's Proclamation

#### Celebration of the Word

Rom 6:3-11  
Psalm 33:1-5, 11-15, 18-22  
Jn 3:1-6

#### Reflection

God is a Trinitarian communion of Persons whose life is love. He created us to share in this communion of love.

God intended to bless us with His life and have us participate in it for all eternity. He gives us this new, divine life through Holy Baptism.

The Father intended that we might live with the freedom of the sons of God. With freedom, we participate in our own growth in His likeness.

God is love, and He destined us in love to be His sons. He transforms us into the image of His Son by increasing His love in our hearts through the gift of the Holy Spirit.



## Session Explanation: The Story Continues – Baptism

### The Blessed Trinity

- God is Himself an eternal exchange of love.
- The aim of God's entire plan for us is our entry into His Trinitarian life; this defines the purpose for our lives.
- The Trinity comes to us as self-emptying love in Christ.
- God reveals this innermost secret of His life to us as He brings us to share in this life.
- Each person of the Trinity works in a particular way in creation and salvation history.
- The Church's language of faith aids our understanding of this dogma: the Trinity is the mystery of the One God in three Divine Persons, Father, Son, and Holy Spirit.

### The Sacrament of Baptism

- In Baptism, with Christ, the Father says of us, "This is my beloved son, in whom I am well pleased."
- God makes us a new creation through the waters of Baptism.
- Christ has made baptism the means of our Salvation.
- Baptism requires a journey of faith.
- Baptism is the gateway to life in the Holy Spirit.

### Freedom in Christ

- Freedom is the power to choose what is good and true.
- When God created man, He gave Him the gift of Freedom.
- Free choices shape our character. They make us the kind of Saints that we will be in heaven. They are the substance of our relationship with God.
- The gift of conscience is given to help direct the use of our freedom toward what is good.

### Love

- God is essentially love personified. He is an eternal exchange of love.
- God has taken us into Himself, and His life is love. He puts His love in our hearts in the gift of the Holy Spirit. This is the life of charity.
- The Holy Spirit recreates us in Baptism, changing us essentially so that we can and do participate in the Divine Nature.
- Love is the soul of holiness, and it is the measuring rod of our life.
- The Gospel is the law of love.



### Summary of the Sacrament<sup>1</sup>

Minister	Required State	Frequency	Effect	Form	Matter
<b>Ordinary: a Bishop, priest, or deacon; Extraordinary: any person if necessary (CCC 1256)</b>	Unbaptized person, convert to the Christian Faith, newborn infant (CCC 1246-1255)	Only applied once (Eph 4:5; CCC 1272)	Removes Original and Actual sin (CCC 1263); causes New Birth ("born again") (CCC 1265); incorporates into Christ (CCC 1267); is the doorway into the Church (CCC 846, 1213)	"I baptize you in the Name of the Father, and of the Son, and of the Holy Spirit." Mt 28:18-19; CCC 1240)	Water (Immersion, Infusion, or Sprinkling) (CCC 1278)

**Mt 28:19-20, Jn 3:5; 4:1-2; Acts 2:38; 22:16, Rom 6:3-4; Mk 16:16; Titus 3:5; Eph 5:26; 1 Pet 3:21**

### Reflect

Reflect on the doctrines of tonight's session. In Romans 12:2, St. Paul says, *"Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what the will of God is, what is good and acceptable and perfect."*

In your journal, record the action of God's work, and write using the following:

**I used to think... about Baptism, now I think... about Baptism.**

### Choose your "favorite" (most interesting) common error...

1. *"Baptism is enough. There is no need for more ritual or ceremonies in our relationship with God."* God continues to work in the same way – incarnationally - throughout our lives. Baptism is spiritual birth, but in order to reach the fullness of the life of grace, we need the other Sacraments' liturgies: to be nourished (Eucharist), to mature (Confirmation), to heal (Confession and Anointing of the Sick), and to enter into a new state in the Church (Matrimony and Holy Orders).

<sup>1</sup> Steve Ray, catholicconvert.com



2. *“Baptism is chiefly a matter of washing away original sin.”* Saying that Baptism is primarily about washing away sin is like saying that building a house is primarily about getting out of the rain - it fails to take into account that Baptism is also the cause of our regeneration, our new life in Christ. We are washed from sin to be prepared for a life with God.
3. *“Baptism is merely an outward sign of an inner conversion and makes no actual difference in the one baptized.”* While Baptism requires faith; faith is incomplete without Baptism. Jesus said, “Unless one is born again, he cannot enter the kingdom of God” (Jn 3:5). As bodily and spiritual beings, we need to be sanctified both in body and in spirit. Through the waters of Baptism, God acts on our spirits through our body, in accord with our human nature.
4. *“Baptism should only be administered to believing adults or children old enough to understand.”* A profession of faith is necessary for Baptism. In the case of an infant, parents and godparents make an act of faith on behalf of the child, promising to raise that child in the Faith of the Church. The child then has the tremendous privilege of being raised in the faith of the church. The child also has the benefit of sanctifying grace from the earliest days of his life and has received the capacity for life with God in heaven. He or she is now divine! These precious gifts are why the Church exhorts parents to present their child for Baptism as soon as possible after the child’s birth. This is why the early Church baptized infants.
5. *“Baptism can be administered more than once. Baptism is part of a process to join a particular denomination and should be repeated if one ‘falls away’ or joins a different denomination.”* Baptism gives a spiritual seal that radically marks the baptized forever as belonging to Christ. Even if the Faith is later renounced, the Christian, like the Prodigal Son, never ceases to be what Baptism made him—a child of the heavenly Father. Due to this, Baptism cannot be repeated.

## Application

United to Christ through Baptism, we die and rise with Him. From the moment we receive this Sacrament onward, we possess the life of the Resurrection, here and now.

### Consider the six promises made at the time of Baptism:

1. Do you renounce sin, so as to live in the freedom of the children of God?  
“I do”
2. Do you renounce the lure of evil, so that sin may have no mastery over you?  
“I do”



3. Do you renounce Satan and all his works and empty promises?

“I do”

4. Do you believe in God, the Father almighty, Creator of heaven and earth?

“I do”

5. Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?

“I do”

6. Do you 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?

“I do”

### **Man’s response to God – the theological virtues**

**Understanding** the significance of the Father's plan for us and how, through the Church and Baptism, He makes “every spiritual blessing” available to us, we are inclined to pray for greater strength in **believing** the truth, trusting God, and loving God and our neighbor.

Baptism is the source of the theological virtues - it gives us the capacity for supernatural life with God: to **believe** in Him, to **hope** in Him, and to **love** Him and all others for His sake.

The Church instructs her children by the signs of each Sacrament, teaching them the **faith** to be believed, the beatitude to be **hoped** for, and the **charity** to be practiced. These spring from the Mystery of Christ’s life into which the Sacrament immerses the believer.

## **Celebration**

### **This Sunday**

During the Second Reading, the reader reads from a letter of an Apostle. This letter helps us understand how to live for Jesus.

As you participate in the Liturgy of the Word,

- Listen attentively; an Apostle is speaking to you.
- Respond: “Thanks be to God.”



## **Closing our Session: Examination of Conscience for Single and Married Persons<sup>2</sup>**

### **An Examination of Conscience for Single Persons**

#### **Responsibilities to God:**

Have I gone to Mass every Sunday? Have I participated at Mass or have I daydreamed or been present with a blank mind?

Have I prayed every day (15-20 minutes)?

Have I read the Bible? Have I studied the truths of our faith and allowed them to become more a part of the way I think and act? Have I read any spiritual books or religious literature?

Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentments toward God?

Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life?

Have I been financially generous to the Church? Have I participated in parish or religious activities?

Have I held resentments toward the Church or Church authorities? Have I forgiven them?

#### **Responsibilities to others and to myself:**

Have I been rebellious, disobedient or disrespectful to anyone in authority?

Have I lied to or deceived others—friends, boss, or coworkers?

Have I been arrogant and stubborn?

Have I gotten angry or nurtured and held grudges and resentments?

Have I refused to forgive others—parents, relatives, employers, former friend, a former spouse?

Have I cultivated hatred?

Have I felt sorry for myself or nurtured self-pity?

Have I engaged in sexual fantasies? Have I looked at others lustfully?

Have I read pornographic literature or looked at pornographic pictures, shows or movies?

Have I masturbated?

Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?

Have I had an abortion or encouraged another to have one?

Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others?

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<sup>2</sup> United States Conference of Catholic Bishops





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### **Responsibilities to society:**

Have I been a Christian witness to those with whom I work or associate? Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?  
Have I allowed the Gospel to influence my political and social opinions?  
Have I had a proper Christian concern for the poor and needy?  
Have I paid my taxes?  
Have I fostered or nurtured hatred toward my 'political' opponents, either local, national or international?  
Have I been prejudiced toward others because of race, color, religion or social status?

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## **An Examination of Conscience for Married Persons**

### **Responsibilities to God:**

Have I gone to Mass every Sunday? Have I participated at Mass or have I day dreamed or been present with a blank mind?  
Have I prayed every day (15-20 minutes)?  
Have I read the Bible? Have I studied the truths of our faith and allowed them to become more part of the way I think and act? Have I read any spiritual books or religious literature?  
Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentments toward God?  
Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life, to be a proper husband/wife and parent?  
Have I been financially generous to the Church? Have I participated in parish or religious activities?  
Have I held resentments toward the Church or Church authorities? Have I forgiven them?

### **Responsibilities to my spouse:**

Have I cared for my spouse? Have I been generous with my time? Have I been affectionate and loving? Have I told my spouse that I love him or her?  
Have I been concerned about the spiritual well-being of my spouse?  
Have I listened to my spouse? Have I paid attention to his other concerns, worries, and problems? Have I sought these out?



Have I allowed resentments and bitterness toward my spouse to take root in my mind? Have I nurtured these? Have I forgiven my spouse for the wrongs he or she has committed against me?

Have I allowed misunderstanding, miscommunication or accidents to cause anger and mistrust?

Have I nurtured critical and negative thoughts about my spouse?

Have I manipulated my spouse in order to get my own way?

Have I tried to bully or overpower my spouse?

Have I spoken sharply or sarcastically to my spouse? Have I spoken in a demeaning or negative way? Have I injured my spouse through taunting and negative teasing? Have I called my spouse harsh names or used language that is not respectful?

Have I physically abused my spouse?

Have I gossiped about my spouse?

Have I undermined the authority and dignity of my spouse through disrespect and rebelliousness?

Have I been moody and sullen?

Have I bickered with my spouse out of stubbornness and selfishness?

Have I lied or been deceitful to my spouse?

Have I misused sexuality? Have I used sexual relations solely for my own selfish pleasure?

Have I been too demanding in my desire for sexual fulfillment? Have I been loving and physically affectionate in my sexual relations or have I used sexual relations in a way that would be demeaning or disrespectful to my spouse? Have I refused sexual relations out of laziness, revenge or manipulation?

Have I refused to conceive children out of selfishness or material greed? Have I used artificial means of contraception?

Have I had an abortion or encouraged others to have one?

Have I masturbated?

Have I flirted or fostered improper relationships with someone else, either in my mind or through words and actions?

Have I used pornography: books, magazines or movies?

Have I committed adultery?

Have I misused alcohol or drugs?

Have I been financially responsible?

### **Responsibilities to children:**

Have I cared for the spiritual needs of my children? Have I been a shepherd and guardian as God has appointed me? Have I tried to foster a Christian family where Jesus is Lord? Have I taught my children the Gospel and the commandments of God?

Have I prayed with them?

Have I been persistent and courageous in my training and teaching? Have I disciplined them when necessary? Have I been lazy and apathetic?

Have I talked with them to find out their problems, concerns and fears? Have I been affectionate



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toward them? Have I hugged them and told them that I love them? Have I played or recreated with them?

Have I been impatient and frustrated with them? Have I corrected them out of love in order to teach them what is right and good? Have I treated them with respect? Have I spoken to them in a sarcastic or demeaning way?

Have I held resentments against them? Have I forgiven them?

Have I been of one heart and mind with my spouse in the upbringing of the children? Or have I allowed disagreements and dissension to disrupt the training, educating and disciplining of our children?

Have I undermined the role of authority in the eyes of my children by speaking negatively against God, the Church, my spouse or others who hold legitimate authority over them?

Have I been a good Christian witness to my children in what I say and do? Or do I demand one standard for them and another for myself?

Have I been properly generous with my children regarding money and physical and material well-being? Have I been miserly? Have I been extravagant, thus spoiling them?

### **Responsibilities to society:**

Have I been a Christian witness to those with whom I work or associate? Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?

Have I held resentments and anger against those with whom I work, relatives or friends? Have I forgiven them?

Have I been unethical in my business dealings? Have I stolen or lied?

Have I allowed the Gospel to influence my political and social opinions?

Have I had a proper Christian concern for the poor and needy?

Have I paid my taxes?

Have I fostered or nurtured hatred toward my "political" enemies, either local, national or international?

Have I been prejudiced toward others because of race, color, religion or social status?

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## Session 14: The Story Continues – Confirmation Overview

Echoing the Mystery Topics
21. The Holy Spirit 22. The Church: Mystery and Mystical Body 30. The Sacrament of Confirmation 52. The Gifts and Fruits of the Holy Spirit
The Story
<p>The Third Person of the Blessed Trinity, the Holy Spirit, is the Lord of life and the Giver of life. All life, natural and supernatural, belongs to Him. God created the world for the sake of the communion with His divine life that He brings about through the Church, the Mystical Body of Christ. Through the Sacrament of Confirmation, God completes the marvelous work He began in Baptism by binding the Christian more closely to the Church and perfecting the graces of the Holy Spirit in the soul. The Father's wondrous plan for us is to make us "sons in the Son," giving us the capability of acting divinely by grace. By the gifts of the Holy Spirit and the virtues, He creates in us a family resemblance to Him even deeper than what we have by nature.</p>
Knowledge Targets
<ol style="list-style-type: none"><li>1. The Holy Spirit is the Third Person in the Blessed Trinity.</li><li>2. We know the Holy Spirit by His "Works" in the Church. He is our guarantor of hope.</li><li>3. Throughout salvation history, the Holy Spirit is revealed as the Lord and the giver of Life.</li><li>4. The Holy Spirit completes the Father's plan by restoring us to the Divine Image.</li><li>5. The Church is a mystery, born of the pierced heart of Christ.</li><li>6. The Holy Spirit unites the Church's members, as a soul unites the parts of a body.</li><li>7. The Church is Christ's Mystical Body. By her He continues His Incarnation presence and work in the world.</li><li>8. Christ has chosen to make the Church necessary to carrying out His work in the world.</li><li>9. The consecrated life manifests the mystery of the church's communion.</li><li>10. Confirmation continues the grace of Pentecost with the Church.</li><li>11. The rite of Confirmation is conferred through the laying on of hands and the anointing with chrism. The essentials of this rite include:</li><li>12. Confirmation conveys an indelible character, and the sacrament can only be received once.</li><li>13. Confirmation is "the Sacrament of Christian maturity" because it matures the Christian in grace.</li></ol>



<p>14. Confirmation's effect is a special outpouring of the Holy Spirit. It gives the recipient the power to have a personal and intimate relationship with the Third Person of the Blessed Trinity.</p> <p>15. The gifts of the Holy Spirit make us docile to His promptings and perfect the virtues.</p> <p>16. By His gifts of wisdom, understanding, knowledge, and fear of the Lord, the Holy Spirit perfects the theological virtues.</p> <p>17. By the gifts of counsel, piety, fortitude, and fear of the Lord, the Holy Spirit perfects the cardinal virtues.</p> <p>18. In the fruit of the spirit, we have a foretaste of future glory.</p>
Minor Rite or Catholic Devotion
Examination of Conscience

## Preparation for Catechist

*Echoing the Mystery* pp. 212-221, 222-233, 306-313, 504-511

Knowledge Target	Scripture References	Catechism of the Catholic Church
The Holy Spirit is the Third Person in the Blessed Trinity.	1 Cor 2:11; Rom 8:5, 9-11, 15-17; Jn 14:17	685, 687, 689-690, 692, 733, 735-737
We know the Holy Spirit by His "Works" in the Church. He is our guarantor of hope.	Jn 14:16-26; Eph 1:13-14; Jn 15:8, 16; Jn 4:24	685, 688, 692, 706, 737, 2672
Throughout salvation history, the Holy Spirit is revealed as the Lord and the giver of Life.	Ezek 37:1-14, Jn 7:37-39, Joel 2:28-32	703, 706-707, 717-718, 722, 731-732, 735
The Holy Spirit completes the Father's plan by restoring us to the Divine Image.	Eph 1:13-14, Jn 14:17, Gal 4:6, Ezek 36:27	684, 686, 687, 705, 708, 720, 722-724, 730, 737, 738
The Church is a mystery, born of the pierced heart of Christ.	Rev 5:9-10, Jn 19:34-35, Eph 5:25-27	738-739, 760, 766, 781, 793, 796
The Holy Spirit unites the Church's members, as a soul unites the parts of a body.	Col 1:26-27, 1 Jn 4:13, Jn 17:20-21, 1 Cor 12:26	772-776, 787-791, 797
The Church is Christ's Mystical Body. By her He continues His Incarnation presence and work in the world.	Eph 5:23; Eph 1:19, 22-23; 2 Cor 4:7, 10-11	737-739, 771, 791-795, 798-800
Christ has chosen to make the Church necessary to carrying out His work in the world.	1 Tim 3:15; Col 1:24; Eph 4:7, 11-16	791, 800-802, 2044-2046
The consecrated life manifests the mystery of the church's communion.	1 Pet 1:8-9, 1 Cor 7:31, Mt 19:10-12	916, 931, 917-933



Confirmation continues the grace of Pentecost with the Church.	Acts 2:1-7, 22-23, 32-36; 2 Cor 2:15, Isa 11:2-3	1287, 1289, 1293, 1304-1305
The rite of Confirmation is conferred through the laying on of hands and the anointing with chrism. The essentials of this rite include:	Acts 8:15-17, 2 Cor 2:15, Acts 19:5-9; Acts 10:38	1288-1289, 1294, 1298-1301
Confirmation conveys an indelible character, and the sacrament can only be received once.	Jn 6:27, 2 Cor 1:21-22, Lk 24:48-49	689, 1121, 1293, 1295-1296, 1304-1305
Confirmation is “the Sacrament of Christian maturity” because it matures the Christian in grace.	Wis 4:7-8, Acts 1:14, Acts 1:8	1306-1308, 1310-1314
Confirmation’s effect is a special outpouring of the Holy Spirit. It gives the recipient the power to have a personal and intimate relationship with the Third Person of the Blessed Trinity.	Rom 8:15, Lk 12:12, Col 3:1-4	1302-1310
The gifts of the Holy Spirit make us docile to His promptings and perfect the virtues.	Mk 13:11, 1 Thess 5:19, Acts 1:8	690, 712, 1266, 1299, 1303, 1830-1831
By His gifts of wisdom, understanding, knowledge, and fear of the Lord, the Holy Spirit perfects the theological virtues.	Jas 4:13-18; Wis 7:7, 11-14	1830-1831
By the gifts of counsel, piety, fortitude, and fear of the Lord, the Holy Spirit perfects the cardinal virtues.	Ps 73:24, Ex 15:2, Isa 40:13, Ps 111:10	1830-1831
In the fruit of the spirit, we have a foretaste of future glory.	Jas 1:18, Jn 15:4-5, Gal 5:22	735-736, 1108-1109, 1832

# **Session 14: The Story Continues - Confirmation**

## **Session Outline**





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## Session 14: The Story Continues – Confirmation

### Period of Preparation

**Observe... discern... wonder...**

Spend some time making observations of this painting depicting the descent of the Holy Spirit at Pentecost by Jean II Restout. What do you observe in this picture? What do you think is happening? What does it make you wonder about God?



## Church's Proclamation

### Celebration of the Word

Isa 11:1-3  
Psalm 20  
Jn 15:26-16:14

#### Reflection

The Third Person of the Blessed Trinity, the Holy Spirit, is the Lord of life and the Giver of life. All life, natural and supernatural, belongs to Him.

God created the world for the sake of the communion with His divine life that He brings about through the Church, the Mystical Body of Christ.

Through the Sacrament of Confirmation, God completes the marvelous work He began in Baptism by binding the Christian more closely to the Church and perfecting the graces of the Holy Spirit in the soul.

The Father's wondrous plan for us is to make us "sons in the Son," giving us the capability of acting divinely by grace. By the gifts of the Holy Spirit and the virtues, He creates in us a family resemblance to Him even deeper than what we have by nature.

## Session Explanation: The Story Continues – Confirmation

### The Holy Spirit

- The Holy Spirit is the Third Person in the Blessed Trinity.
- We know the Holy Spirit by His "Works" in the Church. He is our guarantor of hope.
- Throughout salvation history, the Holy Spirit is revealed as the Lord and the giver of Life.
- The Holy Spirit completes the Father's plan by restoring us to the Divine Image.

### The Church: Mystery and Mystical Body

- The Church is a mystery, born of the pierced heart of Christ.
- The Holy Spirit unites the Church's members, as a soul unites the parts of a body.



- The Church is Christ's Mystical Body. By her He continues His Incarnation presence and work in the world.
- Christ has chosen to make the Church necessary to carrying out His work in the world.
- The consecrated life manifests the mystery of the church's communion.

### **The Sacrament of Confirmation**

- Confirmation continues the grace of Pentecost with the Church.
- The rite of Confirmation is conferred through the laying on of hands and the anointing with chrism. The essentials of this rite include:
- Confirmation conveys an indelible character, and the sacrament can only be received once.
- Confirmation is "the Sacrament of Christian maturity" because it matures the Christian in grace.
- Confirmation's effect is a special outpouring of the Holy Spirit. It gives the recipient the power to have a personal and intimate relationship with the Third Person of the Blessed Trinity..

### **The Gifts and Fruits of the Holy Spirit**

- The gifts of the Holy Spirit make us docile to His promptings and perfect the virtues.
- By His gifts of wisdom, understanding, knowledge, and fear of the Lord, the Holy Spirit perfects the theological virtues.
- By the gifts of counsel, piety, fortitude, and fear of the Lord, the Holy Spirit perfects the cardinal virtues.
- In the fruit of the spirit, we have a foretaste of future glory.

**Which of the above is your muddiest point?**

**Form a question.**

### **Reflect**

Reflect on the doctrines of tonight's session. In Romans 12:2, St. Paul says, "*Do not be conformed to this world but be transformed by the renewal of your mind, that you may prove what the will of God is, what is good and acceptable and perfect.*"

In your journal, record the action of God's work, and write using the following:

**I used to think... about Confirmation, now I think... about Confirmation.**



### Summary of the Sacrament<sup>1</sup>

Minister	Required State	Frequency	Effect	Form	Matter
Ordinary: the Bishop; Extraordinary : a Priest (CCC 1313, 1318)	Baptized but unconfirmed; needed Completion of Baptismal grace (CCC 1285); Baptized Christians from other traditions incorporated into the fullness of the Catholic Church	Only applied once (CCC 1304)	Sign of consecration (CCC 1294); spiritual seal (CCC 1293); completion of baptismal grace (CCC 1285); full outpouring of the Holy Spirit (CCC 1302-1303)	"Be sealed with the Gift of the Holy Spirit." (CCC 1300)	Holy Chrism (Blessed Oil) and the Laying on of hands by the Bishop or a delegated priest (CCC 1288, 1294, 1300)
<b>Acts 8:14-17; 9:17- 19; 19:6; Heb 6:1-6</b>					

## Application

Ascended into heaven, Christ pours out the Holy Spirit on His Church. This Sacrament renews the grace of Pentecost in the heart of every Christian.

### Consider the six promises made at the time of Baptism:

1. Do you renounce sin, so as to live in the freedom of the children of God? "I do"
2. Do you renounce the lure of evil, so that sin may have no mastery over you? "I do"
3. Do you renounce Satan and all his works and empty promises? "I do"
4. Do you believe in God, the Father almighty, Creator of heaven and earth? "I do"

<sup>1</sup> Steve Ray, catholicconvert.com



5. Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?

“I do”

6. Do you 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?

“I do”

### **Man’s response to God – the theological virtues**

Confirmation roots us more deeply in the divine filiation which makes us cry “Abba! Father!” and gives a special strength to spread and defend the **Faith**.

In Confirmation, the gifts poured out **reassure** and empower one to live more fully united with the Body of Christ, with eyes fixed on heaven until the day we are united with Him.

The outpouring of the Holy Spirit empowers one to more fully **love** God and neighbor.

## **Celebration**

### **This Sunday**

During the Second Reading, the reader reads from a letter of an Apostle. This letter helps us understand how to live for Jesus.

As you participate in the Liturgy of the Word,

- Listen attentively; an Apostle is speaking to you.
- Respond: “Thanks be to God.”



During the epiclesis, the prayer that calls down the Holy Spirit over the gifts of bread and wine, that by His power they may be transformed into the Body and Blood of Christ,

- Ask the Holy Spirit to come down and make Christ present in your life, like He did with Mary.
- Picture the fire of the Holy Spirit falling upon the gifts of bread and wine at the Epiclesis.

### **Consider the words of the Epiclesis in Eucharistic Prayer II:**

*Make holy, therefore, these gifts, we pray, by sending down your Spirit upon them like the dewfall, so that they may become for us the Body + and Blood of our Lord, Jesus Christ.*

## **Closing our Session: Examination of Conscience for Single and Married Persons<sup>2</sup>**

### **An Examination of Conscience for Single Persons**

#### **Responsibilities to God:**

Have I gone to Mass every Sunday? Have I participated at Mass or have I daydreamed or been present with a blank mind?

Have I prayed every day (15-20 minutes)?

Have I read the Bible? Have I studied the truths of our faith and allowed them to become more a part of the way I think and act? Have I read any spiritual books or religious literature?

Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentments toward God?

Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life?

Have I been financially generous to the Church? Have I participated in parish or religious activities?

Have I held resentments toward the Church or Church authorities? Have I forgiven them?

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<sup>2</sup> United States Conference of Catholic Bishops



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### **Responsibilities to others and to myself:**

Have I been rebellious, disobedient or disrespectful to anyone in authority?  
Have I lied to or deceived others—friends, boss, or coworkers?  
Have I been arrogant and stubborn?  
Have I gotten angry or nurtured and held grudges and resentments?  
Have I refused to forgive others—parents, relatives, employers, former friend, a former spouse?  
Have I cultivated hatred?  
Have I felt sorry for myself or nurtured self-pity?  
Have I engaged in sexual fantasies? Have I looked at others lustfully?  
Have I read pornographic literature or looked at pornographic pictures, shows or movies?  
Have I masturbated?  
Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?  
Have I had an abortion or encouraged another to have one?  
Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others?

### **Responsibilities to society:**

Have I been a Christian witness to those with whom I work or associate? Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?  
Have I allowed the Gospel to influence my political and social opinions?  
Have I had a proper Christian concern for the poor and needy?  
Have I paid my taxes?  
Have I fostered or nurtured hatred toward my 'political' opponents, either local, national or international?  
Have I been prejudiced toward others because of race, color, religion or social status?

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## An Examination of Conscience for Married Persons

### Responsibilities to God:

Have I gone to Mass every Sunday? Have I participated at Mass or have I day dreamed or been present with a blank mind?

Have I prayed every day (15-20 minutes)?

Have I read the Bible? Have I studied the truths of our faith and allowed them to become more part of the way I think and act? Have I read any spiritual books or religious literature?

Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentments toward God?

Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life, to be a proper husband/wife and parent?

Have I been financially generous to the Church? Have I participated in parish or religious activities?

Have I held resentments toward the Church or Church authorities? Have I forgiven them?

### Responsibilities to my spouse:

Have I cared for my spouse? Have I been generous with my time? Have I been affectionate and loving? Have I told my spouse that I love him or her?

Have I been concerned about the spiritual well-being of my spouse?

Have I listened to my spouse? Have I paid attention to his other concerns, worries, and problems? Have I sought these out?

Have I allowed resentments and bitterness toward my spouse to take root in my mind? Have I nurtured these? Have I forgiven my spouse for the wrongs he or she has committed against me?

Have I allowed misunderstanding, miscommunication or accidents to cause anger and mistrust?

Have I nurtured critical and negative thoughts about my spouse?

Have I manipulated my spouse in order to get my own way?

Have I tried to bully or overpower my spouse?

Have I spoken sharply or sarcastically to my spouse? Have I spoken in a demeaning or negative way?

Have I injured my spouse through taunting and negative teasing? Have I called my spouse harsh names or used language that is not respectful?

Have I physically abused my spouse?

Have I gossiped about my spouse?

Have I undermined the authority and dignity of my spouse through disrespect and rebelliousness?

Have I been moody and sullen?

Have I bickered with my spouse out of stubbornness and selfishness?

Have I lied or been deceitful to my spouse?



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Have I misused sexuality? Have I used sexual relations solely for my own selfish pleasure?  
Have I been too demanding in my desire for sexual fulfillment? Have I been loving and physically affectionate in my sexual relations or have I used sexual relations in a way that would be demeaning or disrespectful to my spouse? Have I refused sexual relations out of laziness, revenge or manipulation?  
Have I refused to conceive children out of selfishness or material greed? Have I used artificial means of contraception?  
Have I had an abortion or encouraged others to have one?  
Have I masturbated?  
Have I flirted or fostered improper relationships with someone else, either in my mind or through words and actions?  
Have I used pornography: books, magazines or movies?  
Have I committed adultery?  
Have I misused alcohol or drugs?  
Have I been financially responsible?

### **Responsibilities to children:**

Have I cared for the spiritual needs of my children? Have I been a shepherd and guardian as God has appointed me? Have I tried to foster a Christian family where Jesus is Lord? Have I taught my children the Gospel and the commandments of God?  
Have I prayed with them?  
Have I been persistent and courageous in my training and teaching? Have I disciplined them when necessary? Have I been lazy and apathetic?  
Have I talked with them to find out their problems, concerns and fears? Have I been affectionate toward them? Have I hugged them and told them that I love them? Have I played or recreated with them?  
Have I been impatient and frustrated with them? Have I corrected them out of love in order to teach them what is right and good? Have I treated them with respect? Have I spoken to them in a sarcastic or demeaning way?  
Have I held resentments against them? Have I forgiven them?  
Have I been of one heart and mind with my spouse in the upbringing of the children? Or have I allowed disagreements and dissension to disrupt the training, educating and disciplining of our children?  
Have I undermined the role of authority in the eyes of my children by speaking negatively against God, the Church, my spouse or others who hold legitimate authority over them?  
Have I been a good Christian witness to my children in what I say and do? Or do I demand one standard for them and another for myself?  
Have I been properly generous with my children regarding money and physical and material well-being? Have I been miserly? Have I been extravagant, thus spoiling them?



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### **Responsibilities to society:**

Have I been a Christian witness to those with whom I work or associate? Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?

Have I held resentments and anger against those with whom I work, relatives or friends? Have I forgiven them?

Have I been unethical in my business dealings? Have I stolen or lied?

Have I allowed the Gospel to influence my political and social opinions?

Have I had a proper Christian concern for the poor and needy?

Have I paid my taxes?

Have I fostered or nurtured hatred toward my "political" enemies, either local, national or international?

Have I been prejudiced toward others because of race, color, religion or social status?

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## Session 15: The Story Continues – The Sacrament of the Holy Eucharist

### Overview

<p>Echoing the Mystery Topics</p>
<p>19. The Paschal Mystery 31. The Sacrament of the Holy Eucharist 32. Transubstantiation</p>
<p>The Story</p>
<p>God, in His plan of loving goodness, reconciled us to Himself through the blood of His Son, raised us up with Him in His Resurrection, and, through His Ascension, seats us with Him in the heavenly places. In order to give us “every blessing in the heavenly places,” Christ Jesus gave us Himself, the Blessing. This is the “the source and summit of the Christian Life.” Already in the Holy Eucharist we have in veiled form what we will have face to face in heaven, God, our all in all. Intending to bless us “in Christ with every spiritual blessing in the heavenly places”, under the appearance of bread and wine, the Father gives us the very presence of His Son until the end of time.</p>
<p>Knowledge Targets</p>
<ol style="list-style-type: none"> <li>1. The whole point of the incarnation was the Paschal Mystery, by which God accomplishes our salvation.</li> <li>2. By dying, Christ destroyed our death. Death was never part of God’s plan for us, but He makes it the means of our salvation.</li> <li>3. Jesus rose from the dead, bringing us to share in the life of the resurrection.</li> <li>4. By ascending into heaven, Jesus brings His human nature to share fully in His divine glory.</li> <li>5. Jesus calls each of us to be saved by sharing in His Paschal Mystery.</li> <li>6. The Eucharist makes the Paschal Mystery present throughout all of time and joins us to it.</li> <li>7. Jesus instituted this Eucharistic sacrifice for us “to perpetuate the sacrifice of the cross,” to entrust to His bride a memorial of His love in the Paschal “Banquet in which (He) is consumed.”</li> <li>8. Jesus commanded the apostles to celebrate the Eucharist until His return so that we would be able to live in His love until He comes again.</li> <li>9. The sacrifice of the cross is one single sacrifice with the Eucharistic Sacrifice.</li> <li>10. The Eucharist unifies the Church, the Mystical Body of Christ, the Sacrament makes the Church.</li> <li>11. By faith we know the Eucharist is the true Body and true Blood of Christ.</li> </ol>



<p>12. The words of consecration change the bread and wine into the body and blood of Christ.</p> <p>13. The Eucharist changes us – giving us the power to love as Christ did.</p> <p>14. Jesus urgently invites us to intimacy with Him in Holy Communion.</p> <p>15. The Eucharist unites heaven and earth.</p> <p>16. Jesus humbles Himself by veiling Himself under the appearance of the bread in order to remain with us always.</p>
Catholic Devotion
Examination of Conscience

## Preparation for Catechist

*Echoing the Mystery* pp. 190-201, 314-321, 322-329

Knowledge Target	Scripture References	Catechism of the Catholic Church
The whole point of the incarnation was the Paschal Mystery, by which God accomplishes our salvation.	Gal 4:4-5, Heb 2:14, 1 Cor 15:3-5	571, 605, 607-608, 613, 616, 654, 661, 1067, 1151, 1340
By dying, Christ destroyed our death. Death was never part of God's plan for us, but He makes it the means of our salvation.	Rom 5:20-21, Isa 53:3-10, Gal 2:20, Mt 26:28	478, 602-603, 606, 612, 615, 624, 627, 632
Jesus rose from the dead, bringing us to share in the life of the resurrection.	1 Pet 1:3, Rom 6:8-10, Isa 53:11-12, Jn 20:17	638, 642, 645, 648, 651, 655, 995, 1681
By ascending into heaven, Jesus brings His human nature to share fully in His divine glory.	Heb 2:9, Ps 47:5-6, Heb 10:12-14, Heb 9:24, Acts 2:33, Isa 52:11-14	659, 661-663, 667, 1084, 1137, 1166, 2749
Jesus calls each of us to be saved by sharing in His Paschal Mystery.	1 Pet 2:21-25, Eph 5:25-27, Rev 22:17, Col 3:3-4	618, 628, 766, 793, 1068, 1085, 1115, 1168-1169, 1225, 1682, 2014-2015
The Eucharist makes the Paschal Mystery present throughout all of time and joins us to it.	1 Cor 11:23-26, 1 Cor 5:7-8, Lk 22:19	611, 1225, 1323, 1337, 1362-1370
Jesus instituted this Eucharistic sacrifice for us "to perpetuate the sacrifice of the cross," to entrust to His bride a memorial of His love in the Paschal "Banquet in which (He) is consumed."	Lk 22:19, Rev 19:9, 1 Cor 10:16-17	1323, 1328-1332



Jesus commanded the apostles to celebrate the Eucharist until His return so that we would be able to live in His love until He comes again.	Jn 13:1-7, 34-35; Phil 2:7	1337, 1340, 1357, 1366, 1374, 1377
The sacrifice of the cross is one single sacrifice with the Eucharistic Sacrifice.	Heb 9:14, 22; Rom 12:1	1109, 13:67-1371, 2031
The Eucharist unifies the Church, the Mystical Body of Christ, the Sacrament makes the Church.	2 Cor 13:13, 1 Cor 10:17	950, 1331, 1396, 1397
By faith we know the Eucharist is the true Body and true Blood of Christ.	Jn 14:6, Mt 8:8, Jn 6:53	381, 1384-1387, 1402-1405
The words of consecration change the bread and wine into the body and blood of Christ.	1 Cor 11:24-27, Mt 26:26-29, Eph 1:3	1374, 1376
The Eucharist changes us – giving us the power to love as Christ did.	Jn 14:6, Jn 15:9, Eph 1:4	459, 826, 864, 1324
Jesus urgently invites us to intimacy with Him in Holy Communion.	Jn 6:53, 56-57; Mt 8:8	1386, 1391-1392
The Eucharist unites heaven and earth.	Eph 1:9-10, Lk 22:15-18, Eph 1:3	1326, 1402, 1419
Jesus humbles Himself by veiling Himself under the appearance of the bread in order to remain with us always.	Gal 2:20, Phil 2:9-11, Rev 5:11-13	1326, 1402, 1419



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# **Session 15: The Story Continues – The Sacrament of the Holy Eucharist**

## **Session Outline**





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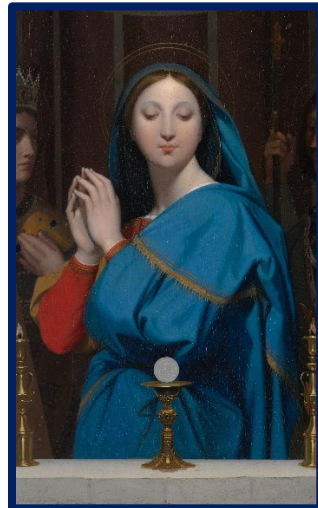
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## Session 15: The Story Continues – The Sacrament of the Holy Eucharist

### Period of Preparation

**Observe... discern... wonder...**

Spend some time making observations about this Nineteenth Century painting by Jean Auguste Dominique Ingres called *Virgin of the Host*. What do you observe in this picture? What do you think is happening? What does it make you wonder about God?



### Church's Proclamation

#### Celebration of the Word

Ex 16:2-16

Psalm 78:1-2b, 3, 5, 7a,b, 13-20, 23-25, 27-29

Jn 6:48-58

#### Reflection

God, in His plan of loving goodness, reconciled us to Himself through the blood of His Son, raised us up with Him in His Resurrection, and, through His Ascension, seats us with Him in the heavenly places.

In order to give us “every blessing in the heavenly places,” Christ Jesus gave us Himself, the Blessing. This is the “the source and summit of the Christian Life.” Already in the Holy Eucharist we have in veiled form what we will have face to face in heaven, God, our all in all. Under the appearance of bread and wine, the Father gives us the very presence of His Son until the end of time.

## **Session Explanation: The Story Continues – The Sacrament of the Holy Eucharist**

### **The Paschal Mystery**

- The whole point of the incarnation was the Paschal Mystery, by which God accomplishes our salvation.
- By dying, Christ destroyed our death. Death was never part of God's plan for us, but He makes it the means of our salvation.
- Jesus rose from the dead, bringing us to share in the life of the resurrection.
- By ascending into heaven, Jesus brings His human nature to share fully in His divine glory.
- Jesus calls each of us to be saved by sharing in His Paschal Mystery.
- The Eucharist makes the Paschal Mystery present throughout all of time and joins us to it.

### **The Sacrament of the Holy Eucharist**

- Jesus instituted this Eucharistic sacrifice for us “to perpetuate the sacrifice of the cross,” to entrust to His bride a memorial of His love in the Paschal “Banquet in which (He) is consumed.”
- Jesus commanded the apostles to celebrate the Eucharist until His return so that we would be able to live in His love until He comes again.
- The sacrifice of the cross is one single sacrifice with the Eucharistic Sacrifice.
- The Eucharist unifies the Church, the Mystical Body of Christ, the Sacrament makes the Church.
- By faith we know the Eucharist is the true Body and true Blood of Christ.

### **The Reality of Transubstantiation**

- The words of consecration change the bread and wine into the body and blood of Christ.
- The Eucharist changes us – giving us the power to love as Christ did.
- Jesus urgently invites us to intimacy with Him in Holy Communion.
- The Eucharist unites heaven and earth.
- Jesus humbles Himself by veiling Himself under the appearance of the bread in order to remain with us always.

**Which of the above is your muddiest point?**

**Form a question.**



### Summary of the Sacrament<sup>1</sup>

Minister	Required State	Frequency	Effect	Form	Matter
<b>The Priest CCC 1411</b>	All Catholics are encouraged to participate (CCC 1417); Baptized believers in Communion with the Catholic Church (CCC 1396-1401) and devoid of Mortal Sin (CCC 1415)	Minimum of once a year, as frequently as daily (CCC 1389; 1417)	Intimate union with Christ (CCC 1391); Receiving Christ; nourish spiritual life; medicine of immortality, separating us from sin, removal of venial sin, spiritual strength, unites the Body into One (CCC 1391-1401)	"Take this, all of you, and eat of it, for this is my Body which will be given up for you... Take this, all of you, and drink from it, for this is the chalice of my Blood, the Blood of the new and eternal covenant, which will be poured out for you and for many for the forgiveness of sins. Do this in memory of me." (CCC 1412; 1 Cor 11:24-25)	Bread and Wine (CCC 1333)
<b>Jn 6:1-71; Mt 26:26-28; Mk 14:22-25; Lk 22:7-20; 24:13-53; Acts 2:42-47; 20:7; 1 Cor 10:16-21</b>					

### Choose your “favorite” (most interesting) common error...

1. *“Holy Communion is just a very beautiful ceremony in the Catholic Church.”* Holy Communion is so much more than just a ceremony. Ceremonies are symbolic, ritualized ceremonies of human events. To receive Communion is to receive Christ Himself. Rather than simply being a fitting way to symbolize the unity of believers in Christ, the Rites prepare us to enter worthily into the deepest intimacy with Christ Himself.
2. *“The Eucharist is a good way to remember the Last Supper and that God loves us.”* The Eucharist is a memorial of Christ’s Sacrifice, but rather than just turning our minds to a past act of God, it makes that act truly present in the here and now. The same God Who died for love of me is present on the altar and received by me in the Holy Eucharist.

<sup>1</sup> Steve Ray, catholicconvert.com



3. *“Non-Catholics can receive Holy Communion.”* Saying “Amen” to the Body of Christ in Communion means saying “Amen” to the Body of Christ, the Church, with all that she is, believes, and teaches. For this reason, those outside of the Catholic Church may not receive Holy Communion.
4. *“You are always welcome to receive Holy Communion, regardless of any sins you have committed.”* Holy Communion must be received in a state of grace. Christ's love cleanses us of venial sin through Holy Communion, but, when in mortal sin, we must first be reconciled to God and restored to a life of grace through the Sacrament of Penance before we receive the Eucharist.
5. *“You may eat and drink freely before receiving Holy Communion.”* The Church asks her children to fast for an hour before receiving the Eucharist, in order to increase hunger for God and their awareness of the sacredness of this Sacrament. It is not an ordinary meal.
6. *“Receiving Holy Communion is cannibalism.”* We do receive Christ, Body, Blood, Soul, and Divinity in Holy Communion. However, since Christ is received whole and entire by each and every person, we do not divide Him or eat Him in the grotesque sense. He makes the bread and wine a means of allowing us to receive Him.
7. *“The Lord's intention was only a memorial, not the reality of His body, blood, soul and divinity in the Eucharist.”* St. Paul's first letter to the Corinthians makes abundantly clear the reality of Christ's presence in the Eucharist: “Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord” (11:27). If it were not Christ's true body and blood, we would not be guilty of sinning against his this very sacred reality if we ate or drank unworthily. The Church's faith in the Eucharist dates to the apostles. St. Tarcisius gives us the example of dying rather than betraying the sacred trust given to him in the Sacrament. Christ Himself says, “Unless you eat the flesh of the Son of man and drink His blood, you have no life in you” (Jn 6:53). Faith is greatly impoverished if it rejects the gift of Christ's presence. It is deprived of the most intimate communion possible on earth with our Lord, which He so ardently desires to give us (CCC 1358, 1363-1365, 1367, 1374, 1376).
8. *“Belief in Transubstantiation is not necessary for reception of the Eucharist.”* On the contrary, St. Paul says the one who receives the Eucharist without recognizing the Body and Blood of the Lord eats and drinks judgment on himself. Preparing ourselves for Holy Communion awakens faith in this great mystery and enables us to receive Him worthily (CCC 790, 1384, 1392-1396, 1436).



## Application

In order to make His Paschal Mystery present in every age, Christ gave us the Eucharist on the night before He suffered and entered into His glory.

By Transubstantiation, Christ makes His Paschal Mystery present until the end of the age. We are able to be united with Him, ascended and glory, throughout our lives.

### Consider the six promises made at the time of Baptism:

1. Do you renounce sin, so as to live in the freedom of the children of God?  
"I do"
2. Do you renounce the lure of evil, so that sin may have no mastery over you?  
"I do"
3. Do you renounce Satan and all his works and empty promises?  
"I do"
4. Do you believe in God, the Father almighty, Creator of heaven and earth?  
"I do"
5. Do you believe in Jesus Christ, his only Son, our Lord, who was born of the Virgin Mary, suffered death and was buried, rose again from the dead and is seated at the right hand of the Father?  
"I do"
6. Do you 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?  
"I do"

### Man's response to God – the theological virtues

Understanding this doctrine strengthens our **faith** because we see that Christ has not left us without contact with the saving realities He revealed. In the Eucharist, we say "Amen" to and receive all that the Church believes and holds sacred, and we enter into the greatest union with Him possible in this life.



Understanding this doctrine strengthens our **hope** since in this Sacrament we receive the pledge of future glory. Christ unites Himself to us, even now, because He cannot wait to be united with us forever in heaven.

Understanding this doctrine strengthens our **charity** because we grasp that receiving the gift of the Precious Body and Blood of Christ should drive out whatever is incompatible with Him who is Charity itself. It causes us to flee idolatry, and commits us to the poor and to practicing a new way of behaving toward God.

## Celebration

### Sunday Mass

At the Institutional Narrative in the Liturgy of the Eucharist, it is the part of the Mass when the account of the Last Supper is reenacted by the priest, and Jesus' words transform the bread and wine into the Body and Blood of Christ.

When it comes time for you to take part in the Liturgy of the Eucharist,

- Imagine yourself at the Last Supper, hearing Jesus' voice as he celebrates the Eucharist for the first time.
- At the Consecration, raise your eyes to the crucifix and the Host or Chalice when the priest elevates it, and adore Jesus, speaking to Him simply and from your heart.

### Consider the words of Preface of the Most Holy Eucharist I:

*It is truly right and just, our duty and our salvation,  
always and everywhere to give you thanks,  
Lord, holy Father, almighty and eternal God,  
through Christ our Lord.  
For he is the true and eternal Priest,  
who instituted the pattern of an everlasting sacrifice  
and was the first to offer himself as the saving Victim,*

*commanding us to make this offering as his memorial.  
As we eat his flesh that was sacrificed for us,  
we are made strong,  
and, as we drink his Blood that was poured out for us,  
we are washed clean.*



## **Closing our Session: Examination of Conscience for Single and Married Persons<sup>2</sup>**

### **An Examination of Conscience for Single Persons**

#### **Responsibilities to God:**

Have I gone to Mass every Sunday? Have I participated at Mass or have I daydreamed or been present with a blank mind?

Have I prayed every day (15-20 minutes)?

Have I read the Bible? Have I studied the truths of our faith and allowed them to become more a part of the way I think and act? Have I read any spiritual books or religious literature?

Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentments toward God?

Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life?

Have I been financially generous to the Church? Have I participated in parish or religious activities?

Have I held resentments toward the Church or Church authorities? Have I forgiven them?

#### **Responsibilities to others and to myself:**

Have I been rebellious, disobedient or disrespectful to anyone in authority?

Have I lied to or deceived others—friends, boss, or coworkers?

Have I been arrogant and stubborn?

Have I gotten angry or nurtured and held grudges and resentments?

Have I refused to forgive others—parents, relatives, employers, former friend, a former spouse?

Have I cultivated hatred?

Have I felt sorry for myself or nurtured self-pity?

Have I engaged in sexual fantasies? Have I looked at others lustfully?

Have I read pornographic literature or looked at pornographic pictures, shows or movies?

Have I masturbated?

Have I lustfully kissed or sexually touched someone? Have I had sexual intercourse?

Have I had an abortion or encouraged another to have one?

Have I gossiped about others? Have I slandered anyone? Have I told lies about others? Have I mocked or made fun of others?

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<sup>2</sup> United States Conference of Catholic Bishops





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### **Responsibilities to society:**

Have I been a Christian witness to those with whom I work or associate? Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?  
Have I allowed the Gospel to influence my political and social opinions?  
Have I had a proper Christian concern for the poor and needy?  
Have I paid my taxes?  
Have I fostered or nurtured hatred toward my 'political' opponents, either local, national or international?  
Have I been prejudiced toward others because of race, color, religion or social status?

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## **An Examination of Conscience for Married Persons**

### **Responsibilities to God:**

Have I gone to Mass every Sunday? Have I participated at Mass or have I day dreamed or been present with a blank mind?  
Have I prayed every day (15-20 minutes)?  
Have I read the Bible? Have I studied the truths of our faith and allowed them to become more part of the way I think and act? Have I read any spiritual books or religious literature?  
Have I told God that I want to love him with my whole heart, mind and strength? Do I hold any resentments toward God?  
Have I recognized my need for Jesus and his salvation? Have I asked the Holy Spirit to empower me to live the Christian life, to be a proper husband/wife and parent?  
Have I been financially generous to the Church? Have I participated in parish or religious activities?  
Have I held resentments toward the Church or Church authorities? Have I forgiven them?

### **Responsibilities to my spouse:**

Have I cared for my spouse? Have I been generous with my time? Have I been affectionate and loving? Have I told my spouse that I love him or her?



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Have I been concerned about the spiritual well-being of my spouse?  
Have I listened to my spouse? Have I paid attention to his other concerns, worries, and problems? Have I sought these out?  
Have I allowed resentments and bitterness toward my spouse to take root in my mind? Have I nurtured these? Have I forgiven my spouse for the wrongs he or she has committed against me?  
Have I allowed misunderstanding, miscommunication or accidents to cause anger and mistrust?  
Have I nurtured critical and negative thoughts about my spouse?  
Have I manipulated my spouse in order to get my own way?  
Have I tried to bully or overpower my spouse?  
Have I spoken sharply or sarcastically to my spouse? Have I spoken in a demeaning or negative way? Have I injured my spouse through taunting and negative teasing? Have I called my spouse harsh names or used language that is not respectful?  
Have I physically abused my spouse?  
Have I gossiped about my spouse?  
Have I undermined the authority and dignity of my spouse through disrespect and rebelliousness?  
Have I been moody and sullen?  
Have I bickered with my spouse out of stubbornness and selfishness?  
Have I lied or been deceitful to my spouse?  
Have I misused sexuality? Have I used sexual relations solely for my own selfish pleasure?  
Have I been too demanding in my desire for sexual fulfillment? Have I been loving and physically affectionate in my sexual relations or have I used sexual relations in a way that would be demeaning or disrespectful to my spouse? Have I refused sexual relations out of laziness, revenge or manipulation?  
Have I refused to conceive children out of selfishness or material greed? Have I used artificial means of contraception?  
Have I had an abortion or encouraged others to have one?  
Have I masturbated?  
Have I flirted or fostered improper relationships with someone else, either in my mind or through words and actions?  
Have I used pornography: books, magazines or movies?  
Have I committed adultery?  
Have I misused alcohol or drugs?  
Have I been financially responsible?

### **Responsibilities to children:**

Have I cared for the spiritual needs of my children? Have I been a shepherd and guardian as God has appointed me? Have I tried to foster a Christian family where Jesus is Lord? Have I taught my children the Gospel and the commandments of God?  
Have I prayed with them?



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Have I been persistent and courageous in my training and teaching? Have I disciplined them when necessary? Have I been lazy and apathetic?  
Have I talked with them to find out their problems, concerns and fears? Have I been affectionate toward them? Have I hugged them and told them that I love them? Have I played or recreated with them?  
Have I been impatient and frustrated with them? Have I corrected them out of love in order to teach them what is right and good? Have I treated them with respect? Have I spoken to them in a sarcastic or demeaning way?  
Have I held resentments against them? Have I forgiven them?  
Have I been of one heart and mind with my spouse in the upbringing of the children? Or have I allowed disagreements and dissension to disrupt the training, educating and disciplining of our children?  
Have I undermined the role of authority in the eyes of my children by speaking negatively against God, the Church, my spouse or others who hold legitimate authority over them?  
Have I been a good Christian witness to my children in what I say and do? Or do I demand one standard for them and another for myself?  
Have I been properly generous with my children regarding money and physical and material well-being? Have I been miserly? Have I been extravagant, thus spoiling them?

### **Responsibilities to society:**

Have I been a Christian witness to those with whom I work or associate? Have I spoken to anyone about the Gospel and how important it is to believe in Jesus?  
Have I held resentments and anger against those with whom I work, relatives or friends? Have I forgiven them?  
Have I been unethical in my business dealings? Have I stolen or lied?  
Have I allowed the Gospel to influence my political and social opinions?  
Have I had a proper Christian concern for the poor and needy?  
Have I paid my taxes?  
Have I fostered or nurtured hatred toward my “political” enemies, either local, national or international?  
Have I been prejudiced toward others because of race, color, religion or social status?

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