

Basic Catholic Teachings

Grade 4

1. What is the Eucharist?

The Body, Blood, Soul and Divinity of Jesus Christ under the appearance of bread and wine.

2. What are Angels?

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

3. 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.

4. What is your Soul?

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

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

Free will.

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

Our consciences.

7. 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.

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

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

9. What is Heaven?

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

10. Who did God ask to build the Ark?

Noah

11. 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.

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?

God made me to know Him, to love Him, and to serve Him in this life so that I can be happy with Him in Heaven.

17. How did God form you?

In His own image and likeness.

18. What is a human person?

Someone with a body and a soul.

19. 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)

20. What did Moses receive from God on Mount Sinai?

The Ten Commandments

21. 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. Remember to 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 your neighbor's goods.

22. What do the first three commandments help us to do?

Grow in our relationship with God.

23. What is prayer?

A conversation with God.

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

The Creed.

25. 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.

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

Every Sunday and Holy Day of Obligation.

27. 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)

28. Where was Jesus born?

Bethlehem

29. What are the two natures of Jesus Christ?

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

30. What is a miracle?

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

31. What is the Resurrection?

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

32. 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.

33. What are the two main parts of the Mass?

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

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

A Passover meal.

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

1. Peter
2. Phillip
3. James (the Greater)
4. James (the Less)
5. Jude
6. Judas
7. John
8. Andrew
9. Bartholomew
10. Matthew
11. Simon
12. Thomas

36. 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.

37. During the Mass, at what moment does the bread and wine change into the Body, Blood, Soul and Divinity of Jesus Christ?

The Consecration

38. What things are necessary for the worthy reception of Holy Communion?

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

39. What is sin?

Sin is an offense against God.

40. What is original sin?

The sin committed by Adam and Eve that we all inherited.

41. What is Actual Sin?

The sins that we commit ourselves.

42. What are the two types of Actual Sin?

1. Venial
2. Mortal

43. What is a mortal sin?

A mortal sin is a very serious sin. It completely breaks our relationship with God and we lose sanctifying grace.

44. What is a venial sin?

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

45. Name the 7 capital sins.

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

46. What are the three names for the sacrament of Confession?

1. Confession
2. Reconciliation
3. Penance

47. 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.

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

Make the Sign of the Cross.

Say "Bless me Father for I have sinned it has been ____ since my last Confession."

Say your sins and then say, "For these and all my sins I am truly sorry."

Say an Act of Contrition and **accept** your penance.

Receive absolution and do your penance.

49. Name the Theological Virtues.

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

50. Who is God?

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

51. How many persons are there in God?

There are three persons in one God.

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

The Blessed Trinity.

53. Name the three persons of the Blessed Trinity.

1. God the Father
2. God the Son
3. God the Holy Spirit

54. Who or what is the Mystical Body of Christ?

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

55. What are the three offices of Jesus?

1. Priest
2. Prophet
3. King

56. Who founded the Catholic Church?

Jesus Christ

57. Who was the first Pope?

Peter

58. 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).

59. Can error enter the teachings of the Church?

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

60. 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.

61. 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.

62. What is grace?

God's life in us.

63. What is a sacrament?

1. An outward sign
2. Instituted by Christ
3. Where we meet Him and
4. He gives us grace.

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

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

65. What are the 7 sacraments?

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

66. What is the Immaculate Conception?

Mary did not inherit Original Sin.

67. What is the Assumption?

Mary was taken up to Heaven body and soul.

68. What is death?

The separation of Body and Soul.

69. What is the Particular Judgment?

The Particular judgment 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.

70. What is purgatory?

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

71. What is the General Judgment?

The General Judgment 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.

72. What is Advent?

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

73. What is Christmas?

The day Jesus was born of the Virgin Mary, in the town of Bethlehem and laid in a manger.

74. What is Lent?

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

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

1. Prayer
2. Fasting
3. Almsgiving

76. What happened on Easter Sunday?

Jesus Christ rose from the dead.

77. 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

78. When do we celebrate Ordinary Time?

Two times each year

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

79. 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.

80. What color does the priest wear on Pentecost?

Red

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

R=Review E=Encourage M=Memorize

Prayers/Devotions

The Sign of the Cross

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

Hail Mary

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

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

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

Glory Be

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

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

St. Michael Prayer

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 Morning Offering

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

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

The Magnificat

My soul magnifies the Lord,
my spirit rejoices in God my Savior
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.

He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.

He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.

He has come to the help of his servant Israel
for he remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.

Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen

Angelus

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

Joyful Mysteries

Annunciation
Visitation
Birth of Jesus
Presentation
Finding of Jesus in the Temple

Sorrowful Mysteries

Agony in the Garden
Scourging at the Pillar
Crowning with Thorns
Jesus carries His Cross
Crucifixion

Glorious Mysteries

Resurrection
Ascension
Descent of the Holy Spirit
Assumption of Mary
Coronation of Mary

Luminous Mysteries

Jesus' Baptism in the Jordan
Wedding feast at Cana
Jesus' Proclamation of the Kingdom of God
The Transfiguration
The institution of the Holy Eucharist

Hail Holy Queen

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

1st Station: Jesus is condemned to death.

2nd Station: Jesus carries His cross.

3rd Station: Jesus falls the first time.

4th Station: Jesus meets His mother.

5th Station: Simon of Cyrene helps Jesus to carry His cross.

6th Station: Veronica wipes the face of Jesus.

7th Station: Jesus falls the second time.

8th Station: Jesus meets the women of Jerusalem

9th Station: Jesus falls a third time.

10th Station: Jesus' clothes are taken away.

11th Station: Jesus is nailed to the cross.

12th Station: Jesus dies on the cross.

13th Station: The body of Jesus is taken down from the cross.

14th Station: Jesus is laid in the tomb.

Act of Faith (short version)

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)

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)

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

Prayer of 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; Where there 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; It is in dying to self that we are born to eternal life.

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;

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.