



ON THE PATH OF SALVATION
TEACHINGS OF JESUS

GRADE 7

TEACHERS GUIDE
QUESTIONS & ANSWERS
BIBLIOGRAPHY

For Teachers & Parents: How to use this book?



Prayer: The teacher and students recite the given prayer of each lesson.



Driving Questions: The teacher asks the question at the beginning of each lesson and listens to response of the students.



Activities within the Lesson: Activities are meant to ensure that the student understands the content. The teacher can decide which activities are to be done in class and which are to be given as homework. It is recommended to reward students who have completed all activities at the end of each semester or at the end of the year.



Simulation Activity: The Simulation activity is important to assess how much the student understood the content of the lesson. Once the lesson is complete, the teacher reads the simulation question to the students and asks them to circle their responses. Ask one or two students what their rating is and why that rating was chosen.



Word of God for Our Guidance: Challenge the students to memorise the Word of God before the lesson is complete.



Check Your Understanding: There are direct and application questions in this section. Direct questions are easy for students to answer. Application questions require more high order thinking skills (Analyse, evaluate and create). Hence, teachers are to use both direct and application questions in proportion for assessing the children.



Go Deeper: Statements or questions in the Go Deeper section help students examine their conscience with respect to the commandment they have learnt and helps them prepare for a good Confession.



Abbreviations Used in this Book: CCC: Catechism of the Catholic Church, GS : Gaudium et spes, YOUCAT: Youth Catechism of the Catholic Church, Q& A : Question & Answer

Introduction

The purpose of this document is to offer a comprehensive guide for Catechism teachers on effectively approaching the activities and questions presented in each chapter of the textbook. Teachers are recommended to use this document to access answers for all the Activities, and Check Your Understanding sections. Additionally, this guide will offer teachers the opportunity to gain a pre-lesson understanding of the chapter with the newly developed Learning intention and Success Criteria sections that will capture the core of what will be taught and learnt.

The guide will be formatted in this manner for each lesson:

1. Learning Intention

The learning intention is, as the name suggests, the aim of the chapter's teachings – that is, what the student's key takeaway should be. This learning intention should form the base of how the teacher approaches teaching that chapter.

For example,

Learning Intention

The Third commandment, Keep the Sabbath day Holy, teaches us that participating in Holy Qurbana every Sunday is an obligation and “those who deliberately fail in this obligation commit a grave sin” (CCC 2181). The Eucharist and Holy Qurbana are where we find our strength for daily life. Without it, we “are condemned to be dominated by the fatigue of everyday life.”

As seen above, this portion of each chapter's guide clearly outlines what the student is expected to confidently know, and therefore, what the teacher is expected to wholly impart by the end of the lesson.

2. Success Criteria

The success criteria provide actionable goals for the student's learning and for a teacher, it will create a framework of the main objectives achieved by teaching that lesson. Each criterion will be framed in a manner that elucidates what specific insight the student should gain.

For example,

Success Criteria

1. Students will be convinced by the truth of the real presence of Jesus in the Holy Qurbana. It is the Holy Eucharist that provides the nourishment needed to truly live out the Gospel well in our daily lives. The receipt of the Holy Eucharist is the focal point of the Holy Qurbana.
2. Students will experience the real presence of Jesus in the consecrated bread and wine, which nourishes us through an intimate encounter with Jesus Christ our saviour.
3. Students will learn to celebrate Sunday holy to place our trust in the heavenly Father, not in earthly things;”
4. Students will decide to abstain from unnecessary labour on Sundays, which help them to live out their identity as sons and daughters of God.

3. Activity

The answers for each activity in every lesson are provided. Provide these answers to the students after they complete their attempt at doing the activity.

In the case where the activity is a discussion and answers will vary, a sample answer may be provided. In activities requiring reading or reflecting, teachers are still encouraged to prompt a brief discussion if time permits.

4. Check your Understanding

The answers for the check your understanding section at the conclusion of each chapter is provided in this guide. Some answers can be directly taken from the text book but some application questions will require individual thinking from students. In this case the answers will be inevitably vary.

It is recommended that teachers refer to this guide for the answers. The answers are given elaborately in some cases , so teachers are requested to summarise them accordingly.

5. Other

Some lessons have crosswords – the correct solutions for these are provided.

LESSON

01

What should I do to attain Eternal life?

Learning Intention

God revealed the Ten Commandments on Mount Sinai and invited His people to obediently live out these Commandments through obedience. God gave His people these commandments or rules as reminders of what was good and right - as reminders of who He created them to be. We need to obey God's commandments, live with love, respect and kindness and become God's own children both here on earth, and in Heaven.

Jesus is the perfect model for living out the commandments with love. Jesus desires that all His disciples give heed to these commandments in their daily lives.

Success Criteria

1. Students will understand that Love of God is at the heart of a Christian's actions. God wants to be a personal God to all of us. He wants us to know who He is and how we can live a life of love for God.
2. Students will be able to describe how Love for others gives us the ability to treat everyone with kindness and be self-sacrificial, putting others' needs before ours.
3. Students will learn to obey God's commandments, live with love, respect and kindness and become God's own children both here on earth and in Heaven.



Check Your Understanding

1. Using the example of traffic rules, explain why the following the Ten Commandments are essential to reach eternal life.

Consider what would happen if there were no traffic rules? It can be confusing, annoying, and even end up hurting people. Similarly, we need God's Commandments to navigate our life to its full potential and to reach heaven.

Each of the commandment keeps us on the right path, ensuring a safe, harmonious journey towards the ultimate destination—eternal life. Just as following traffic rules prevents accidents and chaos, adhering to the Ten Commandments maintains spiritual order and guides us towards a fulfilling and peaceful life.

2. What is the summary of the Ten Commandments according to Jesus?

Jesus summarised the Ten Commandments with two fundamental principles, often referred to as the Greatest Commandments:

- ◆ Love God: "You shall love the Lord your God with all your heart, with all your soul, and with all your mind." (Mathew 22:37)
- ◆ Love Your Neighbour: "You shall love your neighbour as yourself." (Mathew 22:39)

Jesus explained that the whole Law and the Prophets depend on these two commandments" (Matthew 22:40). Essentially, by loving God and loving others, we fulfill the intent of all the commandments.

3. The Ten Commandments outline acts that are pleasing to God as well as those that are detestable in His eyes. Illustrate this statement using any two of the ten commandments.

The Ten commandments guide us to live in a way that honours God and promotes a just and loving community. By adhering to the Commandments of God, we align our actions with what is pleasing to God and avoid what He finds detestable.

1. "You shall not murder"

Pleasing to God: Valuing and preserving human life is fundamental to God's will. Acts of kindness, compassion, and care for others are immensely pleasing to Him.

Detestable: Taking another person's life is detestable to God. Abortion, Murder, hatred, and violence directly oppose the sanctity of life that God upholds.

2. "You shall not steal"

Pleasing to God: Honesty, integrity, and respect for others property align with God's values. Being trustworthy and fair in dealings pleases God.

Detestable: Theft, deceit, and dishonesty are detestable to God. Taking what does not belong to you shows a lack of respect for others and diminishes the foundation of trust.

4. The first three Commandments tell us how to love God. What are they?
 1. I am the Lord your God. You shall not have any other 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.

LESSON

02

God is Number One

Learning Intention

The First Commandment, *I am the Lord your God. You shall not have any other gods before me*, is the greatest as God Should be the centre and light of our lives.

There is only ONE God! His holy name is Yahweh (THE LORD). He is the creator of everything in the universe and He made people special, to love and follow him. The entire creation comes into existence by the power of His Word.

Success Criteria

1. Students will be convinced that God showers us with love, so we too must love and worship Him with all our heart and soul.
2. Students will understand that they cannot place anything in their lives before God, not their material wealth, ambition, career, or even their relationships with others.
3. Students will be convinced that worship of God includes: Attending Holy Qurbana, Adoration, Prayer, Sacrifices & keeping the promises and vows made to God.
4. Students will understand that the First commandment embraces the divine virtues of Faith, Hope & Charity.



Activity 2

Fill in the blanks with the correct words:




(love Yahweh adore justly creator Word vocation)

God is the **creator** of all things in the universe. Jesus highlights that there is not one among many, but one true God, **Yahweh**. The entire creation comes into existence by the power of His **word**. Hence, it is our duty to **adore** Him. The first commandment is also a reminder of God's **love**. To worship Him is to act **justly** and to live out our **vocation**, as we are also called to love Him with all our hearts.



Activity 3

Fill in the blanks:

Theological Virtue	Use a suitable word (total surrender, eternal salvation, love) to fill in the blanks.	Sins against theological virtues. (Unscramble the word in the brackets to fill in the blanks.)
 Faith	<i>Faith is the total surrender of our life to God. It is man's response to God, who reveals Himself as our Creator and Protector.</i>	<i>Voluntary doubts (dbotus) about God</i>
 Hope	<i>Hope is the firm conviction that the Almighty, merciful and ever faithful God will give us the graces and blessings needed for eternal salvation</i>	<ol style="list-style-type: none"> 1. despair (dpesair) 2. presumption (ptpresumion)
 Charity	<i>Charity is the virtue that enables us to love God above everything else and to love others as we love ourselves.</i>	<ol style="list-style-type: none"> 1. hatred (trahed) towards God 2. indifference (ifferndience)



Activity 4

Discussion:

A famous pop singer is coming to your city for a concert on a Sunday, and you really want to attend. However, attending the concert would require you to drive all day, causing you to miss the Sunday Holy Qurbana. Is it acceptable to miss a single Holy Qurbana to see your favourite pop artist? Why?

Answers can vary

According to the first commandment, “You shall have no other Gods before me,” placing God above all other interests and commitments is paramount. This commandment encourages us to prioritise and give utmost importance to our relationship with God and giving Him due reverence. Attending Holy Qurbana is the most significant of all worship when giving our Love and respect to God.

Missing Sunday Holy Qurbana to attend a concert could be seen as placing a worldly pleasure above one’s duty to worship and honour God. The first commandment teaches that participating in Sunday Qurbana is a must to fulfil the obligation to keep the Sabbath day holy.

In this context, choosing to miss Holy Qurbana for a concert shows that the concert is being placed in higher importance than worship of God, which is against the first commandment.



Check Your Understanding

1. What is the holy name used for God in the Old Testament?

Yahweh ((THE LORD)).

2. Jesus said to the lawyer. “The Lord our God is one Lord, and you shall love the Lord your God with all your heart, and with all your soul and with all your might.” Find out and explain two things you do to adore and love Lord our God.

Any two of the below

Adoration: To adore God is to acknowledge him as God, as the Creator and Saviour, the Lord and Master of everything that exists, as infinite and merciful Love.

Prayer: To lift up our hearts towards God is to engage in a loving conversation, which involves talking to and listening to God. Prayer consists of praise, thanksgiving, intercession, and petition.

Sacrifice: Every action done to cling to God in communion with holiness, and thus achieve blessedness, is a true sacrifice. By uniting ourselves with Jesus’ sacrifice in the Holy Eucharist, we can make our lives a sacrifice to God

Promises & Vows: Sacraments such as Baptism, Matrimony, and Holy Orders involve promises made to God. Out of personal devotion, Christians may also promise to God an action, a prayer, alms-giving, a pilgrimage, and so forth. Fidelity to promises made to God is a sign of adoration.

3. Name the three theological virtues and why they are called theological virtues?

Faith, Hope & Charity are the theological virtues. They are called this “because they have God for their object, and because they are infused into our souls by God alone, as also, finally, because we come to know of them only by Divine revelation in the Sacred Scriptures.”

By faith, we believe in God and believe all that he has revealed to us and what the Holy Church proposes for our belief. Hope is a virtue that helps us to remain confident in God’s promises of divine blessings and eternal salvation (CCC 1817). By charity, we love God above all things and love our neighbour as ourselves for the love of God. Charity “binds everything together in perfect harmony” (Col 3:14).

4. Prayer is a loving conversation that involves both talking and listening to God. Write a prayer of your own in less than fifty words.

Answers can vary

5. How do we venerate Mother Mary and saints in your parish or home? List your practices with examples.

In churches and houses, or even in our cars, we keep pictures or statues of saints. We do not worship saints; rather, we revere and respect them. The Christian veneration of images is not contrary to the First Commandment which prohibits idols. “The honour rendered to an image passes to its prototype...whoever venerates an image venerates the person portrayed in it.” The honour paid to a sacred image is a “respectful veneration,” not the adoration due to God alone (CCC 2132).

Parish Practices

- ◆ **Feast Days and Celebrations:** Special Masses and processions on feast days like the Feast of patron saints like St Alphonsa, St Thomas & other saints.
- ◆ **Novena Prayers:** Nine-day prayer sequences dedicated to specific saints or to Mother Mary, such as the Novena to Our Lady of Perpetual Help.
- ◆ **Statue and Icon Veneration:** Bowing, lighting candles, or placing flowers before statues of Mother Mary and other saints as a sign of respect and reverence.
- ◆ **Rosary Recitations:** Group recitations of the Rosary, often before the Holy Qurbana.

Home Practices

- ◆ **Home Altars:** Creating a dedicated space with saint statues, and candles for family prayer and reflection.
- ◆ **Daily Prayer:** Including specific prayers to Mother Mary and the saints in daily prayers.
- ◆ **Rosary and Chaplets:** Personal or family recitation of the Rosary or other chaplets dedicated to saints.
- ◆ **Reading Lives of Saints:** Regularly reading books or stories about the lives of saints to draw inspiration and guidance.

6. What does it mean to say that ‘God is number one’? Explain in your own words.

Saying “God is number one” means that God has the highest priority in our life. It implies that I place God above all other concerns, desires, and obligations. My faith and relationship with God take precedence over everything else, I rely on God’s guidance and wisdom in all aspects of life, I obey Gods commandments and teachings & I love God with all my heart, soul, and mind, as Jesus summarised in the Greatest Commandments.

7. The worship of the one God sets man free from, and also from (CCC 2097).

The worship of the one God sets man free from ***turning in on himself, from the slavery of sin and the idolatry of the world***”

8. What is the greatest form of worship in the catholic Church?

The Holy Sacrifice of the Mass is the sublime worship. It’s the greatest way of providing worship to God (II Vat. Council; SC 33). We must participate in the Holy Qurbana and actively worship God.

LESSON

03

God's Name Adorable Name

Learning Intention

The Second Commandment, You shall not take the name of the Lord your God in vain, teaches us that since “The Lord’s name is holy” (Luke 1:49), we must not abuse it. The name of God is not a just title alone, but an intimate truth, a reality and a presence! God faithfully promised His people that wherever His name is invoked, there He will be present (Exodus 20:24). The name of the Lord has saving power; whoever calls upon the Lord with adoration, love and respect, they shall be saved (Joel 2:32).

Success Criteria

1. Students will learn to show reverence and love to God’s name on all occasions. The name of the Lord has saving power; whoever calls upon the Lord with adoration, love and respect, they shall be saved (Joel 2:32).
2. Students will learn to respect the holy, especially how persons, places and objects belonging to God must always be treated with respect.
3. Students will understand the purpose of being named after a saint is so that the child can grow in virtue, modelling their life after the saint.



Activity 1

Listen to the song “What A Beautiful Name”& meditate

<https://www.youtube.com/watch?v=nQWFzMvCfLE>



Activity 2

Fill in the blanks by unscrambling the words in brackets:

(mypheblas, erytmys, ermagra).

1. **marriage** involves an oath in the name of God.
2. Using words of hatred and reproach against God is called **blasphemy**.
3. Respect for God's name is an expression of the respect owed to the **mystery** of God.



Check Your Understanding

1. What is the holy name of God revealed to Moses?

“Yahweh or THE LORD”

2. The name “Jesus” means “God saves”. How is the name and its meaning witnessed in the life of Jesus?

The name “Jesus” is derived from the Hebrew name Yeshua, which translates to “Yahweh is salvation” or “God saves”. This name is absolutely significant, reflecting the central mission and purpose of Jesus’ life and ministry.

Jesus witnessed the meaning of His name in His life by the following ways.

- ◆ **Through His teachings:** Jesus’ message centered on the themes of forgiveness, love, and redemption. He consistently taught that salvation was available to all who believed in him, demonstrating God’s saving grace.
- ◆ **Through Miracles:** The miracles Jesus performed, such as healing the sick, raising the dead, and feeding the hungry, illustrated his divine power and compassion. These acts were examples of God’s salvation and intervention in human lives.
- ◆ **Jesus’ Sacrifice:** The ultimate meaning of Jesus’ name as “God saves” refers to his sacrificial death on the cross-attaining atonement for our sins, helping us to reach eternal salvation.
- ◆ **Jesus’ Resurrection:** Jesus’ resurrection from the dead signifies victory over sin and death, proclaiming the promise of eternal life for those who trust in him. The resurrection of Jesus Christ is the cornerstone of Christian faith, symbolising hope and salvation.

3. God’s name releases saving power. Analyse this statement and explain it with an example from the life of Apostles Peter and John.

The statement “God’s name releases saving power” reflects the belief that invoking the name of God, particularly in faith and reverence, can bring about divine intervention and miraculous events.

The apostles understood the divine power inherent in the name of Jesus. One day Peter and John were going up to the temple at the time of prayer. A man who was lame from birth was being carried to the temple gate. When he saw Peter and John about to enter, he asked them for money. Peter looked straight at him, and said, “Look at us!” So the man gave them his attention, expecting to gain some kind of worldly possession. Then Peter said, “Silver or gold I do not have, but what I do have, I give you. In the name of Jesus Christ of Nazareth, walk!” Taking him by the right hand, he helped him up, and instantly the man’s feet and ankles became strong. He jumped to his feet and began to walk (Acts 3:1-10)

Peter invoked the name of Jesus Christ, which signifies his faith in the power and

authority of Jesus. This act demonstrates that the name of Jesus carries the power to heal and transform. This example shows how the apostles, through faith and the invocation of Jesus' name, were able to channel God's saving power to perform miracles and bring about profound changes in people's lives.

4. Why do you think that violation of oaths and promises made to others in God's name is an act against the second commandment?

This commandment emphasises the importance of respecting God's name and not using it carelessly or disrespectfully. When we make an oath or promise in God's name, we are invoking God as a witness to our commitment. Violating such oaths and promises are acts against the second commandment. Trust is fundamental in relationships. When we make a promise in God's name and then breaks it, it undermines trust, not just in us but also in the sanctity of God's name.

Using God's name to make a promise or oath implies that we are sincere and truthful. Breaking that promise is a form of deceit, which is against the second commandment.

5. In a very difficult situation, you are tempted to use swear words and curses. How can you explain to your inner self that using swear words goes against the second commandment?

Swear words and curses are a violation of the Second Commandment. Cursing one's neighbours, who are created in God's image, is disrespecting God Himself. We must always strive to refrain from using bad words, false statements, as well as from partaking in indecent conversation and gossip. Our bodies are the temples of the Holy Spirit, so our tongues must only utter things that glorify God and educate others. "Let no evil talk come out of your mouths, but only such as is good for building up as fits the occasion, that it may impart grace to those who hear." (Eph 4:29).

6. Speaking ill of God is called

Blasphemy

LESSON

04

The Day of the Lord

Learning Intention

The Third commandment, Keep the Sabbath day Holy, teaches us that participating in Holy Qurbana every Sunday is an obligation and “those who deliberately fail in this obligation commit a grave sin” (CCC 2181). The Eucharist and Holy Qurbana are where we find our strength for daily life. Without it, we “are condemned to be dominated by the fatigue of everyday life.”

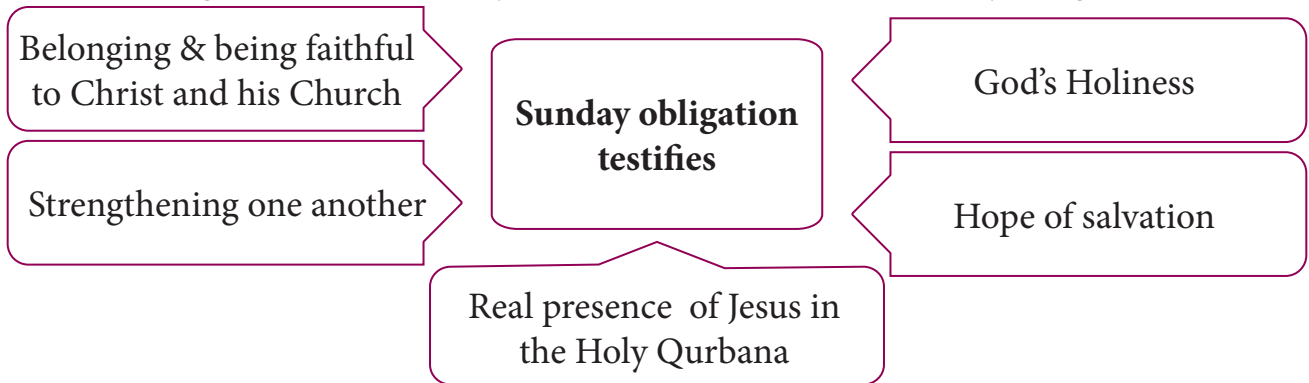
Success Criteria

1. Students will be convinced by the truth of the real presence of Jesus in the Holy Qurbana. It is the Holy Eucharist that provides the nourishment needed to truly live out the Gospel well in our daily lives. The receipt of the Holy Eucharist is the focal point of the Holy Qurbana.
2. Students will experience the real presence of Jesus in the consecrated bread and wine, which nourishes us through an intimate encounter with Jesus Christ our saviour.
3. Students will learn to celebrate Sunday holy to place our trust in the heavenly Father, not in earthly things;”
4. Students will decide to abstain from unnecessary labour on Sundays, which help them to live out their identity as sons and daughters of God.



Activity 1

The following illustration helps you to understand what a Sunday obligation means:



Discuss how the Sunday celebration at your parish church help you to reflect on the above illustrations.

The Sunday celebration at my parish church provides a rich and blessed experience for testifying

- 1. The real presence of Jesus in the Holy Qurbana:** The receipt of the Holy Eucharist is the focal point of the Holy Qurbana. We experience the real presence of Jesus in the consecrated bread and wine, which nourishes us with an intimate encounter with Jesus Christ our Saviour. The solemnity and reverence of the Holy Eucharistic celebration invite us to deeply reflect on the mystery of Christ's presence.
- 2. God's Holiness;** The liturgical elements of the Holy Qurbana including prayers, readings, and hymns, highlight God's holiness. The sacred space and the reverent atmosphere elevate our awareness of God's divine nature. Sacred moments and contemplation during the Holy Qurbana provide opportunities to meditate on God's holiness and our relationship with the divine power.
- 3. Hope of salvation:** The readings and homilies often focus on the hope and promise of salvation. These messages encourage us to live our lives in the light of Christ's teachings and the hope of eternal life. Participation in the sacraments - Baptism, Confession, Confirmation, and especially Holy Eucharist - serves as a reminder of the grace and salvation offered through Jesus Christ.
- 4. Belonging & being faithful to Christ & His Church:** Church is the Mystical Body of Christ. Every Sunday, our parish gathers for Holy Qurbana as a community of believers. This collective worship and coming together creates a sense of belonging and commitment to the parish we belong. Participating in the Syro- Malabar Holy Qurbana reinforces our identity as members of the Syro- Malabar Catholic Church, binding us together in faith and our great traditions. Celebrating the feast day of saints and other special events binds and strengthens us.
- 5. Strengthening one another:** Praying together as a congregation strengthens our bonds and encourages mutual support. Sharing joys and sorrows during the Holy Qurbana helps us to build a supportive community. After the Holy Qurbana parishioners often engage in fellowship activities, providing opportunities to connect, support, and uplift one another.



Activity 2

Every Christian is obliged to attend Holy Qurbana:

- ◆ Christmas: December 25th
- ◆ Denaha/Epiphany: January 6th
- ◆ Feast of St Peter & St Paul: June 29th
- ◆ The Ascension of our Lord: 40 days after Easter Sunday
- ◆ Dukhrana/St Thomas Day: 3rd July
- ◆ The Assumption of our Lady : 15th August



Activity 3

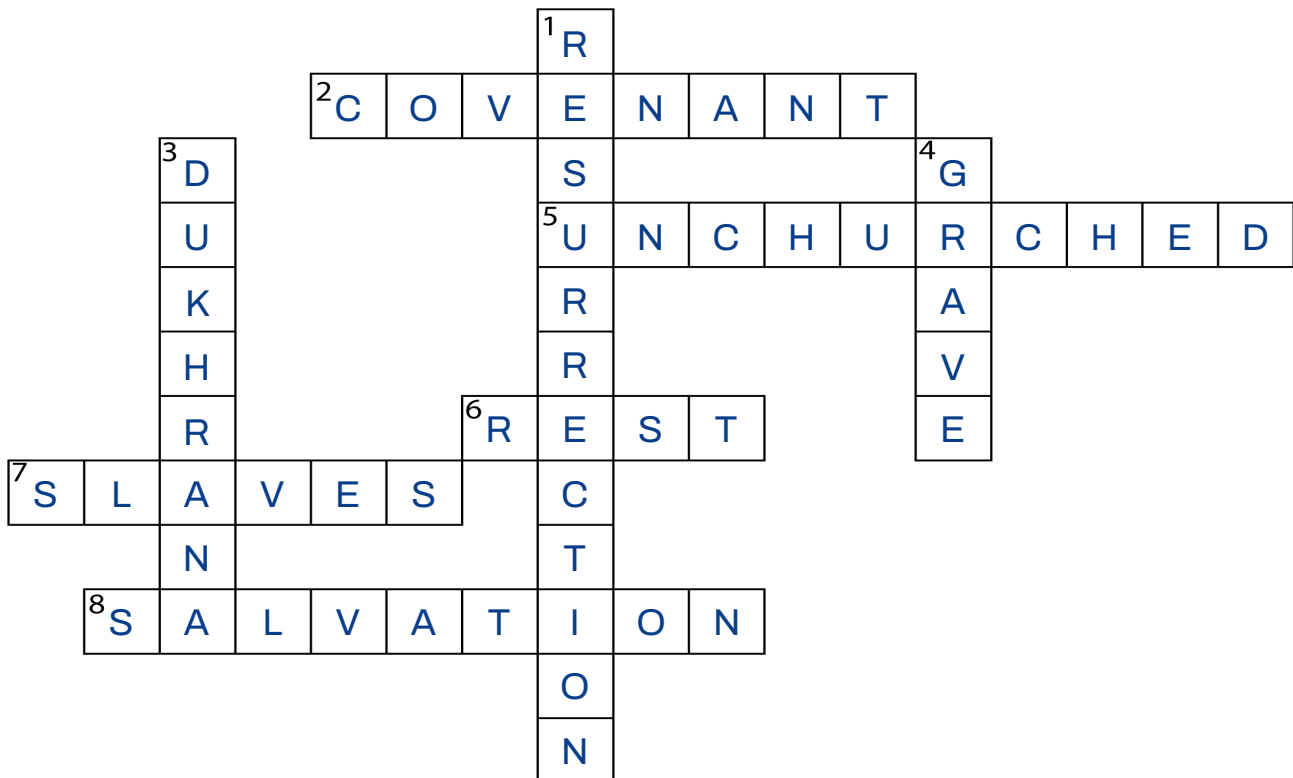
Crossword:

ACROSS

2. Observing the Lord's Day reminded God's people of His with His people.
5. Livestreaming the Mass helps to reach out the
6. Meaning of the Hebrew word Sabbath.
7. Abstaining from unnecessary labour on Sundays helps us to live out our identity as sons and daughters of God, and not
8. Sunday obligation testifies the hope of

DOWN

1. Sabbath was changed from the last day of the week to the first day of the week because of the
3. Martyrdom of St Thomas the Apostle is known by this name.
4. Those who deliberately fail in Sunday obligation commit a sin.





Check Your Understanding

1. Can you give at least two reasons why Christians changed Sabbath observance from Saturday to Sunday?
 - ◆ Conquering sin and death, Jesus resurrected on Sunday. Also, after his Resurrection, Jesus appeared to the Apostles twice, each time on a Sunday (John 20:19 & 26). As a result, Sundays became known as the Lord's Day for Christians.
 - ◆ The Holy Spirit descended upon the apostles on a Sunday, 50 days after the resurrection, on the day of Pentecost.

2. God asks us to refrain from work or activities that hinder the worship and to take rest. Which historical event in the life of Israel prompts us to think of God's command to take rest?

The Lord's Day is a memorial of Israel's liberation from the bondage and restless labour in Egypt. In Deuteronomy 5: 13-15 God instructed the people of Israel that "Six days you may labor and do all your work, but the seventh day is a sabbath of the LORD your God. You shall not do any work, either you, your son or your daughter, your male or female slave, your ox or donkey or any work animal, or the resident alien within your gates, so that your male and female slave may rest as you do. Remember that you too were once slaves in the land of Egypt, and the LORD, your God, brought you out from there with a strong hand and outstretched arm. That is why the LORD, your God, has commanded you to observe the sabbath day.

3. Is it okay to attend Mass online on Sundays to fulfil our Sunday obligation? Give your reasons.

No, the Church requires us to attend Holy Qurbana, in person, on all Sundays and all days of obligation for the following reasons.

Firstly, we can receive the body and blood of Jesus Christ from the altar only by attending Holy Qurbana in-person, which cannot happen through a streamed service.

Secondly, the Church is the Mystical Body of Christ. Active, in-person participation reinforces this reality. It is difficult to reinforce the feeling of community through an online Holy Qurbana.

4. How can we respond to those who say that there is no need to go to Mass, not even on Sundays, because what is important is to live well, and love our neighbours?

The Eucharist and Holy Qurbana are where we find our strength for daily life. Without it, Christians "are condemned to be dominated by the fatigue of everyday life." Christians do not go in order to give something to God, "but to receive from Him what we really need!"

5. Mention at least three things we testify by observing the Lord's Day faithfully. Can you describe at least one event from your parish to show how it is reflected in your community's Sunday celebration.

Any of the below three.

1. Belonging & being faithful to Christ & His Church
2. Strengthening one another
3. Real presence of Jesus in the Holy Qurbana
4. God's Holiness
5. Hope of Salvation

Real presence of Jesus in the Holy Qurbana: The receival of the Holy Eucharist is the focal point of the Holy Qurbana. We experience the real presence of Jesus in the consecrated bread and wine, which nourishes us with an intimate encounter with Jesus Christ our Saviour. The solemnity and reverence of the Holy Eucharistic celebration invite us to deeply reflect on the mystery of Christ's presence.

Belonging & being faithful to Christ & His Church: Every Sunday, our parish gathers for Holy Qurbana as a community of believers. This collective worship and coming together creates a sense of belonging and commitment to the parish we belong.

Strengthening one another: Participating in the Syro- Malabar Holy Qurbana reinforces our identity as members of the Syro- Malabar Catholic Church, binding us together in faith and our great tradition. Celebrating the feast day of saints and other special events binds and strengthens us.

6. Your friend received an offer for a casual job. She needs to choose her availability for work. The hourly rate for Sunday is double the usual weekly rate. She is considering working on Sundays, after attending Holy Qurbana. Give reasons why she should prioritise attending Holy Qurbana and catechism over working on Sundays.

By celebrating Sunday as holy, "we rest from the business and work of the week, which teaches us to place our trust in the Father, not in earthly things;" Similarly, abstaining from unnecessary labour on Sundays helps us to live out our identity as sons and daughters of God, and not slaves. Refraining from work or activities that hinder the worship owed to God allows "sufficient rest and leisure to cultivate their familial, cultural, social, and religious lives."

LESSON

05

Respect Your Parents

Learning Intention

The Fourth commandment, Honour your Father and Mother, calls us to foster true love and unity within our families. This involves respecting our parents, obeying them, and being grateful for their care and guidance. God wants His children to respect and honour their parents by showing them love, bringing them joy, praying for them, and appreciating their sacrifices. The Fourth Commandment sheds light on the roles and duties of parents, spouses, and all family relationships, as well as the importance of civil authority.

Success Criteria

1. Students will be convinced that when God created humans, He made us to be part of a family because the authority, stability, and a life of relationships within the family constitute the foundations for freedom, security, and fraternity within society and the Church.
2. Students will understand that God, as our Heavenly Father, made us and cares for us, providing rules for our safety just like our earthly parents do. By listening to their parents, children grow in wisdom (Proverbs 13:1) and learn to handle life's challenges, avoiding the consequences of poor decisions.
3. Students will be convinced that by learning to listen to our earthly parents, we also learn to listen to our Heavenly Father. When this parental authority aligns with God's plan, it fosters love, unity, strength, and stability within the family. This, in turn, supports children to develop into well-rounded and mature adults.
4. Students will understand the importance of showing respect to all forms of authority, including parish priests, teachers, employers, and other elders. We are called to cultivate respect for everyone in society. This involves caring for the poor and needy, as well as demonstrating common courtesy to all individuals we encounter.
5. Students will understand that Special prayers and blessing rites are conducted for deceased parents and grandparents both in the church and at home as part of the customs and traditions of the Syro-Malabar Church. On the remembrance dates of our deceased parents, we request priests to offer Holy Qurbana for their souls praying the "Office for the Dead" or "oppese" with the priest.



Activity 1

Group Discussion:

Imagine you've planned a small party at your house with your close friends. However, your parents have unexpected work and need to stay at the office, so they ask you to postpone the party since they won't be home.

One friend suggests that it's better to have the party at home without parents, so you can do whatever you want. Another friend proposes having the party at a park instead.

In your groups, discuss which option you would choose and why. Write down the reasons for your choice and explain how it aligns with honouring your parents' wishes.

I would choose to postpone the party as my parents advised. This choice respects my parents' wishes. To conduct a party, as a minor, at the park or at home and without parental supervision poses risks.



Activity 4

Fill in the blanks with the right choice from the word bank:

(Undisciplined, respect, listen, right, consequences, bad)

1. Jesus obeyed his parents because he knew it was the **right** thing to do.
2. Obedience to parents protects children from the **consequences** of **bad** decisions.
3. By listening to parents, children learn how they should **listen** to God.
4. Obedient children develop a habit of **respect** for authority.
5. **Undisciplined** life does not bring glory to God.



Check Your Understanding

1. How did Jesus exemplify the duties of obedience and love towards His parents? Provide an example.

When Jesus was a teenager, He went to the temple in Jerusalem to listen to the teachers. His parents couldn't find Him and were very worried. When they finally found Him, they asked Him to come home with them, and He obeyed. Even though Jesus was the Son of God, He listened to His parents because He knew it was the right thing to do. By returning to Nazareth and being obedient, Jesus demonstrated respect and love for His parents.

2. To honour someone means to show them respect. What are some ways we can honour our parents in our daily lives?

We must keep our parents as important parts of our lives, obey them, consult them and continually show love and respect to them. Children should anticipate their wishes, willingly seek their advice, and accept their just warnings.

The Fourth Commandment also emphasises the importance of showing respect to all forms of authority, including parish priests, teachers, employers, and other elders.

When parents can no longer care for themselves due to aging, it becomes the primary duty of adult children to address our parents' material, emotional, psychological, and spiritual needs.

3. Should we still honour and respect our parents if they make a mistake or do something wrong?

Yes, Our parents and grandparents are human, and as such, they are not immune to making mistakes. It is a natural part of being human to err from time to time. Despite their faults, we should continue to honour and respect them for the many good things they have done. Forgiveness allows us to maintain this respect even when they fall short.

4. As children grow up, they may become more educated or knowledgeable than their parents. In such cases, should they seek advice from their parents regarding important decisions? Provide at least two reasons to support your answer.

Yes, One key aspect of honouring parents is recognising and submitting to their authority, which is granted by God. This means that children should follow their parents' guidance in matters that are in union with God's will. By listening to their parents, children grow in wisdom (Proverbs 13:1) and learn to handle life's challenges, avoiding the consequences of poor decisions. By learning to listen to our earthly parents, we also learn to listen to our Heavenly Father.

5. Explain how children grow in freedom, security, and fraternity by honouring their parents.

When God created humans, He made us to be part of a family. The authority, stability, and a life of relationships within the family constitute the foundations for freedom, security, and fraternity within society and the Church. Parents hold a significant authority within the family, which is crucial for maintaining the unity and proper functioning of the household. When this parental authority aligns with God's plan, it fosters love, unity, strength, and stability within the family. This, in turn, supports children developing into well-rounded and mature adults. One key aspect of honouring parents is recognising and submitting to their authority, which is granted by God. This means that children should follow their parents' guidance in matters that are in union with God's will. By listening to their parents, children grow in wisdom (Proverbs 13:1) and learn to handle life's challenges, avoiding the consequences of poor decisions. By learning to listen to our earthly parents, we also learn to listen to our Heavenly Father.

6. Can you list at least three traditions of how Syro-Malabar families pray for their deceased elders and grandparents?
 1. We, Syro-Malabar Catholics, regularly include prayers for the repose of our forefathers' souls during our family prayer, offering "5 Our Fathers," "5 Hail Marys," and "5 Glory Bes" in honour of the five sacred wounds of Jesus.
 2. On the remembrance dates of our deceased parents, we request priests to offer Holy Qurbana for their souls. We also make regular visits to their graves, decorating them with flowers, lighting candles, and praying the "Office for the Dead" or "oppise " with the priest.
 3. Close relatives of the deceased may fast and practice abstinence from the date of death until the 41st day of remembrance. These sacrifices and prayers are dedicated to the souls of our beloved parents in purgatory. Special prayers and blessing rites are conducted both in the church and at home, following the customs and traditions of the Syro-Malabar church.
7. By listening to their parents, children learn how to listen to God. Share an example from your own life where you were able to listen to God by obeying your parents? .

Answers can vary



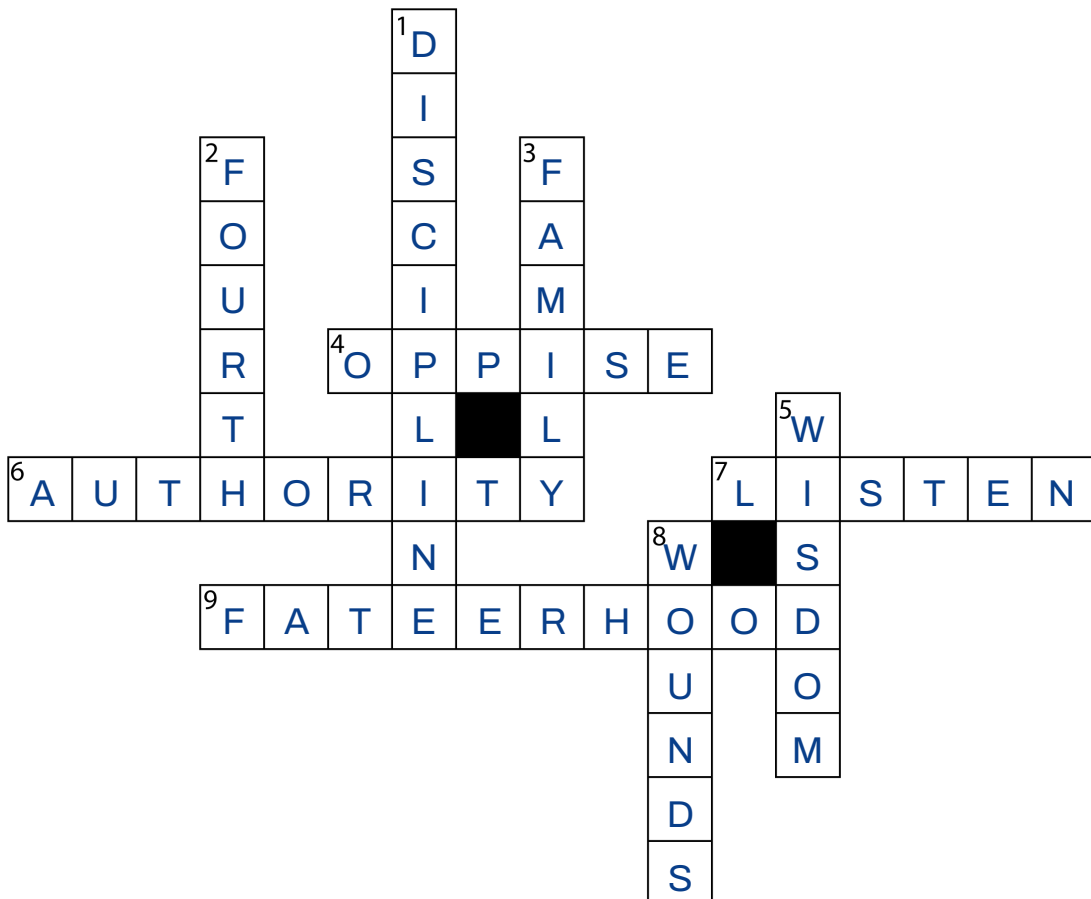
Crossword

ACROSS

4. *The Syro-Malabar tradition of prayer for the deceased or the “Office for the Dead.”*
6. *If children obey their parents, they will develop a habit of respect for*
7. *By listening to parents, children learn how they should to God.*
9. *Divine is the source of human parenthood.*

DOWN

1. *Bringing up children in the and instruction of the Lord is a parental responsibility.*
2. *“Honor your father and your mother” is commandment.*
3. *When God created humans, He made us to be part of a*
5. *Those who are older than us have the of life.*
8. *The Syro -Malabar Catholics regularly pray in their families for the repose of the souls by offering “5 Our Father, 5 Hail Mary and 5 Glory be” to the five sacred of Jesus.*



LESSON

06

Life: The gift of God

Learning Intention

The fifth commandment 'Do not Kill' helps us to realise the sacredness of human life. Human life is sacred. From its beginning, it involves the creative action of God and remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end. No one can, under any circumstance, claim for himself the right to directly destroy an innocent human being.

Success Criteria

1. Students will understand the sacredness of human life and to respect it from the moment of conception until the last moment of death.
2. Students will be convinced that "God created humankind in His image, in the image of God He created them; male and female He created them" (Genesis 1:27). This belief is the foundation of all the principles of human dignity and social teachings.
3. Students will learn that every human being is a direct and intentional creation of God and is given an eternal destiny.
4. Students will understand that the fifth Commandment applies to our everyday lives in more than just the act of killing. Having an angry and unforgiving attitude towards our fellow beings is also considered violation of the commandment.



Activity 1

Discuss and find out why Gianna chose to prioritise her baby's life over her own. Write down your findings below:

Saint Gianna Beretta Molla chose to prioritise her baby's life over her own due to her deep faith, love for her child, and commitment to the sanctity of life. She believed in the sanctity of life from conception. Her faith guided her decisions, and she saw her role as a mother as a sacred duty to protect and nurture her child. As a doctor specialising in paediatrics, Saint Gianna had an immense understanding of medical conditions and the risks involved - she was aware of the potential complications but chose the option that would save her baby's life. Despite the risks, her sacrifice is a testament of her unwavering commitment to her faith and the sanctity of her unborn child's life.

Saint Gianna's choice to prioritise her baby's life over her own is a great example of her commitment to the fifth commandment, strong faith & selfless love. Her story teaches us to reflect on the value of life and the importance of making choices that honour and protect it.



Activity 2

Scenario Discussion:

(Divide up the class into groups and assign each group with a scenario. Discuss the scenario and the actions taken. If there are not enough children discuss one or two scenarios. Share findings with the class).

Scenario 1 – *A classmate recently expressed their curiosity about trying drugs, not fully aware of the potential harm and addiction associated with substance abuse. Discuss the steps you would take after hearing this information from your friend.*

Scenario 2 – *Imagine a family member is facing a terminal illness and is considering euthanasia as an option. Discuss the ethical implications of supporting or opposing euthanasia in light of the Fifth Commandment.*

Scenario 3 – *Someone within your friend group is facing an unplanned pregnancy and thinking about doing an abortion. Discuss the moral dilemmas surrounding this decision, and how you would advise your friend.*

Scenario 4 – *Imagine one of your friends is going through a tough time and mentions harming themselves. Discuss how you would advise your friend after hearing this news.*

Scenario 1: When a classmate expresses curiosity about trying drugs, it's crucial to address the situation with care and responsibility. First, I would listen to my classmate without judgment to understand the reasons. I would share factual information about the dangers of drug use, including the risk of addiction, health issues, and potential for overdose. I would encourage my classmate to talk to a trusted adult, such as the parish priest, a teacher, counsellor, or parent, who can provide guidance and support. I would suggest seeking advice from healthcare professionals who can offer accurate information

and resources. The commandment “Do not kill” indicates the importance of preserving life. By helping my classmate understand the severe consequences of drug use, I am taking steps to protect my classmate’s life and well-being. Educating my classmate about the dangers of drugs aligns with the commandment’s call to respect and protect life.

Scenario 2: The Fifth Commandment teaches us that life is sacred and should not be intentionally ended. According to the Catechism of the Catholic Church, “Intentional euthanasia, whatever its forms or motives, is murder. It is gravely contrary to the dignity of the human person and to the respect due to the living God, his Creator” (CCC 2324). Supporting euthanasia is a violation of this commandment. Opposing euthanasia aligns with the commandment’s directive to preserve life, emphasising that life should be valued and protected, regardless of the circumstances. I would explain the implications of supporting or opposing Euthanasia based on the above teachings of the church and advise to consider palliative care options that can alleviate pain and provide emotional and spiritual support. I would also offer moral and spiritual guidance, helping the family member find meaning and hope in their final days.

Scenario 3: I would listen to my friend without judgment, allowing her to express her feelings and thoughts. I would express my deep concern and care for her and the unborn child’s well-being, letting her know that their life is valuable and that she is not alone.

It is to God, not ourselves, that we owe our lives. I would explain to her the importance of God given life. The Fifth Commandment emphasises the sanctity of life, confirming that all human life, including that of an unborn child, is sacred and should be protected. Human life begins at conception. Directly and purposefully taking the life of an unborn child is a grave sin. Human life is sacred. From its beginning, it involves the creative action of God and remains forever in a special relationship with the Creator, who is its sole end. God alone is the Lord of life from its beginning until its end. No one can, under any circumstance, claim for himself the right to directly destroy an innocent human being.

Scenario 4: I would listen to my friend without judgment, allowing my friend to express his/her feelings and thoughts. I would express my deep concern and care for his/her well-being, letting him/her know that their life is valuable and that he/she are not alone.

It is to God, not ourselves, that we owe our lives. It is God who created us and sustains us, at every moment of our lives, in his omnipotence and omnipresence. We are entirely His, whether we believe it and act like it or not. Everyone is responsible for his life before God who has given it to him. It is God who remains the sovereign Master of life. We are obliged to accept life gratefully and preserve it for his honour and the salvation of our souls. By harming ourselves/ taking our own life, we are destroying something that is not ours to destroy. Only God, in his infinite wisdom and justice, has the right to take human life.

I will accompany my friend to attend Holy Qurbana and would help my friend understand the life-giving Word of God by reading Holy Bible, recommend spiritual counselling and encourage them to talk to a trusted adult, such as parish priest, a teacher, counsellor, or parent, who can provide guidance and support in such situations.



Activity 3

Certain areas of human life are mentioned below. Discuss and find out what we should do to promote human dignity and safeguard life and what to avoid.

	<i>What we should do</i>	<i>What we should avoid</i>
Reputation of others	Speak positively about others and highlight their strengths and achievements. Always respect others' privacy.	Avoid spreading rumours or unverified information, avoid engaging in or spreading gossip and slander, as it can damage a person's reputation and dignity.
Driving	Follow all traffic laws and regulations to ensure the safety of yourself and others. Keep your attention on the road and avoid distractions such as using your phone while driving.	Avoid aggressive and reckless driving behaviours like speeding, tailgating, and running red lights. Never drive under the influence of alcohol or drugs.
Health	Schedule regular health check-ups to monitor and maintain your health. Adopt a healthy lifestyle by eating a balanced diet, exercising regularly, and getting enough sleep.	Avoid neglecting your health by skipping medical appointments or ignoring symptoms. Refrain from unhealthy habits such as smoking, excessive drinking, or only consuming junk food.
Peace	Encourage open and respectful conversations to resolve conflicts and misunderstandings. Cultivate forgiveness and understanding to foster peaceful relationships.	Avoid using violence or aggression as a means to solve conflicts. Refrain from intolerance and discrimination against others.

What we should do

What we should avoid

Environment

Conserve natural resources by using energy and water efficiently. Practise sustainable habits like reducing waste, reusing items, and recycling.

Avoid contributing to pollution by reducing your carbon footprint and properly disposing of waste.

Poverty

Support organisations and initiatives that work towards alleviating poverty and helping the needy. Advocate for policies that promote social justice, fair wages, and economic opportunities for all.

Avoid being indifferent to the plight of those in poverty and take active steps to help where possible. Refrain from exploiting vulnerable individuals for personal gain or profit.



Check Your Understanding

1. Why did St. Gianna choose to prioritise her baby's life over her own?

St. Gianna Molla chose to prioritise her baby's life over her own due to her deep faith and belief in the sanctity of life. When she was pregnant with her fourth child, she was diagnosed with a tumour. The doctors gave her three options: an abortion, removal of her uterus, or a surgery to remove the tumour that would risk her life but save her baby's. She chose the third option, stating clearly that if there was a choice between her and the child, the child should be saved.

Her decision was rooted in her commitment to her faith, her vocation as a mother, and her deep understanding of the value of life given by God. She believed that sacrificing herself for her child was an act of love and a testament to her faith.

Saint Gianna's choice to prioritise her baby's life over her own is a great example of her commitment to the fifth commandment, strong faith & selfless love. Her story teaches us to reflect on the value of life and the importance of making choices that honour and protect it.

2. How can choices made for personal satisfaction and convenience harm life? Explain.

Choosing habits like smoking, drinking, or unhealthy eating for immediate pleasure can lead to long-term health issues such as cancer, liver disease, and heart problems. These choices can ultimately shorten life expectancy and degrade the quality of life, violating the commandment's call to preserve life.

Speeding or driving under the influence might seem quicker or more convenient. These behaviours increase the risk of accidents, which can lead to serious injuries or fatalities, harming both the driver and innocent bystanders.

Acting out of anger or seeking revenge can lead to physical harm or serious injuries, directly violating the Fifth Commandment.

In essence, wrong choices as above should be weighed carefully, considering their potential impact on life. Aligning our decisions with the principle of preserving life helps us honour the Fifth Commandment and promote human dignity.

3. What principle does the Catholic Church rely on when considering the worth of a person?

The Catholic Church proclaims that human life is sacred, and that the dignity of the human person is the foundation of a moral vision for society. The value of every human being is not derived from class, gender, social status, government decree, or economic worth, but from the fact that every human being is a direct and intentional creation of God and is given an eternal destiny.

4. What is the newness of revelation and superior justice that Jesus brings forth on the commandment, “thou shall not kill”?

Jesus says that the Fifth Commandment applies to our everyday lives in more than just the act of killing. For Jesus, committing murder extends beyond the physical act to having an angry and unforgiving attitude towards other fellow beings.

Jesus does not want us to kill or to hurt anyone in any way. “You have heard that it was said to those of ancient times: You shall not murder; and whoever murders shall be liable to judgment. But I say to you that if you are angry with a brother or sister you will be liable to judgement and if you insult a brother or sister, you will be liable to the council; and if you say, ‘you fool’, you will be liable to hell.”

5. In what ways do threats against human life become grave sins? Can you provide at least two reasons why?

Threats against human life are mortal sins. They not only offend God but also harm humans. Abortion, Suicide, Murder, Euthanasia, Drug Abuse are sins against this commandment.

God alone is the Lord of life from its beginning until its end. No one can, under any circumstance, claim for himself the right to directly destroy an innocent human being (CCC 2258).

The value of every human being is not derived from class, gender, social status, government decree, or economic worth, but from the fact that every human being is a direct and intentional creation of God and is given an eternal destiny.

LESSON

07

Sexual Purity

Learning Intention

The sixth commandment “You shall not commit adultery” teaches us that Sexuality is God’s gift to humanity, intended for a deeper level of communion – the sharing of love and life between a husband and wife. God created man in his own image, in the image of God he created him; male and female he created them. Chastity is essential for living righteously with one’s sexuality. It is the virtue that moderates the desire for sexual pleasure according to the principles of faith and reason.

Success Criteria

1. Students will understand the sacredness of marriage. Marriage is defined as the communion of man and woman. It is a covenantal relationship, an ‘affective union,’ spiritual and sacrificial. Sexuality is related to this union of man and woman in monogamous fidelity through the sacrament of marriage.
2. Students will be convinced that Chastity is essential for living righteously with one’s sexuality. It is the virtue that moderates the desire for sexual pleasure according to the principles of faith and God’s commandments. Chastity is a treasure that must be safeguarded with great care; therefore, we must consciously avoid situations that lead to sin. The most necessary remedy for avoiding sins against chastity is to run away from dangerous occasions.
3. Students will be convinced that our body is the temple of God and therefore it is holy. We are therefore responsible for maintaining its dignity and purity. Practice self-control in conversation, modesty in dressing, and select entertainment carefully.
4. Students will understand that keeping our hearts and minds free from sinful motives is crucial to maintaining the sanctity of life. Frequently partaking in the sacrament of Reconciliation & actively attending Holy Qurbana and receiving Holy Communion will help us to keep our hearts and minds free from sin.
5. Students will understand that every single grace comes to the soul through prayer. Seeking the protection of Mother Mary and praying the rosary daily will help us to live in grace.



Activity 1

Using the information on the qualities of a Catholic marriage from the passage, fill in the blanks by unscrambling the letters in the brackets:

(cialficrisa, talnancove, metifeli, ivectaffe, litydefi)

- **covenantal** relationship
- Spiritual and **sacrificial**
- Monogamous **fidelity**
- Together for their **lifetime**
- **affective** union



Activity 2

Fill in the blanks unscrambling the letters from the bracket to find the answer : Why sexual relation outside the sacrament of marriage is a sin?

(nsseliho), (dibrof), (ortacre), (ngith), (lfse-vigngi), (gitynid), (ytiun)

1. It is against God's **holines** (and the Sixth and Ninth Commandments **forbid** it.
2. It is against the **unity** and indissolubility of marriage.
3. It is against the life-giving love of the **creator**.
4. It is against the **dignity** of marriage.
5. There is no authentic **self-giving** of two individuals.
6. Because the body is objectified; treated as a **thing** for use.



Check Your Understanding

1. What is your standpoint when discussing with a friend who argues for gender fluidity (that gender is self-chosen)? What biblical reasons can you provide?

The Church's teaching on human sexuality begins with the truths revealed in the book of Genesis; the truths about the nature of the human person and design of the human body. God created man in his own image, in the image of God he created him; male and female he created them. (Genesis 1:27). Male and female is the twofold expression of human nature. Like human life itself, sexual difference is not subjective but is willed by God. A human person is assigned their gender at birth, one is born either male or female,

The Church recognises that every human person is created in the image and likeness of God, male or female (Gen. 1:26-27). And so, we should help people discover their true identities as children of God, not support them in the disordered attempt to reject their undeniable biological identity.

2. How do you understand a Catholic marriage in terms of covenant, permanency, affective union, and spiritual growth?

In the very beginning, God created one woman (Eve) for one man (Adam). God's perfect plan for marriage has always been for one man and one woman to be together for their lifetime. "Based on these revelations, marriage is defined as a communion of man and woman. It is a covenantal relationship, an 'affective union,' spiritual and sacrificial, which combines the warmth of friendship and erotic passion. It endures long after emotions and passion subside" (Amoris Laetitia, 120). Sexuality is related to this union of man and woman in monogamous fidelity through the sacrament of marriage.

3. What are the two spiritual principles that Jesus added to the Sixth Commandment, "You shall not commit adultery"?

In teaching "You shall not commit adultery," Jesus further clarified two spiritual principles necessary to uphold the Commandment. The first principle involves making conscious efforts to avoid things, situations or behaviours that lead to lust (Matt. 5:27-30). Anything that seduces us to sin should be ruthlessly removed from our lives.

The second principle is motive. Jesus explains that sin begins with motives, calling it "adultery of the heart." Therefore, keeping our hearts and minds free from sinful motives is crucial to maintaining the sanctity of life (Matt. 15:18-19) and saving our souls.

4. Everyone is called to chastity. Can you explain at least three means to practice chastity?

◆ **Run away from the occasion of sin :** *"The most necessary remedy for avoiding sins against chastity is to fly from dangerous occasions"* (St Alphonsus Liguori)
Avoid friends who engage in obscene talk and actions. Avoid obscene publications and pictures, websites and TV shows.

◆ **Be humble; humility is the safeguard of chastity:** *“Know that we are weak, and we cannot fight this battle by ourselves”* (St Philip Neri) Practice self-control in conversation, modesty in dressing, and select entertainment carefully.

◆ **Be regular to the Sacraments:** *“The devil leads many souls into perdition by convincing them that their sins are either too shameful to confess to a priest, or they are not worth mentioning”* (St Alphonsus Ligouri). Frequently partake in the sacrament of Reconciliation. Actively attend Holy Qurbana and receive Holy Communion.

5. How would you respect and follow chastity in real-life situations, such as at a party or during an unsupervised school event?

Set boundaries and know your limits: My body is the temple of Holy Spirit, I know what my boundaries are. I need to protect my body by not letting anyone cross my boundaries. If someone tries to push those boundaries, I will firmly refuse.

Choose company wisely: I will surround myself with friends who respect my values and will support my decisions. I will avoid risky situations where I might feel pressured or uncomfortable. I will avoid alcohol and drugs. These substances can impair my judgment and make it harder to stick to my values. By staying in control, I can make clear-headed decisions and maintain my commitment to chastity.

6. Chastity is the virtue that moderates the desire for sexual pleasure according to the principles of faith and right reason. How does chastity help married people, unmarried people, and consecrated persons?

For married people, chastity involves remaining faithful to their spouse and moderating their desires within their state of life. For those who are unmarried and wish to marry, chastity means controlling their desires until they are married. For those who choose not to marry, such as consecrated persons, chastity is maintained through celibacy and a commitment to God and the people of God with an undivided heart.

LESSON

08

Do not Steal

Learning Intention

Seventh commandment You shall not steal teaches us that **Wealth is God's gift**. God created the universe and all that is in it, and He entrusted it for the use of humanity. Wealth is intended for the benefit of all humans and should not be unjustly amassed.

Jesus desires that our sense of justice be enhanced by mercy and sharing, as illustrated in the parable of the Good Samaritan.

Success Criteria

1. Students will understand that we have to care for the needy and disadvantaged in society with the resources we consider our own. Love for the poor is a distinguishing mark of Christians throughout history.
2. Students will be convinced that Stealing is a grave sin, a social evil, and a hindrance to entering God's Kingdom
3. Students will understand that If we they have caused unjust loss to others, they must make amends. Restitution is an essential part of repentance.
4. Students will learn that as the Good Samaritan went out of his way to assist the wounded man, Jesus commands us: "Go and do likewise"



Activity 1

Scenario discussion:

Steffi and her older brother Steven were high school students who often took public transport to and from school. On a particularly humid summer afternoon, Steffi wanted to buy ice cream for herself and her brother. Steven curiously asked her where she would get the money, so she calmly showed him their mum's credit card. Their mum had given it to her to top up her travel card and had forgotten to ask for it back. Steven had a bad feeling about using the card without their mother's knowledge, but he couldn't resist the idea of enjoying a chilled ice cream in the humid weather. So, he ignored his reservations and decided to go along with Steffi's idea. Can you justify Steffi and Steven's actions and behaviour? Why or why not?

Their mother trusted Steffi with the card, assuming it would be used responsibly and for the intended purpose. Using the card for personal uses like buying ice cream violates that trust. Using the card for anything other than the intended purpose, especially without their mother's knowledge or permission, is an unauthorised use. By choosing to use the card without permission, Steffi and Steven compromised their moral integrity. Such actions, even for seemingly small purposes, can lead to a habit of disregarding the seventh commandment.

Although buying ice cream might seem harmless, it sets a precedent for justifying other forms of unauthorised use or taking advantage of someone's trust.



Activity 2

Name some examples of personal and public wealth:

Personal Wealth: Financial assets like savings account, stocks & bonds, Homes, Land, Personal belongings like Jewellery, vehicles, electronic equipments & Intellectual health.

Public Wealth: Roads & Highways, Bridges, Public transport, Public schools and hospitals, Public parks, rivers, lakes, oceans, energy sources, Museums, libraries etc.



Activity 3

To explore and understand different forms of stealing and the implications of each type, students in groups of 3 or 4 will discuss each question and write down their answers in the space provided. After the discussion, have each group present their answers to the class. Facilitate a brief discussion after each presentation to ensure understanding:

1. How would you explain that stealing always involves taking something that rightfully belongs to someone else, regardless of the reason?

Stealing is the act of taking something that belongs to someone else without permission or legal right.

Regardless of the reason, stealing is considered morally wrong because it violates the rights of the owner.

2. In what ways do you take advantage of or steal someone else's time?

Wasting someone's time or making them spend time on something unproductive or unnecessary. Being late to meetings, not respecting deadlines, or making someone wait unnecessarily.

Respecting others' time is a form of respect and consideration for their life and responsibilities.

3. In what ways can you undermine or steal someone's reputation?

Damaging someone's reputation through false statements, gossip, or slander. Spreading rumours, making false accusations, or publicly criticising someone unfairly.

Maintaining honesty and integrity in how we speak about others is crucial for a just and respectful society.

4. In what ways can someone steal or use another person's ideas without permission? In what ways can someone steal from God ?

Taking credit for someone else's ideas or work without acknowledgment. Plagiarism, copying someone's work, or using someone's intellectual property without permission.

It can lead to legal consequences, loss of trust, and damage to professional relationships.

5. In what ways can someone steal from God?

Taking what is due to God or not giving God what is rightfully His. For Eg Not tithing, not using one's talents for good, or not living according to God's commandments.

Living a life of integrity and faithfulness based on the commandments of God is seen as honouring God.



Check Your Understanding

1. Why do we say that the Commandment “You shall not steal” is not simply about the act of stealing being wrong, but is more about respect and care for others?

Stealing involves taking something that does not belong to you without permission and without paying for it. When we take something that belongs to someone else, we demonstrate a lack of regard for that person. Stealing harms the person from whom we take. When you act in a way that hurts others, you are not being kind and loving, as Jesus teaches us to be. Therefore, the commandment ‘Do not to steal is a directive to protect not only people’s possessions but also their hearts from being hurt. It is a command to respect and care for others.

2. Can you describe the impacts of stealing on your soul, on others, and on your eternal life?

Stealing is a grave sin among social evils because it deprives individuals or communities of their material possessions, causing disharmony. Therefore, the commandment “You shall not steal” is closely related to social justice. St. Paul continues: “Thieves, the greedy, drunkards, revellers, robbers - none of these will inherit the kingdom of God” (1 Corinthians 6:10). This teaching emphasises the importance of keeping the commandment to attain eternal life.

3. What is restitution? How does Zacchaeus demonstrate the genuineness of his repentance for his past dishonesty with others’ property?

Restitution is defined as making reparation for wrongdoing, either by returning what was taken or by providing compensation. It involves restoring something unjustly taken to the right owner or repairing damages unjustly caused.

Zacchaeus, upon repenting, stood up and said to the Lord, “Look, Lord! Here and now, I give half of my possessions to the poor, and if I have cheated anyone out of anything, I will pay back four times the amount” (Luke 19:8).

4. Pope Francis says, “We are the stewards of God’s riches.” How can you model sharing your time, pocket money, and service in caring for the poor and serving the Church?

Pope Francis’ message emphasizes the responsibility we have to care for the blessings we’ve received and to share them generously.

Here’s how you can model sharing your time, pocket money, and service in caring for the poor and serving the Church.

Assist in church activities, such as helping with the liturgical services, altar servers, leading youth groups, or participating in choir

Offer your skills and talents to benefit the community and church. This could include teaching, mentoring, or providing professional service.

Participate in or organise fundraising events to raise money for your parish church and also for helping the less fortunate.

Allocate a portion of your pocket money for church funds and also support the poor. Every small contribution can collectively make a big impact.

5. What are the two kinds of wealth? Provide an example of each.

Personal Wealth: Financial assets like savings account, stocks & bonds, Homes, Land, Personal belongings like Jewellery, vehicles, electronic equipments & Intellectual health.

Public Wealth: Roads & Highways, Bridges, Public transport, Public schools and hospitals, Public parks, rivers, lakes, oceans, energy sources, Museums, libraries etc.

LESSON

09

Speak the truth

Learning Intention

The Eighth Commandment is “You shall not give false testimony against your neighbour.” is about not spreading false information or lies about others. Since God is truth, his people are called to live in truth (CCC2465). We are called to bear witness to the truth that Jesus revealed. (Jn 14:6). We need to Let the supreme Truth shine forth in everyday life - the truth that God is our Father and that we can trust Him.

Success Criteria

1. Students will understand that Jesus Christ is the Way, and the Truth and the Life. No one comes to the Father except through Jesus. If we believe in God and Jesus Christ, we will receive eternal life.
2. Students will be convinced that the Eighth Commandment calls us to speak, live, and bear witness to the truth by testifying to Jesus through our actions and words and living out His Gospel with honesty and integrity.
3. Students will understand that a false testimony could destroy the life of property of innocent human beings. Anyone who has unjustly harmed a neighbour's reputation must make amends in proportion to the offense and the damage caused.
4. Students will be convinced that as witnesses to the truth, every word we speak should confirm with Jesus' truth.



Activity 1

Discussion:

Discuss and identify some common lies or falsehoods promoted by those who reject or disregard God's teachings and explore how these deceptions impact and mislead society on a daily basis.

Falsehood: The notion that individuals do not need God and can rely solely on their own abilities.

Impact: This notion develops a sense of pride and arrogance in individuals, leading to isolation and a lack of community and support. It undermines the importance of humility and the recognition that we are children of God, all our abilities are gifts from God and our aim of this life to attain eternal life. Secularism diminishes the importance of spiritual growth and connection to God our creator. This can lead to a sense of emptiness and a lack of fulfillment.

Denial of Sin:

Falsehood: The rejection of the concept of sin and the belief that humans are inherently good without the need for repentance, contrition & redemption.

Impact: This leads to a lack of personal responsibility and an unwillingness to seek forgiveness and change. It can result in moral decay, where harmful behaviours are justified or overlooked. The denial of sin and personal accountability can result in increased immoral, criminal and unethical behaviours. This damages trust, justice, and the overall moral fabric of society.



Activity 2

In this activity, students will explore sins against the truth by unscrambling given words and selecting the correct terms from a provided list.

(ecretss, ismiarplag, tiongradeni, ringelands, gniyl , atterfly , mnylacus.)

1. **denigration** *unfairly criticising.*
2. **calumny** *spreading fake news to cause conflict between people.*
3. **Revealing secrets** *entering the privacy of others and disclosing that information.*
4. **Lying** *untrue statement to create a misleading impression. It is the most direct offense against the truth*
5. **Slandering** *making malicious statements to damage a person's reputation.*
6. **Plagiarism** *misrepresenting a students' level of knowledge to the teacher.*
7. **Flattery** *insincere praise to further one's own interests.*



Activity 3

Match each sin on the left with the appropriate scenario on the right where it is depicted.

Sins	Scenarios
Denigration	<i>Ben told Matt that he got poor marks in an assignment and asked Matt to not tell anybody. Matt went to other students and told them what Ben got for his assignment.</i>
Calumny	<i>Joseph was falsely accused of having led Potiphar's wife stray.</i>
Revealing secrets	<i>Insincere praise for one's own interests</i>
Lying	<i>Sharing other's private information on social media</i>
Defaming	<i>Friends copied each other in a Maths exam.</i>
Plagiarism	<i>Amber's mom got a phone call from a teacher for non- submission of assignment and when asked Amber said she already submitted it, even though she didn't.</i>
Flattery	<i>Spreading fake information about a classmate for fun.</i>



Check Your Understanding

1. What was the lie crafted by the serpent to deceive Adam and Eve? Can you elaborate on the context of this deception?

The serpent was more cunning than any of the wild animals the Lord God had made. He said to the woman, “Did God really say, ‘You must not eat from any tree in the garden’?” The woman said to the serpent, “We may eat fruit from the trees in the garden, but God said, ‘You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.’” “You will not certainly die,” the serpent said to the woman. “For God knows that when you eat from it, your eyes will be opened, and you will be like God, knowing good and evil” (Genesis 3).

The crafty devil speaking through the serpent first introduced doubt about God’s Word by asking, “Did God really say...?” The devil made Adam and Eve question God’s truthfulness, honesty, and love for them, which led Eve to be deceived into taking the first bite of the forbidden fruit. Then, the devil contradicted God by claiming that what God had said was not true. God had said, “You must not eat from the tree of the knowledge of good and evil, for when you eat from it, you will certainly die” (Genesis 2:17). God had already stated “you will certainly die,” but Satan contradicted this with “you will not certainly die.” Now, who would you believe, Satan or God?

2. Why is lying the most direct offense against the truth?

Since God is truth, his people are called to live in truth (CCC2465). We are called to bear witness to the truth that Jesus revealed. During His passion, Jesus revealed to Pontius Pilate, “For this I was born, and for this I have come into the world, to bear witness to the truth” (John 18:37). As Christians, every word we speak should confirm with the truth of Jesus.

3. The devil is still out there lying and we might fall prey to his crafty lies. Can you find out at least one of these lies that deceive individuals, people or nations in our world?

The rumour that individuals do not need God and can rely solely on their own abilities.

4. How does a life of truth look like? Explain your answer with reference to the encounter between Zacchaeus and Jesus.

Sometimes, we may make a mistake and lie. We might find ourselves or our friends damaging someone’s reputation through slander. In such cases, it is crucial to restore their good name. If the offense was private, apologise directly; if it was public, publicly retract your statements. Anyone who has unjustly harmed a neighbour’s reputation must make amends in proportion to the offense and the damage caused. While committing to never speak ill of another again is important, it is not enough. Once an offense has been committed, it is impossible to fully undo the damage it had on a person’s reputation. If we lie or commit any sin, we can always seek forgiveness from God the Father through the sacrament of reconciliation. However, this must be

accompanied by a sincere commitment to repair the harm caused by our slander.

Zacchaeus, told Jesus that he would give half of his possessions to the poor. However, his resolutions didn't stop there! He accepted that he had stolen from, and been dishonest with people and resolved to pay them back 4 times as much as what he had taken from them. Not only did Zacchaeus see the error of his ways, but he had a total change of heart. He no longer wanted to live a dishonest life, but an honest one - because he came to know and believe in Jesus.

LESSON

10

Keep Up Marital Purity

Learning Intention

God instituted marriage as a sacred covenant between man and woman, calling them to undertake their vocation as spouses and parents. This Sacrament of Marriage is sacred, and actions that violate the purity of the spouses are prohibited by the Ninth Commandment.

Success Criteria

1. Students will understand that the sacrament of marriage allows individuals to enter into an exclusive relationship with one another and requires spouses to be completely faithful to their partner. A couple gives their bodies, minds, and souls as a gift to each other, and thus a third person should not come between them. This is what the commandment “You shall not covet your neighbour’s wife” signifies.
2. Students will be convinced that marriage is a life-long committed relationship because the vows were made before God. This covenant ends only in death since they have become “one flesh.”
3. Students will understand that It is through marriage that spouses are called to follow Christ and experience the joys of raising a family. Marital commitment is their path to holiness.
4. Jesus emphasises the importance of marital faithfulness as the sacred sacrament that unites two separate beings into one. Divorce, according to Jesus, was never part of God’s vision for His people and is therefore not permissible.
5. The commandment, “Do not covet your neighbour’s wife,” reminds us to love our partner fully, sincerely, and to remain faithful to each other. This is why entering into an extramarital affair is forbidden.



Activity 2

The Story of Marriage in Seven Verses. Match each verse with the appropriate word from the list on the right, and then fill in the blanks with the correct choices:

1. God **created** man in his own image, in the image of God he **created** him; male and female he created them (Gen 1:27)
2. A man shall leave his father and his mother and hold fast to his **wife**, and they shall become one **flesh**. (Gen 2:24)
3. So they are no longer two but **one** flesh. What therefore God has **joined** together, let not man **separate**. (Mt 19:6)
4. Be **kind** to one another, tender-hearted, forgiving one another, as God in Christ **forgave** you. (Eph 4:32)
5. Husbands, **love** your wives, and do not be **harsh** with them (Col 3:19)
6. Wives, **submit** to your husbands, as is fitting in **the Lord**. (Col 3:18)
7. This mystery is profound, and I am saying that it refers to **Christ** and the **church**. (Eph 5:32)

Harsh, Love,
 Forgave, kind,
 the Lord, Submit,
 Flesh, wife,
 * Image, created,
 Christ, Church,
 One, joined, separate

* created, created, (The first word is wrongly typed in the text, sorry)



Activity 3

Below is the blessing prayer for the couple in Holy Matrimony in the Syro-Malabar Rite. Go through it and circle at least seven words that describe the nature of a Catholic marriage:

'Blessed be God, the merciful One, who, out of His immense love, created humankind as male and female, and made them participate in the work of creation. May He, through the sacrament of holy matrimony, keep you in pure love and perfect dedication. May this sacrament empower you to offer your bodies that are members of the body of Christ and temples of the Holy Spirit, as a pleasing and living sacrifice to God. May God bless you with the gift of children. May your home prosper in a communion of prayers. May

He fill your life with graces and help your hopes and aspirations bloom. May He grant you lots of sincere friends to help you in need. May He make you worthy to offer Him praise, honour and thanksgiving in the heavenly bridal chamber. May God bless you, the newly wed, and all who have partaken in the sacred service. Now, always (+) and forever. Amen'



Activity 4

Discuss in your groups and determine whether everyone agrees with the points listed below and why. Share your findings with the class. Write a keyword or phrase in the corresponding column to summarize your observations.

A Couples' relationship is strengthened over the years.

Agree.

Marriage is a life-long committed relationship because the vows were made before God. This covenant ends only in death since they have become "one flesh." Spouses receive the graces to perfect their love and help one another to attain holiness in their married life and in welcoming and educating their children.

Couples are "to be a sign of mercy and closeness whenever family life remains imperfect or lacks peace and joy."

Agree.

Christian families are invited to 'value the gifts of marriage and to preserve a love strengthened by the virtues of generosity, commitment, fidelity, and patience.' Couples are encouraged 'to be a sign of mercy and closeness whenever family life remains imperfect or lacks peace and joy'

Every act of cheating begins with a wilful thought—one that we desire, take deliberate pleasure in, and make no effort to dismiss from our minds.

Agree.

The basis of marital relationships must be emulating Christ's unconditional love rather than materialistic desires for wealth, status, or beauty. Marital purity is essential for a fruitful and joyous relationship between husband and wife. The commandment, "Do not covet your neighbour's wife," reminds us to love our partner fully, sincerely, and to remain faithful to each other. This is why entering into an extramarital affair is forbidden. The Church teaches every married person to strive for marital purity.

Divorces affect the security and strength of society, but more importantly, they often affect innocent children.

Agree.

Divorce was never included in God's vision for His people, so it is not permissible. Divorces affect the security and strength of the society. It is often the innocent children who suffer through the adverse effect of divorce. The selfish motives of the parents ultimately impact the children, as they are stripped of the love and protection they ought to receive from both the parents.



Check Your Understanding

1. Sins against one's marital chastity are grievous in God's sight. Explain your answer using King David's example.

Bathsheba was married to Uriah, one of King David's generals. While she was bathing, David saw her and was overcome with lust. Even after learning that she was married, he sent for her and began a relationship with her, despite knowing that it was wrong. David further abused his power as King to cover up his adultery and the consequent pregnancy, by having Bathsheba's husband murdered. God sent Nathan the prophet to tell David a story about injustice.

David was angry upon hearing the story. Then, Nathan revealed that the story was about David's sin against Bathsheba and Uriah. In time, David felt the seriousness of his moral failure and repented. However, the damage was done. David's family then suffered from violence, rape, betrayal and murder, all stemming from the consequences of his lustful abuse of power and disregard for Bathsheba's dignity as a human and another man's wife. Through David's actions, we are reminded that sins against one's marital chastity are grievous in God's sight.

2. Why do you think the sacramental celebration of marriage is important for marital fidelity?

Through the sacrament of holy matrimony, couples are receiving the blessings to keep them in pure love and perfect dedication. This sacrament empowers the couples to offer their bodies that are members of the body of Christ and temples of the Holy Spirit, as a pleasing and living sacrifice to God. This sacrament blesses the couple with the gift of children & bless their home prosper in communion of prayers. The sacrament will help to live their life with graces and help their hopes and aspirations bloom, grant them lots of sincere friends to help in need and make them worthy to offer Him praise, honour and thanksgiving in the heavenly bridal chamber.

3. Explain at least three things that are essential in the ongoing process of purifying our hearts.

- ◆ Chastity
- ◆ Modesty
- ◆ Purifying intentions
- ◆ Purifying visions
- ◆ Prayer
- ◆ Purification of social climate

4. Why do you consider that marriage not to be a human institution? Can you illustrate your answer making reference to the wedding feast at Cana in the gospel of John chapter 2

God instituted marriage as a sacred covenant between man and woman, calling them to undertake their vocation as spouses and parents.

The wedding feast at Cana, described in the Gospel of John, provides a clear illustration of the divine nature of marriage. Jesus' first miracle took place at a wedding, signifying the importance and sacredness of marriage. By performing this miracle,

Jesus demonstrated divine intervention and blessing on the institution of marriage. Jesus' presence and action at the wedding feast sanctify marriage, elevating it beyond a mere human contract to a covenant with spiritual significance and divine blessing.

The wedding feast at Cana illustrates that marriage is not just a human institution but a sacred and divine covenant. Through this miracle, Jesus affirmed the sanctity and importance of marriage, making us understand that it is ordained and blessed by God. This understanding encourages couples to seek divine guidance and blessing in their marital relationship, recognising its spiritual and sacred dimensions.

5. The nature and purpose of marriage must be life-long, exclusive, life-giving and permanent. How do you understand these four essential elements in the life of a true Christian family?

Marriage is a life-long, exclusive, life giving and permanent covenant.

- ◆ **Life Long:** Marriage is a lifelong commitment where spouses promise to love and support each other until death. This enduring bond reflects the unbreakable covenant between Christ and the Church. As life partners, spouses grow together through various stages of life, sharing joys and challenges. This continuous journey strengthens their relationship and faith.
- ◆ **Exclusive:** Exclusivity in marriage means being faithful to one's spouse, both emotionally and physically. This fidelity mirrors the exclusive relationship between God and His people. Exclusivity fosters deep trust and intimacy, allowing spouses to share their deepest thoughts, feelings, and experiences without fear of betrayal.
- ◆ **Life – giving:** Marriage is life-giving for procreation, welcoming children as a gift from God. Raising children in a faith based loving and nurturing environment is a key purpose of marriage. Beyond physical life, a Christian marriage is life-giving by nurturing love, kindness, and compassion. Spouses support each other's spiritual, emotional, and personal growth.
- ◆ **Permanent:** Marriage is a permanent union, reflecting the eternal nature of God's love. This permanence provides stability and security for the couple. This commitment to permanence makes couples to work through challenges and hardships, deepening their bond and reliance on God's grace

6. How do you understand modesty in dressing and modesty in feelings? Write down your own understanding of these concept.

Purifying intentions: Seeking to find and fulfill God's will in everything , Purifying visions: Disciplining our feelings and imagination and rejecting impure thoughts. Prayer: Trusting in and seeking God's grace and care.

Modesty: Protecting the intimate core of the person and resisting the temptation of immodest fashion trends.

Temperance is the moral virtue that moderates the attraction of pleasures and provides balance in the use of created goods. It ensures the will's mastery over instincts and keeps desires within the limits of what is honourable. The temperate person directs the sensitive appetites toward what is good and maintains a healthy discretion.



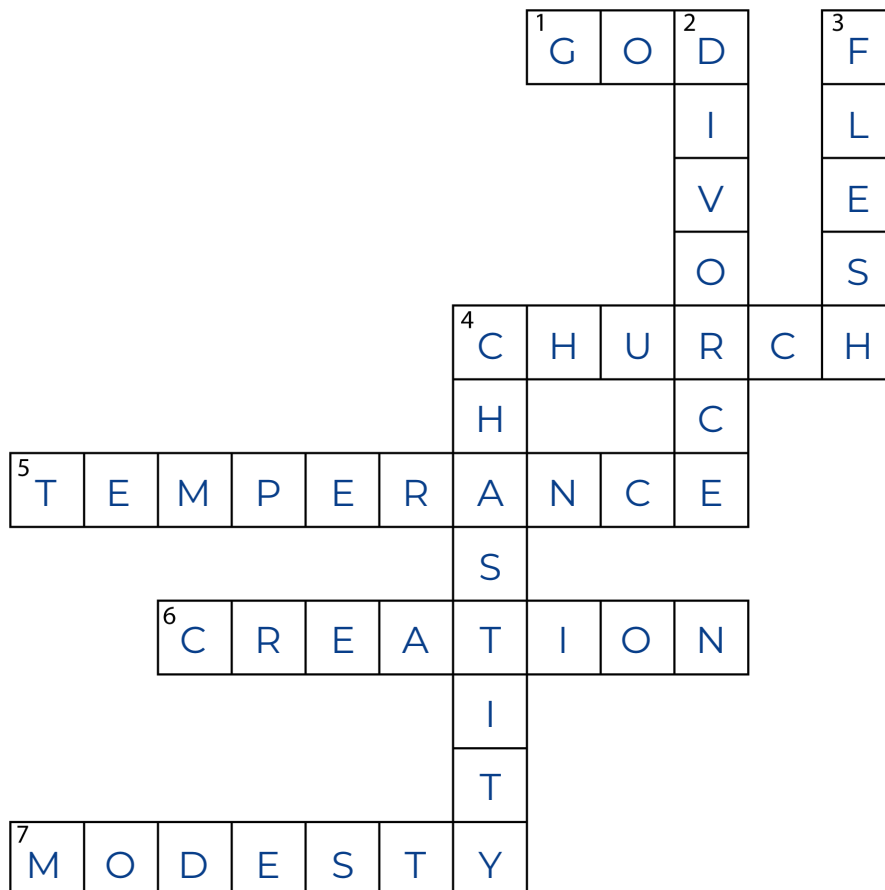
Crossword

ACROSS

1. *In Catholic marriage, the vows were made before*
4. *The foundation of marital relationships is Christ's unconditional love towards the*
5. *Virtue that moderates the temptation of pleasures and provides balance in the use of created goods.*
6. *God created humankind as male and female, and made them participate in the work of*
7. *Protecting the intimate centre of the person and resisting the allurements of fashions.*

DOWN

2. *..... is never included in God's vision for His people.*
3. *There is a struggle of tendencies between "spirit" and "....." in a human person.*
4. *Loving with undivided heart.*



LESSON

11

Desire not the Undeserving

Learning Intention

The Tenth Commandment forbids greed and the unending desire to accumulate worldly possessions. It forbids greediness arising from a passion for riches and their power. It also prohibits the intent to commit injustice by harming a neighbour's material (temporal) goods. When the Commandment says, "You shall not covet," it means we should eliminate our desire for what does not rightfully belong to us. Our desires for something more in the future must be entrusted to God, trusting that He will provide in His own way.

Success Criteria

1. Students will understand that we must first recognise that greed is futile because none of our material possessions will accompany us to heaven.
2. Students will be also convinced that we need to grow in virtues that helps us grow in contentment.
3. Students will be convinced that we need to live a life in which we trust in God's providence rather than finding satisfaction in material abundance
4. Students will learn to be grateful to God, to parents, siblings, teachers, priests and to all the fellow beings.
5. Anyone who has unjustly harmed a neighbour's reputation must make amends in proportion to the offense and the damage caused.
6. Students will be convinced that Sharing will give you a greater appreciation for what you own, who you are, and what you have to offer.



Activity 1

Word Scramble

Unscramble the key words from the story. Write the unscrambled word on each line. Once every word is unscrambled, discuss how the word is relevant to the tenth commandment; “do not covet your neighbors’ goods.”

egred



Greed - excessive and selfish desire for more than what one needs or deserves, often at the expense of others

yvne



Envy - Greed breeds envy and jealousy, leading to strained and damaged relationships.

iresde



Desire - A person driven by greed might desire their neighbour’s car, house, or other possessions, leading to feelings of dissatisfaction and resentment. Greed can also lead to desire like coveting someone else’s relationships, such as desiring a friend’s spouse or envying a sibling’s parental attention, which can cause personal and familial conflicts.

Gikn haba



King Ahab - Ahab’s desire for the vineyard illustrates the sin of covetousness.

Ahab’s greed led to deceit, murder, highlighting the destructive power of desire.

King Ahab’s story serves as a cautionary tale about the dangers of greed and the importance of humility and repentance. It reminds us to be content with what we have and to seek God’s guidance in our desires and actions.



Activity 2

Arrange the word bank into the seven capital sins and the virtues opposed to them in the table given below:

(Enthusiasm, Pride, Modesty, Anger, Laziness, Generosity, Gluttony, Humility, Lust, Charity, Greed, Patience, Jealousy, Self- control)

Gluttony



Self Control

Laziness



Enthusiasm

Lust



Modesty

Pride



Humility

Jealousy



Charity

Greed



Generosity

Anger



Patience



Activity 3

Form small groups and use the hints provided to find a real life example of each type of violation. Explain how the Tenth Commandment is violated in each case. Share your findings with the class.

Violations	Hint to set a scenario	
<i>Earn wealth by unjust means</i>	<p><i>Tax evasion</i></p> <p>Tax evasion is rooted in the desire to keep more wealth than one is rightfully entitled to, often at the expense of society. Earning wealth through tax evasion involves deceit and dishonesty. By not paying the fair share of taxes, individuals unjustly enrich themselves, disregarding their societal obligations. Tax evasion is a form of greed and covetousness, directly contradicting the Tenth Commandment. It harms society, erodes trust, and reflects a lack of moral responsibility. Upholding the commandment involves being honest and fair in financial dealings, contributing to the common good, and respecting societal obligations.</p>	
<i>Hinder the rights of others while you earn your wealth</i>	<p><i>Lying in a sale</i></p> <p>Lying in sales contradicts the values of the Tenth Commandment. Providing incorrect or exaggerated information about a product or service undermines the trust between seller and buyer. Lying in sales often stems from a covetous desire for profit, prioritising financial gain over honesty and integrity.</p>	

Violations	Hint to set a scenario	
<p><i>Exploit the environment or damage nature to earn your wealth</i></p>	<p><i>Using non-recyclable materials to save money</i></p> <p>The decision to use non-recyclable materials is often driven by the desire to maximize profit and reduce costs. This covetous desire for financial gain overlooks the long-term environmental consequences. Using non-recyclable materials to save money is an act rooted in covetous desire and greed, violating the spirit of the Tenth Commandment.</p> <p>Non-recyclable materials contribute to pollution, waste, and depletion of natural resources. This exploitation harms ecosystems, wildlife, and the overall health of the planet.</p>	



Check Your Understanding

1. Why is it bad to want something that belongs to someone else? Justify your answer using the story of King Ahab and Naboth.

Ahab's desire for the vineyard illustrates the sin of covetousness. Ahab's greed led to deceit, murder, highlighting the destructive power of desire. King Ahab's story serves as a cautionary tale about the dangers of greed and the importance of humility and repentance. It reminds us to be content with what we have and to seek God's guidance in our desires and actions.

2. What are the two sins against the Tenth Commandment? Explain at least one of them.

Greed & Envy

Greed - excessive and selfish desire for more than what one needs or deserves, often at the expense of others
Envy - Greed breeds envy and jealousy, leading to strained and damaged relationships.
Desire - A person driven by greed might desire their neighbour's car, house, or other possessions, leading to feelings of dissatisfaction and resentment.

3. What was Jesus's attitude towards money and material possessions? Refer to the verse "Do not lay up for yourselves treasures on earth" and the parable of the rich man who decides to tear down his barns.

Jesus said, "Do not lay up for yourselves treasures on earth, where moth and rust destroy and where thieves break in and steal; but lay up for yourselves treasures in heaven, where neither moth nor rust destroys and where thieves do not break in and steal. For where your treasure is, there your heart will be also" (Mt 6:19-21).

4. Contentment means appreciating what you have and where you are in life, rather than wishing things were different. Develop some practical steps to demonstrate how you can achieve contentment. .

◆ **Practice gratitude:** Be grateful to God, our parents, siblings, teachers, priests and to all our fellow beings. "What do you have that you did not receive? If then you received it, why do you boast as if you did not receive it?" St Paul asks (1 Cori 4:7). Spend a few minutes each day reflecting on what you are grateful for and thank God for all the blessings.

◆ **Avoid social media traps:** Social media can often lead to comparing your life with others. Limit your time on social media or follow accounts that inspire and uplift you rather than cause envy.

◆ **Personal Prayer time:** Incorporate personal prayer time for praise, worship & thanksgiving.

◆ **Act of Kindness:** Share with others: Sharing will give you a greater appreciation for what you own, who you are, and what you have to offer. Perform acts of kindness for others. Helping those in need can foster a sense of purpose and contentment.

- ◆ **Take control of your “when and then” attitude:** Some people think “When I get -- then I will be happy!” Jesus says: “Watch out! Be on your guard against all kinds of greed; life does not consist in an abundance of possessions” (Lk 12:15)
- ◆ **Break the buying habit:** Material possessions will never fully satisfy the desires of your heart, which is why discontent always returns.
- ◆ **Stop comparing yourself to others:** There will always be people who seem to be better off or living the perfect life. However, we often compare the worst aspects of our own lives with the best assumptions about others.

5. Describe an occasion in your life when you were able to share something of yours. How did you feel about it? How do you think this act helped you obey the Tenth Commandment?

Answers can vary.

6. What is evangelical poverty? Have you seen or are you familiar with someone living in evangelical poverty? What do you appreciate about that person? .

Evangelical poverty involves living a life of simplicity and voluntary poverty to imitate the life of Jesus Christ, who led a humble and simple life. Evangelical poverty free us from the distractions and attachments to worldly goods, allowing us to focus more on our relationship with God, spiritual growth, & community service. It’s an intentional lifestyle choice that emphasises the values of humility, generosity, and dependence on God’s providence.

St Mother Teresa: Known for her work with the Missionaries of Charity, Mother Teresa lived a life of poverty and dedicated herself to serving the poorest of the poor in Kolkata, India. Mother Theresa exemplify the principles of evangelical poverty by living humble life, surrendering her life to God and dedicating herself to serving others. Her commitment to simplicity and service has had a lasting impact on many lives.



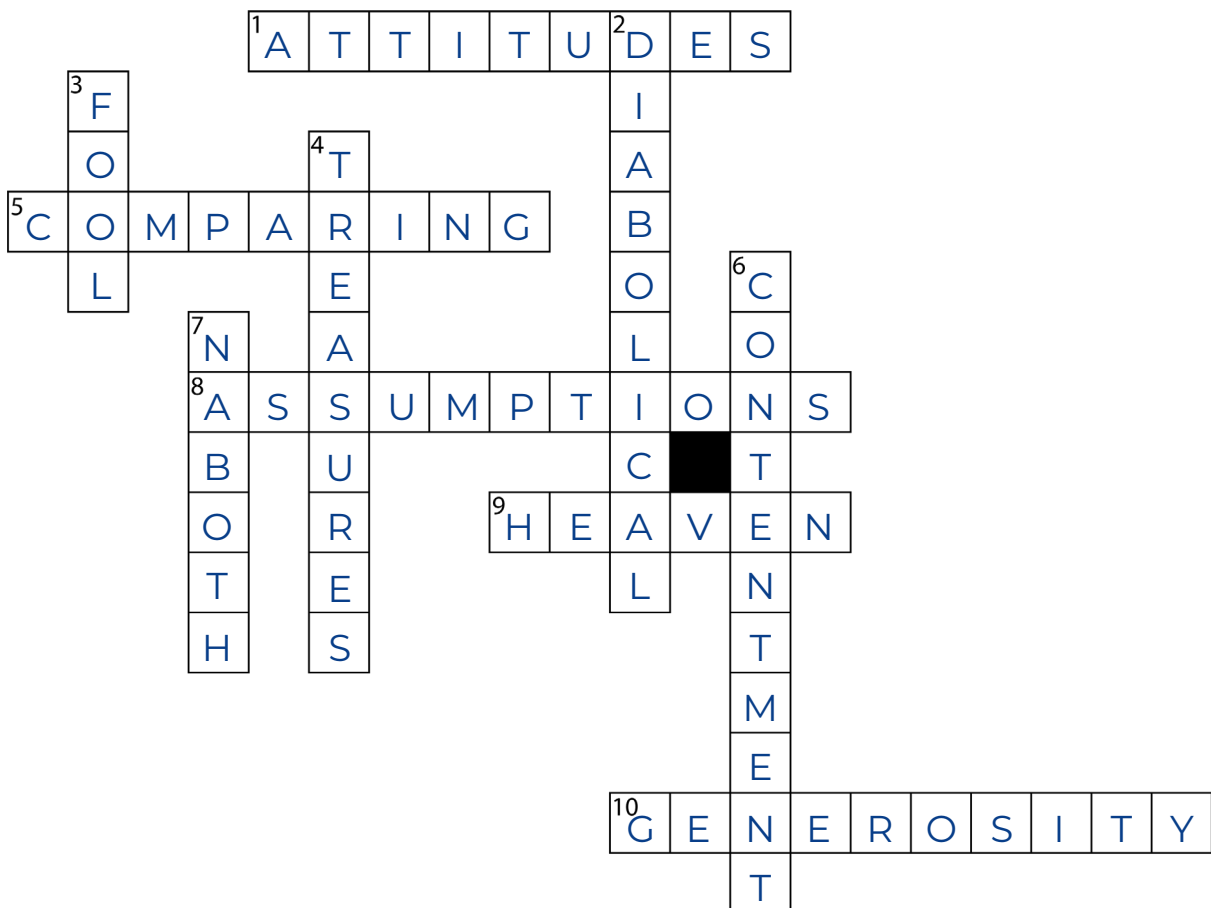
Crossword

ACROSS

1. The tenth Commandment pertains to the inner of a person.
5. Stop yourself to others.
8. We always compare the worst of what we know about ourselves to the best we make about others.
9. None of the stuff we gather is coming to with us.
10. Good will to sacrifice one's own comfort to help others in need.

DOWN

2. St. Augustine calls envy as
3. Jesus called the rich man a because he was greedy and lacked the intention to share his wealth with the needy.
4. Jesus said; "Do not lay up for yourselves on earth, where moth and rust destroy and where thieves break in and steal."
6. Appreciating what you have and where you are in life, rather than wishing things were different.
7. King Ahab wanted a piece of land that belonged to



LESSON

12

The Greatest Commandment

Learning Intention

God has given us the first and greatest commandment: to love Him with our whole heart, soul, mind, and strength. God's love has been poured out into our hearts through the Holy Spirit. We are called to carry forth this love to our neighbours, remembering that every person is a child of God, and that it is our duty to love and help all

Jesus teaches us that love is selfless. We are commanded to commit ourselves to loving God and serving others. This love is called Agape - a love that forgives enemies unconditionally and is sacrificial, leading everyone to God.

Success Criteria

1. Students will understand that loving God with our mind means you're intentionally choosing God over all other options.
2. Students will be also convinced that When Jesus spoke of using all our strength to love God, He was speaking about effort. It means giving our best for the sake of the kingdom of God.
3. Students will be convinced that we need prayer, the help of the Holy Spirit, role models of saints, instructions, and consistent practice to love our neighbour as ourselves.
4. Students will learn Loving those whom others overlook or ignore involves a love that is selfless and unconditional. It is a commitment to serving others without expecting anything in return
5. Jesus tells us that there are two commandments which, if followed carefully, will guide us in keeping all the others. The first is to love God. The second is to love your neighbour as yourself.
6. Students will be convinced that as Christians, it is our responsibility to convey the unconditional love to our neighbours. Only then will we truly become disciples of Jesus.



Activity 1

Write down your favourite team or person you are passionate about and continue the discussion below:

Rugby	Football	Music

Alan and Francis are students in the same class. Their parents regularly bring them to church for Holy Qurbana and catechism. However, Alan insists that he only wants to attend catechism classes because it helps him make friends. Francis, on the other hand, loves both his catechism classes and Sunday Holy Qurbana. He brings a Manglish Holy Qurbana book to follow the Qurbana and always tries to sing and pray aloud. He is also eager to serve the Lord as an altar boy.

Who is passionate about God? Why? Write down your conclusions below.

Francis is passionate about God because he not only enjoys his catechism classes but also actively participates in the Holy Qurbana. He brings a Manglish Holy Qurbana book, follows the service closely, sings, and prays aloud, demonstrating his eagerness to engage in worship. Additionally, his desire to serve as an altar boy reflects his commitment and willingness to serve the Lord. His actions show a deep and genuine devotion to his faith.



Activity 2

Mark true or false to the following statements:

<i>Reading the Holy Bible daily is an act of loving God with our mind.</i>	True <input checked="" type="checkbox"/>	False <input type="checkbox"/>
<i>Memorising prayers involves intellect and therefore it is an act of loving God with our mind.</i>	True <input checked="" type="checkbox"/>	False <input type="checkbox"/>
<i>Obedying the rules of our family shows that we love our parents with our mind.</i>	True <input checked="" type="checkbox"/>	False <input type="checkbox"/>
<i>Preparing for catechism classes, assignments and exams is a clear indication that we love God with our mind.</i>	True <input checked="" type="checkbox"/>	False <input type="checkbox"/>



Activity 4

Below is a hymn about love written by the great apostle, St. Paul. Fill in the blanks with the correct words by unscrambling the letters provided in parentheses. This activity will help you understand the nature of love that Jesus expects us to show towards our neighbours.

(reven, duresen, ientpat, corder, aing, emvo, buedrn, knodgewle, viousen, gnihton, werspo, isyno, gelsan)

*If I speak in the tongues of humans and of **angels** but do not have love, I am a **noisy** gong or a clanging cymbal. And if I have prophetic **powers** and understand all mysteries and all **knowledge** and if I have all faith so as to **move** mountains but do not have love, I am **nothing** If I give away all my possessions and if I hand over my body to be **burned** so that I may boast but do not have love, I **gain** nothing.*

*Love is **patient** love is kind; love is not **envious** or boastful or arrogant or rude. It does not insist on its own way; it is not irritable; it keeps no **record** of wrongs; it does not rejoice in wrongdoing but rejoices in the truth. It bears all things, believes all things, hopes all things, **endures** all things. Love **never** ends. (1 Corinthians 13: 1-13)*



Check Your Understanding

1. What was Jesus' answer when He was asked "Which is the great commandment in the Law"?

The most important one is this: 'Hear, O Israel: The Lord our God, the Lord is one. "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength. And a second is like it: You shall love your neighbour as yourself. All the Law and the Prophets depend on these two commandments".

2. Write an example of a person who loves God with their 1) heart, 2) soul, 3) mind and 4) strength.

Mother Theresa

3. What do you think is the newness in Jesus' statement; "A new command I give you: Love one another. As I have loved you, so you must love one another."?

The old commandment of love became new because it was made complete with this addition: "as I have loved you.", "love one another as I have loved you." The new commandment wholly encompasses the love of Jesus Christ, who gave up His life for us.

Loving those whom others overlook or ignore involves a love that is selfless and unconditional. It is a commitment to serving others without expecting anything in return. Loving our enemies, or those who disagree with us, is a profound aspect of Christian love. Love without hatred is uniquely Christian and is a result of learning to love like Jesus. Asking for forgiveness, being generous in offering forgiveness, and praying for our enemies all stem from our love for them.

4. Christ is the embodiment of love. Can you identify at least four dimensions of Jesus Christ's love using the hymn of St Paul in his first letter to the Corinthians, chapter 13?

Jesus' Love is **patient** it is kind; love is not **envious** or boastful or arrogant or rude. it keeps no **record** of wrongs; it does not rejoice in wrongdoing but rejoices in the truth. It bears all things, believes all things, hopes all things **endures** all things. Jesus' Love **never** ends.

5. No other religion teaches its adherents the importance of loving our enemies. Can you give an example of forgiving an enemy? What difficulties do you find in forgiving someone who has hurt you, and how do you overcome it?

Answer can vary for the first question.

John and David were once close friends, but a misunderstanding led to a significant fallout. David spread false rumours about John, causing John to lose his job and reputation. Despite the deep hurt and betrayal, John decided to forgive David. He realised that holding onto anger and resentment was only hurting himself. John reached out to David, expressed his feelings, and forgave him. Over time, they rebuilt

their friendship, and both grew from the experience.

Engaging in prayer, adoration, or attending Holy Qurbana can provide comfort and strength. Forgiveness frees you from the burden of anger and resentment, allowing you to move forward with a lighter heart.

LESSON

13

The Precepts of the Church

Learning Intention

The purpose of precepts is to preserve good order within the Church, maintain discipline among its members, and foster a distinct Catholic identity. The precepts serve as these practical guidelines for the ecclesial community. They are intended to remind us that being a Christian involves making a moral effort, participating personally in the sacramental life of the Church, and being in solidarity with her.

Success Criteria

1. Students will understand that the precepts of the Church are obligatory for every Catholic Christian.
2. Students will be also convinced that Sundays should be seen as days for worshipping God, thinking and acting with the Church and enjoying a day of rest with the family. should avoid any unnecessary work that might hinder us from observing the Sabbath as a holy day of obligation.
3. Students will be convinced that frequent reception of the sacraments, of Reconciliation and the Holy Eucharist, is essential nourishment for our souls, as they are the channels through which our sins are forgiven and our relationship with God is restored.
4. Students will learn to keep fast on the fixed days and abstain from certain foods during those days. The Church also encourages us to give up other things to which we are personally attached.
5. Students will understand that for Catholic believers, marrying someone who belongs to a different religion can present challenges to their own faith and for the upbringing of their future children.
6. Students will be convinced that by providing financial assistance to the parish church, you contribute to the building up of a Christ-centered community. Members of the church are encouraged to give a tenth of their earnings to cover the financial costs of the church and the ministries associated with its evangelisation and poverty alleviation.



Activity 1

Fruits of Sunday observance apart from worship: Fill in the blanks with the suitable words given in the brackets.

(sanctifies, resilience, bestows, unity)

1. Holy Qurbana **bestows** upon us the necessary spiritual gifts.
2. It **sanctifies** our personal and family life.
3. Resting and spending time together helps families grow in **resilience**.
4. The Parish community grows in **unity** and love of God.



Activity 2

The following periods of Lents are observed in the Syro-Malabar Church. Discuss these with your teacher and find out the context of the feast or event associated with each Lent. Fill in the blanks to identify the correct word.

1. 3 days Lent - (Jan 31, Feb 1 and 2) The **Purification** feast of the Holy Virgin Mary.
2. 8 days Lent - (Sept 1-8) **Nativity** of Our Lady.
3. 15 days Lent - (Aug 1-15) **Assumption** of Our Lady.
4. 25 days Lent - (Dec 1-25) **Birth** of Our Lord Jesus.
5. 50 days Lent - (Ash Monday to Easter) The Great **Passion** and
6. **Resurrection** of Our Lord.



Activity 3

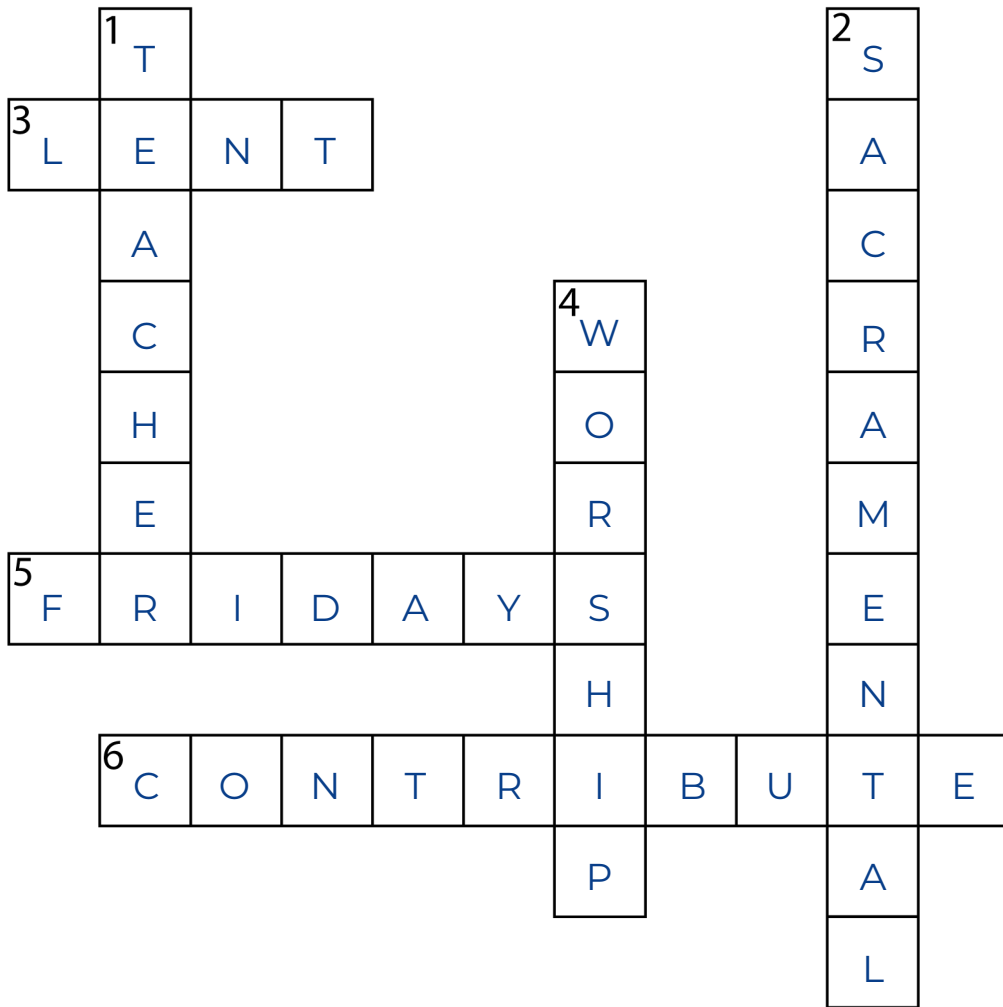
Crossword

ACROSS

3. The Celebration of marriage is not permitted during
5. The Church instructs us that are days of abstinence and penance in memory of the death of the Lord.
6. The faithful have the duty totowards providing for the needs of their church.

DOWN

1. The Church is the “Mother and” of the faithful.
2. Marriage between a Catholic Christian and a person from another religion is not
4. The first precept tells us that we should consider Sundays as days to God.





Check Your Understanding

1. How do the precepts of the Church help the faithful to preserve good order within the Church, maintain discipline, and establish a specific Catholic identity?

Given the authority bestowed by Jesus, the Church explains and illustrates God's commandments to provide us with practical guidance for our daily lives. The precepts serve as these practical guidelines for the ecclesial community. They are intended to remind us that being a Christian involves making a moral effort, participating personally in the sacramental life of the Church, and being in solidarity with her. These precepts are obligatory for every Catholic Christian.

2. Describe the five precepts of the Church in your own words. ?
 1. Participate in the Holy Qurbana every Sunday and on other days of obligation.
 2. Receive the sacrament of Reconciliation at least once a year and receive Holy Communion during the Paschal season (CCC 2042)
 3. Keep fast on the fixed days and abstain from certain foods during those days.
 4. The Celebration of marriage is not permitted during Lent or with certain persons whom the Church has forbidden.
 5. Give generous share and contributions fixed by the bishops for the subsistence of churches and its ministers.
3. Why do you think fasting and abstinence are important in our spiritual life? Share one of your experiences to substantiate your point.

Fasting and abstinence play significant roles in our spiritual lives for several reasons:

Fasting helps develop self-control and discipline, making it easier to resist temptations.

It provides an opportunity for self-examination, repentance, and a renewed focus on spiritual growth. Fasting allows us to experience, even briefly, the hunger and deprivation that many people face daily, fostering empathy and compassion. It helps us detach from material possessions and focus on our spiritual needs and relationship with God.

I participate in a Lenten fast each year. I choose to give up my favourite foods and limit my meals to simple portions. During this time, I attend Holy Qurbana every day and spend extra time in prayer and Bible reading. This act of fasting help me feel a deeper connection to God and increases my gratitude for the blessings in my life. I also gain a greater sense of empathy for those who face hunger regularly and becomes more committed to charitable activities.

The initial struggle I face with cravings during my fast teach me to lean on God's strength rather than my own. As the days go by, I find that my love of God strengthens, and my focus shifts more towards my relationship with God and less on my physical

desires. Fasting and abstinence can be challenging, but they are powerful tools for spiritual growth and renewal.

4. Which two important days does the Church recommend observing complete fasting and abstinence? Why is it important to follow this directive on these days?

Ash Wednesday and Good Friday are days of complete abstinence and fasting, where only one full meal may be consumed.

5. Write two arguments to convince your parents to generously contribute to your parish church to support its needs.

This precept reminds the faithful of their duty to contribute to the well-being of their church community. This includes maintaining churches, supporting the subsistence of priests, and helping the poor and vulnerable within the community

Members of the church are expected to give a tenth of their earnings to cover the financial costs of the church and the ministries associated with its evangelisation and poverty alleviation. Tithes are traditionally a tenth of a person's earnings which are contributed to the church. This tradition has been adopted by the Church from the beginning and we find its origin traced back to the Old Testament. Afterwards, the Israelites adopted the system of giving a tenth of their annual earnings to Levitical priests who performed service in the temple, for the temple maintenance and for the sustenance of the clergy (Numbers 18:21).

LESSON

14

Formation of Conscience

Learning Intention

It is highly important to form a Christian Conscience to live a clean and pure life before God and fellow humans. A bad conscience destroys, but a good, clean, and free conscience brings forth life and truth. Conscience is a law written by God in each of our hearts. Therefore, the voice of conscience is the voice of God. The moral voice shaped by Christian faith is called a Christian conscience.

Success Criteria

1. Students will understand that If we strive to pay close attention to our divine conscience, it guides us to obey God and leads us toward goodness. When we rebel against our conscience, we allow sin to take root within us.
2. Students will be also convinced that Our conscience enables us to understand the principles of morality and to decide how to apply those principles in specific circumstances.
3. Students will understand that The Ten Commandments in the Old Testament, the Commandment of Love in the New Testament, and the Precepts of the Church form the central part of the moral law that helps us develop a good conscience.

4. Students will learn four ways to form a Christian conscience.

Gain proper knowledge – By reading the Word of God, listening to the authoritative teachings of the Church and by attending catechism classes.

Clear the doubts- By seeking prudent advice from resource persons like our parish priest, by following good examples of others, reading the lives of saints and developing good friendships.

Preserve the freedom of mind- We may lose the freedom of conscience by our own selfishness, influence of other people, ignorance, error of perception & fear.

Seek the guidance of the Holy Spirit – Holy Qurbana, Prayer, Regular examination of our conscience & Sacrament of reconciliation will help us to develop a morally sensitive conscience.

5. Students will understand that if we trust that God is love, then His expectations for us are not about limiting our experiences but rather about discovering the fullness of life.



Activity 1

Discuss the three images symbolising our conscience. Students should determine whether the following statements are true or false and mark their answers with a tick.

1. *A referee cannot go wrong. Similarly, our conscience will always judge rightly.*
True / False
2. *Our conscience can become unclean due to our own prejudices, peer pressure, or worldly standards.*
True / False
3. *The reason some people call certain sins good or consider them as “an orientation” is because their conscience is blurred by impurities.*
True / False
4. *The reason that some people do not feel regret for their wrongdoing is that they have replaced God’s Law with their own state laws or the norms of their friends.*
True / False
5. *I am born free, and therefore I have the freedom to always judge myself as right.*
True / False



Activity 2

Circle the ideas from the box below that will help us to form a Christian conscience.

*Ignorance of Christ and his Gospel, virtue of prudence, the Word of God,
bad examples by others, advice from holy people, bondage to one’s passions,
teaching of the Church, our own selfishness, Holy Qurbana,
mistaken notion of autonomy and freedom,
lack of conversion, the Commandments*



Check Your Understanding

1. What is your understanding of conscience? How does the Bible describe it?

Conscience is the inherent ability of every healthy human being to discern right from wrong. This perception enables individuals to control, monitor, evaluate, and guide their actions accordingly.

St Paul teaches us that those who have not received the Commandments of God should act according to the voice of their conscience. As he says, “They demonstrate that God’s law is written on their hearts, for their own conscience and thoughts either accuse them or tell them they are doing right” (Rom 2:15).

2. Someone argues that by giving Commandments and laws, God is limiting who we are and what we should do. How would you explain to that person, using the imagery of a gifted athlete competing for an Olympic medal, how God’s gift of conscience and moral laws are actually beneficial?

Just as an athlete needs training from a professional coach to become Olympic-medal ready, we need God’s commandments and laws to guide us in a manner that allows us to harness and access our full potential. In this way, God’s gift of conscience and moral laws are incredibly beneficial, as they are essentially ‘coaching’ us into being good human beings.

Gods commandments and laws provide a clear framework and set of standards that help us navigate complex moral decisions, much like how an athlete follows a structured training regimen to achieve peak performance. They help us build discipline and resilience, qualities essential for both athletic success and personal growth.

Moreover, just as an athlete trusts the expertise of a coach to avoid injury and improve performance, we can trust that God’s guidance will protect us from harm and lead us toward a fulfilling and meaningful life. The rules and commandments are not limitations but tools that enable us to live virtuously and reach our full potential, much like how coaching and training enable an athlete to excel.

In summary, God’s moral laws and commandments serve as our training guide, helping us to become the best versions of ourselves, just as a coach’s guidance enables an athlete to compete at their highest level. Through this perspective, we can see how these divine directives are meant for our ultimate benefit and growth.

3. How do the three images of conscience help you understand the concept of conscience? The three images: A referee, A clean window, A court room.

◆ **Referee:** A referee in a game enforces the rules, ensuring that players follow them and making decisions when rules are broken. Similarly, conscience acts as an internal guide, helping us determine right from wrong and directing our actions according to moral and ethical principles.

◆ **Clean Window:** A clean window allows us to see clearly without obstructions. When our conscience is clear, it means we have no guilt or moral conflict, allowing

us to think and act with clarity and peace of mind. This symbolises purity and transparency in our moral decisions.

- ◆ **Courtroom:** A courtroom is where justice is administered, with a judge evaluating evidence and making decisions. In the same way, conscience serves as a moral judge, evaluating our actions and decisions, holding us accountable for our behaviour, and encouraging us to make amends when we've done wrong.

4. Mention at least three ways to form a Christian conscience. How do you think these methods contribute to the formation of your conscience?

- ◆ **Gain proper knowledge** - By reading the Word of God, listening to the authoritative teachings of the Church and by attending catechism classes
- ◆ **Clear the doubts** - By seeking prudent advice from resource persons like our parish priest, by following good examples of others, reading the lives of saints and developing good friendships.
- ◆ **Preserve the freedom of mind** - We may lose the freedom of conscience by our own selfishness, influence of other people, ignorance, error of perception & fear.
- ◆ **Seek the guidance of the Holy Spirit** - Holy Qurbana, Prayer, Regular examination of our conscience & Sacrament of reconciliation will help us to develop a morally sensitive conscience.

5. It seems that everywhere you look—convenience stores, TV, billboards, etc.—there are images of people wearing revealing clothes. Some friends look at magazines and visit web sites where they can see even more. One friend has figured out how to bypass parental blocks on these sites and has offered to show you how. What will you do in this situation? How does your Christian conscience differ from your friend's conscience?

- ◆ **Decline the Offer:** Politely refuse your friend's offer to show you how to bypass parental blocks. Explain that you are not comfortable with viewing inappropriate content or breaking rules.
- ◆ **Explain Your Values:** Share your reasons for declining, emphasising the importance of respecting boundaries and maintaining integrity. Your actions can set a positive example for your friends.
- ◆ **Suggest Positive Alternatives:** Offer alternative activities or websites that align with your values and interests. Encouraging positive and constructive behaviour can help steer the group in a better direction.
- ◆ **Seek Support if Needed:** If you feel pressured or uncomfortable, talk to a trusted adult, such as parish priest, a parent, teacher, or counsellor. They can provide guidance and support.

Always pray and ask for God's guidance and strength to make the right choices.

Stand Firm in Your Beliefs: Stay confident in your values and the reasons behind them. Surround yourself with friends who share and respect your values. Consider the long-term impact of your actions on your character and relationship with God.

LESSON

15

The Beatitudes: Invitation to be Lights in a Dark World

Learning Intention

The beatitudes teach us that true happiness is not found in riches, well-being, human fame or power, or in any human achievement - such as science, technology, and art - or in any creature. Instead, true happiness is found in God alone, the source of every good and all love.

Success Criteria

Through the Beatitudes, Students will learn:

- ◆ To be courageous in their faith, especially when it is unpopular!
- ◆ To respond to Jesus' call to "make peace" and actively work towards resolving conflicts While the world advises "don't get involved" and "hurt those who hurt you,
- ◆ That being pure means being honest about ourselves and relying on God's mercy, though it does not imply being "sinless"—as all of us sin. The sacrament of Reconciliation helps us maintain purity in our hearts and minds.
- ◆ To be merciful, just as our Heavenly Father is merciful (Lk 6:36). When God Almighty can forgive us, despite our sinful behaviour, then why can't we forgive each other and have compassion?
- ◆ To be righteous - Acts of righteousness include giving to those in need, praying, and fasting (Mt 6:1-18). Righteousness also encompasses honesty integrity, virtue, purity of life, rightness, and correctness in thinking, feeling, and acting
- ◆ To be meek - meekness is about 'trusting who is in charge.' The meek trust God and recognize that they live in their Father's world. While the world advises us to trust in ourselves and rely on our own strength or that of others, this approach can ultimately leave us empty.
- ◆ To mourn over our sins - Repentance transforms our mourning into joy because God forgives our sins and restores us to fellowship with Him and mourn about the state of the world: filled with poverty, trouble, and tragedy.
- ◆ To be poor in spirit: Those who are poor in spirit recognise their need for God and understand that they have nothing without Him.



Activity 2

Fill in the blanks using the unscrambled words in the brackets and read the paragraphs to understand the meaning of each Beatitude:

1. Blessed are the **poor** in spirit, for theirs is the **kingdom** of heaven. (roop, domking)
2. Blessed are those who **mourn**, for they will be **comforted**. (morun, comedfort)
3. Blessed are the **meek**.. for they will **inherit** the earth. (keem, heritin)
4. Blessed are those who **hunger** and **thirst** for righteousness, for they will be filled. (gneruh, tsriht)
5. Blessed are the **merciful**, for they will be shown mercy. (fulimerc)
6. Blessed are the **pure** in heart, for they will **see** God. (erup, ees)
7. Blessed are the **peacemakers**, for they will be called **children** of God. (renchldi)
8. Blessed are those who are **persecuted** because of righteousness; for theirs is the **kingdom** of heaven. (percutedse, modgnik)



Activity 3

Examine the images below and complete the sayings of Jesus. Discuss in groups what these images reveal about Christian living, and then share your insights with the class.



“You are the **LIGHT** of the world. Let your **LIGHT** shine before others, that they may see your good deeds and glorify your Father in heaven” (Mt 5: 14-16).



“You are the **SALT** of the earth. But if the **SALT** loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot” (Mt 5:13).



“Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the **ROCK**. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the **ROCK**. (Mt 7: 24).

“You are the LIGHT of the world. Let your LIGHT shine before others, that they may see your good deeds and glorify your Father in heaven” (Mt 5: 14-16).

Just as light illuminates the darkness, WE are called to bring the light of Christ into the world, spreading truth, love, and hope. Our actions and words should help guide others towards God. Light is seen by all; similarly, our good deeds should be visible to others. By living out our faith openly and authentically, we can inspire others and bear witness to God’s love. Light serves as a guide, showing the way. We have to lead by example, helping others find their path to faith and righteousness.

“You are the SALT of the earth. But if the SALT loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot” (Mt 5:13)

Salt is used to preserve food and prevent it from spoiling. This signifies that We are called to have a preserving influence on the world, helping others to understand Gods’ love and prevent them from getting destroyed. Salt enhances the flavour of food, making it more enjoyable. Similarly, we are meant to bring the “flavour” of God’s love, grace, and goodness into the world, making life richer and more meaningful for those around us. Salt is pure. We are called to live pure and holy lives, reflecting the character of Christ in our actions and attitudes.

If salt loses its saltiness, it becomes useless. This highlights the importance of us maintaining distinctiveness and commitment to our faith. If we follow to the world’s choices and lose our spiritual fervour, we will become ineffective in our witness and mission as disciples of Jesus Christ.

“Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the ROCK The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the ROCK (Mt 7: 24).

A house built on a rock has a solid foundation, making it stable and secure. This symbolises that a life grounded in Jesus’ teachings is resilient and steadfast, even in the face of challenges and adversities. Building our lives based on the principles and values taught by Jesus provides a strong moral and spiritual base, ensuring that we always remain in faith.

Adverse conditions like rain, Streams, and Winds represent life’s trials and difficulties. Just as a house built on rock withstands harsh weather, a life built on Jesus’ teachings can endure hardships without collapsing. The adverse conditions also signify the testing of our faith. Those who hear and apply Jesus’ words are better equipped to face and overcome life’s challenges.



Check Your Understanding

1. How can you be courageous about your faith and be witness to Christ, especially when it is unpopular within your circle of friends? Which specific Beatitude relates to this context?

I will stay true to my values and principles, even when faced with opposition or ridicule. My unwavering faith can inspire respect and curiosity in others. Lead by Example: I will demonstrate my faith through my actions. I will show kindness, love, and integrity in everything I do. My behaviour will be a powerful testimony to my faith.

I will share my personal experiences and stories about how my faith has positively influenced my life. I will be open to discussions about my faith and share my experiences with humility and confidence. I will surround myself with a supportive faith community or friends who share my beliefs. They can provide me encouragement and strength. I will always pray to God for giving me the strength and courage to be a faithful witness, especially in challenging situations.

2. “Everyone who hears these words of mine and does not act on them will be like a who built his house on sand. The rain fell, and the floods came, and the wind blew and beat against that house, and it fell and great was its fall!”

builder

3. Create a Beatitudes prayer using the following example. For example: Lord, make me poor in spirit, so I can receive the kingdom of heaven.

a) Blessed are the merciful, for they will be shown mercy.

Lord, make me merciful, so I can be shown mercy.

b) Blessed are the pure in heart, for they will see God.

Lord, make me pure in heart, so I can see You.

4. The Beatitudes invite us to purify our hearts from bad instincts and seek the love of God above all else. How can you illustrate this argument using any Beatitude as an example?

Beatitude that beautifully illustrates the invitation to purify our hearts from bad instincts and seek the love of God above all else is: “Blessed are the pure in heart, for they shall see God.” (Matthew 5:8)

The promise that the pure in heart will “see God” indicates a closer and more intimate relationship with God. It tells that when our hearts are pure, we can experience God’s presence and love Him more intimately.

This Beatitude emphasises the importance of having a pure heart, free from negative instincts like hatred, envy, and selfishness. It calls us to cleanse our inner selves and strive for moral and spiritual purity. A pure heart enhances our spiritual vision, enabling us to perceive God’s work in our lives and the world around us. It allows us to recognise His love and respond with gratitude and devotion to all His blessings

in our lives.

Being pure in heart means living with sincerity and integrity, aligning our thoughts, intentions, and actions with the love and teachings of God. It encourages us to focus on God with single-minded devotion, avoiding distractions that lead us away from His love. By seeking purity of heart, we reflect God's love in our interactions with others. Our actions become expressions of His love, inspiring others to seek and experience the same purity and connection with God.

Example:

Imagine a person named Mary who consciously strives to live with a pure heart. She actively works on overcoming negative instincts, such as jealousy and anger, through attending Holy Qurbana, receiving the sacrament of reconciliation through prayer and self-reflection. She seeks God's guidance in her daily life, focusing on His teachings and following them in her actions.

Mary's commitment to purity of heart allows her to experience a deeper connection with God. She finds peace and joy in her relationship with Him, and her life becomes a testament to His love. Her interactions with others are characterised by kindness, compassion, and sincerity, inspiring those around her to seek the same purity and love.

This Beatitude, illustrates the transformative power of purifying our hearts and seeking God's love above all else. It calls us to embrace a life of integrity, devotion, and spiritual clarity, leading us to a closer relationship with our Creator.

5. "You are the light of the world... Let your light shine before others, that they may see your good deeds and glorify your Father in heaven" (Mt 5:14-16). How can you be a light in your home for your siblings and parents?

I will be a source of encouragement and support for my family. I will show kindness, compassion, and understanding in my interactions with my parents & siblings. I will create a home environment that reflects love, respect, and understanding. I will initiate family prayers and spiritual discussions. This can help bring my family closer and strengthen in Christ. I will participate in community service or charitable activities as a family. This help me to put the teachings of Jesus into action and make a positive impact on others.

6. Blessed are the in heart, for they will see God.

pure

7. alone is the source of every good and of all love.

God

8. Repentance turns our mourning into because God washes our sin away.

happiness

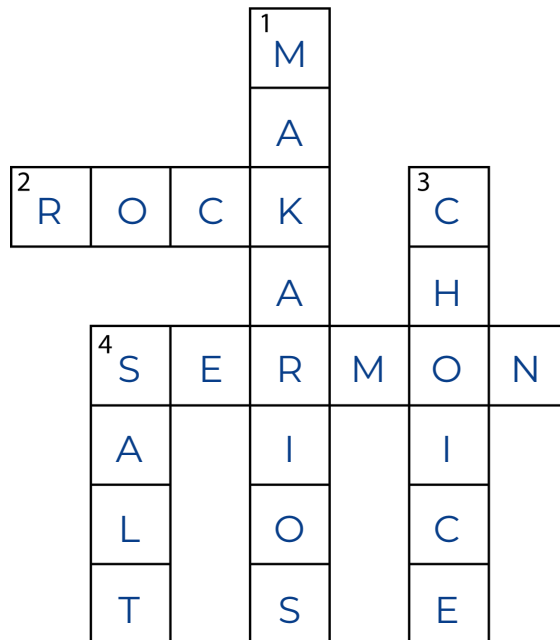


ACROSS

- Therefore, everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the
- The Beatitudes start off a section in Matthew called the on the Mount.

DOWN

- The Greek word that is translated as “blessed.”
- In each beatitude, a we find ourselves in a situation that compel us to make a
- Jesus says, “You are the _____ of the earth.”



References:

● Lesson 1

<https://ministryspark.com/ten-commandments-kids/>

● Lesson 3

Resources

Activity 2:

<https://www.youtube.com/watch?v=nQWFzMvCfLE>

● Lesson 4

Resources

<https://cbcnews.net/cbcnews/pope-francis-think-being-good-is-enough-its-not-go-to-mass/#:~:text=VATICAN%E2%80%94%20According%20to%20Pope%20Francis,well%20in%20our%20daily%20live>

● Lesson 5

Resources

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