

## **Basic Catholic Teachings**

### **Grade 4**

**1. What are Angels?**

Angels are servants and messengers of God. They are purely spiritual beings having no body.

**2. What is Hell?**

Hell is eternal suffering and separation from God. There is no love of God, no love of others, no love of self.

**3. What is your Soul?**

The spiritual and immortal gift from God that gives us life.

**4. What gift did God give us that allows us to choose between right and wrong?**

Free will.

**5. What part of us helps us to use our free will to make good choices?**

Our consciences.

**6. What are some of the things that happened to Adam and Eve because of their sin?**

1. They had to work.
2. They would die.
3. They lost grace.
4. They had to leave paradise.
5. They would suffer.
6. They lost Heaven.

**7. What did God promise Adam and Eve after they sinned?**

A Savior (a Redeemer) to open the Gates of Heaven.

**8. What is Heaven?**

Heaven is eternal life and happiness with God. There is love of God, love of others, love of self.

**9. Who did God ask to build the Ark?**

Noah

**10. What did God promise Noah and what was the sign of the Covenant Promise?**

God promised to never again flood all the earth. The sign of the Covenant is the rainbow.

**11. Why is Abraham called our “Father in Faith”?**

Abraham believed God, “he was strong in faith..... He became the father of all who believe.”

**12. What three things were kept within and carried in the Ark of the Covenant?**

1. The 10 Commandments (Word of God)
2. Rod of Aaron (Sign of Priesthood)
3. The Manna (Bread from Heaven)

**13. What is a covenant?**

1. An act of merciful love between God and His people.
2. A promise to continue,
3. Expressed in words and actions.

**14. Name 5 Covenants God made in the Old Testament.**

1. Adam (Marriage)
2. Noah (A family)
3. Abraham (A tribe)
4. Moses (12 tribes)
5. David (A kingdom)

**15. What do we call the four books of the New Testament in which we learn about Jesus’ life and teachings?**

The Gospels

**16. Why did God make you?**

To know Him, to love Him, and to serve Him in this life and be happy with Him in the next.

**17. How did God make you?**

In His own image.

**18. What is a human person?**

Someone with a body and a soul.

**19. What is your soul?**

The spiritual and immortal gift from God that gives us life.

**20. What are the two main powers of our souls and what do we do with each of them?**

1. A mind (we can think)
2. Free Will (we can choose)

**21. What did Moses receive from God on Mount Sinai?**

The Ten Commandments

**22. Name the Ten Commandments.**

1. I am the Lord your God, you shall not have false gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Keep holy the Lord's day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness.
9. You shall not covet your neighbor's wife.
10. You shall not covet anything that belongs to your neighbor.

**23. What do the first three commandments help us to do?**

Grow in our relationship with God.

**24. What is prayer?**

A conversation with God.

**25. What prayer do we say at Mass to express our faith in God and in the teachings of the Church?**

The Creed.

**26. Name the 5 Precepts of the Church.**

1. Attend Mass on Sundays and Holy Days of Obligation.
2. Confess sins at least once a year.
3. Receive Holy Communion at least once a year during the Easter season.
4. Observe the days of fast and abstinence.
5. Provide for the needs of the Church.

**27. When are we obliged to go to the Holy Sacrifice of the Mass?**

Every Sunday and Holy Day of Obligation.

**28. What are the Holy Days of Obligation?**

1. January 1 (Mary, Mother of God)
2. 40 days after Easter (Ascension)
3. August 15 (Assumption of Mary)
4. November 1 (All Saints Day)
5. December 8 (Immaculate Conception)
6. December 25 (Christmas)

**29. Where was Jesus born?**

Bethlehem

**30. What are the two natures of Jesus Christ?**

He is True God and True Man. (One Divine person with 2 distinct natures)

**31. What is a miracle?**

A miracle is a supernatural sign or wonder, brought about by God, signifying His glory and the salvation of mankind.

**32. What is the Resurrection?**

Jesus rose from the dead on Easter Sunday, three days after He died on the cross.

**33. Name the 8 Beatitudes: Blessed are...**

1. The poor in spirit, for theirs is the kingdom of heaven.
2. They who mourn, for they will be comforted.
3. The meek, for they will inherit the land.
4. They who hunger and thirst for righteousness, for they will be satisfied.
5. The merciful, for they will be shown mercy.
6. The clean of heart, for they will see God.
7. The peacemakers, for they will be called children of God.
8. They who are persecuted for the sake of righteousness, for theirs is the kingdom of Heaven.

**34. What are the two main parts of the Mass?**

1. Liturgy of the Word.
2. Liturgy of the Eucharist.

**35. On Holy Thursday, what was Jesus celebrating with His Apostles at the Last Supper?**

A Passover meal.

**36. Name the 12 Apostles. (2-P's, 5 J's, A, B, M, S, T)**

1. Peter (Jesus changed his name from Simon to Peter (which means "Rock"))
2. Phillip
3. James (the Greater)
4. James (the Less)
5. Jude (Thaddeus)
6. Judas (Iscaiot)
7. John (the Evangelist-Gospel writer)
8. Andrew
9. Bartholomew
10. Matthew (Gospel writer)
11. Simon (the Zealot)
12. Thomas

**37. Give the 3 part definition of the term Transubstantiation.**

1. A change in the substance of bread and wine
2. Into the Body, Blood, Soul and Divinity of Jesus
3. While under the appearance of bread and wine.

**38. What part of the Mass does the bread and wine change into the Body and Blood of Christ?**

The Consecration

**39. What does a Catholic have to do in order to receive Jesus in the Eucharist?**

1. Be free from mortal sin (be in the state of grace)
2. Fast from food and drink for one hour.

**40. What is sin?**

Sin is an offense against God.

**41. What is the first sin committed by Adam and Eve, we inherited it?**

Original Sin

**42. What is Actual Sin?**

The sin that we commit ourselves.

**43. What are the two types of Actual Sin?**

1. Mortal
2. Venial

**44. What is a mortal sin?**

A mortal sin is very serious. It completely breaks our relationship with God.

**45. What is a venial sin?**

A venial sin is a less serious sin. It damages our relationship with God.

**46. Name the 7 capital sins.**

1. Pride
2. Covetousness
3. Envy
4. Anger
5. Gluttony
6. Lust
7. Sloth

**47. What are the two other names for the sacrament of Confession?**

1. Penance
2. Reconciliation

**48. What are the 5 steps to going to Confession?**

1. Make an examination of conscience.
2. Be sorry for our sins.
3. Resolve not to sin again.
4. Go to confession to a priest (say our sins)
5. Do our penance.

**49. What is the form we follow in The Rite of Reconciliation after greeting the priest?**

1. **Make** the Sign of the Cross.
2. **Say** "Bless me Father for I have sinned, it has been \_\_\_\_\_ since my last Confession."
3. **Say** your sins.
4. **End** with "For these and all my sins, I am truly sorry."
5. **Say** Act of Contrition-Listen to the words of Absolution.
6. **Do** your penance

**50. Name the Theological Virtues.**

1. Faith
2. Hope
3. Charity (love)

**51. Who is God?**

God is the all-powerful, all-wise, all-loving being who created everything.

**52. How many persons are there in God?**

There are three persons in one God.

**53. What do we call the mystery of three persons in one God?**

The Blessed Trinity.

**54. Name the three persons of the Blessed Trinity.**

1. God the Father (first person)
2. God the Son (second person)
3. God the Holy Spirit (third person)

**55. Who or what is the Mystical Body of Christ?**

The Church (Christ is the head, we are the body)

**56. What are the three offices of Jesus?**

1. Priest
2. Prophet
3. King

**57. Who founded the Catholic Church?**

Jesus Christ

**58. Who was the first Pope?**

Peter

**59. Who did Jesus make the chief “shepherds” of His Church? (Magisterium)**

1. The Pope (the successor of Peter) and
2. The Bishops in union with him (the successors of the Apostles).

**60. Can error enter the teachings of the Church?**

No! Error cannot enter the teaching of the Church on matters of Faith and Morals.

**61. Name the 7 Corporal Works of Mercy.**

1. Feed the hungry.
2. Give drink to the thirsty.
3. Shelter the homeless.
4. Visit the sick.
5. Visit the imprisoned.
6. Give alms to the poor.
7. Bury the dead.

**62. Name the 7 Spiritual Works of Mercy.**

1. Instruct the ignorant.
2. Admonish the sinner.
3. Counsel the doubtful.
4. Comfort the sorrowful.
5. Forgive all injuries.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

**63. What is grace?**

Grace is God's life in us.

**64. What is a sacrament?**

1. An outward sign
2. Instituted by Christ
3. Where He meets us and
4. Gives us grace.

**65. What are the two signs that a sacrament is made up of?**

1. Matter: something we can see, hear, touch or smell.
2. Form: words.

**66. What are the 7 sacraments?**

1. Baptism
2. Eucharist
3. Confirmation
4. Reconciliation
5. Anointing of the sick
6. Holy orders
7. Matrimony

**67. What is the Immaculate Conception?**

Mary did not inherit Original Sin.

**68. What is the Assumption?**

Mary was taken up to Heaven body and soul.

**69. What is death?**

Separation of Body and Soul.

**70. What is the Particular Judgment?**

Particular judgement is when Jesus will privately judge our soul at the moment of death.

1. If we have **no sin** we go to Heaven.
2. If we have **venial sins** we go to Purgatory.
3. If we have any **mortal sin** we go to Hell.

**72. What is purgatory?**

A place of temporary separation from God, where a person is made able to go to Heaven.

**73. What is the General Judgment?**

The General Judgement will be the final judgment by Christ passed publicly on all people at the end of the world when our bodies will be reunited with our souls and our final destination will be announced.

**74. What is Advent?**

Advent is the time we wait and prepare for the coming of Jesus on Christmas.

**75. What is Christmas?**

The day Jesus was born of the Virgin Mary, in the town of Bethlehem (means House of Bread) and laid in a manger (a feeding trough).

**76. What is Lent?**

Lent is the time we prepare for the joy of Easter.

**77. What good works are we, as Images of God, to do at all times but especially during Lent.**

1. Prayer
2. Fasting
3. Almsgiving

**78. What happened on Easter Sunday?**

Jesus Christ rose from the dead.

**79. What are the five main seasons of the Church and what color is Associated with each?**

1. Advent - Purple
2. Christmas - White
3. Ordinary Time - Green
4. Lent - Purple
5. Easter - White

**80. When do we celebrate Ordinary Time?**

Two times each year

- Between the Christmas season and Lent
- Between the Easter season and Advent.

**81. When does Advent begin and end?**

Advent begins on the Sunday that falls nearest to St. Andrew's Feast day (November 30) and ends on Christmas Eve.

**82. What color does the priest wear on Pentecost?**

Red

**83. Recite the 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 around the world seeking the ruin of souls. Amen

Prayers	1	2	3	4	5	6	7	8
<b>Sign of the Cross</b>	M	R	R	R	R	R	R	R
<b>Our Father</b>	M	R	R	R	R	R	R	R
<b>Angel of God</b>	M	R	R	R	R	R	R	R
<b>Grace After Meals</b>	M	R	R	R	R	R	R	R
<b>Morning Offering</b>	E	M	R	R	R	R	R	R
<b>Act of Contrition</b>		E	M	R	R	R	R	R
<b>Recitation of the Rosary</b>		E	M	R	R	R	R	R
<b>Mass Responses</b>	E	E	M	R	R	R	R	R
<b>Apostles Creed</b>			E	M	R	R	R	R
<b>Act of Faith (short version)</b>	E	E	E	M	R	R	R	R
<b>Act of Hope (short version)</b>	E	E	E	M	R	R	R	R
<b>Act of Love (short version)</b>	E	E	E	R	R	R	R	R
<b>Stations of the Cross</b>		E	E	M	R	R	R	R
<b>Hail Holy Queen</b>			E	E	M	R	R	R
<b>Nicene Creed</b>				E	M	R	R	R
<b>Prayer of St Francis</b>				M	R	R	R	R
<b>Magnificat</b>					E	M	R	R
<b>Angelus</b>					E	M	R	R
<b>Come Holy Spirit</b>					E	E	M	R
<b>Joyful Mysteries</b>					E	M	R	R
<b>Luminous Mysteries</b>					E	M	R	R
<b>Glorious Mysteries</b>					E	M	R	R
<b>Sorrowful Mysteries</b>					E	M	R	R

R=Review E=Encourage M=Memorize

## **Prayers/Devotions**

### **M-Memorize R-Review E-Encourage**

#### **The Sign of the Cross (M)**

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

#### **Hail Mary (M)**

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

#### **Our Father (M)**

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

#### **Grace Before Meals (M)**

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 (M)**

We give Thee thanks for all Thy gifts, almighty God. You live and reign forever. Amen

#### **Glory Be (M)**

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 (M)**

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

#### **The Morning Offering (M)**

O Jesus, through the Immaculate Heart of Mary, I offer You all my prayers, works, joys and sufferings of this day, for the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and for the conversion of all sinners, in union with the Holy Sacrifice of the Mass throughout the world. Amen

#### **The Apostles Creed (M)**

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; the third day he rose again from the dead. He ascended into Heaven, and is seated at the right hand of God, the Father Almighty. From there He shall 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

### **Act of Contrition (M)**

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

### **Angelus (M)**

P: The Angel of the Lord declared unto Mary  
R: And she conceived of the Holy Spirit. (Hail Mary)  
P: Behold the handmaid of the Lord  
R: Be it done unto me according to your word. (Hail Mary)  
P: And the Word was made flesh  
R: And dwelt among us. (Hail Mary)

Let us pray: Pour forth we beseech you O Lord Your 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 the glory of His resurrection through the same Christ our Lord. Amen

### **The Most Holy Rosary (E)**

#### **The Five Joyful Mysteries**

(Monday & Saturday)

1. Annunciation
2. Visitation
3. Birth of Jesus
4. Presentation
5. Finding of Jesus in the Temple

#### **The Five Luminous Mysteries**

(Thursday)

1. Jesus' Baptism in the Jordan
2. Jesus' Self-manifestation at the Wedding of Cana
3. Jesus' Proclamation of the Kingdom of God
4. The Transfiguration

5. The Institution of the Eucharist

### **The Five Sorrowful Mysteries**

(Tuesday & Friday)

1. Agony in the Garden
2. Scourging at the Pillar
3. Crowning of Thorns
4. Jesus Carries His Cross
5. Crucifixion

### **The Five Glorious Mysteries**

(Wednesday & Sunday)

1. Resurrection
2. Ascension
3. Descent of the Holy Spirit
4. Assumption of the Blessed Virgin Mary
5. Coronation of Mary as Queen of Heaven and Earth

### **Hail Holy Queen (E)**

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

V. Pray for us, O holy Mother of God

R. That we may be made worthy of the promises of Christ.

Let us pray: O God, whose only-begotten Son, by his Life, Death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech you, that, meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen

### **Stations of the Cross (E)**

- 1<sup>st</sup> Station: Jesus is condemned to death.
- 2<sup>nd</sup> Station: Jesus carries His cross.
- 3<sup>rd</sup> Station: Jesus falls the first time.
- 4<sup>th</sup> Station: Jesus meets His mother.
- 5<sup>th</sup> Station: Simon of Cyrene helps Jesus to carry His cross.
- 6<sup>th</sup> Station: Veronica wipes the face of Jesus.
- 7<sup>th</sup> Station: Jesus falls the second time.
- 8<sup>th</sup> Station: Jesus meets the women of Jerusalem
- 9<sup>th</sup> Station: Jesus falls a third time.
- 10<sup>th</sup> Station: Jesus' clothes are taken away.
- 11<sup>th</sup> Station: Jesus is nailed to the cross.
- 12<sup>th</sup> Station: Jesus dies on the cross.
- 13<sup>th</sup> Station: The body of Jesus is taken down from the cross.
- 14<sup>th</sup> Station: Jesus is laid in the tomb.

### **Act of Faith (short version) (M)**

Oh my God, I believe in You and in all that You teach through Your Holy Church, because Your Word is true.

### **Act of Hope (short version) (M)**

Oh my God, I hope in You for all the graces that I need for my eternal salvation and for heaven itself, because You are infinitely powerful, good and merciful and because You are faithful to Your word.

### **Act of Love (short version) (M)**

O my God, I love you above all things, because You are infinitely good, and for Your sake I love my neighbor as myself.

### **Nicene Creed (M)**

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;

who proceeds from the Father and the Son,  
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 a 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 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.