

## Faith Facts Study Guide - grade 8 Altaration

Students in eighth grade will have a second written test for the concepts on the Mass/Eucharist. These concepts come primarily from the video series Altaration. No study guides or other materials may be used for the test.

- † God gave us the bible, it is true and inspired
- † **The bible may also be called ‘the Word’ or Sacred Scripture, we encounter God through His Word (the Bible)**
- † There are 73 books in the bible
- † There 4 gospels (Matthew, Mark, Luke, John) in the New Testament
- † Students will need to recognize and identify the 27 books of the New Testament
- † Students will need to recognize and identify the 46 books of the Old Testament
- We would have no Eucharist without the priest.
- Our priests act **in the place of Christ** or **in persona Christi** (Latin for “in the person of Christ”) at certain moments of the Mass and within the other sacraments.
- The name Jesus means ‘God Saves’
- Jesus is fully God and fully man. This is called the **Incarnation**
- Why did God become man, why did Jesus come?
  - To save us from our sins
  - To show us what love is
  - To model holiness
  - To become partakers in the divine nature
- Rules and commandments come from a place of love.
- Know the 10 Commandments.
  - In regards to Mass, #3 - Remember to keep Holy the Lord’s Day.
- During the Penitential Act in Mass, **as we pray the words of the prayer we should think about what we have done to offend God or hurt others**
  - The Penitential Act/Rite begins “I confess to almighty God and to you my brothers and sisters, that I have greatly sinned....”
- Venial sins can be forgiven during Mass. Mortal sins **always** require confession to be forgiven.
- **Grace** is God's life in us; first through baptism and then through the other sacraments.
  - Grace is a free and undeserved gift
  - Some ‘types’ of grace include sanctifying grace, actual grace, sacramental grace and special graces
  - Catholics define and view grace differently than other Christians do

- The sacrifice of the Mass is the same as the Sacrifice of Jesus on the Cross
  - On the cross, Jesus shed His blood and died for our redemption and at Mass Jesus gives us that redemption in an unbloody manner in the form the Holy Eucharist.
  - Jesus is **not** being 're-sacrificed' during Mass.
- **Liturgy** means a public work done in the service of others. The Mass is a Liturgy.
- The two parts of the Mass are the **Liturgy of the Word** and the **Liturgy of the Eucharist**.
- The **Liturgy of the Word** includes:
  - Reading from the bible (Old Testament, Psalms, Gospel)
    - God speaks to us through Sacred Scripture
  - the Homily
  - Profession of Faith
  - Prayers of the Faithful
- The **Eucharist** or Holy Communion, contains the Body, Blood, Soul and Divinity of Jesus, really and truly present in the form of bread and wine. When the priest says the prayers of consecration at Mass the bread and wine truly become Jesus (even though they still look like bread and wine)
- **Transubstantiation** is the complete change of substance of the bread and wine into the Body and Blood of Christ.
- In the **Liturgy of the Word** we receive God, in His word (through the bible) and in the **Liturgy of the Eucharist** we offer to God his very self in the Holy Eucharist.
- Everything we do in Mass is meant to help us encounter Jesus.
- After receiving the Holy Eucharist we enter into the Communion Meditation, as described in the video. During this time you should:
  - close your eyes and focus on Jesus – not on other people in church
    - **thank Jesus for coming to you**
    - just be (with Him)
    - tell Jesus you love him
    - ask for his help for you and others
- We become one with Christ in Mass.
- We are all called to be saints.

## The Why behind the What at Mass:

- Vestments of the priest
  - Special prayers are said by the priest as he puts on each garment
  - **Alb** - The white garment, base layer, that a priest or deacon wears. It is white because it is a symbol of a person's baptism.
  - **Cincture** - a 'belt', the priest girds himself in chastity, he prays for his own chastity and celibacy
  - **Stole** - represents the priests authority, the power to serve. (recall the yoke analogy from the video)
  - **Chasuble** - the chasuble is the outer garment worn over the alb and the color corresponds to the liturgical season
    - Green - Ordinary time, green means grow
    - Purple - penitential season, Lent or Advent, time to purify our lives
    - White - Celebration, feast day, eg. Christmas, Easter
    - Red - Fire of Holy Spirit or Blood of the martyrs
    - Black - rarely seen but may be worn at funerals and All Souls' Day
  - These garments are worn to hide the priest, so that Christ may be the one we focus on
- When we enter a church and cross ourselves with **Holy Water**, it is a reminder of our baptism and the graces we received from it. Baptism is our entrance into the Church.
- Prior to entering or exiting a pew, we **genuflect** to show reverence for Christ in the Eucharist, who is present in the tabernacle. If no tabernacle is present, bowing to the altar is appropriate because it is a symbol of Christ. What does it mean to genuflect? Why should we and what should we remember?
  - Act of Humility: Going to one knee is a sign of recognizing someone greater than ourselves and we humble ourselves before God
  - Offering of Service: We place our self at the service of Christ (use me Lord)
  - A proposal: Jesus I love you and I offer you my whole life
- We stand during the Processional at Mass because we are part of the pilgrimage of the Mass.
- To '**Reverence the Altar**' is when the priest kisses the altar at the beginning of Mass. The Altar is a symbol of Christ and often contains a relic of a saint.
- The Sign of the Cross reminds us of three things
  - God is a Trinity
  - Your worth: you are worth God's life and death
  - Your purpose: God made us to know Him, love Him and serve Him in this life so we can live with him forever in the next life.
- '**The Lord be with You**' is a greeting we can find in the bible. It prepares us for something big about to happen in Mass.

- We can come before God as ourselves.
- The **Gloria** is about giving God glory the glory He deserves.
- How to prepare for the readings at Mass
  1. Read the scriptures before Mass
  2. Bring pen and paper
  3. At the end of the reading, respond with a heartfelt, 'thanks be to God' when the lector says the 'Word of the Lord.'
- Alleluia means 'Praise God'
- When we **Cross** our forehead, lips, and heart before hearing the **Gospel** we say to ourselves "may the Word of the Lord be on my mind, on my lips and in my heart."
- During the **Offertory** - What can you place on the altar that is not money?
  - We can offer our gifts of time and talent
  - We can offer our needs; people who need to be prayed for
  - We can offer the people we love
  - We can offer ourselves
- We join with the angels and saints as we say **Holy, Holy, Holy** and we prepare for the Lord to enter into our hearts.
- Jesus is the true bread come down from heaven. The Holy Eucharist actually **becomes** Jesus - it is NOT a symbol!
- When the words of consecration are said "**This is my body, this is my blood**" - a miracle has happened at this point and the bread and wine are now the Body and Blood of Jesus (we may silently pray 'My Lord and My God' at this point to recognize and honor Jesus who is before us.)
  - **Consecration** is the point at Mass when the bread and wine **become** the Body and Blood of Jesus (a true miracle we see at every Mass)
    - before consecration the host is just bread and the wine is just wine
    - after consecration the host is Jesus' Body and the wine is Jesus' Blood
- The Sign of Peace is practice for forgiveness and martyrdom
- We receive the Holy Eucharist, we do not take it, we do not grab it. It should be placed in our hands and our hands should act like a throne.

- We need to be in a **state of grace** in order to receive Holy Communion. This means all serious sin must be confessed (and removed) before receiving the Holy Eucharist.
  - Recall from previous years; there are two types of sin
    - **Mortal Sin** – is serious sin committed with full knowledge and deliberate consent. Mortal sin destroys God's grace in our souls. Confession is needed after committing mortal sin to regain the grace of God
    - **Venial Sin** – is a sin of a less serious matter and does not take away God's grace. We do not lose sanctifying grace from venial sin
  - Sin is committed in four ways
    1. by our actions
    2. by our words
    3. by our thoughts
    4. by what we should do but don't (what we fail to do)
  - The steps to make a good confession are:
    1. know my sins (examination of conscience)
    2. to be sorry for my sins
    3. to intend not to sin again
    4. tell my sins to the priest in confession
    5. receive absolution from the priest and to do the penance given
- Things to remember before receiving the Holy Eucharist in order to receive it worthily
  1. **Fast** for one hour prior to receiving Jesus – this means no GUM, food, or drinks (water or medicine are OK)
  2. **Be in a state of Grace:** Go to confession if we have committed mortal sin or at least once a year (it is a good practice to go to confession regularly even for venial sins)
  3. **Think about whom we are about to receive:** think about Jesus before receiving Him - remember that it IS truly Jesus

- Ways we can participate more fully in Mass (somewhat of a recap):
  - a. Become a Participant and not a Spectator
    - i. be committed to the words you say during Mass
    - ii. Amen means 'I believe' (A true "Amen" links us to Jesus and nourishes us into everlasting life)
  - b. Read the Gospel (and readings) prior to coming to Mass
    - i. <http://www.usccb.org/bible/> gives a calendar with daily readings
  - c. Arrive early, stay late
  - d. Think about your venial sins, and ask for forgiveness, as you recite the Penitential Rite
  - e. Listen attentively during the readings and homily
    - i. Ask yourself what word, phrase or idea really stuck out to you from the readings
  - f. Offer your gifts and challenges of the week to God during the Offertory (collection)
  - g. Pray for someone specific who is living and who has died during the appropriate times of Mass
  - h. Think about Jesus dying the Cross before receiving the Holy Eucharist
  - i. Thank Jesus for the gift of Himself after receiving the Holy Eucharist
  - j. Close your eyes if others distract you, especially after receiving Jesus
  - k. Pray and ask for a deeper understanding and love of the Mass

More about the Holy Eucharist:

- The **tabernacle** is where the Holy Eucharist is kept at church
- When the Holy Eucharist is exposed in a **monstrance**, we are able to see Jesus and adore Him. A monstrance holds Jesus up to be seen.
- Many chapels or parishes offer **Adoration**, where Jesus is present and visible in the form of the Holy Eucharist.
  - Marshfield deanery has the St. John Paul II perpetual adoration chapel in which Jesus is always present 24/7
  - St. John's Parish offers adoration every Monday morning from 7:30am - noon
  - Christ the King Parish offers adoration every first Friday of the month from 9am Friday to 9am Saturday
- **Benediction** is when the priest blesses the people with Jesus in the Blessed Sacrament

- There are **five precepts** (rules) of the Church, these precepts are to be followed by every Catholic. They are:
  1. Attend Mass on all Sundays and Holy Days of Obligation
    - **attending Mass does not assume you can receive communion**
  2. Confess serious sins at least once a year
  3. Receive Holy Communion during the Easter time
  4. Fast and abstain on the days appointed
  5. Contribute to the support of the Church
- A Catholic must take part in Mass every Sunday (Church precept) and holy day of obligation. The **Holy Days of Obligation** are:
  - **January 1**, Solemnity of Mary, Mother of God
  - **Ascension**, 40 days after Easter
  - **August 15**, Assumption of the Blessed Virgin Mary
  - **November 1**, All Saints Day
  - **December 8**, Immaculate Conception
  - **December 25**, Nativity of our Lord Jesus Christ

Students in eighth grade should also know the virtues and vices (see below)

- **Vice** is a bad habit that enslaves us to selfishness. Vice robs us of the power to love.

The seven <b>capital sins (vices)</b>	Definition
<b>pride</b>	an exaggerated opinion of oneself
<b>greed (avarice)</b>	an uncontrolled desire for things, such as money, clothes, etc
<b>envy</b>	unhappiness or discontent over the good fortune or success of others
<b>anger (wrath)</b>	an uncontrolled feeling of displeasure
<b>lust</b>	an uncontrolled desire for physical pleasure
<b>gluttony</b>	an uncontrolled use of food and drink
<b>laziness (sloth)</b>	carelessness in doing right and practicing virtue because of the work and effort needed to do so

**Virtues** - A virtue is a firm habit to do good. We are encouraged to practice virtue to grow closer to Jesus. These (good) habits help us to grow in holiness which is needed to obtain heaven.

Virtue	Simple definition
Faith	Faith is the grace of believing in God's love for us and in His revealed truths
Charity	Charity (love) – Love of God and Love of Neighbor
Hope	Hope is the grace of trusting God' plan. To totally trust in Jesus.
Respect	Respect is to treat others nicely (as you would like to be treated)
Fortitude	Fortitude is the virtue that helps us to persevere when we are tempted
Friendship	To care for another person and want the best for them.
Justice	Justice is the virtue that helps us to work fairly with others
Prudence	Prudence is the grace to form correct judgements, to know right from wrong
Diligence	Diligence is doing what needs to be done with devotion and dedication
Temperance	Temperance is the virtue that helps us to control our desires, to abstain (ie from meat on Fridays during Lent)
Purity	Purity is to be pure in thought, word and action. To strive to be pure of heart.
Chastity	Chastity is the virtue that helps us use our bodies to express love in purity and truthfulness.
Modesty	Modesty is how we present ourselves to others by how we act, dress and by our actions.
Humility	Humility is to be self-less and respectful

We practice virtue to guard against sin (vice) and to grow in holiness. Below is the list of vices and the virtues which help to guard against them.

The seven <b>capital sins (vices)</b>	The <b>virtues</b> which overcome the vices
<b>pride</b>	humility
<b>greed</b>	generosity
<b>envy</b>	brotherly love
<b>anger (wrath)</b>	meekness
<b>lust</b>	chastity
<b>gluttony</b>	temperance
<b>laziness (sloth)</b>	diligence