

CATECHETICAL TEXT BOOK SERIES OF THE SYRO-MALABAR CHURCH

# **CHURCH: THE WORSHIPPING COMMUNITY**



**ON THE PATH OF SALVATION 9**



**STANDARD**

**9**

**TEACHER'S HANDBOOK**

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# **ON THE PATH OF SALVATION-9**

CATECHETICAL TEXT BOOK SERIES  
OF  
THE SYRO-MALABAR CHURCH

## **TEACHER'S HANDBOOK**

**Standard - 9**

### **CHURCH: THE WORSHIPPING COMMUNITY**



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## PREFACE

Do you recollect the days of your Catechism classes during your childhood? What were the striking features of those classes? Shouldn't these children you are teaching now also get all that you have received then? Don't you still remember the joyful experiences you had during Sunday school days? Shouldn't such experiences be given to today's generation as well?

Do you remember what you disliked about the Catechism classes of your childhood? Was there any experience that had diminished your interest in Sunday Classes? In that case isn't it necessary for us to take care not to have such unpleasant experiences for our children? In your attempt to impart faith formation to the ninth standard students sitting before you, the above-mentioned points have to be taken very seriously.

It is also important to bear in mind that the times are changing. Tremendous changes have taken place in the circumstances in which today's children live, not only in their aptitude but also in experiences. These have to be taken into account. At the same time, the very aim of faith formation is to concretize in children the unchanging God and the unchanging Christian truths in a world which is under the sway of perennial change. The text which you are going to teach will help you achieve this goal. What you have in your hand now is the Teachers' handbook specially prepared for your reference. This will undoubtedly help you become an able and efficient teacher by developing children's innate talents and at the same time solving their difficulties.

### **WHAT IS A TEACHER'S HANDBOOK? WHAT IS IT FOR?**

#### **A teacher's hand book is**

- A supplement to text book.

- A pointer to teacher.
- An interpretation of the lessons.

**A teacher's hand book is an aid to a teacher in many ways.**

- To understand the lessons better.
- To teach the lessons correctly.
- To clear doubts regarding the text by one's own self.
- To give a satisfactory clarification to children's doubts.
- To organize classroom programmes efficiently.
- To identify answers to the questions.
- To make the optimum use of the text.
- To gather more information.
- To improve one's way of teaching.
- To introduce and implement the novel approach of the new text book.

**Three questions arise with regard to teaching:**

1. What is to be taught? What is the aim while teaching?
2. Whom to teach?
3. How to teach?

All teachers engaged in the process of imparting faith formation must seek answers to these questions.

**1. Must know what faith formation is.**

The basic purpose of faith formation is to help those who received the sacrament of baptism to grow in Christ by leading them to a perfect Christian faith and a mature Christian living. In order to achieve this, a true faith formation process will blaze the trail towards knowledge, experience and life of faith. The passionate words of St.

Paul- 'the labour pain is experienced, till Christ is formed in you' should be the source of inspiration for our faith formation. The initial years of faith formation focus on the basic lessons to be imparted to children in the fundamental faith of the church, in the Holy Trinity and in the knowledge about sacraments. In this way we must grasp the essence of the question what is to be taught.

## **2. Necessary to know children :**

It is to children that we give faith formation. Therefore, we must have an idea of their age, nature, talents, drawbacks, interests and potential. Let us just think what abilities they have. What all can they do?

- Laugh
- Cry
- think
- see
- hear
- Run
- Jump
- play
- speak - and many more abilities like these. Now if we consider just one aspect , for example , their ability to speak- What are their possibilities that can be explored and expressed in class? Children will be able to do many things through spoken words. Let us jot them down.
- To tell stories
- To sing a song
- To ask a question
- To give answer

- To share a news with others
- To explain to others what they know
- To speak imaginatively
- To narrate an incident
- To complain
- To give instructions
- To narrate looking at a picture and so on.

**Now the children who love to play can do many things through that activity. What are they?**

- To understand instructions
- To obey the rules and regulations
- To react when the rules are broken
- To correct errors
- To express joy
- To express emotions
- To work in a team
- To participate in activities with enthusiasm.

There are many things like these to know about children .If teachers are aware of these teaching will be more meaningful.

There are many ways by which teachers can come to know of children –

- Interaction with children
- Keen observation
- Knowledge in child psychology
- Reading such books.

### **3. Necessary to Know New Methods of Learning :**

Times have changed. As we face a new environment today, a new set of children and a new text, we need to introduce new methods of learning. Novel ways of teaching need to be adopted.

As discussed earlier, many different abilities are there in every child. New methods of learning must be used to explore these abilities in children appropriately. Opportunities have to be made available to children who are keen on playing as well as doing work. The new text books are prepared with these thoughts in mind.

This book gives scope for numerous activities such as speaking, viewing, drawing, writing and playing besides listening. None of these is insignificant. Though they appear simple, each activity in some degree contributes to the growth of our children's faith. It is necessary to use all the possible methods in our attempt to give our children Jesus and lead them to salvation He offers. Therefore faith formation teachers must constantly endeavour to grasp novel teaching methods. This teacher's handbook may help teachers to a certain extent to achieve this goal. A teacher must try to gain knowledge and experience with regard to teaching methods from all possible quarters.

#### **The Special Features of the Activities:**

If the activities that are introduced in faith formation class have to be successful, they must be different. Only then it will be fruitful. What are those special aspects? The activity that is introduced to facilitate learning should

- Arouse interest in children
- Suit the nature of the children
- Give freedom to children
- Be with a specific aim
- Be connected with the subject
- Be a time bound activity

- Be suitable for the standard of the children
- Be a challenging activity for the children
- Be an activity that can be evaluated by the teacher

Be it an activity given to children from the text or from teacher's handbook or an activity introduced by the teacher himself/herself, the above mentioned aspects have to be borne in mind.

**A teacher may pay attention to the following :**

1. Make sure that every child has a text book with him/her. Instruct them in the beginning itself to buy it.
2. There are many opportunities for first and second standard children to draw and colour; therefore, all children must have sketch pens of different colours, colour pencils or crayons with them. Along with their text, children should bring these as well.
3. Drawing and writing in the text have to be done only in class. This instruction has to be given to children well in advance. Children should use the text only as per the instruction of the teacher.
4. More activities, if necessary, can be given to children as home work. Instructions towards this have to be given to them very clearly. It is good to have a special notebook for children to draw, write and stick pictures. Considering situations and the interest of a teacher, these can be done.

**As the lessons are introduced**

Now that we have already thought about faith formation, children and new methods of learning, our attempt now is to analyze each lesson specifically. Special format is adopted for this purpose. It is as follows:

**1. What children need to acquire**

Through a lesson what a child is expected to grasp is mentioned here. They are categorized into three and presented. A teacher thus

becomes very clear as to what the child should have grasped through that lesson. Besides answering questions and participating in activities, the following have to be acquired by children for their faith formation.

- Concepts
- Attitudes
- Habits.

All other activities done in class aim at acquiring these aspects by children.

## **2. The tools and techniques to enhance awareness that a teacher must use in class :**

In order to present each lesson effectively various teaching tools have to be used. For first/second/third/fourth standards a teacher can carry to class items like pictures, charts and things that can be collected easily. Apart from the items listed in teachers' handbook, if other items are used, that are appropriate, it will be more beneficial to the students. Therefore, the indications given here may be taken only as a guideline.

Songs, stories, games, skits and so on may be needed to teach a lesson properly. At least a mental preparation to this effect has to be there before going to class. These are also teaching tools.

## **3. Presentation of a lesson :**

How to present a lesson, how to begin, what details are to be included etc are explained in this section. In any case, the method of presenting a lesson by reading it from one end to another should be strictly avoided. A teacher should be able to start, continue and end a lesson in a way that appeals to children. Some indications to this effect are given in the section dealing with presentation of a lesson. Still if you come across a more attractive method, you may use it. Remember that maximum preparation is required for the presentation of a lesson.

Story telling, cartoons, dramatics, role play, songs, conversation, team work or any such method can be used for presenting a lesson. Still if the teacher can use some tools for which he /she has the talent or aptitude to use the class may be more interesting and more efficient. The lesson can also be presented by involving children in these activities.

#### **4. Activities related to the lessons:**

The instructions regarding all activities given in the lesson are incorporated in this section. Answers to the questions are also given. Let the children find out the answers to these questions on their own and also the answers to the personal response questions and write them. Teachers may assist them. Do not insist that the answers written by children should contain the exact words / sentences as seen in the teachers' handbook. Treat the answers given in the teachers' handbook as mere references for teachers to help the students in finding the answers. Teachers can refer to the handbook and help them with the answers that are difficult for them to find out. It is mandatory to complete all activities given in each lesson.

#### **5. Correlated Activities:**

These are activities that are not given in the lesson but can be introduced as per the wish of the teacher. It is appropriate to give, according to the situation, maximum number of related activities. Some other activities which are not there in handbook too can be used in class if available. More questions from the lesson are prepared and added. It would be a good practice to keep these answers ready with the teacher. Remember that all the correlated activities are to be done in class as per the wish and the creative approach of the teacher.

#### **The factors to be borne in mind for each lesson:**

1. It is assumed that two days (Sundays) may be needed to cover one lesson. Therefore, it may be appropriate to divide the lesson into two parts and prepare properly for each day. If possible it would be better to include lesson as well as activities on both days.

2. Children are expected to do all the activities in class and two days might be sufficient to do all these. Instructions for each activity need to be given very clearly and correctly. In case there is something which they have to do at home with the help of parents, it should be assigned to them on the first day so that they can complete it and bring it on the second day.
3. That which is meant for by hearting as far as possible, need to be done in class itself. It can be read out to them once or twice. Instructions can be given to study it individually or in a group. A small gift or a gesture of appreciation or applause may be offered to those who complete the task with focus and on time . It may be good to motivate them to study it with slight competition spirit and say it in class.
4. What is given under the title 'My Decision' is the attitude and practice that have to be formed in a child. 'My Decision' in each lesson has to be explained to the child. It has to be impressed upon them. It is also necessary to find out how much of this decision they have implemented in that week.
5. The activities such as Bible Reading and 'My Bible verse' are meant for encouraging them in the Bible study and Bible reading. On the first day instructions have to be given to the children to read the Bible , write Bible verses and bring them to the class. It has to be checked in class by the teacher on the second day. While teaching the first lesson, the teacher has to carry the Bible(the complete one ) to the class and read out to the students Genesis 1:26-31. Each student then will be asked to write one verse which they liked from this portion in their note book. They will do similar exercise in other lessons at home with the help of the parents after reading the Bible.

**Three more points to remember:**

1. Teachers' handbook has to be read carefully and completely. Analysis of each lesson has to be comprehended clearly.
2. Thorough preparation of the lesson has to be done with the

help of analysis given for each lesson. With proper lesson plan, teaching becomes much easier and focused. Lesson plan means deciding in advance what is to be given to children and in what way as well as what activities are to be done in class by children and so on.

3. It would be a good practice to write the lesson plan in a note book so that class can be conducted referring to it. It can be prepared as per each teacher's convenience and aptitude. Preparing teaching notes will help prepare better. Additional information and activities collected from various sources can be written in this book.

# LESSON 1

## Worship of God

### I. Preface

### II. Children should acquire

#### 1. Understanding

- Man is basically a worshipper of God.
- He worshipped the natural powers before knowing about the real God
- All religions give importance to worship of God.
- God has selected Israelites as the community of worshippers.
- The worship they practiced with the offerings such as grains and cattle were incomplete.
- Jesus taught us the actual and complete worship by sacrificing himself on the cross.
- Church becomes a worshipping community when it participates itself in the sacrifice of Jesus commemorated in the Holy Qurbana, Sacraments, night prayers, holy celebrations etc.

#### 2. Attitude

- An aptitude should be developed in the children to participate actively in the Holy Qurbana which is the actual worship.
- Instead of treating the worship as ritual, one should try to participate in it whole heartedly.

#### 3. Habit

- take a decision to attend Holy Qurbana whenever possible.

- Will try to lead a life based on the spirit of Holy Qurbana.

### **III. Teaching Aids**

Pictures of worshipping methods followed by different religions, big charts containing pictures in the Catechism text book, charts comparing the sacrifice of the Old Testament and New Testament, Holy Bible, teaching of Vatican Council etc.

### **IV. Introduction to the lesson**

Class starts with the discussion about the worship of the olden times with the help of pictures. This is followed by discussion about worshipping methods adopted by different religions and the Israelites. Then children should be made to understand about the worship in mind and Spirit which Jesus told to the Samaritan lady.

### **V. Activities related to the lesson**

#### **a. Read and meditate on the Word of God**

Read the Bible portion loudly in the class and discuss it to make children understand the message.

#### **b. A verse to remember**

Make the children to memorize one Bible verse is given in the lesson and keep a chart in the class.

#### **c. Let us pray**

All should recite the Prayer given in the lesson.

#### **d. My resolution**

Make a resolution and say one by one.

#### **e. Teachings of the Fathers of the Church**

Fathers of the Church are saints who lived during the first seven centuries and had given authentic teachings to the Church, whom the Church has accepted as well versed

people. Their teachings regarding Church, God and worship are very precious. This portion is kept aside to know and understand about them. Make children memorize maximum number of verses from their teachings.

**f. Answers**

1. Page 10
2. Page 13
3. Page 11
4. Page 13
5. Page 14,15

**VI. Related Activities**

Make a chart for writing down the main words in the lesson and its meaning and add up words from other lessons

## LESSON 2

# Signs and Symbols

### I. Preface

### II. Children should acquire

#### 1. Understanding

- Signs and symbols are a part of life which cannot be avoided.
- All symbols are signs but all signs are not symbols
- Signs and symbols stand as a medium which help us to experience the invisible God.
- Signs in the liturgy are divided into seven different forms.

#### 2. Attitude

- Develop a curiosity in the children to understand the meaning of signs and symbols used in the liturgy.
- Encourage them to participate wholeheartedly and actively in the liturgy.

#### 3. Habit

- Should behave with respect in the Church.
- Should respect the Sacred artifacts in the church.

### III. Teaching Aids

Make big charts of signs and symbols and that of the pictures given in the Catechism text book such as dove, balance, traffic signals etc., Holy Bible, Qurbana book

### IV. Introduction to the lesson

Using the charts explain the importance of signs in life. Explain the circumstance which compelled Moses to make the statue of Serpent in the desert. Discuss about the sacred artifacts in the church.

## **V. Activities related to the lesson**

Do as directed in the first lesson

### **Answers**

1. Page 17
2. Page 18
3. Page 19
4. 7, words, action, object, places, individuals, arts, seasons / time.
5. Page 21

## **VI. Additional Activities**

Give the names of Holy artifacts in the Church.

## LESSON 3

# Signs and Symbols in The Holy Qurbana

### I. Preface

### II. Children should acquire

#### 1. Understanding

- Holy Qurbana was instituted by Jesus during last supper by transforming bread and wine into his body and blood.

- Church is the symbol of the salvific presence of God brimming across the Universe

Church is divided into three important portions; the Sanctuary, the Questroma and the Hykla. Each portion has its own meaning .

- Understand the meaning of the objects, gestures and the body Postures used in the Qurbana and participate actively.

#### 2. Attitude

- The children should understand the meaning of signs and symbols used in the Holy Qurbana and participate whole heartedly in the Qurbana.
- Should give due respect and reverence to the sacred vestments and gestures used in the Holy Qurbana.

#### 3. Habit

- Follow the Body postures in the Qurbana.
- Try to know more about the Holy Qurbana.

### III. Teaching Aids

Pictures of signs and symbols used in Holy Qurbana, Church, Holy Bible, books used in Qurbana.

#### **IV. Introduction to the lesson**

Before class starts take the children to Church, show them different portions and explain the importance of each portion. Use the chart to explain the meaning and importance of each.

#### **V. Activities related to the lesson**

Do as directed in the first lesson

##### **Answers**

1. Page 24, 25
2. Page 25, 26
3. Page 26
4. Page 27, 28
5. Page 28 - 30

#### **VI. Additional Activities**

Make a chart with pictures of Signs and Symbols used in Holy Qurbana and describe its meaning.

## LESSON 4

# Holy Qurbana the highest form of worship

### I. Preface

### II. Children should acquire

#### 1. Understanding

- Holy Qurbana is the sacramental celebration of the sacrifice offered by Jesus to Father in Heaven.
- Holy Qurbana is a sacrifice as well as a Banquet
- The mysteries from the birth of Jesus to his second coming are recalled and celebrated in the holy Qurbana
- On every altar, it is Jesus himself who celebrate the Eucharist through Priests, who is his own representatives.
- Holy Qurbana is the power house which gives energy for the God centred and man centred life.
- As Jesus broke himself and fed us through holy Qurbana, we should also give ourselves to others, in all spheres of life.

#### 2. Attitude

- Participate whole heartedly in the Qurbana.
- Be punctual in receiving the Holy communion worthily.

#### 3. Habit

- Attend the holy Qurbana with due preparation to receive Holy Communion.
- Receive the energy from Holy Qurbana to lead a sacrificial life.

### **III. Teaching Aids**

Charts prepared on sacrifice on Calvary, Last supper, sacrifice on Altar, pictures in the text book, and also Holy Bible and the book of Holy Qurbana.

### **IV. Introduction to the lesson**

Start the class narrating the story of sacrifice by father Abraham, and Jesus the only son of God sacrificed himself on Calvary. State that the last supper is the sacramental form of establishing the Holy Qurbana. Analyze the prayers of holy Qurbana and state that all the mysteries of Jesus' life is remembered and presented through the Holy Qurbana. Explain the lives of saints who had derived their strength to sacrifice their life for other from the Holy Qurbana, thereby inspire the children to lead a sacrificial life.

### **V. Activities related to the lesson**

Do as directed in the first lesson

#### **Answers**

1. Page 32
2. Page 35
3. Page 34
4. Page 35,36
5. Page 33

### **VI. Additional Activities**

Collect sayings of saints about Holy Qurbana and share it in the class.

**LESSON 5**  
**Holy Qurbana : The introductory Services and**  
**The liturgy of the Word**

**I. Preface**

**II. Children should acquire**

**1. Understanding**

- Through the introductory service (prayers) in holy Qurbana we recall and celebrate the long wait for our Savior, His sacred birth and private life.
- Introductory service starts with the hymn "Annapesahathirunalil" till the prayer after the resurrection hymn.
- Introductory hymn reminds us that we have to take part in the Holy Qurbana without any enmity to anyone
- Remembering the love of Jesus who was born in a manger sing praises of Glory to God in Heaven.
- As we have become children of God through Jesus, we pray to God addressing him "Father".
- The hymn of praises 'Holy, Holy' sung along with the prayer "Our father" reminds us that we are offering the Qurbana along with all those in Heaven.
- The Psalms help us to praise the Lord with the same sentiments of the Israelites.
- The hymn of resurrection reminds us baptism of Christ, our baptism, His death and resurrection, the heavenly glory awaiting us.
- During liturgy of word we recall the public life of Jesus, proclamation of the gospel and evangelization.

## 2. Attitude

- We should become one with the prayers while taking part in the offerings.
- We should keep an attitude of worship and thanks giving during the Holy Qurbana

## 3. Habit

- Understand the meanings and recite the prayers of Holy Qurbana.
- Listen to the homily with full attention.

## III. Teaching Aids

charts of the pictures given in the text book, use the Holy Bible and Qurbana book

## IV. Introduction to the lesson

Start the class describing the incident how the disciples who were going to Emmaus experienced Jesus. This should be followed by the detailed description of each prayers in the Qurbana book to enable the children to participate in the Qurbana whole heartedly.

## V. Activities related to the lesson

Do as directed in the first lesson

### Answers

1. Page 43, 44, 45
2. Page 40, 41, 42
3. Page 42
4. Page 43
5. Page 44

## VI. Additional Activities

Make a chart depicting the introductory and liturgy prayers and also the mysteries of Jesus.

## LESSON 6

# The Preparation of Gifts and Anaphora

### I. Preface

### II. Children should acquire

#### 1. Understanding

- Preparatory service is a preparation for anaphora which celebrates the mysteries of the death and resurrection of Jesus.
- Preparation of the offerings, sending off the unworthy, prostration, washing of hands, offering of the gifts, hymn of mysteries, recital of the Creed, entry into the Sanctuary, etc are part of the preparatory service.
- Among this, the preparation and offering of the articles for sacrifice, covering them with Sosappa are material preparations, and others are spiritual preparations.
- Anaphora has four G'hantha cycles (rounds). Each G'hantha cycle consists of prayer of request, private prayer, prayer of praise and prayer of reverence and thanksgiving.
- In Anaphora which is the consecratory part of the holy Qurbana, we commemorate the death and resurrection of Jesus and the descent of the holy Spirit.

#### 2. Attitude

- Should participate in Holy Qurbana by meditating on the mysteries involved in the death and resurrection of Jesus.
- We should participate in Holy Qurbana praying for the infilling of Holy Spirit upon us.

### **3. Habit**

- Participate in Holy Qurbana from the beginning till end with awe and reverence .
- Offering our sorrows and sufferings of daily life, participate actively in the Holy Qurbana.

### **III. Teaching Aids**

Charts of the pictures given in the text book, Chart containing prayers in each G'hantha etc. Make and use CDs describing the Holy Qurbana, use the Holy Bible and the Qurbana book

### **IV. Introduction to the lesson**

Start the class showing the main parts of the Holy Qurbana in video or by reading the prayers from the Qurbana book. Make children understand that Anaphora is the main part of Holy Qurbana.

### **V. Activities related to the lesson**

Do as directed in the first lesson

#### **Answers**

1. Page 47, 48
2. Page 48
3. Page 49, 50
4. Page 51
5. Page 54, 55

### **VI. Additional Activities**

Make a chart for the preparatory service and the mysteries related to it.

## LESSON 7

# The Communion Service and the Concluding Service

### I. Preface

### II. Children should acquire

#### 1. Understanding

- When we participate in the reconciliation service with repentance which is prior to the communion service all our sins are forgiven.
- Rite of fraction reminds us of the sacred body and blood of Jesus sacrificed for absolving us of our sins.
- The Karozutha of Reconciliation reminds us of how we must prepare to receive Holy Communion.
- The most important element of Communion service is receiving the Holy communion and consequent union with God
- When we leave the church after receiving the final blessing, we should to live to bear witness to the Word of God

#### 2. Attitude

- Should participate in the Holy Qurbana with the intention of getting forgiveness for our sins.
- Must understand that receiving Holy communion is necessary for the completion of the Holy Qurbana.

#### 3. Habit

- Whenever participating in the Holy Qurbana we

should receive Holy communion with necessary preparation and purity in heart.

- We should use our words and deeds to bear witness to the word of God.

### **III. Teaching Aids**

Charts of the pictures given in the text book, CDs describing the Holy Qurbana and the photos, the Holy Bible and the Qurbana book

### **IV. Introduction to the lesson**

Start the class either by using the CD or analyzing the prayers of Karozutha of Reconciliation. Should introduce the lesson in such a manner to make children understand that the sacrifice offered on the Altar is not complete unless we sacrifice ourselves in different spheres of our life with love and service.

### **V. Activities related to the lesson**

Do as directed in the first lesson

#### **Answers**

1. Page 58
2. Page 59
3. Page 60
4. Page 61, 62
5. Page 62

### **VI. Additional Activities**

Discuss about the areas of Evangelization available for the layman

## LESSON 8

# The Word of God and Christian Life

### I. Preface

### II. Children should acquire

#### 1. Understanding

- The word of God is the foundation of our life of faith.
- It is through the Word of God, the principles of faith are revealed to us.
- Those who listen to the Word of God and live accordingly are like a wise man who has built his house on a rock
- To become the true disciples of Jesus we must be rooted in the word of God
- Listening to the Word of God should help for conversion.
- The Word of God dispels darkness. It gives life and is redemptive (provides salvation). The word of God liberates us, sanctifies us and grant us eternal life

#### 2. Attitude

- Respect and love for the Word of god
- Interest to listen to the Word of God.

#### 3. Habit

- Read the Word of God daily.
- Memorize the Word of God and share the same according to the situation

### **III. Teaching Aids**

Charts of the pictures given in the text book, pictures showing the miracles performed by the power of the Word of God, the Holy Bible and the Qurbana book

### **IV. Introduction to the lesson**

Start the lesson discussing about the reply of Jesus when he was informed about the visit of his mother and brothers. Then ask children to share their experiences/ incidents happened in their life or heard about with the power of Word of God. Explain about the power of word of God given in the lesson.

### **V. Activities related to the lesson**

Do as directed in the first lesson

#### **Answers**

1. Page 64, 65
2. Page 66
3. Page 68
4. Page 66, 68
5. Page 69

### **VI. Additional Activities**

Everyday write down the verses from the Word of god that you read which touches your heart.

## LESSON 9

# The Sacraments and Christian Life

### I. Preface

### II. Children should acquire

#### 1. Understanding

- The Sacraments are the saving signs that give us the Holy Spirit .
- Jesus who reveals the invisible Father to us is the basic Sacrament.
- The Church remains as the Sacrament of Jesus by giving us Jesus, the Sanctifier.
- The Sacraments are the visible signs instituted by Jesus to sanctify and empower us with the invisible divine life viz. grace
- Sacraments sanctify the various stages of our life and help us to grow in Gods grace.
- Jesus who is present in the sacrament sanctifies us through the sacraments and lead us to the experience of Salvation.

#### 2. Attitude

- Show respect and love to the Sacraments.
- Participate in the Sacraments with the faith that they are the sanctifying rituals.

#### 3. Habit

- Attend daily the Holy Qurbana which sanctifies our life. Receive the sacrament of reconciliation very frequently.
- Receive and take part in all the Sacraments faithfully, worthily and with full preparation.

### **III. Teaching Aids**

Charts of the pictures given in the text book, charts of each Sacrament and Bible pictures depicting the same (eg. Baptism- picture of Jesus receiving Baptism) the Holy Bible

### **IV. Introduction to the lesson**

Start the lesson with a brief description of sacraments using a big chart of the picture given on Page 75 of the text book. Then give the details about the need and specifications of each sacrament, how Jesus is considered as the sacrament of Holy father, why Church is called the sacrament of Jesus etc. Then explain using charts how the sacraments are related to the Word of God.

### **V. Activities related to the lesson**

Do as directed in the first lesson

#### **Answers**

1. Page 71, 72
2. Page 72
3. Page 73
4. Page 73
5. Page 74

### **VI. Additional Activities**

Make a chart showing the Sacraments received at different stages in the life of a person

**LESSON 10**  
**The Sacraments of Initiation**

**I. Preface**

**II. Children should acquire**

**1. Understanding**

- Baptism, Chrismation and Holy Eucharist are called the Sacraments of Initiation
- These are called sacraments of Initiation because they initiate a person into the mystery of the Messiah as well as into the Church community
- Baptism is the participation in the death and resurrection of Jesus.
- Benefits of Baptism: Forgiveness of sins, born as children of God, incorporated into the Fellowship of the Church
- Baptism is a sacrament of faith.
- Chrismation is the Sacrament that grants the strength and grace of Holy Spirit to those who have become children of God through Baptism so that they can propagate the gospel of Christ and bear witness to Christ.
- We are temples of the Holy Spirit.

**2. Attitude**

- Considering that we are children of God and are temples of the Holy Spirit, we should respect and love ourselves and also others.
- Decide to keep our body holy and free of sin

### **3. Habit**

- Live as children of God bearing witness to a life of love
- Respect and love everybody

### **III. Teaching Aids**

Charts of the pictures given in the text book, Photos of receiving baptism and Chrismation, charts showing the different signs, symbols and actions involved in baptism and their meanings, the Holy Bible

### **IV. Introduction to the lesson**

Start the lesson with a brief description of how Jesus after his resurrection entrusted his Apostles with His mission. Using the photos of Baptism explain its meaning. With the help of charts explain how the Pentecost is connected with the Sacrament of Chrismation.

### **V. Activities related to the lesson**

Do as directed in the first lesson

#### **Answers**

1. Page 77, 78
2. Page 78
3. Page 78
4. Page 81
5. Page 82, 83

### **VI. Additional Activities**

Make a chart showing all the Sacraments and rituals involved in administering them.

**LESSON 11**  
**The Sacraments of Healing**

**I. Preface**

**II. Children should acquire**

**1. Understanding**

- The Sacraments of penance and the Sacrament of Anointing the Sick grant forgiveness of sins and health in a special way. Therefore, they are known as sacraments of Healing
- Sacrament of Reconciliation grants forgiveness of sins, the power not to sin again and reconciles us with God and man.
- The Sacrament of Reconciliation helps to restore four types of relationships ruined by our sins ie. Relationship with God, with his brothers (man & man) bond with himself as well as with the world.
- As Jesus has entrusted church with the power to forgive sins we confess our sins to a Priest, representative of the Church community.
- To receive Sacrament of reconciliation worthily, five requisites are required ie. Examination of conscience, Contrition, resolution, Confession and Penance.
- The Sacrament of Anointing of the sick grants forgiveness of sins and recovery from sickness and thereby gives health both for body and Spirit.

**2. Attitude**

- Receive Sacrament of reconciliation frequently.
- The decision to visit the sick and pray for them.

### **3. Habit**

- Receive sacrament of Penance at the earliest if one happens to sin.
- Visit the sick and Pray for them.

### **III. Teaching Aids**

Charts depicting Jesus granting forgiveness of sins and recovery from sickness, Picture showing Jesus blessing a person when priest forgive his sins. Narrate the story of St. Augustine to show his repentance, the Holy Bible

### **IV. Introduction to the lesson**

Start the lesson narrating the story of the Prodigal son and describe the Peace we get being absolved of the sins.

With the help of the chart narrate that when the priest forgive the sins, it is Jesus himself who is forgiving our sins. Arrange for a situation where children can attend when priest is administering the Sacrament of Anointing the Sick.

### **V. Activities related to the lesson**

Do as directed in the first lesson

#### **Answers**

1. Page 84, 85
2. Page 87-88
3. Page 88
4. Page 87-88
5. Page 89

### **VI. Additional Activities**

Attend the Sacrament of Anointing the Sick if there is a chance.

## LESSON 12

# The Sacraments of Holy Orders

### I. Preface

### II. Children should acquire

#### 1. Understanding

- Priest is the mediator between God and man
- Through baptism we all are incorporated into the priesthood of Jesus. This is called the common priesthood of the people of God. However, God selects some people especially for His service, appoints them to be with Him and authorize them to share His mission of proclaiming the message, teaching, healing the sick and cast out demons etc. They are the people with Ministerial Priesthood.
- The Bishops who are successors of the apostles, hand over the priesthood through "the laying on of hands".
- The duties of a priest are to teach the People of God, lead them and sanctify them.
- Through incessant prayers, frequent reception of sacraments, Bible reading etc. one should find out the vocation for which he is called for.

#### 2. Attitude

- Have respect and love for the Priests chosen for the Ministerial priesthood.
- Pray for the call to Priesthood.

#### 3. Habit

- Give respect to the priests by wishing them whenever we meet them
- Pray to God that He may give many Priests to the church.

### **III. Teaching Aids**

Charts of the pictures in the lesson, pictures/ CD on the anointing of Priests, Books detailed in the various stages leading to priesthood, the Holy Bible etc.

### **IV. Introduction to the lesson (Presentation)**

Start the lesson by reading and discussing about the Bible portion of Jesus inviting his disciples. Using the CD / or pictures describe the various stages of receiving priesthood. Explaining the prayers of ordination, make the children understand the priestly duties. By reading and discussing the Priesthood from the old and new testaments, explain the difference between them.

### **V. Activities related to the lesson**

Do as directed in the first lesson

#### **Answers**

1. Page 93
2. Page 93, 94
3. Page 94
4. Page 95
5. Page 96, 97

### **VI. Additional Activities**

Write in detail the qualities you have noticed in a priest whom you love and respect and share these details with him.

## LESSON 13

# The Sacraments of Matrimony

### I. Preface

### II. Children should acquire

#### 1. Understanding

- Through the Sacrament of Matrimony husband and wife become one in the bondage of love.
- It is a strong union, united by God and inseparable by human being. It is a life of mutual love, dedication and unity.
- Sacrament of Matrimony gives necessary grace to the husband and wife to love limitlessly, to co-operate with God in Procreation and bring them up their children in a way pleasing to God.

#### 2. Attitude

- Select the life partner only through the Sacrament of Matrimony.
- Consider that Matrimony is a vocation and a responsibility given by God.

#### 3. Habit

- Pray always to get a good life partner.
- Pray to God for the broken families and their reunion.

### III. Teaching Aids

Charts of the pictures in the lesson, pictures/ CD of people entering in holy matrimony, Books with details of the rituals used during the sacrament of matrimony, the Holy Bible etc.

#### **IV. Introduction to the lesson (Presentation)**

Start the lesson explaining the rituals of Matrimony with the help of CD/ Pictures. Make children understand the duties of husband and wife. Through a debate or discussion make children understand that the blessing of God received while entering into life through the sacrament of matrimony will not be received for those entering into a life through register marriage. Make them also understand the need to choose a life partner who has Catholic faith.

#### **V. Activities related to the lesson**

Do as directed in the first lesson

##### **Answers**

1. Page 100
2. Page 102
3. Page 102, 103
4. Page 100
5. Page 102

#### **VI. Additional Activities**

Discuss about the matters causing broken families and ways to resolve the same.

## LESSON 14

# The Liturgical Year and Christian Life

### I. Preface

### II. Children should acquire

#### 1. Understanding

- Recalling the significant events in the Salvific Scheme of God consummated in Jesus, we offers Praise, worship and thanks to God in the liturgical year.
- The time bound commemoration and observance of all the salvific events consummated in Jesus and a life suiting to their spirit would transfer us to true Christians.
- On the basis of the important events in the history of salvation, the liturgical year is divided into nine seasons: i) Annunciation (ii) Nativity (iii) Epiphany (iv) Lent (v) Easter (vi) Apostles (vi) Kaitha (vii) Elijah-Cross- Moses and (ix) Dedication to the Church
- The night prayers help us to contain and understand each season of the liturgical year.

#### 2. Attitude

- Interest for the Liturgical Year of SyroMalabar church.
- Adjust and arrange the prayers according to the spirit of each season.

#### 3. Habit

- According to the spirit of the different seasons liturgical prayers are practiced.
- Take part in the night prayers whole heartedly.

### **III. Teaching Aids**

Charts of the pictures in the lesson, pictures of different seasons of the Liturgical year explaining the salvific events, icons, Holy Bible etc.

### **IV. Introduction to the lesson (Presentation)**

Start the lesson showing a chart or icon depicting the importance of the liturgical year. Teach about the important salvific events in the life of Jesus and each season reminding these events and write it down on the board. Using the prayer books of night prayers and the Holy Qurbana explain the importance of each season.

### **V. Activities related to the lesson**

Do as directed in the first lesson

#### **Answers**

1. Page 106
2. Page 107
3. Page 108
4. Page 111
5. Page 111

### **VI. Additional Activities**

Exhibit chart explaining the seasons of liturgical year and the Salvific events in each season.

**LESSON 15**  
**The Consecrated Life**

**I. Preface**

**II. Children should acquire**

**1. Understanding**

- Right from the beginnings of the church there are people who renounced all luxuries of life and tried for perfection through religious life.
- Like the faithful who embraced martyrdom during religious persecution, many faithful came forward to lead a life of renouncement to bear witness to Jesus.
- Religious life is a sign of the Kingdom of God and an intimate imitation of Jesus.
- Religious life is in the church and for the church.
- All the youngsters – boys and girls are duty bound to respond to the divine call for dedication of life and be of Jesus to serve people of God.
- The foundation for religious life is the evangelical consuls of obedience, chastity and poverty

**2. Attitude**

- Love and respect for those who have consecrated their life to Jesus.
- Openness to accept the vocation .

**3. Habit**

- Pray everyday to recognize the vocation in life.
- Pray that the church may get more and more people who consecrate their life for service of God.

### **III. Teaching Aids**

Charts of the pictures in the lesson, pictures of dedicated people who became saints, pictures of saints and blessed people in Syro Malabar Church, stories of those faithful who embraced martyrdom, the Holy Bible etc.

### **IV. Introduction to the lesson (Presentation)**

Show a visual of the rich young man who approached Jesus seeking eternal perfection / life. Discuss about the sacrifices embraced in early churches citing the example of a few martyrs. Then discuss about the services rendered by people dedicated to religious life and also discuss about the saints in Syro-Malabar Church.

### **V. Activities related to the lesson**

Do as directed in the first lesson

#### **Answers**

1. Page 114, 115
2. Page 115
3. Page 116
4. Page 117
5. Page 118

### **VI. Additional Activities**

1. Collect the pictures of saints who have consecrated their life for church.
2. Discuss about your vocation with a religious person known to you.

# Syro-Malabar Catechetical Centre Provides



ON THE PATH OF SALVATION 9

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