

1. Scripture

1. Be familiar with the New Testament scriptural foundations for the sacraments of Initiation (Baptism, Eucharist, Confirmation).
2. Be familiar with the New Testament scriptural foundations for the sacraments of Healing: (Reconciliation, Anointing of the Sick), and Service: (Holy Orders, Matrimony).
3. Know that the Pentateuch refers to the first five books of the Bible (Genesis, Exodus, Leviticus, Numbers, and Deuteronomy), also known as the Law or the Torah by the Jews today.
4. Read and participate in a guided discussion of weekly Scripture readings, especially the Gospels, according to the liturgical year.
5. Understand that listening to and reading the Scriptures attentively and prayerfully is necessary for them to receive what God wishes to communicate to them through his Word.

2. Creed

1. Know that the mystery of the Trinity is the core of our faith because it is the source of all other mysteries of faith.
2. Know that Jesus was the Messiah long awaited by the Israelites as the Redeemer of God's People.
3. Tell that Jesus was conceived in the womb of the Virgin Mary by the power of the Holy Spirit.
4. Know that the Church was founded on Pentecost through the descent of the Holy Spirit upon the disciples and the Virgin Mary.
5. Understand that Mary, under the title of Our Lady of Guadalupe, is honored as patroness of all of the Americas.
6. Distinguish between Christian and non-Christian.
7. Explain that the purpose of the Christian life is to know, love, and serve God and to live forever with him in heaven.
8. Know that we respect and care for our bodies because they are temples of the Holy Spirit.
9. Relate that the Church celebrates the presence and actions of Christ through the seven sacraments.
10. Identify the Church as one in its teaching, holy in its faith, Catholic in its universality, and apostolic in its founding and continuity.

3. Worship and Sacraments

1. Understand that we are members of the Church, the Body of Christ, and of a parish community.
2. Know the effects of the grace of Matrimony: Christ enables a man and a woman to share their love through a strong, permanent commitment to one another and through their willingness to welcome, nurture, and educate in the faith the children sent to them by God.
3. Know that the Paschal Mystery refers to Christ's suffering, death, Resurrection, and Ascension.
4. Define sacrament as an outward sign of an inward grace, instituted by Christ.
5. Understand that sacraments are sacred moments in which Christ shares his life with us, and we become visible signs of God's presence.
6. List and know the meaning of the signs and symbols of each sacrament.
7. Know the effects of Baptism: we are cleansed from original sin, we receive sanctifying grace, and we are reborn as children of God and members of Christ's Body, the Church.
8. Recognize that Eucharist is the center of Catholic life and understand the effects of the Eucharist: It nourishes us with the Body and Blood of Christ, unites us more deeply with Christ and his Church, transforms us and reconciles us in Christ's love, and empowers us to serve one another.
9. Know that the sacrament of Confirmation imparts the fullness of the Spirit through the gifts of the Holy Spirit and celebrates the Confirmand's personal decision to follow Christ.
10. Know the effects of the grace of Penance/Reconciliation: the forgiveness of sins, reconciliation with God and the Church, and the strengthening of the resolve to do good and avoid sin in the future.
11. Know the effects of the grace of Anointing of the Sick: strengthening, consolation, courage in the face of illness, union with Christ's suffering on the cross, and the spiritual and physical healing in the way that God wills.
12. Know the effects of the grace of Holy Orders: chosen men are configured to Christ in order to lead the Church to holiness by teaching, sanctifying, and shepherding God's flock.
13. Identify that the Triduum, which is celebrated from Holy Thursday evening through Evening Prayer on Easter Sunday, is the most sacred time of the liturgical year.
14. Understand that Baptism, Confirmation, and Holy Orders may only be received once because through them, the Holy Spirit confers an indelible spiritual seal on the soul.
15. Understand the significance of the Liturgical seasons: Advent, Christmas, Easter, and Ordinary Time.

4. Christian Morality

1. Know that a parable is a story told by Jesus that can help them understand how to live holy lives.
2. Learn that faith, hope, and charity are theological virtues given to them by God at Baptism to help them throughout their whole lives.
3. Understand that sin has personal and social consequences; when we sin, we weaken our friendship with God and with the Church.
4. Learn that the elements of the sacrament of Penance/Reconciliation are: contrition, confession, absolution, and penance.
5. Develop the ability to examine their consciences, in light of the Ten Commandments, using an appropriate Examination of Conscience when necessary.
6. Know that they must respect their bodies because they are temples of the Holy Spirit.
7. Develop respect for all human life as God's gift because we are made in God's image and likeness.

5. Prayer & Spirituality

1. Participate in guided meditative prayer based on Gospel stories.
2. Pray the litany of the saints.
3. Understand the role of Mary and the saints as intercessors.
4. Describe what prayer means to them and why it is important in their lives.
5. Examine Jesus as the model for prayer in the Gospel.
6. Discuss difficulties in prayer and strategies to overcome them.
7. Explore how sacramentals (holy water, blessed palms, candles, ashes, rosary, medals, scapulars, crucifixes, images, statues, etc.) help enhance their spiritual lives.
8. Perform a personal examination of conscience.

6. Community & Service

1. Relate Mary's sensitivity to the needs of others at the Wedding Feast of Cana to the call to respond to the Word of God.
2. Study the words and actions of Jesus at the Last Supper (especially in **John 13-18**) as a model of the Christian understanding of community and service.
3. Discuss how the Eucharist is the source and goal of all Christian communities.
4. Study the vocations of Matrimony, Holy Orders, and Religious Life in response to Jesus' call to service.
5. As part of the Baptismal commitment, understand that Christian laypersons are called to bring Christ to the world through their professions and occupations.
6. Research how Jesus' identification of himself with the "least of my brothers" (**Matt. 25**) is lived out through parish and diocesan outreach programs to the poor and suffering.
7. Identify examples of God using human effort to build his Kingdom of justice, peace, and mercy on earth.