

CURRICULUM GUIDE

# In Spirit and Truth

## *Religion*



Diocese of Little Rock  
Office of Catholic Schools





**Diocese of Little Rock**  
Office of Catholic Schools

## Religion

Catholic schools are uniquely positioned to educate the whole person by fostering each student's spiritual, moral, physical, creative, and intellectual development. Grounded in the *Handbook on the Catechetical Accompaniment Process*, our learning goals purposefully span the cognitive, interior, and behavioral dimensions of the Catholic faith. Through this deliberate formation, we fully realize the fourfold purpose of Christian education: cultivating an environment where the Gospel message is masterfully proclaimed, Christ-centered community is genuinely experienced, sacrificial service becomes the cultural norm, and regular worship and thanksgiving of God are deeply internalized.

The learning standards for grades PK–8 in the Diocese of Little Rock utilize the goals set forth in the *Handbook for the Catechetical Accompaniment Process* (2024) United States Conference of Catholic Bishops, Washington, DC. It is recommended that all Catechists in the Catholic Schools use the *Handbook for the Catechetical Accompaniment Process* as a resource for additional information on the goals and how they are to be implemented. A free, digital copy can be found on USCCB's website.

**Catechetical Goals for an Evangelizing Catechesis from Early Childhood to Pre-Adolescence**  
(the following is an excerpt from the *Handbook for the Catechetical Accompaniment Process*)

The Directory for Catechesis reflects on the importance of helping children “to perceive and to develop the sense of God.” Although children have a natural capacity to relate to God, it takes intentional, creative, and skillfully prepared (and executed) catechesis to develop this natural capacity into an intimate relationship with God and a lived expression of faith. Catechists of children are encouraged to make use of knowledge from human sciences, such as education, psychology and sociology, in order to more effectively lead the students.

The goals presented in this Handbook are structured in three developmental categories, in conformity with the *Directory for Catechesis*: Early Childhood (pre-school age), Middle Childhood

(ages 6-10), and Pre-Adolescent (ages 10-14). They are then further distinguished into three major categories within each developmental state:

- Interior Life Goals (fostering attitudes of the Faith)
- Behavioral Goals (fostering holy living of the Faith)
- Cognitive Goals (fostering a deeper understanding of the Faith)

These goals should be understood as organic in their relationship to one another, as each must support the others in bringing them to fruition. We cannot expect to form someone with sound doctrinal principles without simultaneously instructing them in the behaviors and emotional dispositions that align with and support that teaching.

We can best understand the Cognitive Goals as disposing the learner to *understanding the faith*. These are to guide the intellectual formation of the person, being formed in truth. The Behavioral Goals dispose the learner to *living the faith*. These are to guide both the practices that embody the faith including prayer, Mass attendance, fasting, and involvement within one's parish community; as well as the moral behavior of the person, being formed in goodness. The Interior Life Goals dispose the learner to possess attitudes of the faith. These are to guide the interior disposition of the person, being formed in beauty and love.

Within each of the three categories of goals, specific learners have been identified. There are subsections for Parents, Catechists, Families and Children in each age group. It should be noted that the Directory reminds us that the Church identifies adult catechesis as paramount, especially due to the nature of the influence of parents upon their children, and relating specifically to a parent's role and duty as the first catechist for their child. Therefore, these goals reflect a certain expectation that the adults involved in the catechesis of the child learner - the catechists, teachers, and the parents and guardians - will continue their own education and formation in the faith. Goals developed specifically for the adults speak to the necessity of an environment where the faith is handed on and lived within the family.

For those who are developing catechetical resources for the instruction in the faith, this Handbook is intended to be a resource and guide that will ensure the authenticity of the presentation of the faith and the completeness of the presentation of the faith, measured according to these Outcomes. Effective catechetical resources will provide instruction, encouragement, and guidelines as to how the Behavioral and Interior Life Goals can be implemented in the household, the school, and in parish catechesis. For example, rather than only suggesting that a teacher or catechist make time for Eucharistic adoration for their learners, materials must give instruction that this should be planned and made possible, both for students and families. In the charts below, it should be noted that the Cognitive, Behavioral and Interior Life Goals are not intended to necessarily correspond to one another across a given row, but rather, that each column supports and aligns with the others in the given section. While the final application of some of these goals will rest with the one who is presenting the material, it is vital that materials work to develop a culture where catechesis is not constrained to a short CCD class or to a religion class in school, but rather, a culture where

catechesis is touching the lives of the whole family, and formation is beginning with the adults, so that they can be supported in their duty to hand on the faith throughout their lives and the lives of their children.

#### Work Cited

United States Conference of Catholic Bishops. (2023). Handbook for the catechetical accompaniment process.

# In Spirit and Truth

## EARLY CHILDHOOD



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### Goals for Catechesis in Early Childhood

In the section on early childhood in the Directory for Catechesis, this period is presented as a critical time in which openness to God is either encouraged and fostered or discouraged. Research in the human sciences, particularly child psychology and pediatric neuropsychiatry, supports this idea as well. During the preschool years, the areas of the brain that are essential to attachment and relationship are growing at their most rapid pace. A preschool program of religious education that introduces children to Jesus as both God and brother, and introduces the parish church as an extended family, “would help to develop an attachment to the Faith at exactly the time that the attachment mechanisms in the brain are growing most rapidly.” Children who build a trusting attachment to God during this stage of development will find it easier to turn to him during the challenges of life as they grow. Flowing from the grace of their Baptism, young children are receptive and ready to receive the truth of God’s love and to return it with grateful hearts. The importance of this attachment to Jesus and the Church is especially urgent in light of the data on disaffiliation from the Church, which indicates that 23% of those who leave the Catholic Church stop thinking of themselves as Catholic prior to age 10. This speaks to the imperative that parents have to hand on the faith to their children, but to do so in a way that encompasses their whole lives: curating a culture of faith in their homes and giving an authentic witness of their own faith as integrated into their daily lives. Children will most effectively form this attachment when they experience the attachment to Christ already present in their family. In addition, families must be supported and accompanied in their Christian life by their parish community and through necessary resources.

Since children will naturally be disposed to trust their authenticity in behavior and teaching, catechetical resources must invite parents to embrace their role as primary educators of their children, while also providing them with the necessary resources to help them fulfill this role. In addition, parents need to be aware that their lived witness of the faith can and will have consequences, and that their intentional integration of the faith into all aspects of their lives will be a vital aspect in effectively catechizing their child. Building a culture of faith in the home is extremely important, so that the child can feel comfortable in exploring and nurturing the faith as he or she matures in understanding. Images of Jesus, the Virgin Mary, and various saints can be instructive and inspiring for children. Central placement of a crucifix, the Bible, religious statues and icons, all remind a young child of the presence of the unseen, especially of the Lord and the child’s guardian angel. Books and activities that the child can engage with that give instruction in the faith, accounts from Scripture, lives of the saints, and children’s prayers can all serve to reinforce what the child is learning about the purpose of his or her existence, as a child of God who is called to know, love and serve Him.

Parents should not underestimate the value of surrounding their children with the faith, while simultaneously curating those influences and media that might detract from the child's faith or cause confusion and doubt. In this regard, in this digital age, parents will want to be cautious lest their children become attached early on to a virtual world rather than the real world. This includes the necessary effort of the parents to grow in personal virtue and goodness, so that their own behavior and language is not in conflict with the message of the Gospel being proclaimed to their child.

As cited in the *Catechism* and originally written in *Gaudium et Spes*, "The dignity of man rests above all on the fact that he is called to communion with God. This invitation to converse with God is addressed to man *as soon as he comes into being*. For if man exists it is because God has created him through love, and through love continues to hold him in existence [emphasis added]." We must keep in mind and respect that even very young children possess this inherent religious sense, and are hungry to know the truth of who God is. Moreover, they are receptive to this truth, unhindered by Original Sin after Baptism, and by nature disposed to be loved and to love in return. Providing opportunities for the young child to enter into prayer and encounter the Lord in a personal way is essential. Prayer is, of course, essential at all ages, but it serves the young child in a special way in preparing them for full participation in the Mass and in being the principle way the baptismal graces are nourished as they grow to participate in the Mass. Introducing the child to Sacred Scripture, especially as a framework for how we understand the world, such as the purpose of creation and the reason that we exist, can provide a strong foundation as the child continues to grow in religious knowledge.

A final note for those developing materials for this age group concerns children who are participating in Latin Catholic schools and parish catechesis, but who are members of an Eastern Catholic Church. These children have received the Sacraments of Initiation as infants, and therefore, will not be preparing to receive First Communion in the coming years as their Latin Church peers will. It is important for the catechist and parents to keep in mind that these children are fully initiated members of their Church and should be active participants, according to their age and abilities.

The importance of engaging and supporting the family in raising their children in faith during these years is paramount, and should be part of the work of the whole Christian community. This formation for both the child and the family can become a firm foundation so that each person can continue to grow as a disciple of the Lord, sharing in his mission as part of his Church. Those developing catechetical resources for this age group may also desire to review the Catechetical Goals for a Pre- and PostBaptismal Mystagogy presented later in this Handbook, as these goals are set forth to support families in growing in faith and holiness following baptism. May these resources aid parents in growing in their own faith, and in handing on that faith to their children, so that together they may share in the filial prayer of all of the baptized who are made adopted children of the Father. (CAP Handbook, 84-86)

### **Primary Formation Goal**

To form a mature Catholic disciple who is firmly committed to feeling, thinking, and acting like Christ; who believes, understands and can articulate the truths of the Faith; who joyfully and frequently receives the Sacraments with ever-deepening devotion, especially the Sacrament of Penance and the

Sacrament of the Holy Eucharist; who lives the virtuous life with ever-growing charity and wisdom; who is steadfast in ongoing prayer; who faithfully engages with Sacred Scripture; who is active in the Catholic parish and bears witness to the faith in all aspects of life. (CAP Handbook, 87)

**EARLY CHILDHOOD RELIGION STANDARDS**  
*PRESCHOOL, KINDERGARTEN, FIRST GRADE*

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**Pillar I: The Profession of Faith****Faith and Reason****Divine Revelation****The Holy Trinity****Jesus Christ/Christology****The Church/ Ecclesiology**Faith and Reason:

## Interior Life Goals (Internalizing the Faith)

- EC.POF.FR.1 Trust God with all your heart.
- EC.POF.FR.2 Be thankful for the gift of faith.
- EC.POF.FR.3 Love the beauty of God’s creation.

## Behavioral Goals (Living as a Disciple of the Lord)

- EC.POF.FR.4 Pray to God to help you stay with him always.
- EC.POF.FR.5 Pray for the gifts of the Holy Spirit to grow in you.
- EC.POF.FR.6 Spend time playing outdoors surrounded by God’s Creation.
- EC.POF.FR.7 Listen to one’s parents, teachers, and catechists as they teach you about Jesus.
- EC.POF.FR.8 Be attentive in times of prayer and in Holy Mass.

## Cognitive Goals (Growing in Knowledge of the Lord)

- EC.POF.FR.9 Identify that everyone is called to love God.
- EC.POF.FR.10 Articulate that God exists and loves you.
- EC.POF.FR.11 Identify that it is good to know God.
- EC.POF.FR.12 Articulate that creation tells us about God.
- EC.POF.FR.13 Articulate that we can trust what God tells us.
- EC.POF.FR.14 Identify that God gives us minds to think with, the Bible, and the teachings of the Church so that we can know him more.

Divine Revelation

## Interior Life Goals (Internalizing the Faith)

- EC.POF.DR.1 Be thankful that God tells us how much he loves us.
- EC.POF.DR.2 Want to know Jesus better.
- EC.POF.DR.3 Enjoy the stories from the Bible, especially about Jesus.
- EC.POF.DR.4 Enjoy looking through a children’s Bible.

## Behavioral Goals (Living as a Disciple of the Lord)

- EC.POF.DR.5 Listen with attention when the Bible is read.
- EC.POF.DR.6 Treat one’s Bible with love and respect.
- EC.POF.DR.7 Ask questions about the Bible.

## Cognitive Goals (Growing in Knowledge of the Lord)

- EC.POF.DR.8 Be aware that God has told us about himself through nature and in the Bible.

EC.POF.DR.9	Know that the Bible is also called Sacred Scripture.
EC.POF.DR.10	Identify God as the author of the Bible.
EC.POF.DR.11	Be aware that the Bible has two main sections, the Old Testament and the New Testament.
EC.POF.DR.12	Be aware that the Old Testament tells us about God’s chosen people, the Israelites.
EC.POF.DR.13	Be aware that in the Old Testament, God promised to send Jesus to save us from sin.
EC.POF.DR.14	Be aware that the four Gospels tell us about the life and teaching of Jesus.
EC.POF.DR.15	Know that we hear the Bible proclaimed in the Mass and in the celebration of the sacraments.

The Holy Trinity

Interior Life Goals (Internalizing the Faith)

EC.POF.HT.1	Love God with your whole heart.
EC.POF.HT.2	Want to do and say things that make God happy.
EC.POF.HT.3	Want to know God more.
EC.POF.HT.4	Trust that God always hears our prayers.

Behavioral Goals (Living as a Disciple of the Lord)

EC.POF.HT.5	Say God’s name with reverence.
EC.POF.HT.6	Make the Sign of the Cross with reverence.
EC.POF.HT.7	Listen to stories from the Bible.
EC.POF.HT.8	Tell God you love him at Mass.
EC.POF.HT.9	Learn to spend a few minutes praying before the Blessed Sacrament.
EC.POF.HT.10	Bless oneself with holy water when entering a Church.

Cognitive Goals (Growing in Knowledge of the Lord)

EC.POF.HT.11	Identify that God made everything.
EC.POF.HT.12	Know that there is one God.
EC.POF.HT.13	Identify that God is the Trinity: Father, Son, and Holy Spirit.
EC.POF.HT.14	Articulate that God is love.
EC.POF.HT.15	Be aware that God knows everything and is all powerful.
EC.POF.HT.16	Know that we are made God’s children in Baptism.

Jesus Christ/Christology

Interior Life Goals (Internalizing the Faith)

EC.POF.JCC.1	Love God with one’s whole heart.
EC.POF.JCC.2	Believe that Jesus loves us.
EC.POF.JCC.3	Want to care for others as Jesus does.
EC.POF.JCC.4	Trust that Jesus never leaves us alone.
EC.POF.JCC.5	Believe that the Eucharist is Jesus.

Behavioral Goals (Living as a Disciple of the Lord)

EC.POF.JCC.6	Reverently make the Sign of the Cross.
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- EC.POF.JCC.7 Show curiosity and attention during the Mass.
- EC.POF.JCC.8 Learn some of the stories about Jesus' life in the Bible.
- EC.POF.JCC.9 Do small acts of kindness out of love for God and others.
- EC.POF.JCC.10 Talk to Jesus in prayer each day.
- EC.POF.JCC.11 Look at books about the saints and children's Bibles.
- EC.POF.JCC.12 Genuflect with reverence before the Tabernacle where Jesus is.

Cognitive Goals (Growing in Knowledge of the Lord)

- EC.POF.JCC.13 Be aware that Jesus is true God and true man.
- EC.POF.JCC.14 Articulate that Jesus is our Savior.
- EC.POF.JCC.15 Be aware that we are called to live like Jesus.
- EC.POF.JCC.16 Articulate that we get to know Jesus through the Bible.
- EC.POF.JCC.17 Be aware that Mary is Mother of God because she is Jesus' mother, and Jesus is God the Son.
- EC.POF.JCC.18 Know that the Eucharist is Jesus.
- EC.POF.JCC.19 Identify the Holy Family -- Jesus, Mary and Joseph-- and become familiar with narratives about the Holy Family in the Bible.

The Church/ Ecclesiology

Interior Life Goals (Internalizing the Faith)

- EC.POF.CE.1 Believe that the Lord is always with us.
- EC.POF.CE.2 Love the saints.
- EC.POF.CE.3 Be thankful for God's love.

Behavioral Goals (Living as a Disciple of the Lord)

- EC.POF.CE.4 Be attentive in holy Mass.
- EC.POF.CE.5 Be helpful to one's family and the parish community.
- EC.POF.CE.6 Pray for the Church.
- EC.POF.CE.7 Pray with one's family.
- EC.POF.CE.8 Celebrate the Church's liturgical seasons and feasts of the saints.

Cognitive Goals (Growing in Knowledge of the Lord)

- EC.POF.CE.9 Be aware that we can call the Catholic Church the Body of Christ.
- EC.POF.CE.10 Be aware that the Church is made up of men and women but led by God.
- EC.POF.CE.11 Be aware that the Church is a gift given to us by Christ.
- EC.POF.CE.12 Be aware that the Bishops, in union with the Pope, lead and teach the Church.
- EC.POF.CE.13 Be aware that the Church is called to worship God.
- EC.POF.CE.14 Know that the Church year has liturgical seasons and feasts.
- EC.POF.CE.15 Be aware that priests and deacons serve the Church.
- EC.POF.CE.16 Identify the saints as God's special friends who are part of the family of the Church in heaven.
- EC.POF.CE.17 Identify main elements of the physical Church and holy Mass, such as the altar, the gifts of bread and wine, and statues, paintings or icons of the saints.
- EC.POF.CE.18 Be aware that Mary is the Mother of God and that she cares and prays for us.

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**Pillar II: The Celebration of the Christian Mystery**  
**Sacramental Life**

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Sacramental Life

Interior Life Goals (Internalizing the Faith)

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| EC.CCM.SL.1 | Be curious about the Mass and eager to participate, anticipating a time when one can receive Jesus. |
| EC.CCM.SL.2 | Be grateful for the sacraments.   |
| EC.CCM.SL.3 | Be grateful for being Baptized.   |

Behavioral Goals (Living as a Disciple of the Lord)

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| EC.CCM.SL.4 | Participate in holy Mass.   |
| EC.CCM.SL.5 | Participate in parish prayers and adoration of the Blessed Sacrament with one's family when possible. |
| EC.CCM.SL.6 | Bless oneself with holy water.  |
| EC.CCM.SL.7 | Genuflect with reverence to the Lord in the Tabernacle.   |

Cognitive Goals (Growing in Knowledge of the Lord)

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|--------------|---|
| EC.CCM.SL.8  | Be aware of the Liturgical seasons: Advent, Christmas, Lent and Easter and special feasts of Mary and the saints.                           |
| EC.CCM.SL.9  | Be aware that we meet Jesus in the sacraments.  |
| EC.CCM.SL.10 | Articulate that in the sacraments, there are things people are doing that we can see, and there are things God is doing that we cannot see. |
| EC.CCM.SL.11 | Identify Baptism as the sacrament through which we become children of God and members of the family of the Church.                          |
| EC.CCM.SL.12 | Know that the Eucharist is Jesus himself.   |
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**Pillar III: Life in Christ**

**Humanity's Nature, Purpose, and End**  
**Moral Living**

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Humanity's Nature, Purpose, and End

Interior Life Goals (Internalizing the Faith)

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| EC.LIC.HNPE.1 | Love God as Father and be thankful that he has made us his children.    |
| EC.LIC.HNPE.2 | Love others like Jesus.   |
| EC.LIC.HNPE.3 | Be thankful to God for creating you and for creating a beautiful world. |

Behavioral Goals (Living as a Disciple of the Lord)

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| EC.LIC.HNPE.4 | Show love to God and others through kind words and helpful actions. |
| EC.LIC.HNPE.5 | Obey one's parents and caregivers.                                  |
| EC.LIC.HNPE.6 | Demonstrate gratitude for your life and your family.                |

Cognitive Goals (Growing in Knowledge of the Lord)

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| EC.LIC.HNPE.7 | Be aware that God has created us to love him and others. |
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- EC.LIC.HNPE.8 Articulate that living as God has taught us makes us happy.
- EC.LIC.HNPE.9 Know that God loves us.
- EC.LIC.HNPE.10 Be aware that God created us with a plan for our life.
- EC.LIC.HNPE.11 Be aware that God desires his children to be with him in Heaven one day.

Moral Living

Interior Life Goals (Internalizing the Faith)

- EC.LIC.ML.1 Want to become the saint that God has called you to.
- EC.LIC.ML.2 Love God and others.
- EC.LIC.ML.3 Want to do what Jesus teaches us each day.
- EC.LIC.ML.4 Be grateful for your family and friends.

Behavioral Goals (Living as a Disciple of the Lord)

- EC.LIC.ML.5 Ask the Holy Spirit to help you be holy.
- EC.LIC.ML.6 Say you are sorry if you hurt someone, and forgive those who have hurt you.
- EC.LIC.ML.7 Share with others.
- EC.LIC.ML.8 Speak with kind and respectful language.
- EC.LIC.ML.9 Pray each day.

Cognitive Goals (Growing in Knowledge of the Lord)

- EC.LIC.ML.10 Be aware that Jesus taught his disciples how to live a holy life.
- EC.LIC.ML.11 Be aware that we should love others as God loves us.
- EC.LIC.ML.12 Articulate that God forgives us when we are truly sorry.
- EC.LIC.ML.13 Be aware that God gives us his laws to help us learn the difference between good choices and bad choices.
- EC.LIC.ML.14 Be aware that grace helps us to be good.
- EC.LIC.ML.15 Articulate that God wants each of us to love him and live with him forever in heaven.

**Pillar IV: Prayer**

**Teaching About Prayer**

**Teaching to Pray**

**Teaching Prayers**

Prayer

Interior Life Goals (Internalizing the Faith)

- EC.PRAY.PR.1 Love to pray.
- EC.PRAY.PR.2 Look forward to telling God about your day in prayer.
- EC.PRAY.PR.3 Enjoy learning new prayers.
- EC.PRAY.PR.4 Be thankful that God loves you and always hears your prayers.

Behavioral Goals (Living as a Disciple of the Lord)

- EC.PRAY.PR.5 Be attentive during Mass.
- EC.PRAY.PR.6 Pray with one’s family, especially traditional prayers and devotions.
- EC.PRAY.PR.7 Practice praying before the Blessed Sacrament for a few minutes in silence.

- EC.PRAY.PR.8 Join with the Church in liturgical prayers such as “Amen” and “Alleluia.”
- EC.PRAY.PR.9 Speak to the Lord each day in prayer.
- EC.PRAY.PR.10 Ask the saints to pray for you and your Guardian Angel to watch over you.

Cognitive Goals (Growing in Knowledge of the Lord)

- EC.PRAY.PR.11 Be aware that we show God that we love Him when we pray, especially at Mass.
- EC.PRAY.PR.12 Know that the Holy Spirit helps us to pray.
- EC.PRAY.PR.13 Identify the Bible as a source of prayer.
- EC.PRAY.PR.14 Articulate that prayer helps us to know God.
- EC.PRAY.PR.15 Be familiar with prayers such as the Sign of the Cross, Grace Before Meals, the Hail Mary and the Our Father.
- EC.PRAY.PR.16 Identify some of the liturgical seasons of the Church.
- EC.PRAY.PR.17 Know that the saints pray for us.
- EC.PRAY.PR.18 Understand that it is good to pray each day with one’s family.

# In Spirit and Truth

## MIDDLE CHILDHOOD



Diocese of Little Rock  
Office of Catholic Schools

### Goals for Catechesis in Middle Childhood

According to the Directory for Catechesis, middle childhood is the period when according to tradition “the Christian initiation begun with baptism is completed in the parish.” Because this period is concerned with initiation into all aspects of the Christian life, reinforced by the witness of the Christian community, the Directory once again cites the baptismal catechumenate as inspiration for catechesis during these years. This is a time when the child enters the larger community, and the Directory discusses the associated intellectual, affective and relational growth coinciding with this important stage.

At the beginning of middle childhood, just as kids are transitioning from preschool to the school-age years, they start to move into a cognitive stage of rule-based thinking, making this an ideal time to provide them with the basic teachings of the faith, especially about Jesus Christ, who is at the center of all catechesis. As children progress through middle childhood, they understand that the world works according to rules, giving parents and catechists a natural opportunity to introduce God’s rules and guidelines for living. As their sense of justice develops, the formation of conscience is necessary, and the child will develop a moral code that should be built upon Scripture, such as the Decalogue, the Beatitudes and the virtues. While they develop a greater sense of responsibility for their actions, they should also grow in their understanding of mercy and forgiveness, especially as they prepare for First Penance.

Children in this age group are also able to learn more about the sacramental rites of the Church, provided that they are presented in a manner that is systematic and concrete. There is often a growing interest and desire in them to be more active participants in the liturgical life of the Church. Therefore, those developing catechetical resources for this age group should pay special attention to the need for adult materials that support parents in their role of first catechists of their children, and when possible, materials that provide guidance on mentoring parents in this role. Preparation for the first celebration of the Sacraments of Penance and Eucharist typically occurs in this time period, and parents should be provided with resources to help children to appreciate the importance, beauty and gift of these sacraments in their lives. This Handbook has specific goals for the creation of sacramental preparation materials for First Penance and First Communion, which should be supported by basal series content that supports participation in the sacramental life. In addition, the witness of parents in their reverence for the Eucharist, their consistent reception of the Sacrament of Penance, their faithful participation in Holy Mass and their involvement in their child’s preparation to receive these sacraments is critically important.

Toward the middle of this period, children are growing in their capacity for relationship, and may seek peers who are “best friends.” This is, therefore, an important developmental window for focus on the parish community and the support of other children who are being raised in the faith. Children are also growing in their awareness of

the larger world, making this an ideal time to discuss the universal Church. Children are also affirmed in their faith by practicing it within the context of the parish community, where other adults and families are confirming what is being handed on to them by their parents at home. They may also be seeking heroes and open to characters who boldly save others or combat evil and injustice; this is a beautiful time for them to realize that Christ is our Savior and the only One truly worth modeling our lives after. Reminding children about their baptismal call to holiness and their vocation to follow Jesus as his disciple can be exciting and encouraging for them. The witness of the saints can also inspire them to imagine how they might also respond to God's call. (CAP Handbook, 95-96)

**Primary Formational Goal**

To form a mature Catholic disciple who is firmly committed to feeling, thinking, and acting like Christ;172 who believes, understands and can articulate the truths of the Faith; who joyfully and frequently receives the Sacraments with ever-deepening devotion, especially the Sacrament of Penance and the Sacrament of the Holy Eucharist; who lives the virtuous life with ever-growing charity and wisdom; who is steadfast in ongoing prayer; who faithfully engages with Sacred Scripture; who is active in the Catholic parish and bears witness to the faith in all aspects of life. (CAP Handbook, 97)

**MIDDLE CHILDHOOD RELIGION STANDARDS**  
*SECOND GRADE, THIRD GRADE, FOURTH GRADE*

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**Pillar I: The Profession of Faith****Faith and Reason****Divine Revelation****The Holy Trinity****Jesus Christ/Christology****The Church/ Ecclesiology**Faith and Reason:

## Interior Life Goals

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|--------------|------------------------------------|
| MC.POF.FR.01 | Trust God with all your heart.     |
| MC.POF.FR.02 | Be thankful for the gift of faith. |
| MC.POF.FR.03 | Love the beauty of God’s creation. |

## Behavioral Goals

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| MC.POF.FR.04 | Pray to God to help you stay with him always.                                    |
| MC.POF.FR.05 | Pray for wisdom and understanding.   |
| MC.POF.FR.06 | Pray for courage to tell the truth always, even when it is difficult.            |
| MC.POF.FR.07 | Pray for humility.   |
| MC.POF.FR.08 | Spend time outdoors appreciating the beauty of God’s creation.                   |
| MC.POF.FR.09 | Listen to one’s parents, teachers, and catechists as they teach you about Jesus. |
| MC.POF.FR.10 | Be attentive in times of prayer and in Holy Mass.                                |

## Cognitive Goals

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|--------------|--|
| MC.POF.FR.11 | Know that the desire for truth is in every human heart.  |
| MC.POF.FR.12 | Know that there is a difference between what is true and what is false.  |
| MC.POF.FR.13 | Know that we should accept what is true and turn away from what is false.  |
| MC.POF.FR.14 | Know that we can be sure of what is true.  |
| MC.POF.FR.15 | Know that it is true that God exists and loves you.  |
| MC.POF.FR.16 | Know that God always tells the truth.  |
| MC.POF.FR.17 | Know that Jesus is God, and he said to his disciples “I am the way and the truth and the life.” (Jn. 14:6)   |
| MC.POF.FR.18 | Know that we are happy when we know the truth.   |
| MC.POF.FR.19 | Know that Jesus helps us to know the Truth by giving us minds to think with, his Word in Sacred Scripture, and the teachings of the Church that he made. |

Divine Revelation

## Interior Life Goals (Internalizing the Faith)

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|--------------|--|
| MC.POF.DR.01 | Be grateful that God has revealed himself to us.         |
| MC.POF.DR.02 | Love the written Word of God, the Bible.                 |
| MC.POF.DR.03 | Love Jesus, who is the Word of God made man.             |
| MC.POF.DR.04 | Desire to know Jesus better by reading Sacred Scripture. |

MC.POF.DR.05 Desire to listen to the Bible proclaimed in the liturgy.

Behavioral Goals (Living as a Disciple of the Lord)

MC.POF.DR.06 Read or listen to Sacred Scripture every day.

MC.POF.DR.07 Listen attentively to the proclamation of the Word during the Liturgy.

MC.POF.DR.08 Act with reverence towards Sacred Scripture, treating one's Bible with care and respect.

MC.POF.DR.09 Discuss Scripture with one's teachers, family and friends.

MC.POF.DR.10 Ask questions about the Bible.

MC.POF.DR.11 Utilize age-appropriate resources that assist in understanding the readings for Sunday Mass.

MC.POF.DR.12 Participate in special devotions with one's family, such as praying with Scripture during Eucharistic adoration, praying the Liturgy of the Hours, or reading Scripture reflections with the Rosary.

Cognitive Goals (Growing in Knowledge of the Lord)

MC.POF.DR.13 Know that God tells us about himself through creation.

MC.POF.DR.14 Be aware that God also tells us about himself through Sacred Scripture and Sacred Tradition, which we call Divine Revelation.

MC.POF.DR.15 Articulate that Sacred Scripture is trustworthy and true because God is its author.

MC.POF.DR.16 Know that the Holy Spirit inspired human authors to write Sacred Scripture.

MC.POF.DR.17 Articulate that Scripture contains different styles of writing.

MC.POF.DR.18 Be aware that the Old Testament relates the history of God's chosen people, the Israelites.

MC.POF.DR.19 Know that the Old Testament and New Testament are connected and teach us about Jesus.

MC.POF.DR.20 Know that the four Gospels are especially important because they tell us about Jesus' life, mission, death, resurrection and ascension.

MC.POF.DR.21 Be aware that there are 73 books in Sacred Scripture.

MC.POF.DR.22 Articulate that the Church discerned, with the guidance of the Holy Spirit, what books were part of Sacred Scripture accurately.

MC.POF.DR.23 Be aware that the Church's teaching authority, the Magisterium, guides us to understand Sacred Scripture accurately.

MC.POF.DR.24 Know that Sacred Tradition is teachings and practices of the Church handed down to us by the Apostles.

MC.POF.DR.25 Be aware that we encounter God's Word through reading and hearing Sacred Scripture and through the Sacraments and liturgies of the Church.

The Holy Trinity

Interior Life Goals (Internalizing the Faith)

MC.POF.HT.01 Honor the Lord in your heart.

MC.POF.HT.02 Love the Lord your God with your whole heart.

MC.POF.HT.03 Desire to think, speak, and act in ways that are pleasing to God.

MC.POF.HT.04 Desire to grow in relationship with the Father, through Jesus the Son, with the Holy Spirit.

Behavioral Goals (Living as a Disciple of the Lord)

- MC.POF.HT.05 Read an age-appropriate Bible to understand how God has revealed himself as the Blessed Trinity, Father, Son and Holy Spirit.
- MC.POF.HT.06 Make the Sign of the Cross with reverence.
- MC.POF.HT.07 Speak the Lord's name with reverence.
- MC.POF.HT.08 Love God in holy Mass.
- MC.POF.HT.09 Bless oneself with holy water when entering a Church, remembering one's Baptism in the name of the Father, and of the Son, and of the Holy Spirit.

Cognitive Goals (Growing in Knowledge of the Lord)

- MC.POF.HT.10 Articulate that the Trinity is three Persons in the one God: Father, Son, and Holy Spirit.
- MC.POF.HT.11 Understand that God is the Creator of all things that exist.
- MC.POF.HT.12 Know that there is one God.
- MC.POF.HT.13 Know that the three Persons are each fully God and always act together.
- MC.POF.HT.14 Know that the three Persons are equal and exist forever.
- MC.POF.HT.15 Know that God knows everything and is all powerful.
- MC.POF.HT.16 Know that God the Son is begotten from the Father, and that the Holy Spirit proceeds from the Father and the Son.
- MC.POF.HT.17 Articulate that God is love.
- MC.POF.HT.18 Know that God invites us to be his children through Baptism.

Jesus Christ/Christology

Interior Life Goals (Internalizing the Faith)

- MC.POF.JCC.01 Desire to receive the Holy Eucharist.
- MC.POF.JCC.02 Be grateful that Jesus makes it possible for us to become adopted children of the Father through Baptism.
- MC.POF.JCC.03 Yearn to never be separated from the Lord, and reject sin out of love of Christ.
- MC.POF.JCC.04 Seek the grace to live like Jesus each day.
- MC.POF.JCC.05 Desire ongoing conversion in one's life.

Behavioral Goals (Living as a Disciple of the Lord)

- MC.POF.JCC.06 Honor Jesus in the Eucharist at Mass and, when possible, adoration.
- MC.POF.JCC.07 Read Sacred Scripture each day, especially the Gospels.
- MC.POF.JCC.08 Strive to follow the teachings of the Lord each day, choosing goodness and virtue rather than evil and sin.
- MC.POF.JCC.09 Serve those in need, both in one's family and one's community, out of love for Christ.
- MC.POF.JCC.10 Develop a habit of speaking with God every day in prayer.
- MC.POF.JCC.11 Strive to learn more about the faith.

Cognitive Goals (Growing in Knowledge of the Lord)

- MC.POF.JCC.12 Articulate that God the Son became man, like us in all things but sin. Jesus Christ is true God and true man.
- MC.POF.JCC.13 Identify God the Son as being of the same divine nature as (consubstantial with) God the Father.
- MC.POF.JCC.14 Know that Jesus is our savior, offering us salvation through his Paschal Mystery.
- MC.POF.JCC.15 Articulate that Jesus saves us by his obedience to God the Father, especially in his sacrifice on the Cross.

- MC.POF.JCC.16 Know that we have a baptismal call to be like Christ and live a life of holiness.
- MC.POF.JCC.17 Identify Scripture as the written Word of God, and Jesus as the eternal Word of God.
- MC.POF.JCC.18 Know that God reveals himself to us over time, and that the Old Testament leads to the New Testament, where Jesus fully reveals the Trinity.
- MC.POF.JCC.19 Articulate that the Eucharist is Jesus' true Body and Blood.
- MC.POF.JCC.20 Identify Mary as the Mother of God (Theotokos), because Jesus is true God and true man.
- MC.POF.JCC.21 Know that the final judgment is when Jesus will return in glory to judge the living and the dead.
- MC.POF.JCC.22 Express that it is good to see Jesus in holy images.
- MC.POF.JCC.23 Know that we share in Christ's mission, and are called to be like Jesus.

### The Church/Ecclesiology

#### Interior Life Goals (Internalizing the Faith)

- MC.POF.CE.01 Love the Church.
- MC.POF.CE.02 Be grateful for being united to other Catholics, including the saints in heaven, in the family of God.
- MC.POF.CE.03 Desire to live the teachings of the Church in one's life.
- MC.POF.CE.04 Be thankful for God's love.

#### Behavioral Goals (Living as a Disciple of the Lord)

- MC.POF.CE.05 Participate reverently in holy Mass every Sunday and Holy Day of Obligation, as well other days if possible.
- MC.POF.CE.06 Volunteer with one's family to serve those in need through the parish community.
- MC.POF.CE.07 Pray for the needs of the Church throughout the world.
- MC.POF.CE.08 Pray with friends, family, classmates or the parish community when possible.
- MC.POF.CE.09 Celebrate the Church's liturgical seasons and feats of the saints.
- MC.POF.CE.10 Ask the intercession of our Blessed Mother and the saints.

#### Cognitive Goals (Growing in Knowledge of the Lord)

- MC-.POF.CE.11 Be aware that the Catholic Church is called the Body of Christ, the Bridge of Christ, the Temple of the Holy Spirit.
- MC.POF.CE.12 Be aware that the Church is a gift given to us by Christ and that she led by the Holy Spirit.
- MC.POF.CE.13 Identify the Church as one, holy, catholic and apostolic.
- MC.POF.CE.14 Know that the Church is made up of human persons but united and guided by the Holy Spirit.
- MC.POF.CE.15 Be aware that by Baptism, we are made part of the Body and have a share in Christ's mission of priest, prophet and king.
- MC.POF.CE.16 Be aware that the Church is made up of those who are ordained, those who are the lay faithful, and those who may be in either group that are consecrated religious.
- MC.POF.CE.17 Know that the Bishops in union with the Pope are teachers of the faith for all Christians. Their teaching role is called the Magisterium.
- MC.POF.CE.18 Identify the members of the Church as the baptized on earth, in purgatory, and in heaven.

MC.POF.CE.19	Know that the Church is called to worship God.
MC.POF.CE.20	Be aware that the Church worships God through the liturgy. This includes the liturgical seasons and feasts, the Liturgy of the Hours and the celebration of holy Mass.
MC.POF.CE.21	Identify Mary as the Mother of God and know that we can turn to her in our prayers as an intercessor for us in heaven.
MC.POF.CE.22	Identify how the Saints are models for us in how to love Jesus with our whole selves.

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## Pillar II: The Celebration of the Christian Mystery

### Sacramental Life

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#### Sacramental Life

##### Interior Life Goals (Internalizing the Faith)

MC.CCM.SL.01	Willingly and joyfully participate in the liturgy.
MC.CCM.SL.02	Desire to participate in the sacraments.
MC.CCM.SL.03	Be thankful for the gift of Baptism and desire to grow in virtue.
MC.CCM.SL.04	Believe that the Eucharist is truly Jesus present with us, Body, Blood, soul and divinity

##### Behavioral Goals (Living as a Disciple of the Lord)

MC.CCM.SL.05	Participate actively in the sacramental and liturgical life of the Church
MC.CCM.SL.06	Receive the Sacraments of Penance and Eucharist with gratitude.
MC.CCM.SL.07	Prayerfully adore the Lord in the Blessed Sacrament when possible.
MC.CCM.SL.08	Pray for one's family and one's parish community.

##### Cognitive Goals (Growing in Knowledge of the Lord)

MC.CCM.SL.09	Be familiar with parts of the Mass, such as the Liturgy of the Word and the Liturgy of the Eucharist
MC.CCM.SL.10	Be familiar with the Liturgical calendar, and identify the seasons and key feasts that we celebrate.
MC.CCM.SL.11	Identify the sacraments as encounters with Jesus Christ and visible signs of invisible spiritual realities.
MC.CCM.SL.12	Identify grace as the life of God that he freely shares with us and that helps us to live as his children and go to heaven.
MC.CCM.SL.13	Identify Baptism as the sacrament in which we are cleansed of Original Sin and personal sin, filled with the Holy Spirit, and become members of the family of the Church.
MC.CCM.SL.14	Identify that the Holy Eucharist truly is Jesus' Body and Blood which he gave us at the Last Supper.
MC.CCM.SL.15	Be aware that the Eucharist is Jesus Christ truly present with us, Body, Blood, Soul, and Divinity. The appearance of bread and wine remain but we receive Jesus' Body and Blood. This mystery is called transubstantiation.
MC.CCM.SL.16	Be aware that transubstantiation takes place by the prayer of the priest and the power of the Holy Spirit in the Liturgy.
MC.CCM.SL.17	Identify the Sacrament of Confirmation as the sacrament in which we are sealed with

	the Gift of the Holy Spirit.
MC.CCM.SL.18	Know that in the Sacrament of Penance we are forgiven of our sins and given grace to grow in virtue.
MC.CCM.SL.19	Identify that in the Sacrament of Anointing of the Sick, a seriously ill person's forehead and hands are anointed with the blessed oil of the sick, and the person receives the prayers of the Church for physical and spiritual healing.
MC.CCM.SL.20	Identify the Sacrament of Matrimony as a covenant of love between a man and a woman, in which they promise to love one another for their whole lives and welcome children from God.
MC.CCM.SL.21	Identify that in the Sacrament of Holy Orders men take vows to serve God as deacons, priests and bishops.

### Pillar III: Life in Christ

#### Humanity's Nature, Purpose, and End

##### Moral Living

### Humanity's Nature, Purpose, and End

#### Interior Life Goals (Internalizing the Faith)

- MC.LIC.HNPE.01 Yearn to grow in one's vocation to holiness.
- MC.LIC.HNPE.02 Love others out of love for Christ.
- MC.LIC.HNPE.03 Be grateful that God has lovingly created you.
- MC.LIC.HNPE.04 Appreciate the true, good and beautiful things in the world.
- MC.LIC.HNPE.05 Desire to live with God and the saints forever in heaven.

#### Behavioral Goals (Living as a Disciple of the Lord)

- MC.LIC.HNPE.06 Speak and act with respect towards others because of their dignity as God's creation.
- MC.LIC.HNPE.07 Develop virtues by loving and serving others.
- MC.LIC.HNPE.08 Express gratitude for the beauty of God's creation, especially one's own body and soul.
- MC.LIC.HNPE.09 Pray for those discerning a vocation to the priesthood, religious life or holy matrimony.
- MC.LIC.HNPE.10 Pray that God will help you to be the saint he has called you to be.

#### Cognitive Goals (Growing in Knowledge of the Lord)

- MC.LIC.HNPE.11 Identify loving and serving God as the ultimate purpose of human existence.
- MC.LIC.HNPE.12 Know that Christ calls us to love others as he has loved us.
- MC.LIC.HNPE.13 Know that we are beings created by God in his own image and likeness
- MC.LIC.HNPE.14 Identify the human person as a unity of body and soul, lovingly created by God.
- MC.LIC.HNPE.15 Know that God has given us intellect and free will.
- MC.LIC.HNPE.16 Know that God lovingly made us male and female.
- MC.LIC.HNPE.17 Know that each person is called by God to follow him as his disciple. Our first vocation is to be holy.
- MC.LIC.HNPE.18 Be aware that we can be called to a state in life and that these are: ordination (for men), marriage or consecrated life.

- MC.LIC.HNPE.19 Know that when we die, our soul is separated from our body and will either enter heaven, purgatory, or hell.
- MC.LIC.HNPE.20 Know that God desires that are with him in heaven one day, and not separated from him in hell.
- MC.LIC.HNPE.21 Be aware that on the Last Day, Jesus will return in glory, raise the dead, and bring all the just to live with him forever.

### Moral Living

#### Interior Life Goals (Internalizing the Faith)

- MC.LIC.ML.01 Want to become the saint that God has called you to.
- MC.LIC.ML.02 Love God and others.
- MC.LIC.ML.03 Desire to do what Jesus teaches us each day.
- MC.LIC.ML.04 Be grateful for your family and friends.

#### Behavioral Goals (Living as a Disciple of the Lord)

- MC.LIC.ML.05 Prayerfully prepare to receive the Sacraments of Penance and Eucharist when possible.
- MC.LIC.ML.06 Say you are sorry if you hurt someone, and forgive those who have hurt you.
- MC.LIC.ML.07 Learn what Jesus teaches us is right and wrong to form one's conscience well.
- MC.LIC.ML.08 Be generous and give to those in need as possible.
- MC.LIC.ML.09 Practice virtues such as kindness, patience, selflessness, understanding, obedience and charity with family and friends.
- MC.LIC.ML.10 Speak and act with respect towards others.

#### Cognitive Goals (Growing in Knowledge of the Lord)

- MC.LIC.ML.11 Know that God gives us his grace to support us in living a holy life.
- MC.LIC.ML.12 Know that we have free will and are responsible for our actions.
- MC.LIC.ML.13 Be aware that acts are good or bad based on the act itself (the object), the intention of the person, and the circumstances of the situation. All of these must be good for the act to be good.
- MC.LIC.ML.14 Know that God gives us the Ten Commandments, the Beatitudes and natural law to guide us to know what is good.
- MC.LIC.ML.15 Know that we must form our conscience according to the truth as God has taught us.
- MC.LIC.ML.16 Know that we have inherited Original Sin because of the Fall, but that Jesus has offered us salvation by the gift of Baptism..
- MC.LIC.ML.17 Know that Baptism removes the stain of Original Sin, but that we still experience a tendency toward evil that we call concupiscence.
- MC.LIC.ML.18 Be familiar with sanctifying grace and sacramental grace.
- MC.LIC.ML.19 Know that intentionally choosing to act against God's laws is a sin.
- MC.LIC.ML.20 Articulate the difference between venial and mortal sin.
- MC.LIC.ML.21 Know the requirements for a mortal sin and understand that the Sacrament of Penance allows us to be forgiven and restores the life of grace in us.
- MC.LIC.ML.22 Understand that all people are made in the image of God and must be treated with respect.
- MC.LIC.ML.23 Know that we are called to serve the poor, and to love our neighbor as ourselves.
- MC.LIC.ML.24 Identify the precepts of the Church.

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**Pillar IV: Prayer**
**Prayer**


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Prayer

## Interior Life Goals (Internalizing the Faith)

MC.PRAY.PR.01 Desire to thank, praise and worship God in holy Mass.

MC.PRAY.PR.02 Desire to speak with God and listen to him in prayer.

MC.PRAY.PR.03 Desire to pray with one's family.

MC.PRAY.PR.04 Desire to stay close to the Sacred Heart of Jesus always.

## Behavioral Goals (Living as a Disciple of the Lord)

MC.PRAY.PR.05 Participate prayerfully in the Mass on Sundays and Holy Days of Obligation.

MC.PRAY.PR.06 Adore the Lord in the Blessed Sacrament when possible.

MC.PRAY.PR.07 Pray traditional Catholic prayers such as Our Father, Grace before Meals, St. Michael Prayer, and the Rosary.

MC.PRAY.PR.08 Grow in personal prayer, especially through listening to and reading Sacred Scripture when possible.

MC.PRAY.PR.09 Ask the intercession of the saints, especially a patron saint and Blessed Mother.

MC.PRAY.PR.10 Share one's needs, fears and petitions in prayer with one's family, and pray for the intentions of others.

MC.PRAY.PR.11 Pray for the holiness of one's family.

MC.PRAY.PR.12 Participate in the parish's celebration of the liturgical seasons, such as the O Antiphons, the Stations of the Cross, the Regina Caeli, prayers for solemnities and saints' feasts, novenas, etc.

## Cognitive Goals (Growing in Knowledge of the Lord)

MC.PRAY.PR.13 Define prayer as "the raising of one's heart and mind to God or the requesting of good things from God." (CCC 2590)

MC.PRAY.PR.14 Explain that God calls us to speak to him in prayer.

MC.PRAY.PR.15 Understand that prayer requires us to keep trying and speak with God each day, even if it is difficult.

MC.PRAY.PR.16 Know that it is the Holy Spirit who inspires and teaches us to pray.

MC.PRAY.PR.17 Understand that prayer is primarily addressed to God the Father.

MC.PRAY.PR.18 Articulate that the Bible is a source of prayer.

MC.PRAY.PR.19 Understand that we bless and adore God in the liturgy of the Church, especially the Mass.

MC.PRAY.PR.20 Explain that the Lord's Prayer (Our Father) can be called a "summary of the whole Gospel" (CCC 2761)

MC.PRAY.PR.21 Identify the liturgical seasons of the Church.

MC.PRAY.PR.22 Know that the Saints model for us how to pray.

MC.PRAY.PR.23 Understand that we must pray for the whole Church around the world.

MC.PRAY.PR.24 Know that prayer should help us to have a humble and trusting heart.

# In Spirit and Truth

PRE-ADOLESCENT



Diocese of Little Rock  
Office of Catholic Schools

## Goals for Catechesis with Pre-adolescents

The Directory for Catechesis defines pre-adolescence as a passage between the safety of the childhood years into the new and unfamiliar world of adolescence. This transition is marked by both excitement and possible anxiety or confusion. This is a time of rapid physical and emotional growth as well as a critical time for the development of the young person's concepts of God and faith.

Early in this period, children begin to grow in their ability to understand symbols and signs, making this a good time to revisit the sacraments and rites of the Church and further explore their meanings. At the beginning of this period, children also enter a stage of identity development in which they begin to seriously consider who they will be when they are older. This provides an opportunity to learn about vocations in general and the Sacraments at the Service of Holy Communion in particular. This is an important time for parents and catechists to help the youth to begin to discern their particular vocation, flowing from their Baptism, and to consider what God's plan for their lives may be.

As children grow in their abstract thinking ability and continue to develop their skills in language arts, they are able to embark on a more in-depth study of Sacred Scripture, connecting the events of salvation history. Understanding God's pedagogy of revelation through salvation history is a vital foundation for the child as he or she considers his or her own relationship with God, and how that relationship is maturing over time. As children become young adolescents, it is important to strengthen Catholic identity through study of essential Catholic teachings and the witness of the saints. Their capacity to understand why the saints were willing to live so radically for the Lord will help support them in considering how they can live for Christ in their own lives, and how they can continue to develop the virtues. If they are preparing for the Sacrament of Confirmation in this time, they will also consider the Gifts of the Holy Spirit and Fruits of the Holy Spirit, and how these should be efficacious in their lives.

Toward the end of this period, and largely due to rapid physical growth, young people are often highly insecure and self-conscious. They seek both reassurance that they are "normal" and belonging with others. Regarding faith, they want to see its relevance for their lives. If they fail to do so, they might question the importance of what they are learning in a catechetical setting. A focus on Christian anthropology, understanding their identity as sons and daughters of God, and how this leads to discipleship, can help to address the identity issues at this stage.

In addition, an emphasis on the Church as a community (and how to be an active part of that community) can help them know that they belong. The Directory for Catechesis recommends that catechesis at this age “create a context of meaningful group relationships” and “take seriously the doubts and anxieties of the pre-adolescent, acting as a discreet but present companion.” They will also be supported by peers who are similarly striving to live their faith, and they will be encouraged by other adult witnesses within their parish community. This is also a reason why the example set by teachers and catechists, and not only the parents, is so important for confirming the authenticity of the Gospel proclamation the young people have received.

Catechesis at this time should also focus on the lived experience of the faith within the context of the family. As early adolescence is a time of growth and change that can sometimes be challenging to navigate, and with a culture that can alienate children from their parents, it remains an important goal to help parents live the faith with their children in the home and within the parish community. Although there may be tensions between adolescents and parents as the adolescents begin to mature into adulthood, building a solid foundation of love, acceptance, and faith within the family (throughout all the years of catechesis and childhood development), can help adolescents feel greater security as they navigate these challenging years. Additionally, relationships with other trustworthy adults developed within the parish community can serve as guidance and support for the adolescent during this time of maturation in faith.

Finally, a focus on continuing to develop personal, daily prayer, is vital. Youth will be greatly supported if their parents and families pray together each day, and set an example of prayer in daily life. Introducing the young people to more structured prayer styles, such as the Liturgy of the Hours or lectio divina, can also be fruitful for the older children in this age group. Youth can also be reminded that their personal gifts and creativity can be put to the service of the Church and those in need in the world in practical ways even when they are young, beginning with prayer, and moving into the realm of service. Youth may be eager to stand for a cause and may find creative ways to provide care for those in need or solutions to problems that are particular to their sphere of influence. They may also experience great edification from serving as mentors to younger children who are being catechized. 174 DC 247. 109 Pre-Adolescent Goals Please follow the link to the references at the end of this Handbook that identify corresponding articles, definitions and passages from the CCC, Sacred Scripture, the USCCA, the Compendium, church documents, the Directory and the NDC. These references provide foundational teaching for the goals identified below. It is recommended that these resources be reviewed before the development of catechetical resources that will present these goals. These resources will aid in a robust presentation of the faith. (CAP Handbook, 107-108)

**Primary Formation Goal:**

To form a mature Catholic disciple who is firmly committed to feeling, thinking, and acting like Christ; who believes, understands and can articulate the truths of the Faith; who joyfully and frequently receives the Sacraments with ever-deepening devotion, especially the Sacrament of Penance and the Sacrament of the Holy Eucharist; who lives the virtuous life with ever-growing charity and wisdom; who

is steadfast in ongoing prayer; who faithfully engages with Sacred Scripture; who is active in the Catholic parish and bears witness to the faith in all aspects of life. (CAP Handbook, 109)

**PRE-ADOLESCENT RELIGION STANDARDS***FIFTH GRADE, SIXTH GRADE, SEVENTH GRADE, EIGHTH GRADE***Pillar I: The Profession of Faith****Faith and Reason****Divine Revelation****The Holy Trinity****Jesus Christ/Christology****The Church/ Ecclesiology****Faith and Reason:****Interior Life Goals (Internalizing the Faith)**

- PA.POF.FR.01 Trust God with all your heart.
- PA.POF.FR.02 Desire to know the truth more fully.
- PA.POF.FR.03 Be thankful for the gifts of reason and faith.

**Behavioral Goals (Living as a Disciple of the Lord)**

- PA.POF.FR.04 Pray to God to help you stay with him always.
- PA.POF.FR.05 Pray for wisdom and understanding.
- PA.POF.FR.06 Pray for courage to tell the truth always, even when it is difficult.
- PA.POF.FR.07 Pray for humility to accept the truth.
- PA.POF.FR.08 Spend time outdoors appreciating the beauty of God's Creation.
- PA.POF.FR.09 Learn the teachings of the Church.

**Cognitive Goals (Growing in Knowledge of the Lord)**

- PA.POF.FR.10 Know that desire for truth is in every human heart.
- PA.POF.FR.11 Know that there is absolute truth that comes from God and not from within the individual person.
- PA.POF.FR.12 Understand that there is a difference between objective truth and subjective truth.
- PA.POF.FR.13 Articulate that opinions about objective matters are true when they agree with objective truth
- PA.POF.FR.14 Know that what is true must be accepted.
- PA.POF.FR.15 Know that we can discover and learn what is true but not determine it.
- PA.POF.FR.16 Know that some objective truths can be known by reason alone.
- PA.POF.FR.17 Know that we can know by our reason that God exists and loves you.
- PA.POF.FR.18 Identify that we can know by our reason that there is one God, that he is all-powerful, all-knowing, and all-good, and therefore that he can be trusted.
- PA.POF.FR.19 Know that some objective truths cannot be known by reason alone, but are revealed to us by God and do not contradict reason.
- PA.POF.FR.20 Articulate that Jesus is God, and he said to his disciples "I am the way and the truth and the life." (Jn 14.6)
- PA.POF.FR.21 Know that we are happy when we believe the Truth and live in accordance with

it.

PA.POF.FR.22 Know that Jesus helps us to know the Truth by giving us minds to think with, his Word in Sacred Scripture, and the teachings of the Church that he made.

### Divine Revelation

#### Interior Life Goals (Internalizing the Faith)

PA.POF.DR.01 Be grateful for God's revelation  
 PA.POF.DR.02 Love the written Word of God, Sacred Scripture.  
 PA.POF.DR.03 Trust in God's Word in Sacred Scripture and Sacred Tradition.  
 PA.POF.DR.04 Yearn for greater intimacy with Jesus through praying with Scripture.  
 PA.POF.DR.05 Seek the guidance of the Holy Spirit when reading Sacred Scripture.

#### Behavioral Goals (Living as a Disciple of the Lord)

PA.POF.DR.06 Read Sacred Scripture every day.  
 PA.POF.DR.07 Listen attentively to the proclamation of the Word during the Liturgy.  
 PA.POF.DR.08 Act with reverence towards Sacred Scripture, treating one's Bible with care and respect.  
 PA.POF.DR.09 Discuss Scripture with one's teachers, family, friends and parish community.  
 PA.POF.DR.10 Reflect on the readings in preparation for Sunday Mass.  
 PA.POF.DR.11 Utilize age-appropriate resources that assist one in understanding Sacred Scripture.  
 PA.POF.DR.12 Practice special devotions as a family, such as praying with Scripture during Eucharistic adoration, praying the Liturgy of the Hours, or reading Scripture reflections with the Rosary.

#### Cognitive Goals (Growing in Knowledge of the Lord)

PA.POF.DR.13 Identify that God reveals himself in two ways: (1) through Creation (Natural Revelation) and (2) through his Word (Divine Revelation).  
 PA.POF.DR.14 Understanding that Divine Revelation is given in two forms: (1) Sacred Scripture and (2) Sacred Tradition.  
 PA.POF.DR.15 Know that Sacred Scripture is inspired by God and that it therefore contains no error.  
 PA.POF.DR.16 Know that God inspired human authors to convey his Word in human words.  
 PA.POF.DR.17 Understand that Sacred Scripture is trustworthy when understood in the way intended by the authors.  
 PA.POF.DR.18 Understand that Scripture contains different styles of writings and can be understood in both the literal sense as well as the spiritual sense, which can communicate deeper realities such as about Christ and his Church, the Christian moral life, and Heaven  
 PA.POF.DR.19 Know that the Old Testament teaches us about Christ and that Christ illuminates the Old Testament.  
 PA.POF.DR.20 Understand that the Gospels have first place among the books of Sacred Scripture as the record of Jesus' words, deeds, Passion, and Resurrection.  
 PA.POF.DR.21 Articulate that the Old Testament has a value of deep spiritual and historical significance.

PA.POF.DR.22	Identify that there are 73 books in Sacred Scripture in Catholic tradition.
PA.POF.DR.23	Understand that the Church discerned, with the guidance of the Holy Spirit, what books were part of the canon of Sacred Scripture.
PA.POF.DR.24	Know that the teaching authority of the Church, the Magisterium, is the only authentic interpreter of Sacred Scripture.
PA.POF.DR.25	Know that Sacred Tradition is transmitted in the life and practice of the Church.
PA.POF.DR.26	Understand that we encounter God's Word through reading and hearing Sacred Scripture and through the Sacraments and liturgies of the Church.

### The Holy Trinity

#### Interior Life Goals (Internalizing the Faith)

PA.POF.HT.01	Honor the Lord in your heart as the holy and living God, and revere his holy name.
PA.POF.HT.02	Love the Lord your God with your whole heart.
PA.POF.HT.03	Desire to think, speak, and act in ways that are pleasing to God.
PA.POF.HT.04	Desire to grow in relationship with the Father, through Jesus the Son, with the Holy Spirit.

#### Behavioral Goals (Living as a Disciple of the Lord)

PA.POF.HT.05	Read Sacred Scripture to understand God's revelation of himself as the Blessed Trinity, Father, Son and Holy Spirit.
PA.POF.HT.06	Love the Lord in holy Mass.
PA.POF.HT.07	Make the Sign of the Cross with reverence.
PA.POF.HT.08	Read the teaching of the Catechism on the Blessed Trinity.
PA.POF.HT.09	Bless oneself with holy water when entering Church, remembering one's Baptism in the name of the Father, and of the Son, and of the Holy Spirit.

#### Cognitive Goals (Growing in Knowledge of the Lord)

PA.POF.HT.10	Articulate that the Trinity is three Persons in the one God: Father, Son, and Holy Spirit.
PA.POF.HT.11	Identify that there is one God who is uncreated, all-powerful, omniscient Creator of all things that exist.
PA.POF.HT.12	Know that the three Persons are each fully God and always act together.
PA.POF.HT.13	Articulate that God is love.
PA.POF.HT.14	Know that God invites us to be his children through Baptism.
PA.POF.HT.15	Identify the Father, Son and Holy Spirit are coequal and coeternal.
PA.POF.HT.16	Identify that the three Persons are distinguished in their relationship to one Another: the Son is begotten from the Father, the Holy Spirit proceeds from the Father and the Son.
PA.POF.HT.17	Know that while certain acts may be appropriated to one of the Persons of the Trinity (e.g., creation to the Father, salvation to the Son, sanctification to the Holy Spirit), the three Persons always act together.
PA.POF.HT.18	Know that God alone freely created all things ex nihilo by his own power, to reveal his glory and so that his creatures could share in his truth, beauty and goodness.

- PA.POF.HT.19 Know that God's divine providence can be mysterious, but that he guides his creation towards perfection and can bring good out of evil.
- PA.POF.HT.20 Articulate that suffering has come into the world by sin and that God mysteriously permits suffering partially to affect a greater good.
- PA.POF.HT.21 Articulate that God has created angels, purely spiritual creatures, who have intelligence and will, to glorify him and serve his saving plans. God gives each person a guardian angel.
- PA.POF.HT.22 Know that all forms of superstition, idolatry, sacrilege, and divination, including horoscopes, are directly contrary to the worship of and love of God.

### Jesus Christ/Christology

#### Interior Life Goals (Internalizing the Faith)

- PA.POF.JCC.01 Be grateful that God became man to save us.
- PA.POF.JCC.02 Desire to grow closer to Christ each day.
- PA.POF.JCC.03 Desire the grace needed each day to be a witness to Christ in daily life.
- PA.POF.JCC.04 Desire to receive the Holy Eucharist.

#### Behavioral Goals (Living as a Disciple of the Lord)

- PA.POF.JCC.05 Honor Jesus by saying his name and making the Sign of the Cross with reverence.
- PA.POF.JCC.06 Pray daily to the Lord.
- PA.POF.JCC.07 Engage with Sacred Scripture each day, seeking to know the Lord more intimately.
- PA.POF.JCC.08 Reverently receive Jesus in the Eucharist at Mass.
- PA.POF.JCC.09 Spend time with Jesus in adoration of the Blessed Sacrament as possible.
- PA.POF.JCC.10 Treat others with the love, mercy and patience that come from Jesus.

#### Cognitive Goals (Growing in Knowledge of the Lord)

- PA.POF.JCC.11 Identify God the Son as being of the same divine nature as (consubstantial with) God the Father. He has always existed.
- PA.POF.JCC.12 Know that the Incarnation is the mystery of God the Son assuming human nature and becoming man, like us in all things but sin. Jesus Christ is true God and true man.
- PA.POF.JCC.13 Know that Jesus is Son of God and son of Mary, and that Mary can thus be rightly called Mother of God (Theotokos).
- PA.POF.JCC.14 Know that Jesus is the Messiah and Savior, offering us salvation through his Paschal Mystery (his Passion, Death, Resurrection and Ascension).
- PA.POF.JCC.15 Know what we come to know about Jesus through the Gospels: such as that he teaches with authority is powerful, merciful, healing, is compassionate, and transforms lives.
- PA.POF.JCC.16 Identify how Jesus is the fullness of divine revelation, and understand that Sacred Scripture leads up to the culmination of Christ through the Old Testament to the New Testament.
- PA.POF.JCC.17 Identify that Jesus is the promised Messiah.
- PA.POF.JCC.18 Identify that Jesus truly suffered temptation and human frailty, e.g., in hunger,

- exhaustion, and the sufferings of his Passion.
- PA.POF.JCC.19 Identify that by his Death, Jesus triumphs over death and descends to the real of the dead to open heaven for the souls of the just.
- PA.POF.JCC.20 Identify that Jesus truly rose from the dead in a historical event that has relevance for every time.
- PA.POF.JCC.21 Know that the Lord will return in glory to the judge the living and the dead at the Final Judgement.
- PA.POF.JCC.22 Know that it is good to depict the Lord in holy images.
- PA.POF.JCC.23 Identify that we are called to share in Christ's mission We are called to be like Christ and live a life of holiness.

### The Church/Ecclesiology

#### Interior Life Goals (Internalizing the Faith)

- PA.POF.CE.01 Love the Church.
- PA.POF.CE.02 Be grateful for being united to other Catholics, including the saints in heaven, in the family of God.
- PA.POF.CE.03 Desire to integrate the teachings of the Church into one's life, always seeking greater conformity to Christ.
- PA.POF.CE.04 Desire to share the Good News with others.

#### Behavioral Goals (Living as a Disciple of the Lord)

- PA.POF.CE.05 Participate in the holy Mass every Sunday and Holy Day of Obligation, as well as other days if possible.
- PA.POF.CE.06 Serve those in need with one's family through the parish community.
- PA.POF.CE.07 Pray for the needs of the Church throughout the world, intercede for the members of the parish community, and pray for the conversion of all who are not yet part of the Church family.
- PA.POF.CE.08 Participate in opportunities to grow in faith in the parish, such as catechesis, retreats and parish missions when possible.
- PA.POF.CE.09 Celebrate the Church's liturgical seasons and feasts of the saints.
- PA.POF.CE.10 Pray for the intercession of the saints, especially the Blessed Mother, and for the protection of one's Guardian Angel.

#### Cognitive Goals (Growing in Knowledge of the Lord)

- PA.POF.CE.11 Know that the Catholic Church can be called the mystical Body of Christ, the Bride of Christ, the Temple of the Holy Spirit and our spiritual mother.
- PA.POF.CE.12 Know that the Church is one, holy, catholic and apostolic.
- PA.POF.CE.13 Know that the Church is both human and divine.
- PA.POF.CE.14 Identify that the Church is given to us by Christ and that the Holy Spirit is the soul of the mystical Body of Christ.
- PA.POF.CE.15 Know that the Church is made up of the baptized on earth, in purgatory, and in heaven.
- PA.POF.CE.16 Identify that the Church is taught by the Magisterium, the Bishops in union with the Pope, whose task it is to interpret Divine Revelation rightly and to guide the faithful in faith and moral living.

PA.POF.CE.17	Understand that the Church is the people of God, called to worship.
PA.POF.CE.18	Know that the liturgy of the Church is her work, which is her spiritual worship of God, on earth and in heaven. This includes the liturgical seasons and feasts, the Liturgy of the Hours and the celebration of holy Mass.
PA.POF.CE.19	Know that the Church is made up of those who are ordained, those who are they lay faithful, and those who may be in either group that are consecrated religious.
PA.POF.CE.20	Understand that by Baptism, we are incorporated into the Body of Christ and have a share in Christ's mission of priest, prophet and king, manifested according to our state of life.
PA.POF.CE.21	Know that the saints are models for us in how to love Jesus, with our whole selves and to be his disciples.
PA.POF.CE.22	Know that Mary is the Mother of God and our spiritual Mother, and that she cares for us and prays for us.

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## Pillar II: The Celebration of the Christian Mystery

### Sacramental Life

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#### Sacramental Life

##### Interior Life Goals (Internalizing the Faith)

PA.CCM.SL.01	Be grateful for the sacraments.
PA.CCM.SL.02	Believe that the Eucharist is truly Jesus present with us, Body, Blood, soul and divinity
PA.CCM.SL.03	Desire to participate in the sacramental life of the Church.
PA.CCM.SL.04	Hope in the grace of the sacraments for support in growing in holiness.
PA.CCM.SL.05	Desire to grow in virtue, flowing from one's Baptism and supported by the grace of the sacraments.

##### Behavioral Goals (Living as a Disciple of the Lord)

PA.CCM.SL.06	Participate prayerfully and joyfully in the sacramental and liturgical life of the Church.
PA.CCM.SL.07	Receive the sacraments of Penance and Eucharist, preparing for these gifts with an examination of conscience and with gratitude for the Lord's love and mercy.
PA.CCM.SL.08	Prayerfully adore the Lord in the Blessed Sacrament when possible.
PA.CCM.SL.09	Participate in the prayer life of the parish community.
PA.CCM.SL.10	Pray for one's family and the Church throughout the world.

##### Cognitive Goals (Growing in Knowledge of the Lord)

PA.CCM.SL.11	Be able to identify the parts of the Mass, such as the Liturgy of the Word and the Liturgy of the Eucharist, and understand the priest's role in the celebration of the Mass.
PA.CCM.SL.12	Be familiar with the Church's Liturgical calendar, and identify the seasons and key feasts that we celebrate.

PA.CCM.SL.13	Know the seven sacraments of the Church, identifying their matter and form.
PA.CCM.SL.14	Identify that grace is a share in God's life that he freely gives us which helps us to be like him and love as he loves, and that sanctifying grace is necessary for salvation.
PA.CCM.SL.15	Know that Baptism makes us adopted children of God and members of the Church and gives us sanctifying grace.
PA.CCM.SL.16	Know that the Holy Eucharist truly is Jesus' Body and Blood, given to us by Christ at the Last Supper and made present through the words of the priest and the power of the Holy Spirit.
PA.CCM.SL.17	Know that the Eucharist is Jesus Christ truly and substantially present with us, Body, Blood, Soul and Divinity. The appearance of bread and wine remain but we receive Jesus' Body and Blood. This mystery is called transubstantiation.
PA.CCM.SL.18	Know that frequent Confession leads to a life free from sin and strengthened by grace to resist temptation.
PA.CCM.SL.19	Know that it is required for all baptized Catholics to attend holy mass every Sunday and Holy Day of Obligation and that to miss mass, without sufficient reason, is a sin.
PA.CCM.SL.20	Know that Confirmation increases sanctifying grace, the gifts of the Holy Spirit, and one's relation to the Church and the obligation to witness to Christ in the world.
PA.CCM.SL.21	Identify that the Anointing of the Sick grants spiritual strengthening and courage and further conforms the one anointed to the Passion of Christ. It brings healing on a spiritual level and may also bring physical healing, according to the Lord's will.
PA.CCM.SL.22	Know that Matrimony as a sacrament entails an unbreakable bond between a baptized man and woman, who receive grace to assist one another in holiness and in raising children.
PA.CCM.SL.23	Know that the Sacrament of Holy Orders gives baptized men a special participation of Jesus as a head of the Church for the service of all baptized, in their roles as bishops, priests and deacons.

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### **Pillar III: Life in Christ**

#### **Humanity's Nature, Purpose, and End**

#### **Moral Living**

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#### Humanity's Nature, Purpose, and End

##### Interior Life Goals (Internalizing the Faith)

PA.LIC.HNPE.01	Desire to love others as Christ has loved you.
PA.LIC.HNPE.02	Be grateful that God has lovingly created you, body and soul, for a purpose.
PA.LIC.HNPE.03	Open one's heart to the true, good and beautiful so as to encounter the Lord and experience his glory.

PA.LIC.HNPE.04 Desire to become the saint God has called you to be and to witness to him with your life.

PA.LIC.HNPE.05 Desire to live with God and the saints forever in heaven.

#### Behavioral Goals (Living as a Disciple of the Lord)

PA.LIC.HNPE.06 Speak and act with respect towards others because of their dignity as God's creation.

PA.LIC.HNPE.07 Develop virtues by loving and serving others.

PA.LIC.HNPE.08 Express gratitude for the beauty of God's creation, especially one's own body and soul.

PA.LIC.HNPE.09 Pray for those discerning a vocation to the priesthood, religious life or holy matrimony.

PA.LIC.HNPE.10 Pray that God will help you to be the saint he has called you to be.

PA.LIC.HNPE.11 Seek answers for questions about marriage, identity, gender, the beauty of the body, or other important topics from trusted sources, especially one's parents and pastor.

#### Cognitive Goals (Growing in Knowledge of the Lord)

PA.LIC.HNPE.12 Identify that man is created in God's image and likeness and therefore all human beings have inherent dignity,

PA.LIC.HNPE.13 Know that man's purpose is to know, love and serve God in this life to be with him forever in heaven.

PA.LIC.HNPE.14 Identify that man is a unity of body and immaterial soul.

PA.LIC.HNPE.15 Know that God has given us intellect and free will.

PA.LIC.HNPE.16 Identify that passions (emotions) are meant to assist us but be governed by reason.

PA.LIC.HNPE.17 Identify that God has made us either male or female, and that one's biological sex is an unchangeable part of who a person is.

PA.LIC.HNPE.18 Know that each person has a vocation, which is a call from God and our response to it. The primary vocation of the baptized.

PA.LIC.HNPE.19 Identify that in the response to God's call to holiness, one's body is meant to be kept holy as well as one's soul, and that care and respect for the body is a sign of gratitude to God who created us with love.

PA.LIC.HNPE.20 Know the different kinds of vocation: our primary vocation to holiness which comes to us from our Baptism, a committed state of life (consecrated life, matrimony, priesthood), and our ministry or work.

PA.LIC.HNPE.21 Identify that the evangelical counsels of poverty, chastity and obedience are for all of the baptized to live out according to their state of in life; they are most evident in the lives of those who are consecrated or profess religious vows.

PA.LIC.HNPE.22 Be aware that on the Last Day, Jesus will return in glory, raise the dead, and bring all the just to live with him forever.

PA.LIC.HNPE.23 Know that when we die, our soul is separated from our body and will either enter heaven, purgatory or hell.

PA.LIC.HNPE.24 Know that purgatory is the state of final purification, where we are made ready

- to enter into the joy of heaven.
- PA.LIC.HNPE.25 Know that hell is the sad reality of eternal separation from God chosen by one who dies in a state of unrepented mortal sin.
- PA.LIC.HNPE.26 Identify that on the Last Day, when Jesus returns in glory, he will raise the dead in their bodies for the Last Judgement, where the saints will rejoice in glory and the sinners will go to eternal punishment.

### Moral Living

#### Interior Life Goals (Internalizing the Faith)

- PA.LIC.ML.01 Desire to become the saint God has called you to be.
- PA.LIC.ML.02 Desire that the Holy Spirit always inspire and guide one's thoughts, words and actions.
- PA.LIC.ML.03 Desire purity of heart, mind and body, and seek to protect oneself from those things that may lead to sin.
- PA.LIC.ML.04 Be grateful for the instruction the Lord has given us on how to grow in holiness and to turn away from sin.
- PA.LIC.ML.05 Desire to grow in virtue and to live the Beatitudes each day.

#### Behavioral Goals (Living as a Disciple of the Lord)

- PA.LIC.ML.06 Form one's conscience according to the teaching of the Church.
- PA.LIC.ML.07 Treat others with charity and respect, and forgive others generously as God has forgiven you.
- PA.LIC.ML.08 Practice acts of charity, especially in the corporal and spiritual works of mercy.
- PA.LIC.ML.09 Prepare for the Sacrament of Penance through an examination of conscience, and let go past sins after receiving forgiveness with encouragement and hope.
- PA.LIC.ML.10 Model one's dress and behavior on the example of Jesus and Mary, in modesty and chastity.
- PA.LIC.ML.11 Pray daily for the grace to grow in the theological and cardinal virtues and to live them after the example of the saints.
- PA.LIC.ML.12 Study and practice the Beatitudes, and aid learners in growing in actions and attitudes characteristic of the Christian life.
- PA.LIC.ML.13 Volunteer for mission work and service projects with one's parish and community when possible.

#### Cognitive Goals (Growing in Knowledge of the Lord)

- PA.LIC.ML.14 Know that God gives us his grace to support us in living a holy life.
- PA.LIC.ML.15 Know that we have free will and are responsible for our actions.
- PA.LIC.ML.16 Be aware that acts are good or bad based on the act itself (the object), the intention of the person, and the circumstances of the situation. All of these must be good for the act to be good.
- PA.LIC.ML.17 Know that God gives us the Ten Commandments, the Beatitudes and natural law to guide us to know what is good.
- PA.LIC.ML.18 Know that we must form our conscience according to the truth as God has taught us.
- PA.LIC.ML.19 Know that we have inherited Original Sin because of the Fall, but that Jesus has

	offered us salvation by the gift of Baptism..
PA.LIC.ML.20	Know that Baptism removes the stain of Original Sin, but that we still experience a tendency toward evil that we call concupiscence.
PA.LIC.ML.21	Be familiar with sanctifying grace and sacramental grace.
PA.LIC.ML.22	Know that intentionally choosing to act against God's laws is a sin.
PA.LIC.ML.23	Articulate the difference between venial and mortal sin.
PA.LIC.ML.24	Know the requirements for a mortal sin and understand that the Sacrament of Penance allows us to be forgiven and restores the life of grace in us.
PA.LIC.ML.25	Understand that all people are made in the image of God and must be treated with respect.
PA.LIC.ML.26	Know that we are called to serve the poor, and to love our neighbor as ourselves.
PA.LIC.ML.27	Identify the precepts of the Church.

## Pillar IV: Prayer

### Prayer

#### Prayer

##### Interior Life Goals (Internalizing the Faith)

PA.PRAY.PR.01	Desire to thank, praise and worship God in holy Mass.
PA.PRAY.PR.02	Desire to communicate regularly with God through prayer.
PA.PRAY.PR.03	Earnestly seek to listen to the voice of God praying with Scripture and in contemplative silence.
PA.PRAY.PR.04	Desire to stay close to the Sacred Heart of Jesus always.
PA.PRAY.PR.05	Desire to cultivate a disposition of openness to the Holy Spirit, willing to be guided by the Holy Spirit in one's prayer and action, and seek his inspiration and consolation in the challenges of daily life.

##### Behavioral Goals (Living as a Disciple of the Lord)

PA.PRAY.PR.06	Foster a faithful and robust personal prayer life.
PA.PRAY.PR.07	Practice different types of prayer and devotions, such as Eucharistic adoration, the rosary, the divine mercy chaplet, traditional prayers, novenas, an examination of conscience, worship through music, meditations by the saints and spontaneous prayer.
PA.PRAY.PR.08	Foster an appreciation for and comfort with prayer in silence.
PA.PRAY.PR.09	Ask the intercession of the saints, especially a patron saint and Blessed Mother.
PA.PRAY.PR.10	Pray for the intentions shared by one's family.
PA.PRAY.PR.11	Pray for one's own holiness and for the holiness of one's family.
PA.PRAY.PR.12	Participate in the parish's celebration of the liturgical seasons, such as the O Antiphons, the Stations of the Cross, the Regina Caeli, prayers for solemnities and saints' feasts, novenas, etc.

PA.PRAY.PR.13	Pray with Sacred Scripture, such a lectio divina and the Liturgy of the Hours.
Cognitive Goals (Growing in Knowledge of the Lord)	
PA.PRAY.PR.14	Know that prayer is "the raising of one's heart and mind to God or the requesting of good things from God." (CCC 2590)
PA.PRAY.PR.15	Know that God calls man first into an encounter of prayer.
PA.PRAY.PR.16	Understand that it is the Holy Spirit who inspires and guides our prayer.
PA.PRAY.PR.17	Understand that Jesus teaches us to pray, and is our master and model in prayer.
PA.PRAY.PR.18	Know the importance of prayer and be familiar with traditional Catholic prayers that one's family can pray together.
PA.PRAY.PR.19	Know that we can bless and adore God in the liturgy of the Church.
PA.PRAY.PR.20	Identify the liturgical seasons of the Church and the prayers that accompany each of these seasons.
PA.PRAY.PR.21	Know that the Word of God, the liturgy of the Church and the virtues of faith, hope and charity are sources of prayer.
PA.PRAY.PR.22	Identify that the five basic forms of prayer are blessing, petition (which includes asking for forgiveness), intercession, thanksgiving and praise.
PA.PRAY.PR.23	Identify that Sacred Scripture is a source of prayer, in personal, and communal prayer, through prayerful reading such as lectio divina, the Liturgy of the Hours, and the Liturgy of the Mass.
PA.PRAY.PR.24	Know that there are three major expressions in the life of prayer: vocal prayer, meditation and contemplative prayer.
PA.PRAY.PR.25	Know that Christian prayer, including meditation and contemplation, is a dialogue with God that develops our relationship with him. Know that this is not the same as other practices of mindfulness meditation, and yoga.
PA.PRAY.PR.26	Know that we ask for the intercessions of the saints and our Blessed Mother with our prayers.
PA.PRAY.PR.27	Identify that at times, prayer can be difficult, but that we must continue to be faithful to our prayer and know that God is always listening.
PA.PRAY.PR.28	Know that praying to our Father should help us to become like him and have a humble and trusting heart.
PA.PRAY.PR.29	Know that the Lord's Prayer is a "summary of the whole Gospel."
PA.PRAY.PR.30	Identify that in the Our Father, the first three petitions give glory to the Father and the four others present our wants to him.
PA.PRAY.PR.31	Know that the Christian family is the first place for education in prayer.
PA.PRAY.PR.32	Identify that we, as members of the Body of Christ, have a duty to pray for the needs of the whole world, for the conversion of sinners, and to offer praise and thanksgiving to God because of his goodness, love and mercy.
PA.PRAY.PR.33	Be aware that "when catechesis is permeated by a climate of prayer, the assimilation of the entire Christian life reaches its summit". (DC 86)

**Prayers**

*Dark gray denotes mastery*

	PK	K	1	2	3	4	5	6	7	8
Sign of the Cross	Dark Gray	Dark Gray								
Trinity Prayer	Dark Gray	Dark Gray								
Our Father	Dark Gray	Dark Gray	Dark Gray							
Hail Mary	Dark Gray	Dark Gray	Dark Gray							
Angel of God	Dark Gray	Dark Gray	Dark Gray							
Grace Before Meals	Dark Gray	Dark Gray	Dark Gray							
Grace After Meals		Dark Gray	Dark Gray	Dark Gray						
Stations of the Cross		Dark Gray	Dark Gray	Dark Gray	Dark Gray	Dark Gray	Dark Gray	Dark Gray	Dark Gray	Dark Gray
Act of Contrition				Dark Gray						
The Apostles Creed				Dark Gray	Dark Gray	Dark Gray				
Hail Holy Queen				Dark Gray	Dark Gray	Dark Gray				
Morning Offering				Dark Gray	Dark Gray	Dark Gray	Dark Gray			
Joyful Mysteries of the Rosary				Dark Gray	Dark Gray	Dark Gray	Dark Gray			
Luminous Mysteries of the Rosary				Dark Gray	Dark Gray	Dark Gray	Dark Gray			
Sorrowful Mysteries of the Rosary				Dark Gray	Dark Gray	Dark Gray	Dark Gray			
Glorious Mysteries of the Rosary				Dark Gray	Dark Gray	Dark Gray	Dark Gray			
The Fatima Prayer				Dark Gray	Dark Gray	Dark Gray	Dark Gray	Dark Gray		
The Angelus						Dark Gray	Dark Gray	Dark Gray		
Prayer to St. Francis							Dark Gray	Dark Gray		
Memorare							Dark Gray	Dark Gray	Dark Gray	
The Nicene Creed							Dark Gray	Dark Gray	Dark Gray	Dark Gray
The Divine Mercy Prayers							Dark Gray	Dark Gray	Dark Gray	Dark Gray

Prayers										
<i>Dark gray denotes mastery</i>										
	PK	K	1	2	3	4	5	6	7	8
Prayer to St. Michael										
The Prayer to the Holy Spirit										

**The Sign of the Cross**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

**The Lord's Prayer (Our Father)**

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

**Hail Mary**

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

**Trinity Prayer (Glory be to the Father)**

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

**Angel of God (Prayer to the Guardian Angel)**

Angel of God, my guardian dear, to whom God's love commits me here; ever this day (or night) be at my side, to light and guard, to rule and guide. Amen.

**Grace Before Meals**

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

**Grace After Meals**

We give You thanks, almighty God, for these and all the gifts which we have received from Your goodness through Christ our Lord. Amen.

### **Stations of the Cross**

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

### **The 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.

### **The Apostles' Creed**

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

### **Morning Offering**

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day, for all the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, for the intentions of all our associates, and in particular, for intentions recommended this month by the Holy Father. Amen.

### **Hail, Holy Queen**

Hail Holy Queen, mother of mercy, our life, our sweetness, and our hope. To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O holy mother of God, that we may be made worthy of the promises of Christ, Amen.

### **Joyful Mysteries of the Rosary**

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding in the Temple

### **The Luminous Mysteries of the Rosary**

1. The Baptism of Jesus
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Institution of the Eucharist

### **The Sorrowful Mysteries of the Rosary**

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death

### **The Glorious Mysteries of the Rosary**

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary in Heaven

### **Prayer to St. Francis**

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where this is sadness, joy. O Divine Master, grant that I may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen.

### **Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to Your protection implored Your help, or sought Your intercession was left unaided. Inspired with this confidence, we come unto You, O Virgin of Virgins, our Mother.

To You we come, before You we stand sinful and sorrowful. O Mother of the Word incarnate! Despise not our petitions, but in Your mercy hear and answer them. Amen.

### **The Fatima Prayer**

O My Jesus, forgive us our sins, save us from the fires of Hell and lead all souls to Heaven, especially those who are most in need of Thy mercy. Amen.

### **The Nicene Creed**

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, Catholic and apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

### **Prayer to St. Michael**

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him, we humbly pray; and do Thou, O Prince of the Heavenly Host, by the Power of God, cast into hell Satan and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.

### **The Angelus**

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit.

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

V. Behold the handmaid of the Lord.

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

V. And the Word was made flesh. (all bow)

R. And dwelt among us.

V. Pray for us, O holy Mother of God.

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

Let us pray: Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy Son, was made known by the message of an angel, may by his Passion and Cross be brought to the glory of his Resurrection. Through the same Christ, our Lord. Amen.

### **The Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of your faithful and enkindle in them the fire of your love.

V. Send forth your Spirit, and they shall be created.

R. And You shall renew the face of the earth.

Let us pray:

O God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations. Through Christ Our Lord. Amen.

### **The Divine Mercy Chaplet**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

#### Opening Prayers (optional)

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty yourself out upon us.

*Repeat three times: O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in you!*

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

Hail Mary, full of grace, the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners now and at the hour of our death. Amen.

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

For each of the five decades:

*On each "Our Father" bead of the rosary, pray:*

V. Eternal Father, I offer you the Body and Blood, soul and divinity of your dearly beloved Son, our Lord Jesus Christ,

R. in atonement for our sins and those of the whole world.

*On each of the 10 "Hail Mary" beads, pray:*

V. For the sake of his sorrowful Passion,

R. have mercy on us and on the whole world.

*After completing all five decades, repeat three times: Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.*

O God, whose mercies are without number and whose treasure of goodness is infinite, graciously increase the faith of the people consecrated to you, that all may grasp and rightly understand by whose love they have been created, through whose Blood they have been redeemed, and by whose Spirit they have been reborn. Through Christ our Lord. Amen.