

Grade 4

Following Jesus

Faith of the Mountain | Maronite Catholic Catechism

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Publisher's Note

Faith of the Mountain is a Maronite Catholic Catechism to help us lead a holy life worthy of God's Kingdom. In order to reach heaven, we must have the "faith to move mountains." Thankfully, our Catholic Faith has been passed down to us by Christ and his Apostles, and our journey with Christ has passed through many centuries. The Church is one, holy, catholic, and apostolic and is blessed by the lives of many saints. One saint in particular stands out for us: our patron, Saint Maron, a fourth-century hermit and priest. He would often pray at the top of a mountain near Antioch. His followers sought him for wisdom, guidance, and help to live a holy life. When troubles began in the area of Syria where Saint Maron lived, his followers sought refuge in the mountains of Lebanon. As a result, this Catechism has many images of mountains. The title, *Faith of the Mountain*, reflects the faith of our Maronite ancestors, which was as unshakable as the mountains.

We begin each lesson with three learning objectives, an opening prayer to be said together, and an introduction followed by three main points. Next, we have a choice of two activities, which are related to the three main points. From there, we include a passage related to the Maronite tradition, followed by a saint or role model who lived a holy life. We then have a recall section to test knowledge. A weekly journal is offered to apply this knowledge personally and encourage meditative prayer. A concluding prayer follows.

The "Climbing the Mountain" section offers a Scripture passage along with a quote from a saint, so that parents and children can climb higher in their faith by reflecting on the Word of God together.

In the "Reaching the Summit" section, designed for more advanced students, teachers, and adults, the reader will find additional information to climb even higher. This section includes a paragraph from Catholic Social Teaching, specifically from the *Compendium of Social Doctrine* (CSDC) and the *Catechism of the Catholic Church* (CCC).

A definition of terms at the end of every section points the readers to the most important concepts. Additionally, a QR code allows readers to experience the breadth and depth of this lesson digitally.

May this Catechism inspire you to seek the truth, choose what is good, and love what is beautiful, so that you may better love God and others, and live your Maronite Catholic Faith each day!

“For truly I tell you, if you have faith the size of a mustard seed, you will say to this mountain, ‘Move from here to there,’ and it will move; and nothing will be impossible for you.”

—Matthew 17:20



Our Amazing God

Preparing for the Journey

God created everything in the universe, from the giant blue whale to the tiny caterpillar. The Bible shows how God's creation is truly amazing. He created the light and separated it from the darkness. He created the sky, the seas, the plants, and the trees. Next, he created the sun, the moon, and the stars. He then created animals. God saw that all this was good, and on the sixth day of creation, a Friday, God created his final and greatest masterpiece: human beings! And God saw that we were indeed *very good*.

This amazing God made the entire universe for us. But he made us for himself! What a wonder! Out of the abundance of his love, he created us, and he wants to have a relationship with us. He also wants us to have good relationships with one another.

The Bible says God made us male and female in his own image and likeness, and so we have the privilege to be like him. We can show the world how very good his creation is when we are at our best!

God also asks us to listen to him, to stay close to him, and to be good to one another. God wants us to love him and to love one another. We show our love when we follow him closely. God gave Moses the commandments to guide us and prophets to teach us. However, beginning with Adam and Eve, we did what we wanted, not what God wanted from us. Finally, at just the right time, the right time, in order

to help us and redeem us, God sent us his Only-Begotten Son, Jesus Christ, born a child in Bethlehem. Jesus speaks to our heart and our conscience. We will learn what he says, does, and who he is for us in this book.

Because Jesus is the Son of God, he taught us to love like he does, and like his Heavenly Father does. His life was full of truth, what was good, and beauty. He taught us to seek truth, choose what is good, and love what is beautiful. Jesus loves us, and at the Last Supper, before he died, he gave us the precious gift of his Body and Blood in the form of bread and wine. Jesus called us friends and taught us that, like him, we are God's beloved sons and daughters. We can call God the Father "Abba," meaning "Dad." God is our Father.

God is love, so when we choose not to love God or each other, we reject God's commandments. This harms our relationship with God and each other. We call this sin. When Jesus was dying a terrible death on the cross, at the hands of those who refused to love him, he forgave them. His death was horrible, and so his followers were afraid. They thought that what happened to Jesus might also happen to them. So they hid and prayed, asking God to help them, and he did.

An amazing event took place after that Great Friday of the Crucifixion. Jesus rose from the dead on Sunday! He then spent forty days with his disciples, teaching them, consoling them, and strengthening them, before he ascended to heaven. He showed them that they can come to meet him in the "breaking of the bread" — our Divine Liturgy. He then sent them the Holy Spirit on Pentecost Sunday.

Today, Jesus Christ lives among us in a mysterious, most amazing, and humble way in the Mysteries, especially in the Holy Eucharist. We will learn more about his presence during our classes this year. We will also learn what a joy and privilege it is to follow God, to seek the truth, choose what is good, and love what is beautiful.

Our wonderful God strengthened the apostles with the Holy Spirit as they hid in the upper room. God also asks us to set aside our fears, and to live like his first disciples. We too receive the Holy Spirit at Baptism and Confirmation, which means God helps us to follow him, to listen to him, to learn from him, and to live once again in this new way until he comes again.

Thus, God created us on a Friday because he loved us. Then on another Friday his beloved Son died a gruesome death on the cross because he loved us. But that was not the end. After his rising from the dead on a Sunday, he gave us new life for eternity.

Our new way, however, is not magic. It will not always be easy for us. We will still have suffering and death, but this new way of Jesus takes away the sting of sin and the sting of death and gives us new hope. Just as Jesus was victorious over sin and death, we too can also triumph by his grace.

Today, we are his faithful witnesses. With our family, and in our Church, we can show all people what it means to love like Jesus loved by doing all things for his glory.

What an exciting way to live in this world! What a grace to be able to live faithfully in this world so that one day we might live with God forever in heaven. The first step to following God's way is to allow him to love us and to love him in return. In this way we might understand how much he loves us by creating us, redeeming us, and sending his Holy Spirit to help dispel our fears and to dwell in us forever. As beloved children of God, we walk with joy and peace in this life because Jesus promised that he will never leave us orphaned, and he is always walking with us at every moment of our lives. He leads us to heaven. Therefore, let us follow him because he is the true Lover of all People.

Welcome!

In Grade 3 we learned about Jesus and his love for us and his Church. In Grade 4, we will learn how to follow Jesus more closely and learn to live and to love like him. Following Jesus is at the heart of our Maronite Catholic Faith, for he is “the way, and the truth, and the life” (Jn 14:6). In him we learn to seek the truth, choose what is good, and love what is beautiful. We will learn examples of this throughout the book.

Grade 4 is divided into six parts: living like Jesus; the Maronite way; the love of God; the love of family; love of neighbor; and living in God’s Kingdom.

Throughout Grade 4, we will acquire five competencies (the ability to do something successfully or efficiently):

1. To follow Jesus better by understanding how to seek the truth, choose what is good, and love what is beautiful.
2. To understand how God speaks to us in our conscience and how to hear and follow his voice.
3. To understand the Word and teachings of God according to the Maronite Church.
4. To know and understand the Great Commandment to love God and neighbor.
5. To know the Corporal and Spiritual Works of Mercy and how these help us to seek the truth, choose what is good, and love what is beautiful.



PART I

Living Like Jesus

LESSON 1

Seek the Truth, Choose the Good, Love the Beautiful.



Learning Objectives

In this lesson you will:

- Explore our faith in God, who is good and who created us good.
- Appreciate the gift of conscience, God's voice within that helps us choose what is good and avoid what is evil.
- Learn how Saint Maron sought the truth, chose the good, and loved what is beautiful in life.

Opening Prayer



O God, help me to always seek the truth, choose what is good, and love what is beautiful. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson1

Introduction

Life is about choices. What clothes should I wear? What foods should I eat? What does God want from me? But the biggest choice we make involves following Jesus. Throughout the Gospels, Jesus calls various people to follow him, for he is “the way, and the truth, and the life” (Jn 14:6). While Matthew was sitting at the tax collector’s booth, Jesus approached him and said, “Follow me.” Matthew followed Jesus immediately and left behind all that he had so he could be with God. Jesus is the most true, the most good, and the most beautiful person to ever live, and he is asking us to follow him.

Reflection Questions

1. *Jesus invites you each day to follow him. How do you show that you follow Jesus?*
2. *Matthew gave up his wealth to follow Jesus. What keeps you from following Jesus better? What can you give up?*



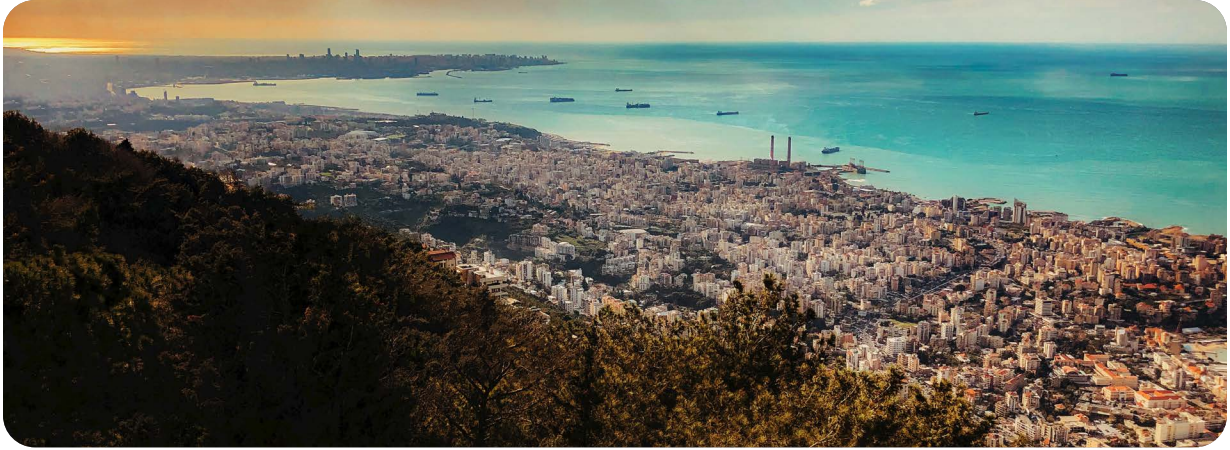
Point **1**

The Maronite Catholic Inheritance and Tradition

As Maronite Catholics, we have a wonderful inheritance, a rich Tradition. An inheritance is a valuable gift that has been handed down to us. We Maronites received our Faith from Christ, his apostles, and the Church. We also inherited our Lord's words that help us in our everyday living centered on faith in Christ. Jesus is the Messiah and the Son of God. We follow Jesus and his teachings. His rules for everyday life involve choosing between right and wrong and following the paths to what is true, good, and beautiful. The Maronite Way helps us to seek the truth, choose the good, and love what is beautiful in his creation.

? Reflection Questions

1. *What gifts has God given you?*
2. *What is beautiful in your family, in your life, and in your relationship with God?*



Point 2

How to Seek the Truth, Choose the Good, and Love the Beautiful

We learn about what is true, good, and beautiful by studying the Bible. The Word of God is true, so without error. The **truth** speaks to our hearts, and is a virtue that can be seen in our actions and words.

The first book of the Bible is called Genesis, which means “the beginning.” The creation story tells us how God created everything—the sun, moon, land, ocean, plants, animals—and they are good. And when God created humans as male and female, he said they were ‘very good.’ The **good** involves living in harmony with God’s plan for the world, being wholesome, kind, and honorable.

The **beautiful** is something that shows how amazing God is and makes us happy when we see it. Beauty is a sign of God’s presence throughout creation, such as an amazing sunset. The beautiful can be seen with our physical senses, but also invisibly with our mind and our heart.

When we seek the truth, choose what is good, and love what is beautiful, we stay close to God. He is invisible but present in everything he has made.



Point **3**

How to Live like Jesus

We are **responsible** for our thoughts, words, and actions. God wants us to choose good. To grow in goodness, we need his help. God helps us by giving us his life, his grace. The more we seek God and choose the good, the more we become holy and more like Jesus. With grace, we can grow in **holiness**, just like the saints. (See page 19 “My Role Model”)

God also gives us our conscience to help us grow in holiness. Our **Conscience** is the voice of God within us, which helps us to know right from wrong. Our conscience helps us to seek the truth, choose what is good, and love what is beautiful.

Even when life seems hard, we know that God can conquer the bad and bring good out of it. As Saint Paul said, “We know that all things work together for good for those who love God, who are called according to his purpose.” (Rom 8:28).

Activity 1

Finding Beauty in Nature



*Go outside as a class and find three beautiful things.
Share why they inspire you and make you happy.*

Activity 2

Draw the Days of Creation

Directions: *God created many beautiful things when he created the universe. Pick one day of Creation and read about it in your Bible. Then, using the space below, draw what God created on that day.*

- **Day 1:** Genesis 1:1-5
- **Day 2:** Genesis 1:6-8
- **Day 3:** Genesis 1:9-13
- **Day 4:** Genesis 1:14-19
- **Day 5:** Genesis 1:20-23
- **Day 6:** Genesis 1:24-31





Maronite Wisdom

“O Lord, adorn our souls with your truth and sanctify us by your Holy Gifts. May you dwell among us, that we may be secure.”

— *Book of Offering: Anaphora of Saint John Maron*

My Role Model

Saint Maron, Father of the Maronite Church



Saint Maron is a very special role model of someone who sought truth, chose the good, and loved what is beautiful. He was a priest who lived on a hilltop that once had been the site of false worship of idols. Through his relationship with God and his prayers, he drew others close to God. He changed the site into a place where people could worship the true God. Saint Maron's feast day is February 9.

Saint Maron, pray for us.

Recall



Choose answers from the words below to complete each sentence.

1. The Genesis story of creation tells us that God created everything _____.
2. We are _____ for our thoughts, words, actions, and the decisions we make.
3. The Bible is the Word of God and is _____ and therefore has no error. This term describes something that is trustworthy. This term speaks to our hearts.
4. The voice of God within us, which helps us “to do what is good and to avoid evil” is our _____.
5. When we make good choices, we grow in _____; we become sharers in the life of God.
6. When we say something is _____, we mean it is pleasing to our senses, and our mind, and our heart.

Conscience • Good • True • Beautiful • Holiness • Responsible



Weekly Journal

This Sunday, before taking part in the Divine Liturgy, take time to listen to your conscience. What does it say about how you chose to act during the past week?

Write: What good choices did you make this week?

Concluding Prayer



O God, as we celebrate the memory of our father Saint Maron, bind us to you, that we may always walk with you in seeking the truth, choosing what is good, and loving what is beautiful in your creation. As faithful people in your Church, may we always be protected from evil. We give you glory and praise, now and for ever. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Gen 1:24–25; 27–31

Six Days of Creation and the Sabbath

And God said, “Let the earth bring forth living creatures of every kind: cattle and creeping things and wild animals of the earth of every kind.” And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and everything that creeps upon the ground of every kind. And God saw that it was good.

So God created humankind in his image, in the image of God he created them; male and female he created them. God blessed them, and God said to them, “Be fruitful and multiply, and fill the earth and subdue it; and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth.” God said, “See, I have given you every plant yielding seed that is upon the face of all the earth, and every tree with seed in its fruit; you shall have them for food. And to every beast of the earth, and to every bird of the air, and to everything that creeps on the earth, everything that has the breath of life, I have given every green plant for food.” And it was so. God saw everything that he had made, and indeed, it was very good. And there was evening and there was morning, the sixth day.

Reflection

God created the world in seven days. Notice that after each day of creation, “he saw that it is good.” Then when he created man and woman, he saw that “*it is very good.*” The Genesis story shows us that God created everything and that all creation is good, and that humanity, its culmination, is very good.

Saintly Quote

“From the creation, learn to admire the Lord! Indeed the magnitude and beauty of creation display a God who is the creator of the universe. He has made the mode of creation to be our best teacher.” — *Saint John Chrysostom*

Questions

1. What do you think God is saying to you personally in the story of creation?
 2. How can you better appreciate and admire God’s creation?
-

Reaching the Summit

For Teachers & Parents



“God created the world to show forth and communicate his glory. That his creatures should share in his truth, goodness, and beauty – this is the glory for which God created them.” — CCC 319

Good and evil

The word good means being in harmony with God’s plan for the world. Good is wholesome, kind, and honorable. It means loving what is right. It means to follow Christ.

The word **evil** refers to the absence of good. Evil is selfish, mean, and sinful. It means loving what is wrong. It means not being like Christ. When we listen to the Holy Spirit, we can stay on the right path.

There are three elements of what makes any action good or moral: the object (what is done); the intention (why the act is done); and the circumstances (where, when, how, with whom, and the consequences). A good action is good in all three elements.

Choice

Conscience is the voice of God that helps us do what is good and avoid evil. No one knows exactly where conscience is located in a person, but we can feel its effects. When we do something that is good, we feel a sense of happiness. When we do something wrong, we feel shame. The freedom to choose good or evil makes us responsible for our actions, thoughts, and words. Therefore, we cannot blame God or anyone else when we do wrong. *God wants us to grow in goodness, love what is beautiful in creation, and seek truth.* The more we choose good, the more we grow in holiness. We become more like Christ.

Discussion Questions

1. How can you help a child form a conscience to conform to Christ and his teachings?
 2. What are some ways you can discern good from evil?
-

Words to Know



Q. What is **beautiful**?

A. A sign of God's presence throughout creation, such as an amazing sunset. The beautiful can be seen with our physical senses and with our mind.

Q. What is **conscience**?

A. Conscience is the voice of God within us, which helps us to know right from wrong. When we examine our conscience, we ask, "What have I done wrong? How can I do better?"

Q. What is **good**?

A. Good means being in harmony with God’s plan for the world. Good is wholesome, kind, and honorable. It means choosing what is right. It means to follow Christ.

Q. What is **truth**?

A. What is accurate and complete. Telling the truth is an important part of justice—right relationships with others. When we tell the truth, we do what is right to others. When we do not tell the truth, we hurt others and violate the eighth commandment.



**Scan this QR Code for
more information.**

FaithOfTheMountain.org/grade4/lesson1

LESSON 2

Temptation, Sin, and Choices



Learning Objectives

In this lesson you will:

- Realize that Satan always tempts people not to follow Jesus.
- Understand that God has given us free will.
- Carry the responsibility for our choices.

Opening Prayer



O Lord, help me to overcome all temptation and sin. Give me the light and grace to love you more than this passing world. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson2

Introduction

The most famous biblical account of temptation took place in the Garden of Eden. It involved the story of Adam and Eve and how the ancient serpent, Satan, tricked them into eating from the tree of the knowledge of good and evil. “**Satan**” is another word for the devil or the Evil one, who tempts us to do wrong, turn away from God, and not follow Jesus. The serpent began by planting a doubt in the minds of Adam and Eve: “Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, ‘Did God say, ‘You shall not eat from any tree in the garden?’” (Gen 3:1). In this lesson, we are going to learn about temptation, sin, and how to use our free will to choose God.

Reflection Questions

1. *If you were in the Garden of Eden and the devil tried to tempt you, what would you do?*
2. *We all face temptations like Adam and Eve. What could you do when you are faced with temptations?*



Point **1**

Temptation and Sin

Sin destroys our relationship with God and others, and distorts the image of God in us. According to the *Catechism of the Catholic Church* (1850), “**Sin** is an offense against God.” Adam and Eve were tempted to eat from the forbidden tree. Adam and Eve ate from the tree. They were free not to act on the **temptation**, which is the urge to do wrong, but Adam and Eve chose to disobey God. When we act on the temptation, we commit a sin. Because of the sin of Adam and Eve, which we call **Original Sin**, all humans experience weakness, ignorance, suffering, and death.

When we sin, we are saying “no” to God and his love for us. That is why all sins are very bad, even worse than the worst illness you could ever have. But some sins are more serious than others. The good news is that no matter the sin we commit, we have a loving God who waits for us to come back to him, so that he can forgive our sins and help us be better people. Yes, God wants to heal all our wounds caused by sin.

? Reflection Question

1. *Can you list some examples of sins?*

Point 2

Blame and Knowledge

The more knowledge we have about what is wrong, the more we are responsible for our actions. Responsibility for sin involves knowing what is wrong. Suppose there are two instances when a high school science textbook went missing. One book was stolen by a friend on purpose, while the other one was accidentally taken by a friend. As a result, the owner of the book could not prepare for his exam and received a poor grade. Are the students who took the book equally to blame?

The student who stole the textbook did something wrong. Our free will can sometimes hurt other people. **Free will** is the ability to make choices, good or bad, without being forced by someone or something. We take responsibility for our actions. Free will is a reflection of God's own free will. At the same time, we need God's grace to choose the good. Hence, the more we understand that something is seriously wrong, the more we are to blame.

Point 3

Making Good Choices

Sometimes we must decide between two good choices or two bad choices. Other times we must decide between a good and a bad choice. For example, we make a decision to follow Jesus and join the Maronite Church. We choose to live a good life, rather than to follow the path of evil. The Holy Spirit helps us understand the truth needed to make the right decisions.

Activity 1

Garden of Eden Skit

Directions: Read through the story of the Garden of Eden and the serpent in the Climbing the Mountain section on page 35. In a small group, act out the scene together.



Activity 2

Step Forward/Step Back

Directions: *Stand in a line. The teacher will read a situation. Step forward if it's a good decision and step backward if it's a bad one.*

1. Your mother asks you to clean your room. You do it.
2. Your little sibling wants some of your ice cream. You eat it all yourself.
3. There is a toy you want at the store. You sneak it out of the store in your jacket.
4. It is time to attend the Sunday Divine Liturgy. You go with your family and pray.
5. Your grandfather needs someone to clean up the yard. You tell him you are busy but then go play video games.
6. You do not like a student in your class. You still try to be nice to them.





Maronite Wisdom

“Yes, O Lord, Lover of all people, deliver us from the Evil One and from his deceitful ways, and do not forsake us lest temptation overcome us, for yours is the kingdom, with your only Son and your Holy Spirit, now and for ever.”

— *Book of Offering: Anaphora of the Twelve Apostles*

My Role Model

Saint Simeon the Stylite, the Elder, the Head of Stylites



Saint Simeon the Stylite was a monk who lived in the fifth century near Antioch. He said “no” to temptation by praying, fasting, and living simply. To avoid further temptations, he lived on top of a sixty-foot pillar. Every day he preached to the people down below who gathered to meet him. He encouraged them to say “no” to every temptation. All people are tempted to sin, but not all people choose to sin. Saint Simeon the Stylite’s feast day is September 1.

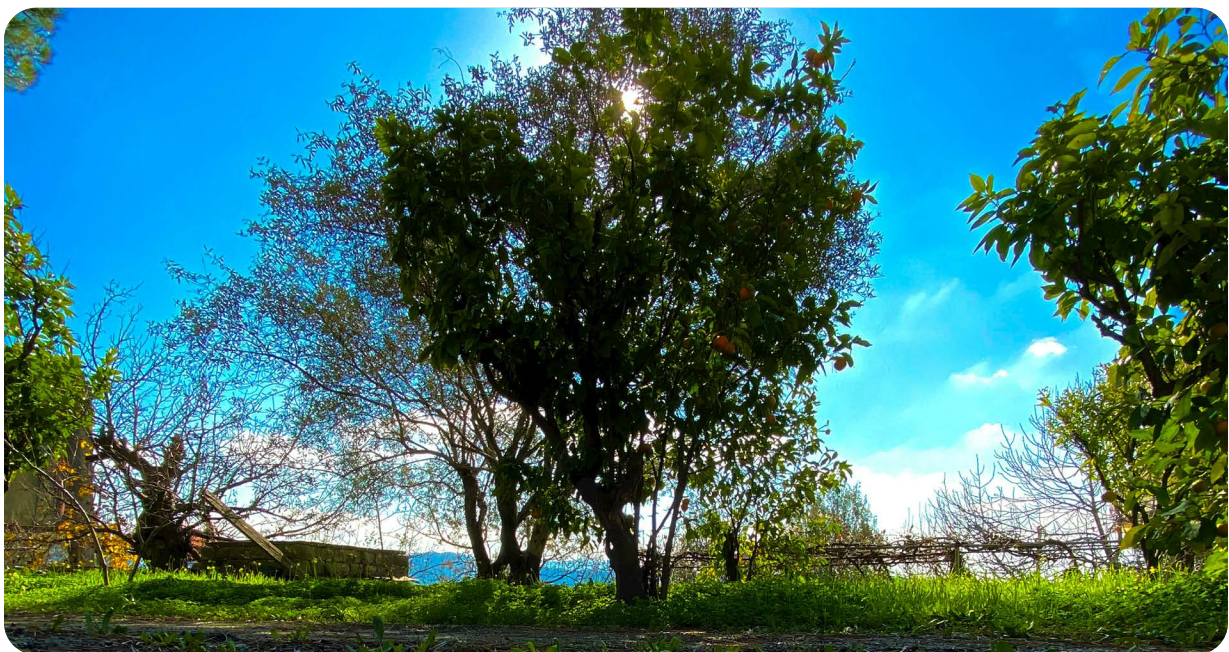
Saint Simeon the Stylite, pray for us.



Recall

If the statement is true, circle the T. If the statement is false, circle the F.

1. Satan tempts people to do wrong. **T** | **F**
2. The first sin, also called Original Sin, is a one-of-a-kind sin committed by Adam and Eve. It has nothing to do with us. **T** | **F**
3. Because of free will, we can freely choose to do good or to do evil. **T** | **F**
4. All people who commit a sin have freely chosen to do wrong. **T** | **F**



Weekly Journal



Before you make a choice between two things, maybe good and evil, think about how your choice will help or hurt others. Ask God for strength to say “no” to temptation by praying the Lord’s Prayer.

Write: In the space below write three good choices and three bad choices that someone your age might make. How do you think someone might feel after those choices?

Concluding Prayer



Our Father who art in heaven, hallowed be thy name;
thy kingdom come; thy will be done on earth as it is in
heaven. Give us this day our daily bread and forgive us our
trespasses as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For the Kingdom, the power, and the glory are yours, now
and for ever. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Gen 3:1-7

The First Sin and its Punishment

Now the serpent was more crafty than any other wild animal that the Lord God had made. He said to the woman, “Did God say, ‘You shall not eat from any tree in the garden’?” The woman said to the serpent, “We may eat of the fruit of the trees in the garden; but God said, ‘You shall not eat of the fruit of the tree that is in the middle of the garden, nor shall you touch it, or you shall die.’” But the serpent said to the woman, “You will not die; for God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil.” So when the woman saw that the tree was good for food, and that it was a delight to the eyes, and that the tree was to be desired to make one wise, she took of its fruit and ate; and she also gave some to her husband, who was with her, and he ate. Then the eyes of both were opened, and they knew that they were naked; and they sewed fig leaves together and made loincloths for themselves.

Reflection

God created us very good, in his image and likeness, but because of sin, we have distorted our nature and the image of God in us. However, God sent his Son Jesus who restored in us his image and likeness, reconciling us to the Father. Through Christ, we now have the strength to overcome temptations. We might fail sometimes by misusing our freedom, but God is willing to forgive us, if we come back to him and ask for his forgiveness and help. Just as we can use our free will to sin, we can also use our free will to seek the truth, choose what is good, and love what is beautiful. We can decide to obey or disobey God. When we freely decide to do wrong, we sin against God and others.

Saintly Quote

“In times of temptation console yourselves with God’s promises, for there is no deceit in the word of Him who repays all... He has surrendered His own Son for us so that we might believe in Him; His Body is with us, His assurance is with us.”
— Saint Ephrem the Syrian

Questions

1. What do you think God is saying to you personally through this Scripture verse?
 2. What can you do during times of temptation?
-

Reaching the Summit

For Teachers & Parents



“Sin is an offense against reason, truth, and right conscience; it is failure in genuine love for God and neighbor caused by a perverse attachment to certain goods. It wounds the nature of man and injures human solidarity. It has been defined as ‘an utterance, a deed, or a desire contrary to the eternal law.’” — CCC 1849

Sin

Sin sets itself against God’s love for us and turns our hearts away from God. Like the first sin, it is disobedience, a revolt against God through the will to become “like gods,” knowing and determining good and evil. Sin is thus “love of oneself even to contempt of God.” In this proud self-exaltation, sin is diametrically opposed to the obedience of Jesus, which achieves our salvation.

Knowledge and Responsibility for Sins

When there is a serious sin, someone can usually be blamed or held responsible. But there are different types of responsibility for wrongdoing. Some people are more responsible, or more to blame for doing wrong. Other people are less responsible, or less to blame for doing the same wrong action.

We see that responsibility for sin involves knowledge. We must know that what we are doing is wrong. We must also have a clear idea of how our wrong action will hurt others. The more knowledge we have about the wrongness of an action, the more we are responsible for our action.

Catholic Social Teaching

Life and Dignity of the Human Person: The Tragedy of Sin

“The mystery of sin is composed of a twofold wound, which the sinner opens in his own side and in the relationship with his neighbor. That is why we can speak of personal and social sin. Every sin is personal under a certain aspect; under another, every sin is social, insofar as and because it also has social consequences. In its true sense, sin is always an act of the person because it is the free act of an individual person and not, properly speaking, of a group or community.” — *CSDC 117*

Discussion Questions

1. What sins impact your child and how can you help them overcome them?
2. How can you teach your child about the harms of sin?

Words to Know



Q. What is **free will**?

A. The ability to make choices without being forced by someone or something. Because of free will, we can decide to obey God (do good) or disobey God (do evil).

Q. What is **Original Sin**?

A. The sin of Adam and Eve that all humans have inherited. It affects our nature and makes us more vulnerable to temptation and sin. Baptism forgives Original Sin and fills us with God's own grace and life.

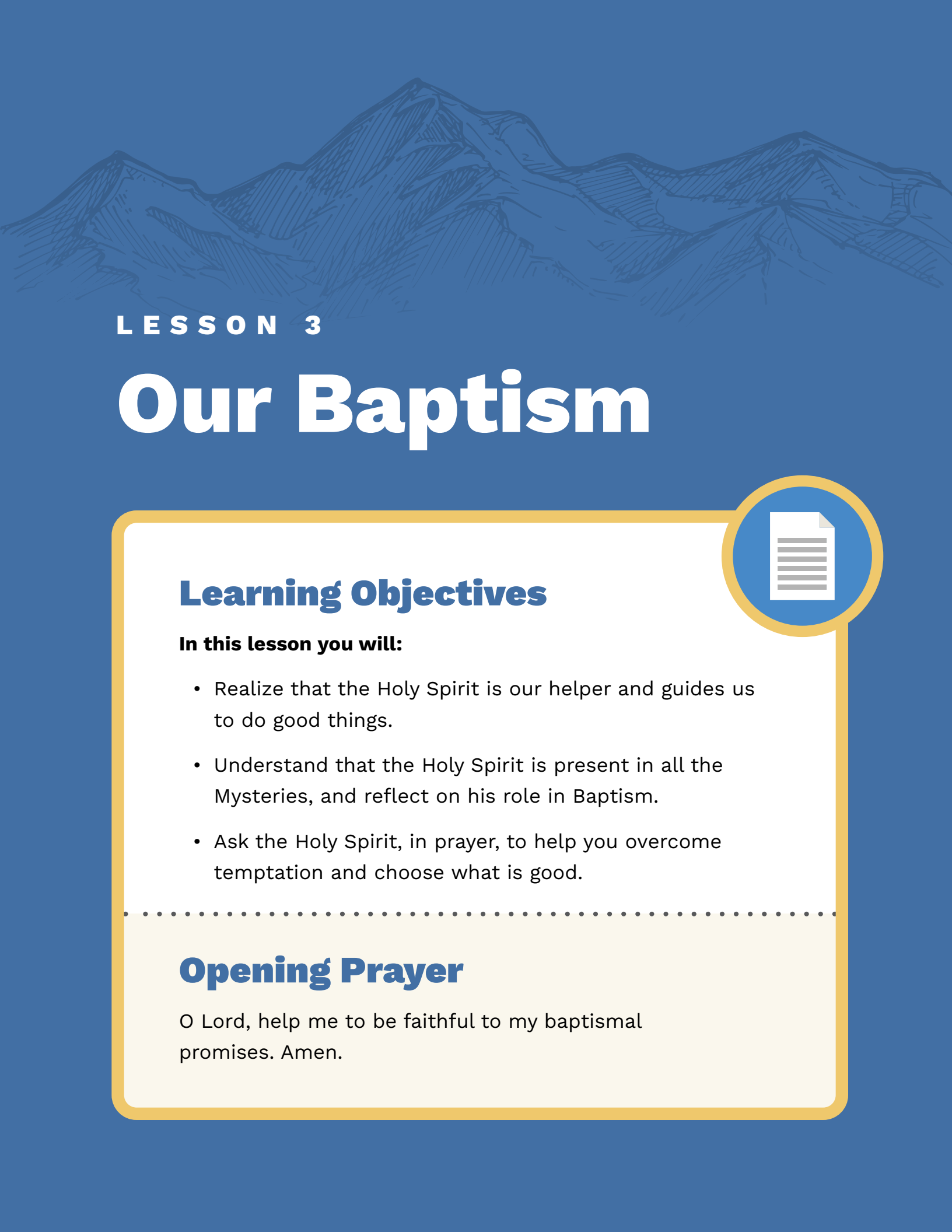
Q. What is **sin**?

A. An offense against God. Sin is a failure in genuine love for God and neighbor. Whenever we freely decide to do wrong, we sin against God and others.



**Scan this QR Code for
more information.**

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LESSON 3

Our Baptism



Learning Objectives

In this lesson you will:

- Realize that the Holy Spirit is our helper and guides us to do good things.
- Understand that the Holy Spirit is present in all the Mysteries, and reflect on his role in Baptism.
- Ask the Holy Spirit, in prayer, to help you overcome temptation and choose what is good.

Opening Prayer

O Lord, help me to be faithful to my baptismal promises. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson3

Introduction

To become followers of Jesus, we need to be baptized. The first time we hear God the Father's voice is during the Baptism of Jesus in the Jordan River: "This is my Son, the Beloved, with whom I am well pleased" (Mt 3:17). God said the same to us at our Baptism, and repeats it at every moment of our lives: You are my beloved son, you are my beloved daughter. In this lesson we will learn how special Baptism is.

Reflection Questions

1. *How do you know what God wants you to do?*
2. *In what ways has God spoken to your heart?*



Point **1**

What Is Baptism?

Each one of us was born a child into this world. Many of us were born at a hospital, while some of us were born at home. Each of us were also reborn by the waters of Baptism. In Baptism, we receive a new birth: “Very truly, I tell you, no one can enter the kingdom of God without being born of water and Spirit” (Jn 3:5). In our Baptism, we die with Christ and resurrect with him to a new life. We are born again.

Our Liturgy describes the baptismal font as the “womb” of the Church, from which we are born anew. Through Baptism we are made sons and daughters of God, a grace that has been bestowed on us through Jesus and his Mysteries.

? Reflection Question

1. *What do you see in the above icon?*

Point **2**

Gift of Baptism

At **Baptism**, you become a son or daughter of God and all your sins — original and personal — are forgiven. You are given God’s own life. We call this life and gift **grace**. It is a free and undeserved gift that God gives us when we ask for it and when we participate in the **Holy Mysteries**. It is like a seed that grows within you whenever you pray and take part in the other Holy Mysteries. Grace helps you grow in holiness.

Jesus was baptized and went to pray in the desert, where he was tempted three times by the Devil, but he came back triumphant. With his grace, which we receive in Baptism, and with prayer, we can also say “no” to temptation.



Point 3

The Holy Spirit

The Holy Spirit came down upon Jesus during Baptism. In the same way, the Holy Spirit comes down on you during your Baptism and Chrismation. When you receive the Holy Spirit at Baptism and Chrismation, you receive the **Gifts of the Holy Spirit**, which are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

1. **Wisdom** helps us understand the things of God, and to direct our whole life and all our actions to his honor and glory.
2. **Understanding** is the ability to understand what is revealed from the Mystery of God.
3. **Counsel** helps us know right from wrong.
4. **Fortitude** makes us brave to follow Jesus to seek the truth, do what is good, and love the beautiful.
5. **Knowledge** enables us to discover God's will in everything, and all situations.
6. **Piety** helps us love God more and pray more.
7. **Fear of the Lord** helps us remember that with God we have nothing to fear in this world, but we must revere him alone as our loving Creator.

The gifts of the Holy Spirit help us to choose what is good.

? Reflection Questions

1. *How do you receive the Holy Spirit?*
2. *What helps you feel the presence of the Holy Spirit?*

Activity 1

Find the Baptismal Font

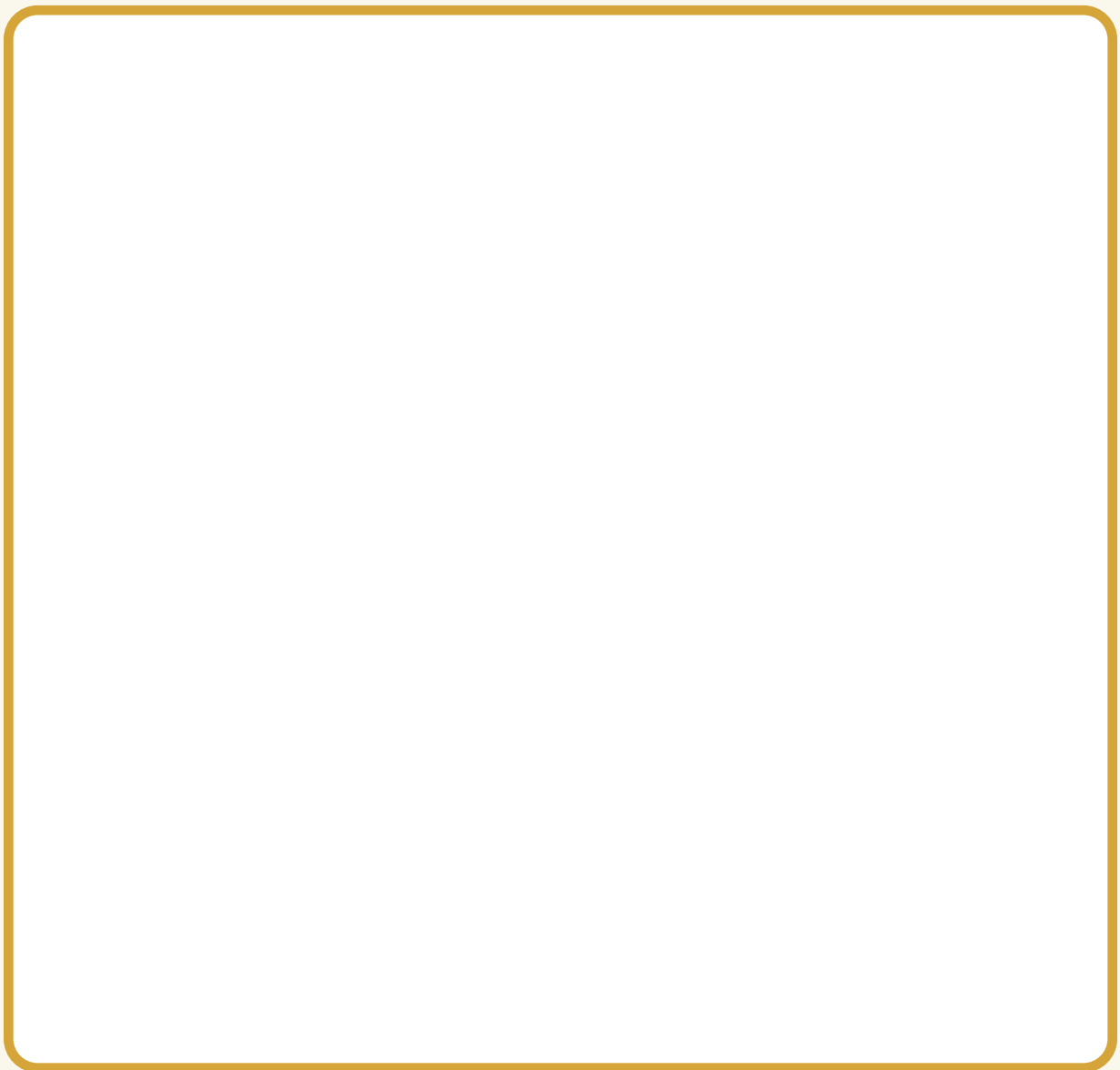
Directions: *Find the baptismal font in the Church, and pray for those about to be baptized. Write your prayer below or pray aloud as a group.*



Activity 2

Living in the Spirit

Directions: Choose one of the gifts of the Holy Spirit, and in the space below, draw a picture of yourself using that gift.

A large, empty rectangular box with a gold border, intended for drawing. The box is centered on the page and occupies most of the lower half of the page.



Maronite Wisdom

“I renounce you, Satan, all your angels, all your powers, all your worldly pomp, all your corrupt teaching, and all that is from you. I believe in you, O Almighty God, the Father, in your Son, our Lord Jesus Christ, in your Holy and living Spirit, the Paraclete.”

— *The Mystery of Baptism*

My Role Model

Saint John the Baptist



Saint John the Baptist was Jesus’ cousin, and he baptized Jesus in the Jordan River. John led a simple life. He was only concerned with the Kingdom of God and always spoke of love and truth. He is a model of how to live a life in Christ. John taught those who followed him to turn to Christ. He called Jesus the “Lamb of God.” In all that John did, he pointed his followers toward Christ, instead of calling attention to himself.

After he baptized Jesus, John’s popularity grew and this upset King Herod. Herod had John arrested and imprisoned. This did not stop John. He continued to speak about Christ and living a good life until he was beheaded. We honor the birth of John the Baptist on June 24 and remember his beheading on August 29.

Saint John the Baptist, pray for us.



Recall

Match the terms on the left with their correct descriptions on the right.

Term

_____ Baptism

_____ Fortitude/Courage

_____ Gifts of the Holy Spirit

_____ Knowledge

Definition

- A.** This enables us to discover God's will in all things, especially the Bible and the teachings of Jesus.
- B.** Holy Mystery that forgives Original Sin and gives us grace.
- C.** What we receive at Baptism and Chrismation.
- D.** Makes us brave in following Jesus by seeking the truth, choosing the good, and loving the beautiful.



Weekly Journal



We have discussed the gifts of the Holy Spirit. Think of one that is important in your life.

Write: Which gift of the Holy Spirit helps you the most? Which one do you lack, and how can you grow in that gift?

Concluding Prayer



During the last part of the Creed, we profess our faith in the Holy Spirit. Let us pray: We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Lk 3:21-23

The Baptism of Jesus

Now when all the people were baptized, and when Jesus also had been baptized and was praying, the heaven was opened, and the Holy Spirit descended upon him in bodily form like a dove. And a voice came from heaven, “You are my Son, the Beloved; with you I am well pleased.”

Reflection

Jesus did not get baptized because he had Original Sin. Like the Blessed Mother, Jesus was without sin. Rather, Jesus was baptized to make holy the waters of our Baptism and to show us how to be born again.

Through Baptism, we become sons and daughters of the Father. Jesus is our Lord and the Holy Spirit is our guide. By our Baptism, we share in Jesus’ victory over sin and death.

Saintly Quote

“Blessed is he who came down and sanctified water for the remission of the sins of the children of Adam!” — *Saint Ephrem the Syrian*

Questions

1. What is God saying to you through this Scripture verse?
2. Why is Baptism so important?

Reaching the Summit

For Teachers & Parents



“Through Baptism the Christian is sacramentally assimilated to Jesus, who in his own Baptism anticipates his death and resurrection.”

— CCC 537

The Gift of Baptism

Baptism is not something that happens once and then is over. Throughout your life, the grace you receive in Baptism, helps you live as a good son or daughter of God. We can see how the grace of Baptism continues to help us live as children of God with whom he is well pleased.

Here is the story of Jesus triumphing against temptation according to Luke:

Jesus, full of the Holy Spirit, returned from the Jordan and was led by the Spirit in the wilderness, where for forty days he was tempted by the devil. He ate nothing at all during those days, and when they were over, he was famished. The devil said to him, “If you are the Son of God, command this stone to become a loaf of bread.” Jesus answered him, “It is written, ‘One does not live by bread alone.’”

Then the devil led him up and showed him in an instant all the kingdoms of the world. And the devil said to him, “To you I will give their glory and all this authority; for it has been given over to me, and I give it to anyone I please. If you, then, will worship me, it will all be yours.” Jesus answered him, “It is written, ‘Worship the Lord your God, and serve only him.’”

Then the devil took him to Jerusalem, and placed him on the pinnacle of the temple, saying to him, “If you are the Son of God, throw yourself down from here, for it is written, ‘He will command his angels concerning you, to protect you,’ and ‘On their hands they will bear you up, so that you will not dash your foot against a stone.’”

Jesus answered him, “It is said, ‘Do not put the Lord your God to the test.’”

— Lk 4:1-12

After his baptism, Jesus went to the desert where the devil tried to tempt him. Jesus' baptism showed he was the Messiah. Unlike Adam, who failed, Jesus, the new Adam, beat the devil and now leads us back to paradise.

The Grace of Baptism

At every Divine Liturgy, we remember the grace of Baptism. We do this especially in a prayer at the beginning of the Anaphora. The priest says: "May the love of God the Father, the grace of the only-begotten Son, and the unity and indwelling of the Holy Spirit be with you for ever." And we answer, "Amen."

Discussion Questions

1. How can you help your child remember the importance of his or her baptismal day?
 2. How can you help your child realize the graces of his or her Baptism?
-

Words to Know



Q. What are the **Gifts of the Holy Spirit**?

A. Seven special virtues given to us by the Holy Spirit to help us grow in holiness and our ability to make morally good decisions. The Gifts of the Holy Spirit are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

Q. What is **grace**?

A. A free and undeserved gift from God given to us when we ask for it and are open to receive it. It is also given to us when we participate in the Holy Mysteries. Grace allows us to grow in holiness and share in God's own life.

Q. What are the **Holy Mysteries**?

A. A gift given to the Church by Jesus. The Holy Mysteries are celebrations where we meet Jesus Christ and grow in holiness. The Catholic Church has seven Holy Mysteries: Baptism, Chrismation (Confirmation), Eucharist, Penance, Anointing of the Sick, Crowning (Marriage), and Holy Orders.



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more information.**

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LESSON 4

Growing in Virtues



Learning Objectives

In this lesson you will:

- Realize that the Christian life involves practicing moral virtue.
- Understand the role of the virtues of prudence, justice, fortitude, and temperance in your life.
- Learn how to grow in virtue.

Opening Prayer

“The just one will flourish like the palm tree, and grow like a Lebanon cedar.” —Ps. 92:13



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson4

Introduction

Baptism marks the first stage of our Christian life and our beginning as followers of Jesus. After our Baptism, we are called to grow spiritually. Yes, God wants us to grow in virtue and become who he has created us to be: beloved sons and daughters. Ultimately, God wants us to become holy like the saints.

In this lesson we will learn about virtue. As children of God, we are made for freedom, not for fear. In the words of Saint Paul, “For you did not receive a spirit of slavery to fall back into fear, but you have received a spirit of adoption. When we cry, ‘Abba! Father!’” (Rom 8:15) Being a child of God means we must banish fear and worry from our hearts because God is our Father. We must trust him because he always knows what is best for us. And he cares for us at every moment. On the other hand, the devil wants to make us slaves, especially to sin. When we do not trust that God, our Father, knows what is best for us, we easily become enslaved.

Reflection Questions

1. *How does knowing that God is our loving Father help you?*
2. *How can you better live as a beloved child of God and not as a slave of the devil?*



Point **1** **Real Christians**

A real Christian believes in Jesus, follows the Bible and lives out their faith with good deeds. They live by standards of right behavior. They choose good actions instead of bad ones. Any good thought, word, or action that shows love for God and others is right and **moral**. Any bad thought, word, or action that disrespects God and others is wrong and **immoral**.

Real Christians are rich, but not in money. They are rich in good habits known as virtues.

Point 2

What Is Virtue?

A **virtue** is a good habit to do what is right. The word “virtue” means “manly or womanly strength.” Virtue is a grace that is only possible with the help of the Holy Spirit and our cooperation. Examples of virtues include honesty, gentleness, peacefulness, patience, and compassion for others. People who practice these virtues are more than “real men” or “real women.” They are real Christians. The people who possessed the greatest virtue were the saints, especially Our Lady, who was favored by and with the Lord (see Lk 1:28). Mary said “yes” to God at every moment of her life.

.....

Point 3

Moral Virtues

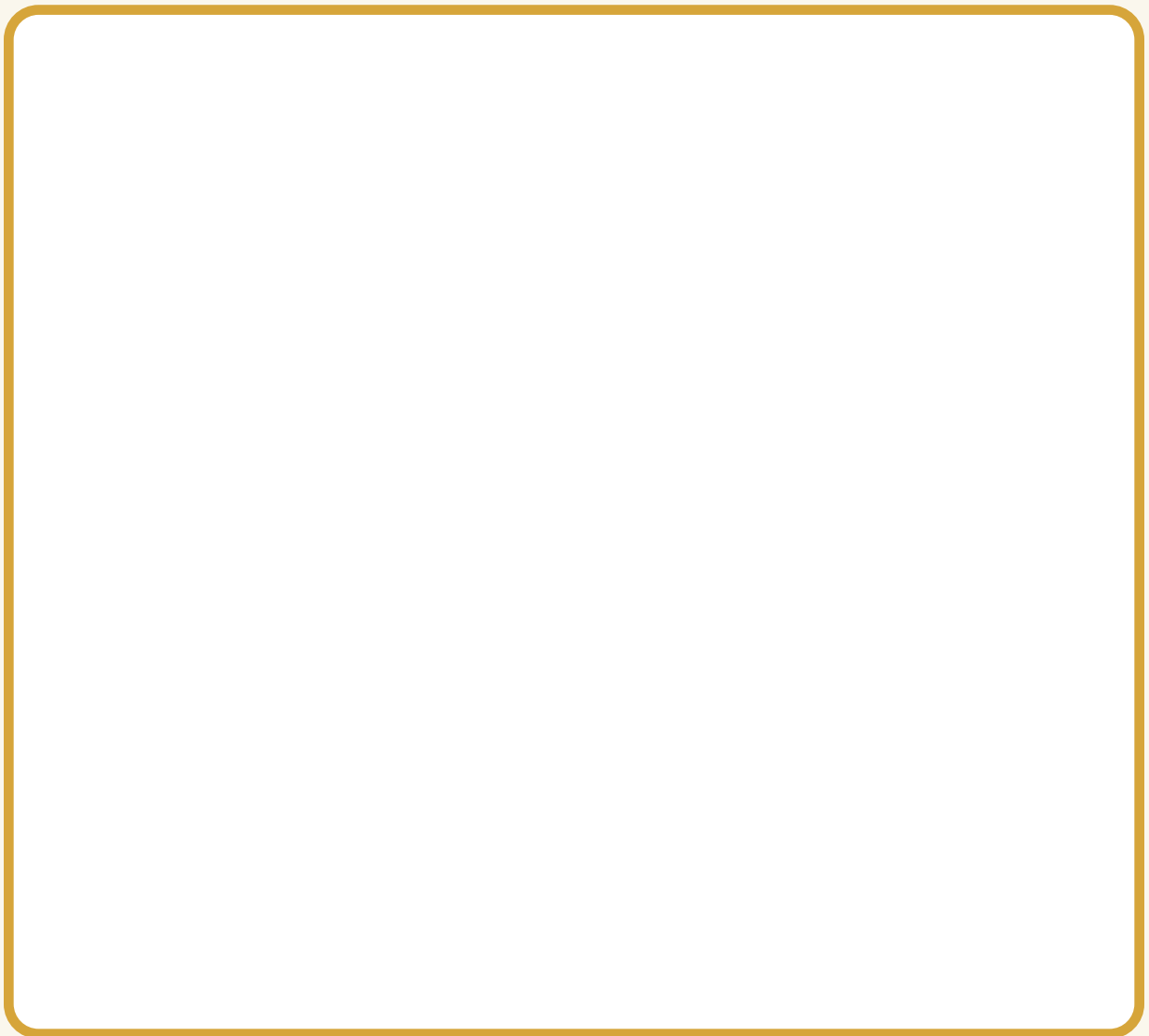
The **moral virtues** are acquired by God’s grace working through us. Among the moral virtues, four cardinal virtues are especially important: prudence, justice, fortitude, and temperance.

1. **Prudence** helps us know the right thing to say or do in each situation.
2. **Justice** is a virtue that helps us treat people as they deserve to be treated.
3. **Fortitude** is a practical form of courage to follow Jesus and seek the truth, choose the good, and love the beautiful.
4. **Temperance** helps us find a good balance when we are having fun.

Activity 1

Draw a Virtuous Superhero

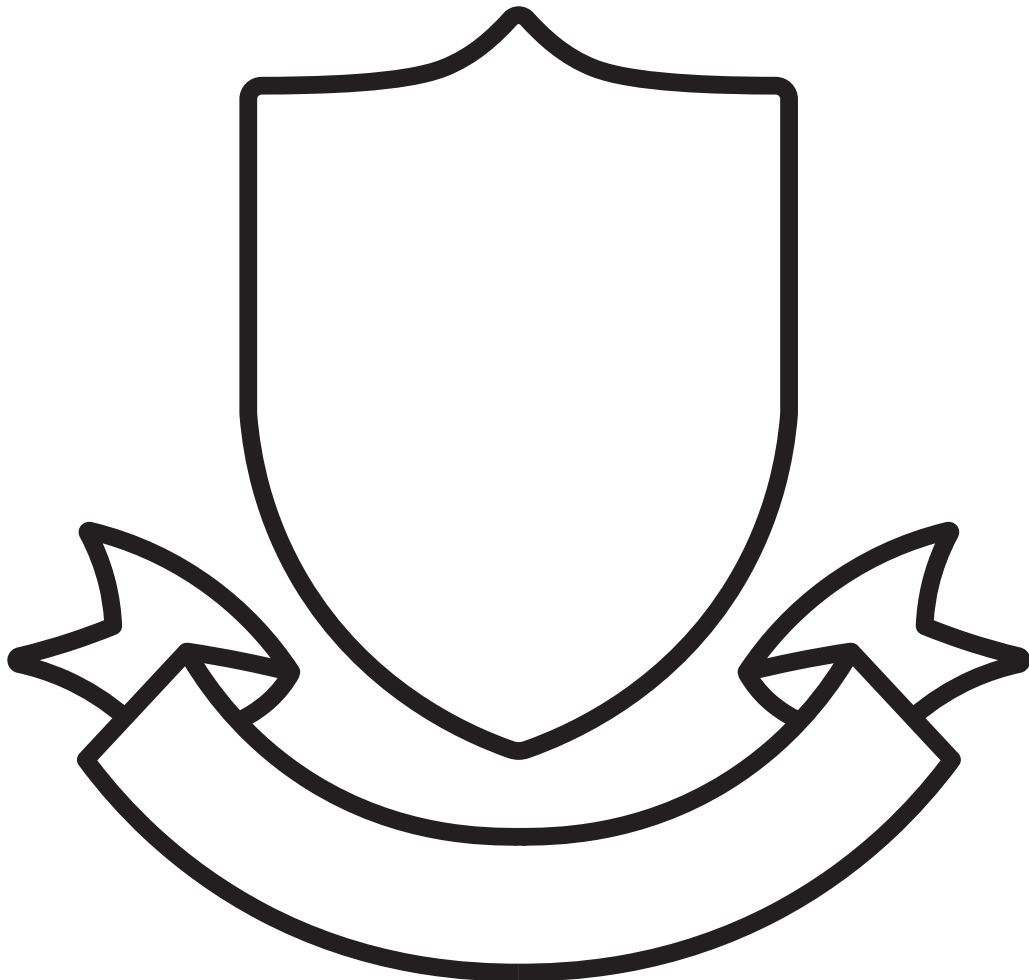
Directions: *Draw a superhero: Prudence Woman, Justice Man, Fortitude Guy, or Temperance Girl. Show them using their superpower to help someone and describe their traits.*



Activity 2

Make a Coat of Arms

Directions: *Write the name of your favorite virtue on the scroll. Next, draw an image representing it.*





Maronite Hymn



Jesus Christ, O Source of Light

Syriac: hasyo oo-qadeesho

Alleluia!

Jesus Christ, O Source of Light, in you we see light.

Truly Light from Light, you shine on all creation.

Shine your light upon us all; grant us joy with your bright dawn.



Listen to the hymn.

FaithOfTheMountain.org/grade4/lesson4/hymn

My Role Model

Saint James, the Hermit of Cyrrhus, Disciple of Saint Maron

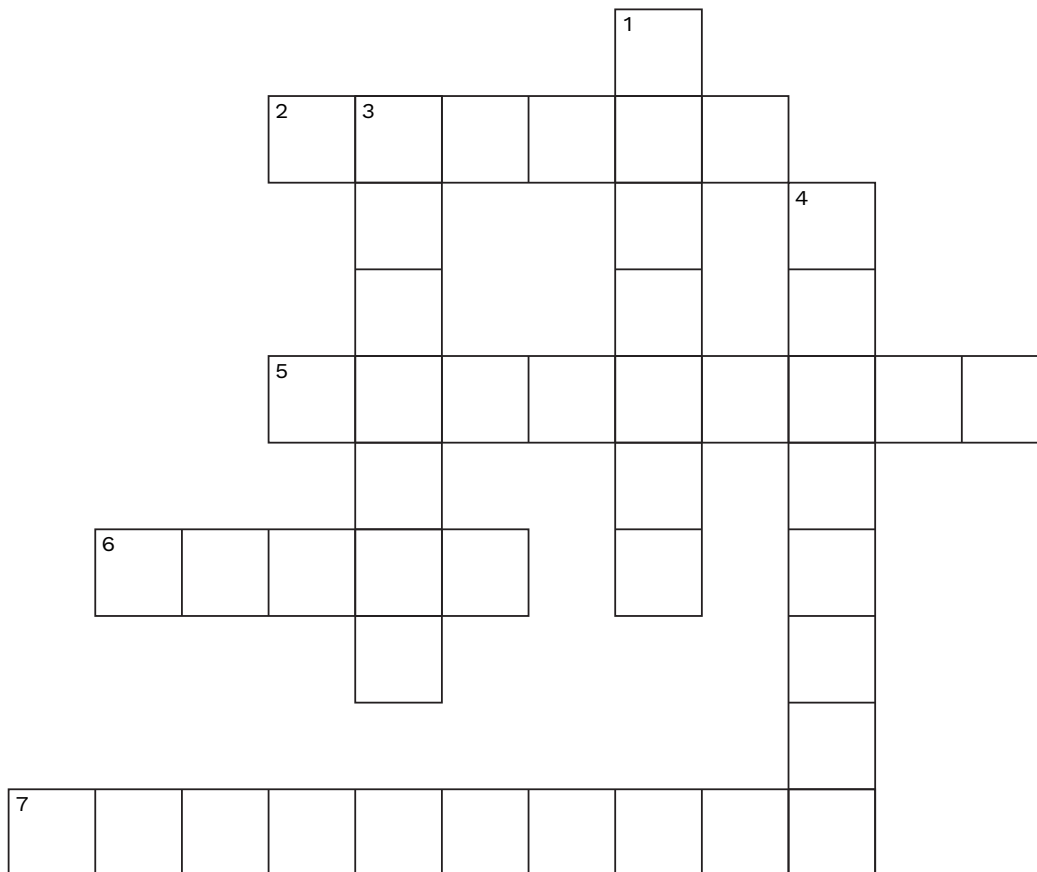
Saint James the Hermit lived for a time with Saint Maron. He did his best to follow the Maronite Way. He tried to live a prayerful and virtuous life. Even though James lived in the mountains far away from the city, people heard about his holiness. They began to come to him, asking how they, too, might grow in virtue. James explained ways the people could practice the virtues of prudence, justice, fortitude, and temperance. He told them that they did not have to live in the desert to practice these virtues. They could live them in the midst of their everyday lives, at home, at work, in the marketplace, and wherever they were. We honor Saint James on February 20.

Saint James the Hermit, pray for us.

Recall



Use the clues to complete the crossword puzzle.



Across

2. A habit or disposition that helps us do good.
5. This virtue is a practical form of courage.
6. Describes any good action that shows love for God and others.
7. This virtue helps us find a happy balance in life.

Down

1. This virtue helps us treat others as they deserve to be treated.
3. Describes any bad action that disrespects God and others.
4. This virtue is a practical form of wisdom.

Weekly Journal



Which of the four moral virtues do you want to get better at with God's help?

Write: Describe one way that you practiced a moral virtue during this past week, and one moral virtue you need to work on.

Concluding Prayer



O Virgin, you received the announcement of the angel and brought forth the Lord of the saints. By your prayers, make us holy. Then we shall praise you with the One who made you virtuous. We shall glorify him, the Father, and the Holy Spirit, now and for ever. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Lk 1:26-35

The Birth of Jesus Foretold

In the sixth month, the angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man whose name was Joseph, of the house of David. The virgin's name was Mary. And he came to her and said, "Greetings, favored one! The Lord is with you." But she was much perplexed by his words and pondered what sort of greeting this might be. The angel said to her, "Do not be afraid, Mary, for you have found favor with God. And now, you will conceive in your womb and bear a son, and you will name him Jesus. He will be great, and will be called the Son of the Most High, and the Lord God will give to him the throne of his ancestor David. He will reign over the house of Jacob forever, and of his kingdom there will be no end." Mary said to the angel, "How can this be, since I am a virgin?" The angel said to her, "The Holy Spirit will come upon you, and the power of the Most High will overshadow you; therefore, the child to be born will be holy; he will be called Son of God."

Reflection:

From all appearances, Mary seemed like any other girl in Nazareth. She was young and was going to marry Joseph the carpenter. However, from the inside, Mary was not ordinary, she received grace because God chose her. God's initiative always comes first. He chose her and gave her his grace. As a result, she practiced the virtues of prudence, justice, fortitude, and temperance each day. And Mary shows us how we also can follow and love Jesus with our whole heart.

Saintly Quote

“When I remember the disobedience of Eve, I weep. But when I view the fruit of Mary, I am again renewed. Deathless by descent, invisible through beauty, before the ages light of light; of God the Father you were begotten; being Word and Son of God, you took on flesh from Mary Virgin, in order that you might renew Adam fashioned by your holy hand.” — *Saint Gregory the Wonder Worker*

Questions

1. What is God saying to you through this Scripture verse?
 2. How does Mary help you to live a life of virtue?
-

Reaching the Summit

For Teachers & Parents



“A virtue is a habitual and firm disposition to do the good. It allows the person not only to perform good acts, but to give the best of himself. The virtuous person tends toward the good with all his sensory and spiritual powers; he pursues the good and chooses it in concrete actions.”
— CCC 1803

The Moral Virtues

Prudence: This is a practical form of wisdom, a gift of the Holy Spirit. Prudence helps us know the right thing to say or do in each situation. Prudent people think about the effects their decisions will have on others. They ask, “How will my words or actions help others? Who may be hurt if I do this?”

Justice: This helps us treat others as they deserve to be treated. Because people are made in God’s image, everyone deserves respect. All people have a right to life, housing, clothing, food, and healthy living conditions. All people have a right to earn a fair salary for their work. They also have a right to follow their conscience in the way they worship God.

Fortitude: This is a practical form of courage, another gift of the Holy Spirit. People who have fortitude act in moral ways even when they are afraid. People of fortitude stand up for their beliefs, even if it means losing friends or being persecuted.

Temperance: This helps us find a balance when we engage in certain pleasures. They include eating, drinking, exercising, or any other activity that involves taste, touch, smell, seeing, and hearing. Temperate people do not eat too much or too little. They do not spend too much time playing video games or watching television.

Mary and the Virtues

Although Mary did not understand the angel's words, she had faith. She was ready to do whatever God asked. So she said, "Yes." This example of Mary shows us what it means to be holy. We do not have to do extraordinary deeds. We can just say "yes," as she did. We can do whatever God calls us to do the best way we can.

Discussion Questions

1. How do you cultivate virtue in your own home?
 2. How can you help your child grow to appreciate his masculinity, if he is a boy, and her femininity if she is a girl?
-



Words to Know

Q. What does **immoral** mean?

A. It describes any bad thought, word, or action that hurts God and others. An immoral action is wrong and sinful.

Q. What is a **moral virtue**?

A. Any virtue that helps us behave in a good way. Four basic moral virtues are prudence, justice, fortitude, and temperance.

Q. What is **virtue**?

A. A good habit and a good disposition to do what is good. Examples of virtues include: honesty, gentleness, peacefulness, patience, and compassion to others.



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more information.**

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PART II

The Maronite Way



LESSON 5

The Bible



Learning Objectives

In this lesson you will:

- Learn about the Ten Commandments as the basis for living as good followers of Jesus.
- Realize how the whole Bible, both Old Testament and New Testament, is the Word of God.
- Grow in your desire to listen to, and obey, God's Word, which is proclaimed at every Divine Liturgy.

Opening Prayer

O Lord, help me to listen to your Word and follow you with all my heart. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson5

Introduction

The Bible is the best book we can use to learn how to follow Jesus. After all, it is the **Word of God**. God speaks to us through the Bible in a very special way. When we read the Bible, we see how everything pointed to Jesus because He came to fulfill the law and the prophets (see Mt 5:17).

In the days of Moses, the Israelites tried to understand why certain events happened and what God was saying to them. “If God is leading us, why are we lost in the desert?” they asked. They had followed Moses and his brother Aaron out of Egypt and across the Red Sea. No longer slaves, they were now free people. “What does God want us to do?” they kept asking. “How can we show that we love God and want to follow and obey him?”

Reflection Questions

1. *Is there one story from the Bible that has left an impression with you? How?*
2. *Have you ever questioned why certain things happened in your life? If so, what were they?*

Point 1

Ten Commandments

We learn about the **Ten Commandments** from the Bible, specifically the Book of Exodus. God gave Moses these **commandments**, to tell us how we should love God and other people. These commandments are part of a **covenant**, or sacred promise, between God and the Israelites.

The Ten Commandments are:

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord, your God, in vain.
3. Remember to keep holy the sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness (lie) against your neighbor.
9. You shall not covet (desire) your neighbor's husband or wife.
10. You shall not covet your neighbor's house and anything else that belongs to him.



Point 2

The Old and New Testament

The word “**Bible**” means “books.” There are seventy-three books in the Bible. Also known as the Word of God, the Bible is divided into two parts: the Old Testament and the New Testament. The **Old Testament** is the first part of the Bible before the birth of Jesus, while the **New Testament** tells about the life and teachings of Jesus and his disciples.

	Old Testament	New Testament
Number of Books	46	27
Time Covered	The beginning of the world to just before Jesus’ birth	Just before Jesus’ birth to the early Church

Point 3

Service of the Word

We read and reflect on the Bible at every Divine Liturgy. We call this part of our Divine Liturgy the **Service of the Word**. During this time, we listen to readings from the Old Testament and the New Testament. We also learn how God has acted in our human history, and what is right and wrong. We also discover how God wants us to act. Here, at the Service of the Word, the following occur:



- **Psalm of the Readings (*Mazmooro*):** Everyone sits while a prayer like the psalms from the Bible is sung. The verses are sung alternately by the congregation and the priest.
- **Reading or Readings:** The reader stands at the lectern and says where the reading is from in the Bible. The reader then asks for the priest's blessing. After the priest blesses the reader, the reader reads the Bible passage. At the end of the passage, the reader sings or says, "Praise be to God always!"
- **Alleluia (*Fetgomo*):** While the priest processes with the Book of Gospels, the congregation stands and sings an alleluia and a verse from the Bible.
- **Gospel Reading:** The priest incenses the Bible while two ministers hold lighted candles on each side of the Book of Gospels. The priest says, "Peace be with you." Everyone answers, "And also with you." The Bible passage is then read.
- **Homily:** The congregation sits while the priest or deacon speaks about the readings and explains what God is saying through them.

Activity 1

Get in Order

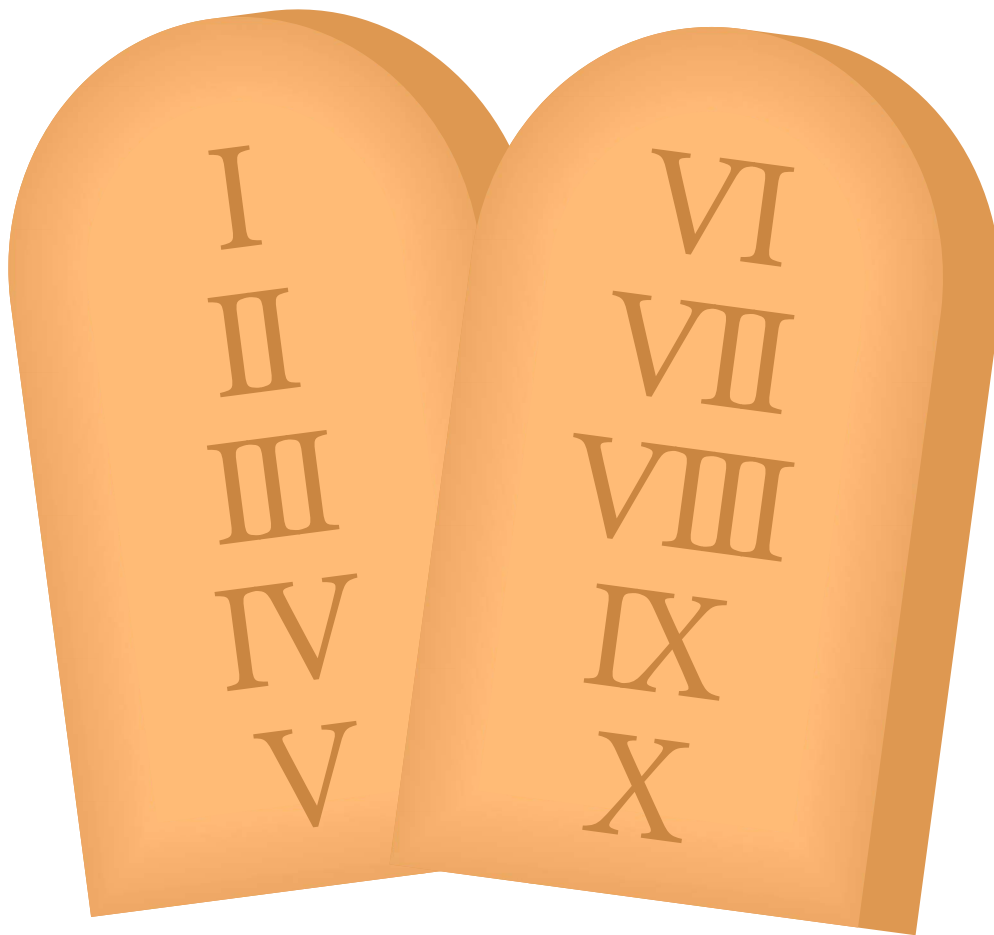
Directions: *Your teacher will hand you a slip of paper with one of the Ten Commandments written on it. Work together to line up in the correct order. Next, read your commandment aloud. Write the number of each commandment below.*

- ☐ You shall not bear false witness (lie) against your neighbor.
- ☐ Honor your father and your mother.
- ☐ You shall not commit adultery.
- ☐ You shall not covet (desire) your neighbor's house and anything else that belongs to him.
- ☐ You shall not steal.
- ☐ I, the Lord, am your God. You shall not have other gods besides me.
- ☐ You shall not covet (desire) your neighbor's husband or wife.
- ☐ Remember to keep holy the sabbath day.
- ☐ You shall not take the name of the Lord, your God, in vain.
- ☐ You shall not kill.

Activity 2

The Ten Commandments

Directions: *Cut out two stone tablets from colored paper and write the Ten Commandments on them.*





Maronite Wisdom

“Holy and immortal Lord, sanctify our minds and purify our consciences, that we may praise you with purity and listen to your Holy Scriptures. To you be glory, for ever.”

— *Book of Offering: Service of the Word*

My Role Model

Elias (Elijah) the Prophet



All saints try their best to listen to God’s Word and put it into practice. One of our most beloved prophets of the Old Testament is Elias, also known as Elijah. Elias loved the Ten Commandments and was very careful to obey them. He especially obeyed the commandment, “You shall have no other gods before me” (Ex 20:3). Elias warned the king, Ahab, whose wife worshipped a false god, not to worship with her. The king did not listen, so God sent a famine as punishment. Next, Elias stood up to the queen’s false prophets. “Let’s have a test,” Elias said. “We’ll put your gods against the God of Israel.” Elias won the contest for the God of Israel, so the king and the people went back to the true God. We honor Elias the Prophet on July 20.

Saint Elias, pray for us.

Recall



Use the words below to answer these questions.

1. What did God give Moses on Mount Sinai?
2. What is the name of the first part of the Bible?
3. What part of the Bible tells us about Jesus and the early Church?
4. What do we call the first part of the Divine Liturgy, in which Bible passages are read?
5. What kind of relationship between God and the Israelites is expressed in the commandments?

Words to Know

Covenant | New Testament | Old Testament

Service of the Word | Ten Commandments

Weekly Journal



This Sunday at the Divine Liturgy, listen closely to the homily.

Write: Share one thing you learned from the homily.

Concluding Prayer



Heavenly Father, you were pleased by the prophet Elias and his deeds, for he obeyed your commands. May your Word of Truth fill our souls with your light and enflame our hearts with your love. May we imitate Saint Elias, and like him consecrate our lives to you. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Ex 19:16-25

The People Consecrated

On the morning of the third day there was thunder and lightning, as well as a thick cloud on the mountain, and a blast of a trumpet so loud that all the people who were in the camp trembled. Moses brought the people out of the camp to meet God. They took their stand at the foot of the mountain. Now Mount Sinai was wrapped in smoke, because the Lord had descended upon it in fire; the smoke went up like the smoke of a kiln, while the whole mountain shook violently. As the blast of the trumpet grew louder and louder, Moses would speak and God would answer him in thunder. When the Lord descended upon Mount Sinai, to the top of the mountain, the Lord summoned Moses to the top of the mountain, and Moses went up. Then the Lord said to Moses, “Go down and warn the people not to break through to the Lord to look; otherwise many of them will perish. Even the priests who approach the Lord must consecrate themselves or the Lord will break out against them.” Moses said to the Lord, “The people are not permitted to come up to Mount Sinai; for you yourself warned us, saying, ‘Set limits around the mountain and keep it holy.’” The Lord said to him, “Go down, and come up bringing Aaron with you; but do not let either the priests or the people break through to come up to the Lord; otherwise he will break out against them.” So Moses went down to the people and told them.

Reflection

This passage occurs right before God gives Moses the Ten Commandments.

The sound of thunder and the sight of lightning along with the mountain shaking likely scared everyone. And this is no small Egyptian mountain! Mount Sinai’s elevation is 7,497 feet.

The mountain was considered holy, so only Moses and Aaron went up. Even the priests were not supposed to come. Just as God invited Moses and Aaron to climb the mountain to receive his commandments, so also God calls you to himself.

Saintly Quote

“To keep the commandments is to be faithful to God, but it is also to be faithful to ourselves, to our true nature, and our deepest aspirations.”

— Pope Saint John Paul II

Questions

1. What is God saying to you through this Scripture verse?
2. Have you ever had a time when you were afraid to do something that God asked of you?

Reaching the Summit

For Teachers & Parents



“In the formation of conscience, the Word of God is the light for our path; [we must reflect on God’s Word] in faith and prayer and put it into practice.” — CCC 1785

The Ten Commandments have a special place in the Bible and are very important for our society because they tell us what to do and what not to do. With the Ten Commandments, the Israelites knew what God wanted. They no longer had to only imagine. The same is true for us. These laws were part of a covenant, or sacred agreement, between God and the Israelites. God agreed to make the Israelites his Chosen People. The Israelites, in turn, agreed to obey God’s laws.

We learn about the Ten Commandments in a holy book called the Bible. As the Word of God, the Bible tells the true story of God’s covenant of love. Even though the Israelites sinned, God was always faithful to the covenant. God promised to

send a Savior—someone who would save people from sin and death. God’s promise is called “**salvation history**,” and it includes all of time—from the creation of the world to the coming of Jesus and God’s saving actions in the Church today. It is God’s plan to save us from sin and death.

The best way to understand salvation history is by reading the Bible, which is more like a library than a single book.

In the days of Jesus, many people, including young boys and girls, studied in the synagogue, which is a place of worship for Jewish people. Today, in our churches, we continue to read and reflect on the Bible at every Divine Liturgy.

Discussion Questions

1. How can you foster a great love for the Bible and the Ten Commandments in your child?
 2. What are some practical things you can do in your home to help your child love God more?
-

Words to Know



Q. What is the **Bible**?

A. A collection of seventy three books divided in two parts. The First forty-six books form the Old Testament, while the other twenty-seven are called the New Testament. It is also called “Word of God”. Written under the inspiration of the Holy Spirit, and when we read it, inspired by the same Spirit, we grow in holiness, and our lives bring fruits worthy of the name of Christ.

Q. What is the **Service of the Word**?

A. The part of the Liturgy in which we listen to readings from the Holy Bible. This part extends from the beginning of the Liturgy to the end of the creed.

Q. What are the **Ten Commandments**?

A. Ten laws given by God to Moses and the Jewish people. These laws deal with ways we are expected to behave toward God and toward other people. Jesus summarized these laws into the Great Commandment by saying we are to love God with our whole heart, and we are to love others as ourselves.



**Scan this QR Code for
more information.**

FaithOfTheMountain.org/grade4/lesson5

LESSON 6

Jesus



Learning Objectives

In this lesson you will:

- Understand how Jesus, the Son of God, lived and how we can live the virtues of faith, hope, and charity.
- Discover the meaning of the new commandment of Jesus to love one another.
- Develop a stronger love for others by knowing and appreciating the gospels.

Opening Prayer

O Lord, help me to love you with all my heart, all my soul, all my mind, and all my strength and my neighbor as myself. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson6

Introduction

In the Old Testament, the Israelites looked to the Ten Commandments to help them lead holy lives in proper relationship to God and to others. In the New Testament, Jesus asks us to look to him, to follow him as he leads us to heaven.

Even though the Ten Commandments told people what was right and what was wrong, they did not always understand them. That is why Jesus spent most of his public life teaching people about God and what God really wanted. Sometimes Jesus taught by telling stories that we call parables. Other times, he taught by working miracles and by his own actions of forgiveness and caring. As Catholics, we must not forget that Jesus is our Lord, teacher, and friend. Therefore, we must put his teachings into practice.

Reflection Questions

1. *Who is Jesus to you?*
2. *What are your favorite teachings or sayings from Jesus?*

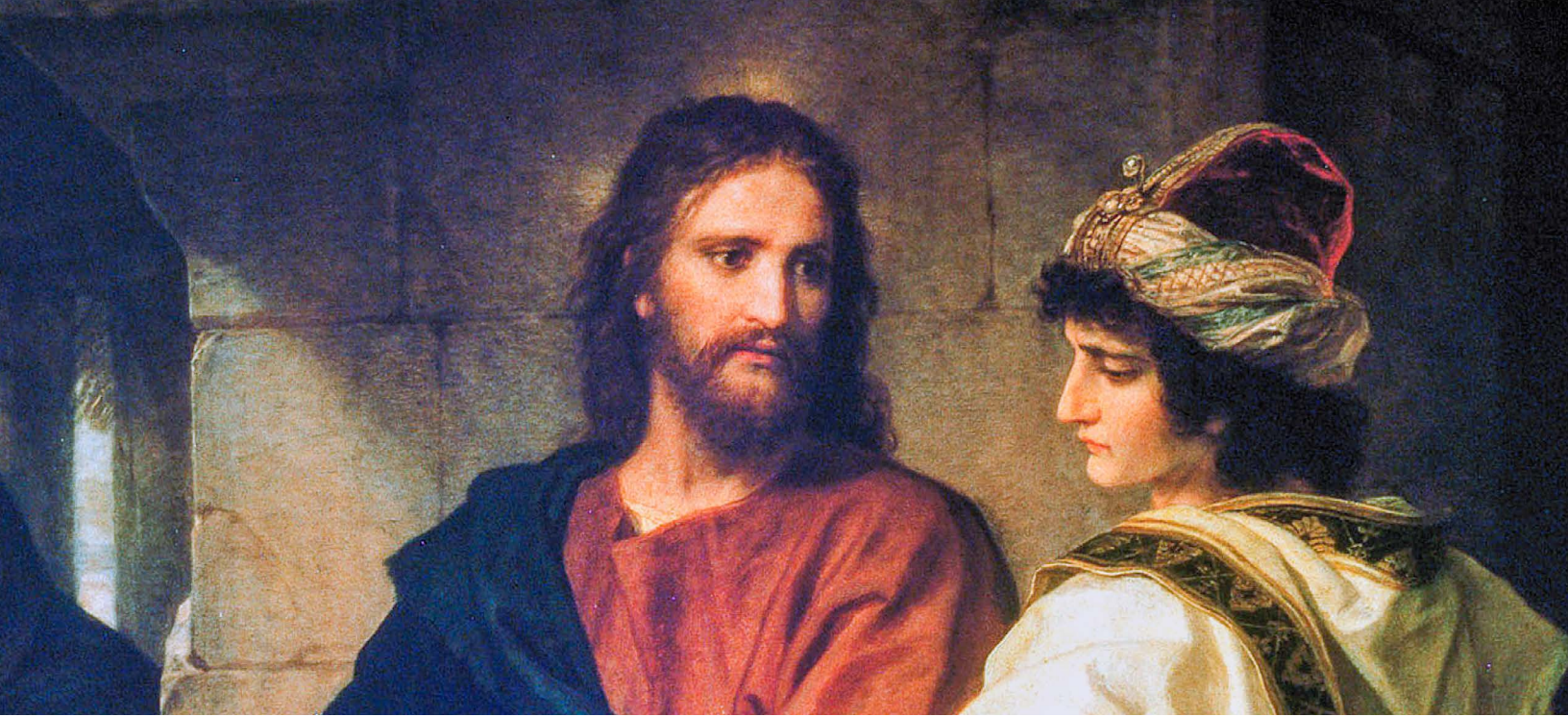


Point **1**

Understand Jesus and His Virtues

Jesus is the **Messiah**, the **Savior** God promised to send. He is true God and true man, the second Person of the Holy Trinity. We study Jesus' words and actions so we can better know him and love him. He is our Lord.

Jesus taught people to have **faith**, which is believing that God exists and loves us. He showed people what faith is and how to live it. He taught about God's generous love and mercy. Jesus also taught people to have **hope**, which helps us believe in his promises. He cured the sick, the paralyzed, the blind, and the deaf. He spoke about the wonderful future life God has planned for those who live by the commandments. Finally, Jesus taught people to have **charity**, or love, which is truly caring about others and being willing to put their needs first. Jesus loved us so much that he died to free us from sin and from the sting of death itself. He led us out of every darkness into God's light. Faith, hope, and charity are **theological virtues** we received at Baptism.



Point 2

Discover Jesus' New Commandment

The theological virtues are necessary if we want to live as God's beloved People. These virtues help us obey the Ten Commandments. They help us grow in friendship with the Holy Trinity. That is why Jesus summed up what God wants in the following way:

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind" (Mt 22:37). We call this summary of Jesus the **Great Commandment**. Loving God is at the heart of obeying all the Ten Commandments.

Jesus also taught a second important rule that sums up what God wants: "You shall love your neighbor as yourself" (Mt 22:39). If we obey these two rules, we will be living the Ten Commandments and growing in friendship with God.

Point 3

Develop a Stronger Love for Others and Appreciation for the Gospels

Jesus further explained the second rule with these words: “Do to others as you would have them do to you” (Mt 7:12). We call this commandment of Jesus the **Golden Rule**. Another rule of Jesus, known as the **Law of Love**, is similar: “Love one another as I have loved you” (Jn 15:12).

Jesus’ commandments to love God and love others are found most clearly in the Gospels, which make up the first four books of the New Testament. The word “**gospel**” means “good news.”



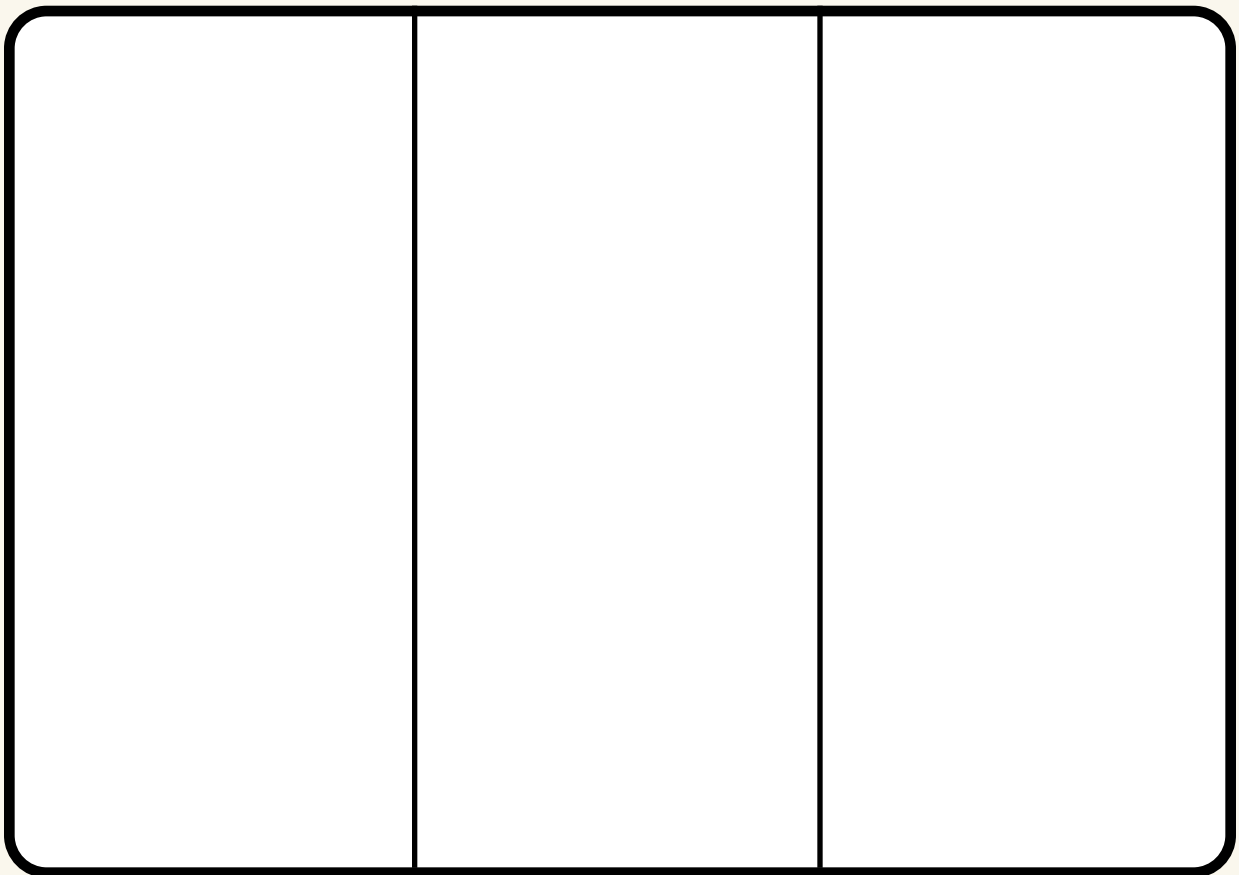
Activity 1

Theological Virtues Triptych

Directions: *Christian artists have used the following symbols to illustrate the theological virtues:*

Faith = green cross / Hope = blue anchor / Charity = red heart

Use the space below to create a triptych, which is a picture divided into three sections. On the left side, draw a green cross. In the center panel, draw a blue anchor. On the right side, draw a red heart. Label each section.

A large rectangular box with rounded corners, divided into three equal vertical sections by two vertical lines. The sections are empty, intended for drawing a triptych.

Activity 2

The Wall of Virtue

Directions: *Label three walls in your classroom “Faith”, “Hope”, and “Charity.” Your teacher will read different scenarios involving Faith, Hope, and Love, move to the wall that represents the demonstrated virtue.*



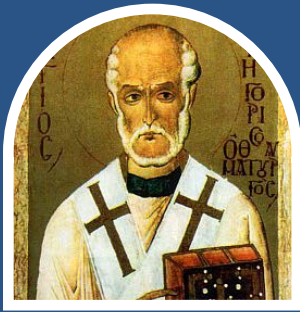


Maronite Wisdom

“Lord God and Father, you are true love, security that is ever sure, and hope that never fails. Grant love, happiness, and everlasting peace to your children here before you. Make us worthy to give one another the greeting of peace with pure hearts and souls and with a holy kiss worthy of your blessed name, that we may raise glory to you, to your only Son, and to your Holy Spirit, now and for ever.”

— *Divine Mysteries: Anaphora of St. John*





My Role Model

Saint Gregory the Wonderworker, Bishop of Neoceasarea

Saint Gregory lived in the third century. As a young man, he studied law and became a follower of Jesus. A short time later, Christians of one city elected him bishop. Gregory was truly someone filled with the theological virtues. His words of faith drew other people to become Christians, too. Gregory had so much hope that he was able to work many miracles. Before long, people were calling him “Gregory the Wonderworker.” Most importantly, Gregory truly loved the members of his church. When a plague made many people sick, Gregory went into the city streets. He fed and nursed the sick people back to health. Indeed, Gregory never tired of trying to be like Jesus. In everything he did, he tried to love God and love others. His feast day is November 17.

Saint Gregory, pray for us.

Recall



Match the terms in Column A with the correct descriptions in Column B.

A

- ____ **1.** Great Commandment
- ____ **2.** Second greatest commandment
- ____ **3.** Golden Rule
- ____ **4.** Law of Love
- ____ **5.** Gospels
- ____ **6.** Theological Virtues

B

- A.** Four books about Jesus in the New Testament
- B.** “Do to others as you would have them do to you.”
- C.** “You shall love your neighbor as yourself.”
- D.** Faith, hope, and charity
- E.** “Love one another as I have loved you.”
- F.** “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.”

Weekly Journal



How can you show love to God, and how can you show love for others?

Write: Pick one theological virtue and explain how you can practice it.

Concluding Prayer



Loving Father, we honor the memory of your Son, Jesus. Through him, you have granted us victory over sin and death. Let his cross be our assurance of faith, the joy of hope, and the perfection of love. May the blessings of Christ our Savior come upon us as we seek to follow his Law of Love. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Mt 22:34-40

The Greatest Commandment

When the Pharisees heard that he had silenced the Sadducees, they gathered together, and one of them, a lawyer, asked [Jesus] a question to test him. “Teacher, which commandment in the law is the greatest?” He said to him, “‘You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbor as yourself.’ On these two commandments hang all the law and the prophets.”

Reflection

The Ten Commandments were the basis for everything in the Old Testament. In the New Testament, Jesus came to fulfill the Ten Commandments with the two new commandments: love of God and love of neighbor. Unlike the Ten Commandments, which were written on stone tablets, these commandments would be written in our hearts by the Holy Spirit. God’s grace allows us to love like him.

Saintly Quote

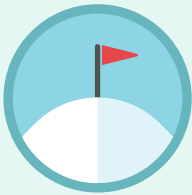
“All is contained in these brief words: ‘Love the Lord your God with all your heart, and with your soul, and with all your strength; and love your neighbour as yourself.’”
— *Saint Augustine*

Questions

1. How can you love God with your entire being?
2. Why is it important to love ourselves before we can love others?

Reaching the Summit

For Teachers & Parents



“The entire Law of the Gospel is contained in the ‘new commandment’ of Jesus, to love one another as he has loved us.” — CCC 1970

The following table shows the connection between the Ten Commandments and Jesus’ teachings.

Ten Commandments	<ol style="list-style-type: none">1. I, the Lord, am your God. You shall not have other gods besides me.2. You shall not take the name the Lord, your God, in vain.3. Remember to keep holy the sabbath day.	<ol style="list-style-type: none">4. Honor your father and your mother.5. You shall not kill.6. You shall not commit adultery.7. You shall not steal.8. You shall not bear false witness against your neighbor.9. You shall not covet (desire) your neighbor’s husband or wife.10. You shall not covet (desire) your neighbor’s house and anything else that belongs to him.
Jesus	You shall love the Lord, your God, with all your heart, with all your soul, and with all your mind.	Love your neighbor as yourself.

Theological Virtues

The word “theo” means “God.” These virtues are God-given. We receive them through Baptism. We cannot have faith, hope, or love unless it was given to us by God, who is the source of all faith, hope and love. These certainly makes us grow until “we attain the whole measure of the fullness of Christ.”

Discussion Questions

1. Which is the most difficult of Jesus’ teachings to follow?
2. Why?

Words to Know



Q. What is the **Great Commandment**?

A. Jesus’ summary of the first three commandments: “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.”

Q. Who is the **Messiah**?

A. The Savior whom God promised to send to redeem the world from sin and death. Jesus, the Son of God, is the Messiah.

Q. What are the **theological virtues**?

A. Good habits that help us know and relate to God, and become sharers in his divinity. The three theological virtues are faith, hope, and charity.



**Scan this QR Code for
more information.**

FaithOfTheMountain.org/grade4/lesson6

LESSON 7

The Church



Learning Objectives

In this lesson you will:

- Learn that the Holy Spirit is always with the Church, helping to guide her teachings.
- Identify the Pope and our Maronite Patriarch as teachers of right and wrong, based on the Gospels.
- Discover various ways the Church teaches us how to live good and holy lives.

Opening Prayer

O Lord, send forth the Holy Spirit to guide our Church and our leaders. Help us to be holy. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson7

Introduction

To follow Jesus is to follow the Church and all of her teachings. In this lesson, we will look at the Church and how she continues Jesus' mission to spread the truth to the ends of the world.

Jesus is the head and founder of the Catholic Church. He is also her greatest teacher, for he taught people about God's Law of Love not by words alone, but by dying for all mankind. Before he ascended into heaven, he promised to send the Holy Spirit to the apostles to help them be good teachers. Today, through the ongoing help of the Holy Spirit, the Church continues the teaching work of the apostles. The Church helps us communicate with God and teaches us how to follow Jesus and live as good Maronites.

Reflection Questions

1. *Name two things you like about being a member of the Maronite Catholic Church?*
2. *How can you grow in your relationship with the Holy Spirit?*



Point **1**

The Holy Spirit Helps the Church

The Church teaches us how to talk with God, even though we cannot see him with our eyes or hear him with our ears. The word “**church**” means “assembly” or “gathering.” A church is a group of people who come together because they have the same faith. They want to follow Jesus in the same way.

When Jesus was forming his church, he called twelve men to be his **apostles**. Jesus taught them about God and the Law of Love. Jesus promised to send the Holy Spirit to the apostles. The Holy Spirit is the third person of Holy Trinity. The Spirit is Lord and the giver of life. This Spirit would give them the grace to be transformed into good teachers and followers of Jesus. On **Pentecost** Sunday, fifty days after the glorious Resurrection of Jesus, while the apostles were praying together, the Holy Spirit came upon them in the form of tongues of fire. You can read the story in the Acts of the Apostles 2:1-13.



Point **2**

The Church's Teachers

Just as the Holy Spirit taught the apostles, the Holy Spirit is the Church's main teacher. During his life on earth, Jesus chose Saint Peter to be the head of the twelve apostles and lead the worldwide Church. Before Saint Peter and the apostles died, they chose other men to take their place. These men continued to teach the Good News about Jesus. Today we call these men **Bishops** because they act as shepherds, or spiritual teachers, of every Church member.

The Bishop of Rome takes the place of Saint Peter because Saint Peter was the first bishop of Rome and was buried there. He is head of the whole Church. We call him the **Pope**. One way the Pope teaches is by writing **encyclicals**, which are letters to the entire Church. Our Maronite Church is in full union with the Bishop of Rome (Roman Catholic Church). Our leader is the **Patriarch**. He, too, is a bishop. He works with the Pope to lead and teach the Good News of Jesus.

The patriarch and other bishops teach by writing **pastoral letters**, which are sent to the people in their area.

Point 3

Other Ways of Teaching

The Church teaches the Good News in other ways, too. Here are some examples:

The Prayer of Forgiveness. At the start of every Divine Liturgy, there is a beautiful prayer called the **Hoosoyo**, or prayer of forgiveness. It teaches us about the day's feast. It prepares us to hear the Scripture readings.

The homily. This talk is given by the **priest** or **deacon**. It explains the day's Scripture readings. Often, the homily also teaches us how to apply the readings to our everyday actions. The homily can also teach about a particular saint or a specific teaching of the Church.

Our actions. When we follow the message of Jesus and show others what the Good News means, we act as teachers and become better followers of Jesus.



Activity 1

Identify the Apostle

Directions: Scripture contains fascinating stories about the Twelve Apostles. Look up the verse below and identify which apostle or apostles appear in the icon.



John 20:26-29

Apostle: _____



Mark 1:19-20

Apostles: _____



Matthew 16:18

Apostle: _____

Activity 2

Word Search

F W I U A P R R N P L C D H Z D N R
 K F N O Z J A O H Z R C L P P K P L
 U V R H K U Q T V T X I U W E H H A
 W I T P C D T K R G H E E X S O W F
 O Z A P O S T L E I W D F S D O P P
 Z L P U I L E J D B A Q L L T S F W
 P O P E P V V J E I E R K W T O P Z
 H Y G D B G O P A S V H C G V Y V U
 G P J V J X L N C H B T G H N O Q I
 X X Q G B P Q J O O E Y I K E T Z E
 T C V V S L A J N P T M H X S N J H
 D G F S U M O F S K E V Y S G L Q L

Words

patriarch
 apostle
 hoosoyo
 bishop

deacon
 priest
 pope



Maronite Hymn



O Merciful Father of Truth

Refrain:

O Merciful Father of Truth, take from us this offering.
The offering of Your Son the Savior, sea of love
and forgiveness.

Verse:

O First-born of the Father, Jesus the beloved Savior.
You are alive O Son of God, You are alive O Crucified One.



Listen to the hymn.

FaithOfTheMountain.org/grade4/lesson7/hymn



My Role Model

Saint Ephrem the Syrian

Saint Ephrem was famous for being a great teacher. As a deacon, he gave homilies. He also wrote religious poetry and songs. He taught religious education classes. He always found time to do good works. He always answered people's questions about how they should act as Christians. Ephrem lived in Nisibis (modern-day Turkey) in the fourth century. Even though that time was very different from today, Ephrem wrote with lasting wisdom. What he wrote is still an important part of our prayers today. Saint Ephrem is sometimes called the "Pillar of the Church" and the "Harp of the Holy Spirit." He is the only Father of the Syriac Tradition that the Church honors with the title "Doctor of the Church." The Church honors Saint Ephrem on January 28.

Saint Ephrem, pray for us.

Recall



Underline the correct word to complete each sentence.

1. A (**Church** | **Pentecost**) is a group of people who have the same faith.
2. Jesus chose twelve men to be his (**deacons** | **apostles**).
3. The Holy Spirit came to the apostles on (**Easter** | **Pentecost**).
4. The leader of the Catholic Church is the (**pope** | **patriarch**).
5. An (**pastoral letter** | **encyclical**) is a letter written by the pope to the whole Church.
6. Another name for the Prayer of Forgiveness in the Divine Liturgy is (**Hoosoyo** | **homily**).
7. The main teacher of the Church is the (**Holy Spirit** | **patriarch**).

Weekly Journal



This Sunday pay attention to the *Hoosoyo* and think about how well you followed Jesus' message throughout the week.

Write: Describe one way you have followed Jesus this past week and one way you plan to follow him this coming week.

Concluding Prayer



O Holy Spirit, you make us holy and you teach the simple. You came upon the apostles and granted the power of being your witnesses. Grant that we may walk according to your gifts, in order to bear your name and announce the Good News of Jesus. Through our example, may the whole world believe in you and find life, now and for ever. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Acts 2:1-6

Coming of the Holy Spirit

When the day of Pentecost had come, they were all together in one place. And suddenly from heaven there came a sound like the rush of a violent wind, and it filled the entire house where they were sitting. Divided tongues, as of fire, appeared among them, and a tongue rested on each of them. All of them were filled with the Holy Spirit and began to speak in other languages, as the Spirit gave them ability.

Now there were devout Jews from every nation under heaven living in Jerusalem. And at this sound the crowd gathered and was bewildered because each one heard them speaking in the native language of each.

Reflection

On Pentecost, the apostles began to teach people about Jesus and his Law of Love. By the power of the Holy Spirit, they became very good teachers. That first day, over three thousand people became followers of Jesus. Strengthened by the Holy Spirit, the apostles now had the power to proclaim the Good News courageously to all nations. In order to share our Maronite Catholic Faith, we must first receive the Holy Spirit, for we cannot give what we do not have. The Holy Spirit also unites us to all of the apostles, their descendants, and each other.

Saintly Quote

“The Church, though dispersed throughout the whole world, even to the ends of the earth, has received from the apostles and their disciples this faith” — *Saint Irenaeus*

Questions

1. How does what happened on Pentecost affect your life?
2. Why is it special that the Church traces its roots back to Jesus and the first apostles?

Reaching the Summit

For Teachers & Parents



“The mission of Christ and the Holy Spirit is brought to completion in the Church, which is the Body of Christ and the Temple of the Holy Spirit. This joint mission henceforth brings Christ’s faithful to share in his communion with the Father in the Holy Spirit. The Spirit prepares men and goes out to them with his grace, in order to draw them to Christ. The Spirit manifests the risen Lord to them, recalls his word to them, and opens their minds to the understanding of his Death and Resurrection. He makes present the mystery of Christ, supremely in the Eucharist, in order to reconcile them, to bring into communion with God, that they may ‘bear much fruit.’” — CCC 737

Spreading the Faith

The Holy Spirit is always with us, teaching and guiding us. With the Spirit’s help, there is always something new to learn about Jesus. There is always something more we can do to grow in holiness. But holiness is not just about us. It is about bringing others to Christ and ultimately to heaven. Yes, it is the Holy Spirit who brings us into communion with Christ and his Church.

In the Gospel according to Matthew, Christ gave his disciples the Great Commission. These were his last recorded words in the Gospel:

“Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, and teaching them to obey everything that I have commanded you. And remember, I am with you always, to the end of the age” (28:19-20).

There are many ways to spread our Maronite Catholic Faith. The Church has relied on print materials, such as eparchial magazines and bulletins. These materials inform us about Church teachings. They help us develop our conscience and make good decisions. In addition, we have the writings of the saints and Church Fathers to help us.

Also, religious education classes explain the Church’s faith. Certain classes prepare people to take part in the Holy Mysteries. Some classes are for children; other classes are for teenagers or adults.

With technological advances, our Maronite Catholic Faith can be learned and shared through Catholic websites and even over social media.

Discussion Questions

1. How can you foster a greater love for the Pope, the Patriarch, and our religious leaders in your children?
2. What are some practical things you can do to spread the Catholic Faith and teach your children to do likewise?

Words to Know



Q. What is a **patriarch**?

A. The father or head of a family. The leader of the Maronite Church is called the Patriarch of Antioch and All the East. The first patriarch of the Maronite Church was Saint John Maron.

Q. What is **Pentecost**?

A. A feast that takes place fifty days after Easter. On Pentecost, the Holy Spirit came upon the apostles and filled them with new life and courage.

Q. What is a **pope**?

A. The Bishop of Rome and leader of the worldwide Catholic Church. Saint Peter was the first pope.



**Scan this QR Code for
more information.**

FaithOfTheMountain.org/grade4/lesson7

LESSON 8

The Saints



Learning Objectives

In this lesson you will:

- Connect the ancestors of our Maronite Church directly with Jesus.
- Realize that saints are followers of Jesus who lead lives of heroic virtue.
- Grow in your desire to imitate Maronite saints in following the way of Jesus.

Opening Prayer

O Lord, help us to follow you in all that we do, so that we may learn from your saints and become saints ourselves. Help us to live with you for ever in heaven. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson8

Introduction

One of the best ways we can follow Jesus is by learning from the saints, our brothers and sisters who now live in heaven. From the heart of our Maronite Church sprung many saints that you will learn about in this book. They were men, women and children. Some of them were popes, bishops, monks, sisters, married, or single. Some of the saints even died for Jesus. The saints followed the teachings of Jesus and thus show us how we can be better disciples of Christ.

Saints are born in all places and at all times. How amazing it is that we are all called to be saints! Do you want to be a saint?

Reflection Questions

1. *When you hear the word “saint,” how does it make you feel?*
2. *Who is your favorite saint and why?*

Point 1

Jesus and the Phoenicians

The ancient people of Lebanon were called Phoenicians. They were especially good at building boats. These boats allowed them to reach distant shores. Some Phoenicians actually saw and heard Jesus preach! After Jesus began his public ministry, word about him reached Lebanon. Some people from the cities of Tyre and Sidon got into their boats and sailed to Galilee to meet him. They probably sat on the shores of the Jordan River or the Sea of Galilee. They heard Jesus and asked for his healing.

During this period, Jesus came to Tyre and Sidon with his disciples. Jesus visited Lebanon! You can read the story in Mark 7:24-30.





Point **2** **Following Jesus**

The word “**disciple**” means “student.” Disciples wanted to learn from Jesus and follow his way of life. They wanted to give witness to him by their own words and actions. When they did that, they became known as holy people, or saints.

Some saints were so brave that they chose death rather than give up their faith in Jesus. We call them **martyrs**, a word that means “**witnesses**.” The Church has been blessed with many martyrs and saints who are now in heaven with God. We can ask them to help us follow Jesus as they did. The Church declares a person to be a saint in a process called **canonization**. Each saint has a **feast day**, and on that day, the Church honors the saint during the liturgy. We can ask all of the saints to help us follow Jesus as they did.

Point 3

What We Believe

The Twelve Apostles and the saints throughout history have held certain beliefs about Jesus. We sum up these beliefs in a statement called the **creed**. A creed is a profession of faith.

After the homily at the divine Liturgy, the people stand to sing or recite the creed starting with “We believe.” We call this creed the Nicene Creed because it was written by a Church Council that met in the city of Nicea. In this creed, we find a statement about who Jesus is: “We believe in one Lord Jesus Christ, the only-begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made.”

In the fifth century, the Council of Chalcedon said Jesus was one person with two natures: human and divine.



Activity 1

Patron Saints

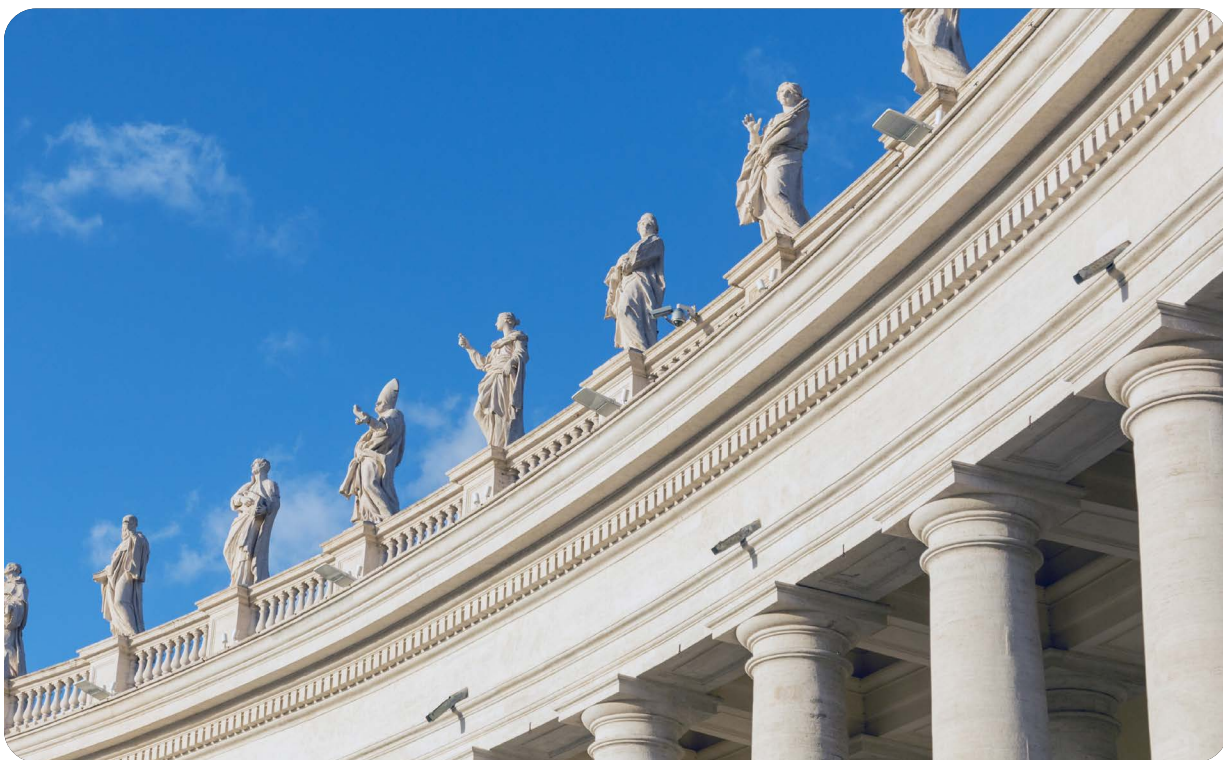
Directions: *Share with the class if you're named after a saint and what you know about them. If not, share a saint you admire and why!*

HELLO
MY NAME IS

Activity 2

Find a Saint

Directions: *Find a statue or image of a saint in your Church and find out who it is. Ask that saint to pray for you.*



My Prayer:

Maronite Hymn



The 350 Martyrs

Syriac: ehnono noohro shareero

Countless hermits who loved the Lord
lived in great austerity,
without rest, in the open air,
bound to fasting and to prayer.
Contemplating Jesus Christ, they lived pure as ascetic lives.
They renounced all worldly ways in pursuit of holiness,
strong in faith, like Saint Maron.



Listen to the hymn.

FaithOfTheMountain.org/grade4/lesson8/hymn



My Role Models

The 350 Maronite Martyrs

One day the monks from the monastery of Saint Maron went on a pilgrimage. Along the way the monks were attacked by “one-nature” Christians, those who thought Jesus was only one nature: divine, not human. That day, 350 monks were killed for their belief about Jesus. These three hundred and fifty martyrs gave their lives for Christ because they believed what the Council of Chalcedon taught: that Jesus was one person with two natures (human and divine). The 350 Maronite Martyrs’ feast day is July 31.

The 350 Maronite Martyrs, pray for us.

Recall



Use the words below to complete these sentences.

1. The _____ is a profession of faith.
2. Jesus is one _____.
3. Jesus has two _____.
4. God is a _____.
5. Jesus is both God and _____.

Creed | Man | Natures | Person | Trinity

Weekly Journal



Look up the story of a Maronite saint and reflect on his or her life.

Write: Compose a prayer for that saint.

Concluding Prayer



O loving Jesus, you blessed the Maronite martyrs with courage and faith. You made them strong so that they could be faithful to your true teaching. May we imitate their courage and be your true witnesses, now and for ever. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Mt 15:21–28

The Canaanite Woman's Faith

Jesus left that place and went away to the district of Tyre and Sidon. Just then a Canaanite woman from that region came out and started shouting, “Have mercy on me, Lord, Son of David; my daughter is tormented by a demon.” But he did not answer her at all. And his disciples came and urged him, saying, “Send her away, for she keeps shouting after us.” He answered, “I was sent only to the lost sheep of the house of Israel.” But she came and knelt before him, saying, “Lord, help me.” He answered, “It is not fair to take the children’s food and throw it to the dogs.” She said, “Yes, Lord, yet even the dogs eat the crumbs that fall from their masters’ table.” Then Jesus answered her, “Woman, great is your faith! Let it be done for you as you wish.” And her daughter was healed instantly.

Reflection

One day Jesus journeyed to Tyre and Sidon (present-day Lebanon) with his disciples! It was about fifty miles away from Galilee. In Tyre and Sidon, a woman asked him for help. She begged Jesus to heal her daughter. This mother was not Jewish, but a Canaanite. Jesus rewarded this mother’s persistence by driving the demon out of her daughter. Most likely the woman in Lebanon became a faithful disciple of Jesus.

Saintly Quote

“The reason why sometimes you have asked and not received is because you have asked amiss, either inconsistently, or lightly, or because you have asked for what was not good for you or because you have ceased asking.” — *Saint Basil*

Questions

1. How do you feel about the way Jesus responded to the Canaanite woman?
2. What was something that you begged God for?

Reaching the Summit

For Teachers & Parents



“It is in the Church, in communion, with all the baptized, that the Christian fulfills his vocation. From the Church he receives the Word of God containing the teachings of ‘the law of Christ.’ From the Church he receives the grace of the sacraments that sustains him on the ‘way.’ From the Church he learns the example of holiness and recognizes its model and source in the all-holy Virgin Mary; he discerns it in the authentic witness of those who live it; he discovers it in the spiritual tradition and long history of the saints.” — CCC 2030

Martyrdom

Usually, martyrs die for their faith because they are persecuted by non-Christians. But sadly, there have been times of fighting inside the Church. Church members have held differing beliefs about Jesus. Sometimes they have killed one another because of these differences, as seen in the lives of the 350 Maronite Martyrs.

Early in the fifth century, Church members disagreed about who Jesus was. They all agreed that Jesus was both God and man. But they disagreed about what this meant. Some people believed Jesus was one person with one human-divine nature. Other people believed Jesus was one person with two natures (human and divine).

A Church Council in Chalcedon (in present-day Turkey) settled the matter. Jesus was one person with two natures. He never stopped being a divine person even when he took on our human nature.

What is a Church Council?

Since the Church's founding by Jesus Christ, there have been twenty-one ecumenical councils. Ecumenical describes something that is universal. The first council was the Council of Nicea in 325 AD. These councils are solemn meetings involving the bishops throughout the world. And the Holy Father has authority to preside over them. These councils are called for various reasons, especially when the Church is facing an attack over a certain teaching, as seen in the Council of Chalcedon.

Discussion Questions

1. How can you instill a love for the saints in your child?
2. How can you delicately talk about the idea of martyrdom with your child?

Words to Know



Q. What is a **creed**?

A. A statement of what we believe. Maronites pray the Nicene Creed at the Divine Liturgy. The Nicene Creed is also professed at the Mystery of Baptism and Confirmation. By reciting it, we are affirming what we believe.

Q. What is a **disciple**?

A. The word “disciple” means “student.” A disciple is a follower of Jesus.

Q. What is a **martyr**?

A. Someone who is put to death because of their faith. Almost all the apostles were martyred. The word means “witness.” Christian martyrs give witness to the Gospel of Jesus.



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more information.**

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PART III

Love of God

LESSON 9

Worship God Alone



Learning Objectives

In this lesson you will:

- Explore the meaning of the first commandment.
- Consider ways that people today sometimes worship false gods.
- Discuss false gods we see today.

Opening Prayer

O Lord, help me to love you and worship you above everything, for you alone are the holy one, the mighty one, and the immortal one. Grant me the grace to love you as you deserve to be loved. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson9

Introduction

Loving God means that we follow him and worship him alone. The truth is that we can love God because he made us for himself. As we saw in Lesson 8, the saints are the best examples of how to follow Jesus and be **faithful** to him. God wants our hearts and our prayers. The more we love God, the more we will seek to hear his voice, so as to follow him. Jesus reminds us: “Ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened” (Mt 7:7–8). We are all searching for God.

Now suppose your small group has been hired by the Church to investigate who God is and where he can be found. Together, answer the following questions. Be prepared to share your report with the class.

1. Where can God be found?
2. What evidence is there for his existence?
3. How does he act?
4. How can people get in touch with him?

Point 1

First Commandment

The first commandment goes as follows:

“I am the LORD your God, who brought you out of the land of Egypt, out of the house of slavery; you shall have no other gods before me” (Ex 20:1–3).

Throughout history, people have feared and admired forces beyond their control. Some people worshipped the sun, moon, stars, thunder, ocean, or certain animals. Gradually, Moses and the Israelites came to believe there is only one God. God gave them the commandments and the first commandment is about him.

Basically, this commandment tells us how we should act toward God. God is our Creator. It is right to **worship** him—to praise and **adore** him.



Point 2

False Gods

God cannot be described completely by words. That is why it is easy to get confused about who God is. That is also why many people have turned to false gods known as **idols**. They want a God they can see and touch. The golden calf was one of the gods the Egyptians worshipped. And as will be seen in the Climbing the Mountain section, the Israelites even worshipped the golden calf when Moses was delayed in coming down from the mountain. Moses became so angry at them for doing this that he threw the Ten Commandments down and burned the golden calf in a fire (see Ex 32:1-6).

Point 3

Today's False Gods

Worshipping a golden calf may seem silly to us today. How could people think that a statue was really God?

Even though the people of Jesus' day knew the first commandment, they often turned to these false gods instead. Here is the story of a time Jesus had to remind them to worship only the true God. Jesus entered the temple area and drove out all those who were selling and buying there. He overturned the tables of the money changers and the seats of those who were selling doves. And he said to them, "It is written: 'My house shall be a house of prayer,' but you have made it a den of robbers" (Lk 19:46).

Today, we may "worship" false gods even though we do not realize it. We might be very focused on being popular or having lots of money. Instead of worrying about those things, we should give all our attention to God.

Activity 1

Maze

Navigate the maze to find Jesus, avoiding idols like money and fame along the way.



Activity 2

Prayer Chart

How much do you let God be a part of your daily life? The table below lists various times throughout the day or week. For each time, check the column that describes how often you pray then.

Time	Usually	Sometimes	Never but I'd like to
When I wake up			
Before I eat			
After I eat			
Before making a decision			
After something good happens to me			
When I'm worried about something			
After I've sinned			
Before going to bed			
At the Divine Liturgy on Sunday			

Maronite Hymn



Who Can Fully Comprehend God as the Holy Trinity?

Syriac: msheeho natareh l'eedtokh

Who can fully comprehend God as the **Holy Trinity**?
So great is this mystery far beyond our scrutiny!
The Father, before all time, begot the Son,
the Eternal Word.

The Begotten Son took flesh from the holy Virgin's womb.
The Spirit was sent to give courage and perfect.
All creation worships him, the Lord of all,
in three persons, one true God.

— *Book of Offering: Service of the Word*



Listen to the hymn.

FaithOfTheMountain.org/grade4/lesson9/hymn





My Role Model

Saint Thecla, the First Woman Martyr

Saint Thecla was a first-century teenager who lived in Iconium (present-day Turkey). Her parents were pagans, which meant they believed in gods other than the true God. Thecla was engaged to marry another pagan. Then one day her life changed. While sitting by her window, Thecla heard the Apostle Paul preach about Jesus and the true God. Impressed by what she heard, she listened by her window for three whole days. After Paul was arrested, Thecla visited him in prison, where she learned more about the one true God and decided to dedicate herself, body and soul, to this God alone. When Thecla ended her engagement, the governor threatened to punish her. Refusing to worship any god but the God of Jesus, she was taken to the arena to be burned at the stake. Just as the fire was lit, a sudden thunderstorm doused the flames, and Thecla was freed. She joined Paul and worked as an apostle, preaching about God to groups of women. Despite several arrests and attempts on her life by the pagan government, God rescued her each time. Thecla remained faithful to God until her martyrdom at age ninety, offering her body and soul to the Lord. We celebrate her feast day on September 24.

Saint Thecla, pray for us.

Recall



*Find and circle the five words below hidden in this puzzle.
Then use the words to answer the questions below.*

G O W F P L M A
S E O A D O R E
R T R I N I T Y
E Z S T B W I V
A X H H H R K B
G C I F A L S E
J V P U N Y F M
I D O L J U G N

Adore
Trinity
Faithful
Idol
Worship

1. The first commandment tells us to _____ God alone.
2. We believe that God is a _____, three Persons in one God.
3. We _____ God when we praise and worship him in the Divine Liturgy.
4. An _____ is an image or statue of a false god.
5. God is always _____ to us, even when we turn to other gods.

Weekly Journal



At the Divine Liturgy, join in saying the Nicene Creed and think about each word as you pray.

Write: How did you worship God this week?

Concluding Prayer



Glory be to the Father, to the Son, and to the Holy Spirit,
One God to whom is the glory for ever and ever. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Ex 32:1-6

The Golden Calf

When the people saw that Moses delayed to come down from the mountain, the people gathered around Aaron, and said to him, “Come, make gods for us, who shall go before us; as for this Moses, the man who brought us up out of the land of Egypt, we do not know what has become of him.” Aaron said to them, “Take off the gold rings that are on the ears of your wives, your sons, and your daughters, and bring them to me.” So all the people took off the gold rings from their ears, and brought them to Aaron. He took the gold from them, formed it in a mold, and cast an image of a calf; and they said, “These are your gods, O Israel, who brought you up out of the land of Egypt!” When Aaron saw this, he built an altar before it; and Aaron made proclamation and said, “Tomorrow shall be a festival to the Lord.” They rose early the next day, and offered burnt offerings and brought sacrifices of well-being; and the people sat down to eat and drink, and rose up to revel.

Reflection

In this passage from the Book of Exodus, a large gathering of Israelites worship a life-size statue of a golden calf, or what is actually a bull, which represents the Egyptian bull-god Apis. They have decided to worship a pagan god while their leader Moses has been away on Mount Sinai receiving the stone tablets on which God has written the Ten Commandments, his laws on how to live properly. Aaron, dressed in a white cloak, has melted down gold earrings to create the idol. Then Moses returns with Joshua, and in his anger at seeing the calf, smashes the tablets.

Saintly Quote

“God asks little, but He gives much.” — *Saint John Chrysostom*

Questions

1. How does this Scripture verse speak to your heart?
2. Have you ever taken matters into your own hands when you felt as if God was not answering your prayers? If so, what did you do?

Reaching the Summit

For Teachers & Parents



“God’s first call and just demand is that man accept him and worship him.” — CCC 2084

The First Commandment

It is wrong to worship false gods. Although this commandment may seem simple, it took a long time for people to understand its truth. God created everything in the universe. God is not only all-powerful, but also loving. God cares about humans and answers their prayers. God is always faithful to people, even when people turn to false gods.

Other False Gods

Money: People who worship money only want to get rich and don’t care who they hurt or cheat. They only want to get rich.

Possessions: People who believe that things— a big house, a fancy car, designer clothes, and the latest electronic equipment— will make them happy crave possessions.

Fame: People who want to be successful rock stars, athletes, movie actors, or politicians just so everyone will know their name and recognize them seek fame.

Power: People who like to give orders and control other people seek power.

Discussion Questions

1. How can you remove the false gods in your life and in your child's life?
 2. What can you replace the false gods with?
-

Words to Know



Q. Who is the **Holy Trinity**?

A. The one true God, who is three divine Persons— the Father, the Son, and the Holy Spirit. The Holy Trinity is not three separate gods, but one God.

Q. What is an **idol**?

A. Anything that takes the place of the one true God; for example, a statue, image, or other representation of a false god. Worshipping idols is a sin against the first commandment.

Q. What is **worship**?

A. To give praise or show respect for God. One way we worship God is by taking part in the Divine Liturgy. It is wrong to worship false gods.



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more information.**

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LESSON 10

Respect God's Name



Learning Objectives

In this lesson you will:

- Recognize the importance of respecting God and using his name with reverence.
- Understand that respecting God's name requires a sincere and loving relationship with God as Father.
- Grow in your desire to bless God with all your words, as did Saint John Chrysostom.

Opening Prayer

O Lord, may your Holy Name be blessed now and for ever. Amen.





Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson10

Introduction

Did you know that Jesus had a nickname for the two apostles Saint James and Saint John? They were brothers and were called “Sons of Thunder” (Mk 3:17) because of their intense and zealous personalities. Their father’s name was Zebedee. These apostles loved Jesus and left everything to follow him. They worshipped God alone, following the first commandment. In this lesson we will be discussing the second commandment, which centers on God’s holy name. When Jesus taught Saint James and Saint John how to pray along with the other apostles, he used these words “Our Father in heaven, hallowed be your name” (Mt 6:9). “Hallowed” means something that is made holy and greatly honored.

Reflection Questions

1. *Do you know what your name means?*
2. *What things in your life do you consider to be hallowed?*



Point **1**

Second Commandment

The Second Commandment goes as follows:

“You shall not make wrongful use of the name of the Lord your God, for the Lord will not acquit anyone who misuses his name” (Ex 20:7).

Names have meaning, especially Biblical names, such as: Zechariah, “God remembers”; Gabriel, “Power of God”; and Raphael, “God Heals.” Names are important. A name says who we are and indicates how people feel about us. The name we call another person often shows what our relationship is. Suppose a man’s name is Robert Johnson. His wife calls him Rob. His mother calls him Robby. His coworkers call him Bob, Robert, or Mr. Johnson. His children call him Dad. The way we say someone’s name often shows our attitude toward that person.

Point 2

Respecting Names

Some people tend to use the name of Jesus or God in a disrespectful way, like the “bad thief” in the crucifixion story. The bad thief was a criminal who was crucified to the left of Jesus. He mocked Jesus by saying: “Are you not the Messiah? Save yourself and us!” (Lk 23:39)

People who speak this way **blaspheme** or curse God. They show great disrespect by the way they say his name. What is most important is that we love God and show **respect** for him. If we truly love God, we will be filled with piety, a gift of the Holy Spirit. When we show our love for God and honor his name, we are **blessing** him for his abundant holiness and goodness. It is important to respect God and use his name with **reverence**. Respecting God’s name requires a sincere and loving relationship with God the Father.

Point 3

The Father: ‘Abba’

Jesus himself called his Father **Abba**. “Abba” is a Syriac word that means “Dad.” It is an affectionate name that shows great love and respect for a parent. It is fitting that Jesus addressed God as Abba because God is his Father. By virtue of our Baptism, God is also our Father. That’s why Jesus taught us to pray by calling God “Abba,” or our Father.

Activity 1

Bookmark

Directions: *Our names have special meanings, especially those in the Bible. Create a bookmark with a biblical name on one side. On the back, illustrate who that person is or what the name means.*



Activity 2

The Names of God

Directions: *Jesus calls himself many names throughout the Gospels. Look up the four Bible passages below and write down the name that Jesus calls himself. Discuss which one is your favorite.*

John 6:35

Matthew 17:22

John 8:12

John 10:11



Maronite Wisdom

O Lord our Lord, you sent us your only Son, who is the radiance of your eternity, and he accomplished his plan of salvation for us, that we may come to you. May we call upon you with the prayer that he taught his holy disciples, saying: *Our Father...*

— *Book of offering: Anaphora of Saint John Chrysostom*

My Role Model

Saint John Chrysostom, Patriarch of Constantinople



A good role model for obeying the second commandment is a saint named John Chrysostom. The word “Chrysostom” means “golden tongued.” This nickname refers to John’s great gift for words. John was born in Antioch in the fourth century. After he became a priest, he worked as a preacher and then became the Patriarch of Antioch. Everyone who listened to John was filled with piety, sincere respect, and love for God. The people wanted to be as close to God as John was. John later became the Patriarch of Constantinople. Today, the Church honors him as a Father and Doctor of the Church. We celebrate his feast day on November 13.

Saint John Chrysostom, pray for us.

Recall



Unscramble the words to complete the sentences.

1. To **SHAMEEBPL** is to sin against the second commandment.
2. One way to show **ERCESPT** for God is to say his name with love and reverence.
3. Obeying the second commandment requires a sincere and loving relationship with God as **REHTAF**.
4. Saint John's nickname was **TOMSCYSHOR**.
5. We can imitate Saint John by **SLINGEBS** God with all our words.
6. **EPYIT** is the gift of the Holy Spirit that helps us obey the second commandment.



Weekly Journal

Think about a name you would like to call God and how it makes you feel.

Write: How did you pray to God this week? Did you call him Dad or Abba?



Concluding Prayer

Our Father who art in heaven, hallowed be thy name;
thy kingdom come; thy will be done on earth as it is in
heaven. Give us this day our daily bread and forgive us our
trespasses as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For the kingdom, the power and the glory are yours now
and for ever. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Lk 23:39–43

The Crucifixion of Jesus

One of the criminals who were hanged there kept deriding him and saying, “Are you not the Messiah? Save yourself and us!” But the other rebuked him, saying, “Do you not fear God, since you are under the same sentence of condemnation? And we indeed have been condemned justly, for we are getting what we deserve for our deeds, but this man has done nothing wrong.” Then he said, “Jesus, remember me when you come into your kingdom.” He replied, “Truly I tell you, today you will be with me in Paradise.”

Reflection

In Jesus’ final hours, he is not surrounded by his apostles, but by two strangers: the good thief and the bad thief. Yes, literally hanging next to Jesus were two criminals. The thief on the right repented and followed him to paradise, while the one on the left rejected him. When we read the gospel on the Great Friday of the Crucifixion, there is a lit candle to the right of the crucifix for the salvation of the thief who repented and a candle with a black ribbon to the left of the crucifix for the thief who did not. Following Jesus means saying yes to him until our final breaths.

Saintly Quote

“Stretch out your arms toward the cross, so that the crucified Lord may stretch out his arms toward you. The one who does not stretch out his hand toward the cross cannot approach his table either.” — *Saint Ephrem*

Questions

1. How do you feel about Jesus on the cross? What would you say to him?

2. What does this Scripture verse say about calling on the name of Jesus and Jesus' love for those who repent?

Reaching the Summit

For Teachers & Parents



“The second commandment enjoins respect for the Lord’s name. The name of the Lord is holy.” — CCC 2161

What Is in the Name?

We find the second commandment in the book of Exodus in the Bible; and it tells us: “You shall not make wrongful use of the name of the LORD your God, for the LORD will not acquit anyone who misuses his name” (Ex 20:7).

Another way we make wrongful use of the name of the Lord is using it in vain; that is, in an irreverent manner. Did you know that in vain means “uselessly or carelessly”? The way we say someone’s name shows our attitude toward them. If we are angry, we may say the name in a loud, harsh way. If we are happy, we may say the name softly and with love.

Respecting Names and Places

If we truly love God, we will be filled with piety, one of the Gifts of the Holy Spirit. We will show our love by blessing God for his abundant holiness and goodness. We will thank God for all that he has given us. We will never curse God in moments of anger. We will say God’s name only with respect and love. We will also show respect for people, places, and things that are holy. Many Jewish people respect God’s name so much that they never say it or write it.

Discussion Questions

1. Why do you feel you need to show respect for God’s name?
2. How can you teach your child to show greater respect for adults?



Words to Know

Q. What does **Abba** mean?

A. An affectionate name that means “Dad.” Jesus addressed God as Abba, a name that shows great love and respect for a parent.

Q. What is **blasphemy**?

A. The sin of cursing God or showing disrespect for him by the way we say his name. Blasphemy is a sin against the second commandment.

Q. What is a **blessing**?

A. Something that is good in itself and good for us. All blessings come from God. It also means to praise God. We show our love by blessing God for his abundant holiness and goodness.



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more information.**

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LESSON 11

The Lord's Day



Learning Objectives

In this lesson you will:

- Explain the third commandment and how the Israelites observed the sabbath.
- Understand why Sunday became “the Lord’s Day” for Christians.
- Affirm that the Resurrection of Jesus makes all time — past, present, and future — holy.

Opening Prayer

O Lord, I praise you for this day to worship you and to celebrate your Resurrection. Help me to rest in your love and to use this day for your glory. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson11

Introduction

To follow Jesus means to act like Jesus and, most of all, to be with Jesus. When we love someone, we make time to visit with them. There is nothing like visiting a loved one or a friend whom we have not seen in a long time. Jesus Christ waits for us in every tabernacle and in every Divine Liturgy. He wants us to come to his holy house to worship him as spelled out in the third commandment, which will be explored in this lesson.

Reflection Questions

1. *God has no need of our worship. Our worship does not make him better or holier, so why do you think God asks us to give one day out of our week to praise him?*
2. *What do you like best about Sundays?*

Point 1

The Seventh Day

The **sabbath** is a day of the week when God's people are supposed to stop working and rest. The idea of this day goes back to the Genesis creation story. God created the world in six days. Then God rested on the seventh day. The third commandment tells people to do what God did: rest after work. In the time of Jesus, the **Pharisees** were Jewish people who were very strict about the way they spent the sabbath. For instance, they couldn't cook or bake food. They couldn't plant seeds or do any farming activity.

Point 2

What Purpose does the Sabbath Serve?

Jesus reminded people of the real purpose of the sabbath: "The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath" (Mk 2:27-28).

Throughout his life, Jesus did what was most important on the sabbath. He showed love for God and other people. He prayed in the **synagogue**, which is a place of worship for Jewish people. He spent time with family members and friends.

Loving God is the most important part of sabbath rest. We love God when we love others and take care of their needs.



Point 3

Why Is Our Sabbath on Sunday?

Before the sun rose on Sunday morning, Jesus rose from the dead. We call this great event the **Resurrection**. After the Resurrection of Jesus, his disciples continued to meet in the synagogue for prayer on the sabbath (Saturday). They met on Sunday to listen to stories about Jesus. They also shared a meal of thanksgiving, just as Jesus did at his Last Supper. Then the Christians started celebrating the Holy Mystery of Eucharist on Sunday. Today Maronites call the Sunday worship the “Holy Offering,” or “**Qorbono**” in Syriac.

Activity 1

Keeping the Lord's Day Holy

Directions: *In Leviticus 23:3, we hear the words, “For six days shall work be done; but the seventh day is a sabbath of complete rest, a holy convocation; you shall do no work: it is a sabbath to the Lord throughout your settlements.” Pick which answer is the correct way to keep the Lord’s day holy.*

1

- A. Watch hours of television
- B. Play hours of video games
- C. Go to the Divine Liturgy

3

- A. Eat lots of junk food all day
- B. Go for a walk and enjoy nature
- C. Fall asleep during the Divine Liturgy

2

- A. Play alone all day
- B. Spend time with your family
- C. Talk to your friends all day

4

- A. Pray the Rosary and read a good book
- B. Skip Divine Liturgy because you have a sports game
- C. Do your homework all day

Activity 2

Sabbath Chairs

Move around the chairs (placed in a circle) as the teacher names different days. When the teacher says “Sunday,” everyone sits to symbolize rest. The last one seated wins.





Maronite Wisdom

Holy, holy, holy, mighty Lord, God of hosts. Heaven and earth are full of your great glory. **Hosanna** in the highest. Blessed is he who has come and will come in the name of the Lord. Hosanna in the highest.

— *Book of Offering: Common to all Anaphoras*

My Role Model

Saint Justin Martyr



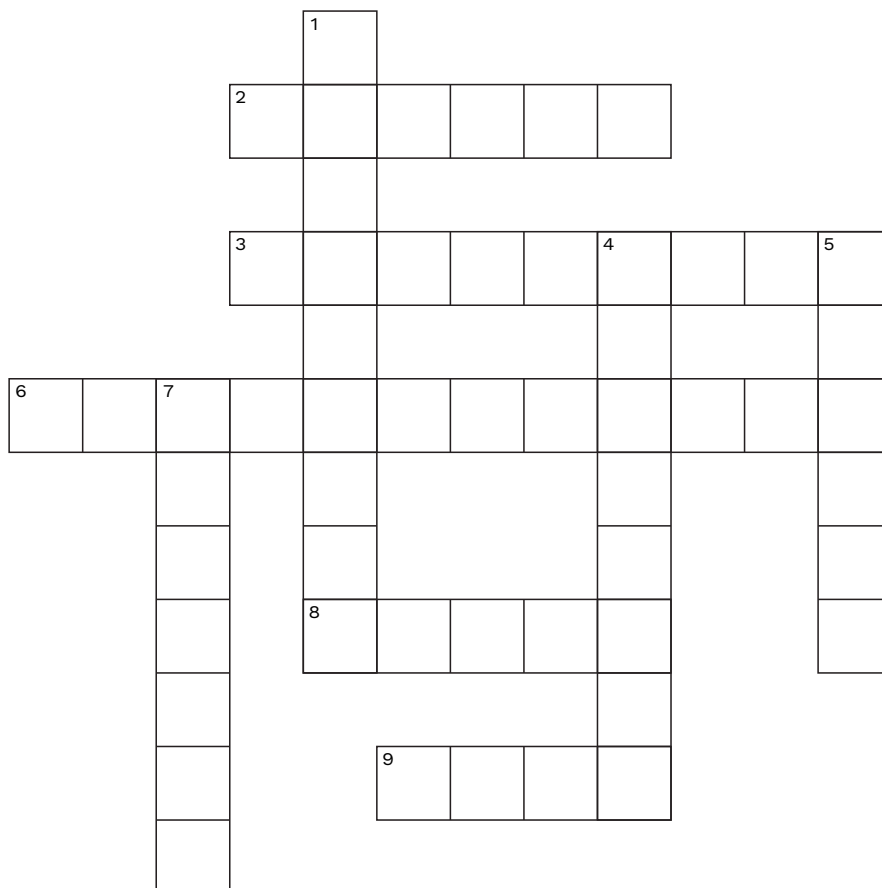
Saint Justin Martyr lived in the second century. He was a philosopher who became a Christian. His writings show the importance of Sunday worship in the early Church. He called Sunday “the Day of the Eucharist.” Justin loved the Sunday Eucharist. He took part in it faithfully. He did his best to keep holy this day. The emperor killed him for his faith. We honor Saint Justin on June 1.

Saint Justin Martyr, pray for us.

Recall



Complete the crossword. Use the following clues.



Down

1. Holy Mystery that is celebrated at the Divine Liturgy
4. Sabbath day for the Jewish people
5. The Lord's Day for Christians
7. Day to stop work and rest

Across

2. Saint who honored Sunday as "the Day of the Eucharist"
3. Jews who believed in keeping every detail of the law
6. What happened Sunday morning after Jesus died
8. Which commandment tells us to honor the sabbath
9. The sabbath reminds us that all time is _____

Weekly Journal



How did you spend last Sunday and did you make it holy?

Write: What is one thing you can do today to make your Sunday holy?

Concluding Prayer



Jesus Christ, our Loving God, at your Resurrection, you overcame death and rose to eternal life. You made all time—past, present, and future—holy. Every day is a good time to worship you. Every day is a chance to grow in your friendship. Give us the grace to always seek you first and learn to serve you. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Mk 2:23-28

Pronouncement about the Sabbath

One sabbath he was going through the grainfields; and as they made their way his disciples began to pluck heads of grain. The Pharisees said to him, “Look, why are they doing what is not lawful on the sabbath?” And he said to them, “Have you never read what David did when he and his companions were hungry and in need of food? He entered the house of God, when Abiathar was high priest, and ate the bread of the Presence, which it is not lawful for any but the priests to eat, and he gave some to his companions.” Then he said to them, “The sabbath was made for humankind, and not humankind for the sabbath; so the Son of Man is lord even of the sabbath.”

Reflection

Jesus comes to fulfill the sabbath. By his actions and teaching, Jesus reminds us of the sabbath’s true purpose. Worshipping God and loving Him and our neighbor are at the heart of the sabbath. The *Catechism of the Catholic Church* says that the Sunday celebration meets a commandment in our hearts to worship God in a visible and public way (2176). Our love for God must also spill over to our neighbor. In the Gospel according to Luke (14:1-6), Jesus even heals a man on the sabbath. He shows us how caring for our neighbor is essential to properly fulfilling the sabbath.

Saintly Quote

“But Sunday is the day on which we all hold our common assembly because it is the first day on which God, having wrought a change in the darkness and matter, made the world; and Jesus Christ our Savior on the same day rose from the dead.”
— *Saint Justin Martyr*

Questions

1. How do you feel about Jesus saying that the sabbath was made for humankind?
2. How can we find better rest on the Lord's Day?

Reaching the Summit

For Teachers & Parents



“As does the whole of the Christian life, the moral life finds its source and summit in the Eucharist sacrifice.” — CCC 2031

The Sabbath

The third commandment is “Remember the sabbath day and keep it holy” (Ex 20:8). The word “sabbath” means “to stop” or “to rest.” This rule is explained in another Bible passage:

“You yourself [Moses] are to speak to the Israelites: ‘You shall keep my [God’s] sabbaths for this is a sign between me and you throughout your generations, given in order that you may know that I, the Lord, sanctify you’” (Ex 31:12–16).

The Jewish Sabbath

For the Jewish people, Saturday was their day for sabbath rest. All work stopped from sundown on Friday to sundown on Saturday. During this time people met in synagogues and homes to pray. Those in Jerusalem went to the temple to offer sacrifices. The people also spent time relaxing with their families. They read stories from the Bible and talked about them.

Some Pharisees believed the only way a person could truly be good was to obey every small detail of the law. Their goal was to make sure they followed all sabbath rules exactly and keep the day holy.

Sunday Worship

Sometime after the Resurrection of Jesus, the Christian religion became separate from the Jewish religion. They called the sabbath the “the Lord’s Day” because Jesus rose from the dead on Sunday. Then the Christians celebrated the Eucharist on Sunday. The word “Eucharist” means “thanksgiving.” In the Eucharist, we give thanks and praise to God for the gift of his Son Jesus Christ. The Divine Liturgy is the center of our Maronite faith. We call it *Qorbono* in Syriac. We obey the third commandment when we take part in the *Qorbono*, and we grow in holiness and receive the strength to live good moral lives.

The Sabbath (On Sunday)

Jesus was crucified on a Friday, and died on the cross at three in the afternoon. His mother and disciples only had a few hours to take down his body and bury him. The sabbath would start at sundown. No work was to be done then. After his death, Jesus Christ visited Sheol (the place of the dead), where people awaited the hope of the Resurrection. Jesus descended to them on that day so that he may conquer death and raise the righteous with him. Once again, Jesus shows us that on the Sabbath it is important to also care for others. The Jewish sabbath was changed to the Christian Sunday because of Jesus’ Resurrection.

Discussion Questions

1. How can you set an example for your child when it comes to working on Sunday?
2. What can you do to cultivate proper rest in your home?



Words to Know

Q. What is the **Qorbono (Eucharist)**?

A. A Holy Mystery in which we become one with God and others. The word Eucharist means “thanksgiving.” The sacrifice of Jesus is present, and we offer him and ourselves to the Father. The blessed bread and wine truly become the Body and Blood of Jesus. We give thanks and praise to God for the gift of his Son, Jesus.

Q. What is the **Resurrection**?

A. A word that means “to rise from the dead.” The rising of Jesus from death to new life. We celebrate the Resurrection of Jesus every Sunday, on Easter, and throughout the Season of the Glorious Resurrection. Jesus truly died, but he truly rose again to new life.

Q. What is the **Sabbath**?

A. A day during the week when God’s people are supposed to rest and be restored to a good relationship with God and others. This was a way of worshipping God and loving others for the Jewish people, who observed the sabbath from sundown on Friday to sundown on Saturday.



**Scan this QR Code for
more information.**

FaithOfTheMountain.org/grade4/lesson11



LESSON 12

Prayer

Learning Objectives

In this lesson you will:

- Explore what Jesus taught about prayer.
- Learn that prayer not only helps us grow in friendship with God, it also helps us lead moral lives.
- Summarize ways that Maronites pray at home, in Church, and throughout the day.

Opening Prayer

O Lord, let my prayer rise up like incense before your throne. And may my lips always sing your praises. Amen.





Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson12

Introduction

After we meet God in the Divine Liturgy on Sundays as we saw in the third commandment, we should seek to talk to him every day. Prayer keeps us united to God throughout the week, for prayer helps us follow Jesus and become his friend.

Prayer is at the heart of everything we do. Jesus would often go to the mountains or a quiet place away from everyone. In the Gospel according to Luke, it says that Jesus “went out to the mountain to pray; and he spent the night in prayer to God” (Lk 6:12). In St. Paul’s first letter to the Thessalonians, he says, “Rejoice always, pray without ceasing, give thanks in all circumstances; for this is the will of God in Christ Jesus for you” (5:16–18).

Reflection Questions

1. *When and where do you like to pray?*
2. *How do you like to pray?*



Point **1**

What Is Prayer and Why Do We Pray?

Some people think prayer is magic or wishing on a star. They think God is a magician who will do whatever they ask. But Jesus gave us a different understanding of prayer and God. Real **prayer** is a form of communication: It is talking to God and listening to him.

Jesus told us never to stop praying, even when it seems that our prayers are not being answered. Genuine prayer brings us closer to God and helps us discover ourselves. Prayer also teaches us about life. It helps us understand what God wants. Prayer makes us strong so that we can choose what is right, rather than what is wrong. The goal of prayer is to grow closer to God in friendship.

Point 2

How Prayer Helps Us

God is a loving, caring Father who listens and responds to us. God always answers our prayers. But sometimes God answers in ways we do not understand. That is because God knows what is best for us. His answer will always be what we really need. That is why all prayers, in some way, help us.

Prayer helps us seek forgiveness when we make wrong choices and forgive others when they sin and hurt us. Prayer not only helps us to grow in friendship with God, but also guides us to lead moral lives. Prayer strengthens us to resist temptations and protects us from harm and evil.

Point 3

How We Pray

As Maronites, we pray with our Church family. We have a special calendar called the **Church Liturgical Year**. This calendar celebrates the life of Jesus. Our highest form of prayer is the *Qorbono*, also known as the Divine Liturgy. At the Divine Liturgy, we take part in all types of prayer — praise and adoration, thanksgiving, forgiveness, and **petition**. The **Eucharistic Prayer** is the Church's great prayer of thanksgiving. To celebrate the Liturgy of the Eucharist, the priest may choose one of several Anaphoras. The word **Anaphora** means “offering, to lift up.” Finally, we also pray by taking part in special devotions.

A **devotion** is a prayer that helps us lift our hearts, as well as our minds, to God.

God calls us to pray at home, in Church, and throughout the day.

Activity 1

Look Closely

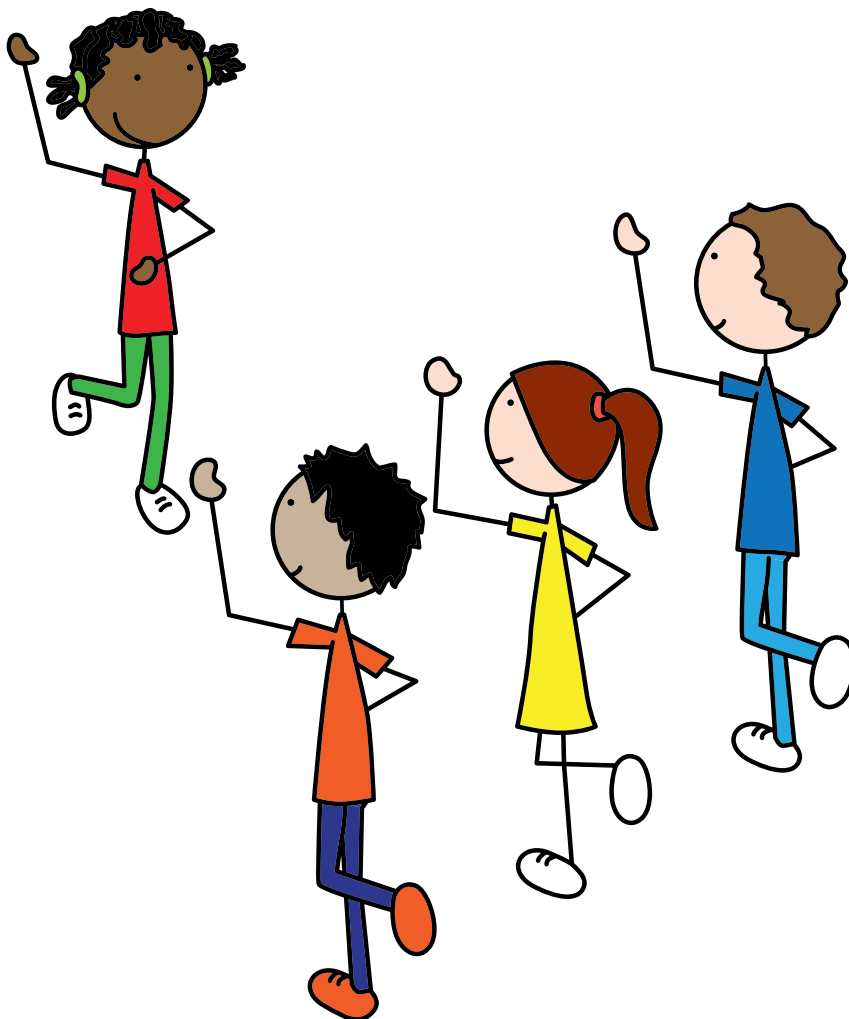


List three things you see in this painting.

Activity 2

Prayer Posture “Simon Says”

Prayer is a beautiful way to talk to God. We can fold our hands, stand, kneel, or make the sign of the cross. Now, play a game of “Simon Says”—only do the prayer postures that your teacher starts with ‘Simon says!’





Maronite Wisdom

Congregation:

Have mercy on us, Almighty Father. Have mercy on us.

Celebrant:

O Lord, as we, your sinful children, receive your graces, we thank you for them and because of them.

Congregation:

We praise you. We bless you. We adore you. We glorify you. We profess our faith in you and we ask you: Have compassion on us, O God. Have mercy on us and hear us.

— *Book of Offering: Common to all Anaphoras*





My Role Model

Saint Thérèse of the Child Jesus

In 1873, Saint Thérèse of the Child Jesus was born the ninth child of a Catholic family in Lisieux, France. At a young age, she developed the ability to pray in a very simple way. She just talked to Jesus like a friend. When she was fifteen, she got permission to enter the Carmelite convent where two of her older sisters were nuns. Thérèse soon discovered that life in a religious community demanded generosity and patience. She wanted to pray always, but her days were filled with common tasks, such as sweeping the floor, washing dishes, baking bread, and taking care of the elderly nuns. She did not understand how this ordinary work was “holy.” Then one day Thérèse learned about a new invention called the elevator. Suddenly, she understood the secret power of prayer. She could pray anywhere, anytime, during whatever work she was doing. Prayer “lifted up” her work, like an elevator, to God. From then on, Thérèse put her heart and soul into every chore she did. And while she worked, she joyfully prayed always. Many miracles occurred after the death of Saint Thérèse. The Church honors her on October 1.

Saint Thérèse of Lisieux, pray for us.

Recall



Match the terms in Column A with the correct descriptions in Column B.

A

- ___ 1. Church Liturgical Year
- ___ 2. Devotions
- ___ 3. Eucharistic Prayer
- ___ 4. Forgiveness
- ___ 5. Petition
- ___ 6. Prayer
- ___ 7. Thérèse
- ___ 8. Temptation

B

- A.** Talking with God
- B.** Prayer helps us resist this
- C.** Saint who is a model of prayer and moral living
- D.** Type of prayer that helps lift our hearts and emotions to God
- E.** Prayer helps us seek this when we make wrong decisions
- F.** Our great prayer of thanksgiving during the Divine Liturgy
- G.** A calendar of prayer based on the life of Jesus
- H.** Type of prayer in which we ask God for something

Weekly Journal



Think about a time when God blessed you with something you really wanted.

Write: A short prayer or note to thank God for all of your blessings.

Concluding Prayer



Heavenly Father, we praise and thank you for all the wonderful ways you have blessed us. We thank you for the gift of your Son, Jesus, who died for us on the cross. We thank you in a special way for our Maronite Catholic Faith, the Divine Mysteries, our family, and friends. We ask you to send your Holy Spirit into our hearts so that we might become saints. We ask for all of those things we need (say privately) and we pray for all those in most need of your mercy. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Lk 11:5–13

Perseverance in Prayer

And he said to them, “Suppose one of you has a friend, and you go to him at midnight and say to him, ‘Friend, lend me three loaves of bread; for a friend of mine has arrived, and I have nothing to set before him.’ And he answers from within, ‘Do not bother me; the door has already been locked, and my children are with me in bed; I cannot get up and give you anything.’ I tell you, even though he will not get up and give him anything because he is his friend, at least because of his persistence he will get up and give him whatever he needs.

“So I say to you, ask, and it will be given you; search, and you will find; knock, and the door will be opened for you. For everyone who asks receives, and everyone who searches finds, and for everyone who knocks, the door will be opened. Is there anyone among you who, if your child asks for a fish, will give a snake instead of a fish? Or if the child asks for an egg, will give a scorpion? If you then, who are evil, know how to give good gifts to your children, how much more will the heavenly Father give the Holy Spirit to those who ask him!”

Reflection

After teaching his disciples how to pray the “Our Father,” Jesus taught them another lesson. He taught them the importance of perseverance in prayer. To persevere means to continue on, no matter what obstacles we face. Prayer is the vehicle that allows us to get to heaven. Above all, prayer is the means by which we ask the Father to send us the Holy Spirit.

Saintly Quote

“Blessed are you if you have to struggle hard in prayer. Say your words, offer up your complaint, seek out your judge.” — *Evagrius the Solitary*

Questions

1. How did the persistence of the neighbor in the story make you feel?
2. Is there something that you have been asking God for a long time?

Reaching the Summit

For Teachers & Parents



“Prayer is an indispensable condition for being able to obey God’s commandments.” — CCC 2098

Prayer: What and Why

There are many types of prayers. For example, there are prayers of praise, adoration, and worship. There are prayers of penitence and prayers of thanksgiving. Some prayers involve personal request, or petition. Other prayers are intercessions—prayers for other people. Some prayers involve just thinking about God or about God’s word. Many prayers combine some or all of these types of prayer.

How does prayer help? Here are some ways:

1. Prayer helps us seek forgiveness when we make wrong choices. We ask God to forgive us when we sin.
2. Prayer helps us forgive others when they sin and hurt us. We ask God for the strength to pardon them, just as God pardons us.

3. Prayer strengthens us to resist temptations. In prayer, we ask God to help us stay away from anything that might make us want to sin.
4. Prayer protects us from harm and evil. The more we pray, the more we are filled with grace, God's own life and love. This grace, in turn, brings us more and more virtues. We grow in good habits that help us imitate Jesus.

Devotions

A devotion is a prayer that helps us lift our hearts, as well as our minds, to God. Some devotions include the Adoration of the Holy Cross, Benediction of the Cross, the Christmas Novena, and the devotions in honor of the Blessed Virgin Mary.

Discussion Questions

1. How can you create a home where prayer is a priority?
 2. Why do you think many families pray very little together?
-

Words to Know



Q. What is an **Anaphora**?

A. The part of the Divine Liturgy that includes the Service of the Word, Eucharistic Prayer, and Communion Rite. The word “anaphora” means “to offer, or lift on high.” During the Anaphora, we lift our prayers to God. We recognize God’s many gifts to us. We thank God for them.

Q. What is the **Church Liturgical Year**?

A. Calendar of the Church that marks the year into special seasons. During the Church Liturgical Year, we celebrate different parts of God's holy Word and also celebrate the lives of saints who are role models in virtue and moral living. Our Maronite Church Liturgical Year begins the first week in November.

Q. What is **prayer**?

A. Talking with God, either alone or with others. Prayer changes us; we grow closer to God and become more like him. Prayer is essential to obey God's commandments.



**Scan this QR Code for
more information.**

FaithOfTheMountain.org/grade4/lesson12



PART IV

Love of Family

LESSON 13

Family Honor



Learning Objectives

In this lesson you will:

- Explore the fourth, sixth, and ninth commandments in terms of family life.
- Learn what makes a family holy by looking to Jesus, Mary, and Joseph.
- Discover how the Mystery of Crowning helps all family members relate to one another in good ways.

Opening Prayer

O God, who are Father, Son, and Holy Spirit, help me to always remember that I am your beloved child. Help me to always live in your grace and love. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson13

Introduction

As we saw in the last lesson, prayer is the way we follow God and communicate with him. Did you know that God is a family of love: God the Father, God the Son, and God the Holy Spirit? We call God the Holy Trinity. This is the most important “mystery” of our Catholic Christian Faith. The Father, Son, and Holy Spirit exist in an eternal relationship of love together. Each Divine Person of the Trinity pours out their love upon one another. They have been doing this for all eternity, and they desire for us to enter into this relationship of love. How amazing!

We not only belong to God’s family by our Baptism, but we also belong to a human family. Some families have two parents. Some have only one. Some families have no children. Others have many. Some families have grandparents, parents, and children. Foster families are made up of guardians and foster children. Extended families may include cousins, aunts, and uncles. There are adopted families and stepfamilies, too. The family is to model the Holy Trinity. Jesus calls each family to be holy.

Reflection Questions

1. *What amazes you about God being the Holy Trinity?*
2. *What do you like about your family?*



Point **1** **Family Life**

There is a saying, “Charity begins at home.” Home is where we first learn to love God and others. We learn what is right and wrong. We also learn how to act. Family life is very important. That is why three commandments deal with it.

- The fourth commandment says, “Honor your father and your mother.” (Ex 20:12)
- The sixth commandment says, “You shall not commit adultery.” (Ex 20:14)
- The ninth commandment says, “You shall not covet your neighbor’s [husband or] wife.” (Ex 20:17)

All three commandments deal with family **honor**.

Point 2

The Fourth Commandment

One type of family honor is between children and parents. Honor involves **obedience** to parents. But honor is more than doing what parents ask. It also means showing respect and love for them. Honor means being loyal to your family. We stick up for family members. We need to make them proud. We help all members be safe. We treat one another with kindness and patience. We can learn about family honor by looking at the Holy Family. The members of the Holy Family were Jesus, Mary, and Joseph. Jesus loved and cherished his parents, obeying them at all times.

The fourth commandment also applies to all people in authority because we are a human family. Or in the words of Saint Paul: “Let every person be subject to the governing authorities; for there is no authority except from God, and those authorities that exist have been instituted by God” (Rom 13:1).





Point 3

The Sixth and Ninth Commandments

Family honor is also between husbands and wives. In the **Mystery of Crowning**, also known as **marriage**, a baptized man and a baptized woman promise to love one another for life. They form a new family of faith.

Two commandments remind people to be faithful to their marriage promises, just as God is faithful to us. The sixth commandment deals with **adultery**. It is wrong to act like a spouse with someone other than one's marriage partner. The ninth commandment deals with sinful, impure thoughts and desires toward others or toward one's spouse.

The Mystery of Crowning is mainly for husbands and wives. As a covenant, they promise to share their lives for as long as they live and to form a new family. It also helps everyone grow in love for one another. The Mystery of Crowning helps each person grow in **chastity**. Chastity is very important in all vocations, especially marriage. It helps us to respect the human body and to be modest in the clothes we wear and language we use.

Activity 1

Thank You Card

Directions: Use paper and make a thank you card for your parent, guardian, or someone in your family.



Activity 2

Acrostic

Directions: *An acrostic is when the first letter of each line spells out a word or phrase. Make an acrostic describing a loving family using the word “honor” or “family.”*

H

O

N

O

R

F

A

M

I

L

Y



Maronite Hymn



O Joseph, Rise, Doubt No Longer

Syriac: soogheeto (ramsho)

O Joseph, rise, doubt no longer.
Mary carries Jesus, God's Word,
and she remains still a virgin,
yet the mother bearing God's Son.

Though angels fear to behold him,
you will raise him like your own son.
Since Mary is God's pure temple,
you will serve him like a high priest.

Receive our prayer like sweet incense
which we offer to our great King.
Now intercede for us, Joseph,
that we may find pardon and peace.



Listen to the hymn.

FaithOfTheMountain.org/grade4/lesson13/hymn



My Role Model

Saint Joseph, Husband of the Virgin Mary

The Church celebrates Saint Joseph as a model of fatherhood and family honor. Joseph was a man of moral virtue. He treated others with kindness and was holy. Joseph was engaged to Mary. Before their marriage, Joseph found out that Mary was going to have a baby. He could have left her. Instead, he believed what the angel told him: Jesus was the Messiah! Joseph married Mary and helped raise Jesus. He lovingly provided for them as a carpenter and protected them, especially when they fled to Egypt. The Church honors Saint Joseph several times throughout the year. In the Season of the Glorious Birth, there is one Sunday called “The Revelation to Joseph.” The Gospel tells how an angel came to Joseph in a dream and told him that Jesus was God’s Son. On March 19 we honor Joseph as a good husband and foster-father. We also honor him on May 1 under the title of Saint Joseph the Worker, and on January 12, we celebrate the repose of Saint Joseph the Carpenter. May we obey the fourth, sixth, and ninth commandments as he did.

Saint Joseph, pray for us.



Recall

Answer these questions.

1. Which three commandments deal with family life?

2. What is family honor?

3. Who is the Holy Family?

4. What do a man and woman promise in the Mystery of Crowning?

5. What is the sin of not being faithful to one's marriage partner?

6. What word means that children do what their parents or guardians say?

7. What saint is a model for family honor?

Weekly Journal



How well have you lived out the fourth commandment?

Write: What was one way you showed respect to your family this week?

Concluding Prayer



O holy Joseph, you served the Lord and his Mother. You were their companion both day and night. You carried in your arms the One who carries the whole world. You supported the One who supports all people. We now ask you, Joseph, to pray for us to the Lord. Ask him to watch over us in this world. Help our families grow stronger in love. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Lk 2:41-52

The Boy Jesus in the Temple

Now every year his parents went to Jerusalem for the festival of the Passover. And when he was twelve years old, they went up as usual for the festival. When the festival was ended and they started to return, the boy Jesus stayed behind in Jerusalem, but his parents did not know it. Assuming that he was in the group of travelers, they went a day's journey. Then they started to look for him among their relatives and friends. When they did not find him, they returned to Jerusalem to search for him. After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions. And all who heard him were amazed at his understanding and his answers. When his parents saw him they were astonished; and his mother said to him, "Child, why have you treated us like this? Look, your father and I have been searching for you in great anxiety." He said to them, "Why were you searching for me? Did you not know that I must be in my Father's house?" But they did not understand what he said to them. Then he went down with them and came to Nazareth, and was obedient to them. His mother treasured all these things in her heart. And Jesus increased in wisdom and in years, and in divine and human favor.

Reflection

From this story we see that Jesus, Mary, and Joseph loved one another. Their words were respectful and honest. They tried to keep each other safe. Jesus always respected and obeyed Mary and Joseph. They also respected him. They protected him and helped him grow.

Saintly Quote

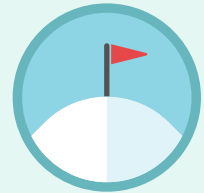
“Look at the mothers who truly love their children; how many sacrifices they make for them. They are ready for everything, even to give their own blood so that their babies grow up good, healthy, and strong.” — *Saint Gianna Molla*

Questions

1. How did Jesus’ question to his parents make you feel?
 2. How did Jesus being lost make you feel? If you were there, what would you have said to Jesus?
-

Reaching the Summit

For Teachers & Parents



“According to the fourth commandment, God has willed that, after him, we should honor our parents and those whom he has vested with authority for our good.” — CCC 2248

Theology of the Body

Pope Saint John Paul II spoke about Jesus’ love for the Church and how our bodies make visible the divine in a series of 129 lectures called the “Theology of the Body.” The Pope said, “Marriage corresponds to the vocation of Christians only when it reflects the love which Christ the Bridegroom gives to the Church his Bride, and which the Church (resembling the “subject” wife, that is, completely given) attempts to return to Christ.”

we know through Tradition that Jesus was never married, we often refer to Christ as the husband and the Church as his wife. Saint Paul in his letter to the Ephesians

talks about Christ and the Church in terms of marriage (Eph 5:21-33). He gave up his life for his bride, the Church. He also respected marriage and family life. He even worked his first miracle at a wedding! Jesus helped the bride and groom by changing water into wine at the Wedding Feast at Cana (See Jn 2:1-11). Jesus understood the importance of family. He calls us to respect families as a sign of God's love on earth.

Catholic Social Teaching

Call to Family, Community, and Participation

“The person is not only sacred but also social. How we organize our society—in economics and politics, in law and policy—directly affects human dignity and the capacity of individuals to grow in community. Marriage and family are the central social institutions that must be supported and strengthened, not undermined. We believe people have a right and a duty to participate in society, seeking together the common good and well-being of all, especially the poor and vulnerable.”

— *Seven Themes of Catholic Social Teaching: USCCB*

“*The family has central importance in reference to the person.* It is in this cradle of life and love that people are born and grow; when a child is conceived, society receives the gift of a new person who is called ‘from the innermost depths of self to *communion* with others and to the giving of self to others.’ It is in the family, therefore, that the mutual giving of self on the part of man and woman united in marriage creates an environment of life in which children ‘develop their potentialities, become aware of their dignity and prepare to face their unique and individual destiny.’” — *CSDC 212*

Discussion Questions

1. What can you do to protect your family values?
2. What do you most want to share with your children about the values you have fostered?



Words to Know

Q. What is **adultery**?

A. The sin of acting as a married partner to someone who is not married to you. This disobeys the sixth commandment and hurts family life.

Q. What is **chastity**?

A. This virtue helps us respect the human body and be modest in the clothes we wear and the language we use.

Q. What is the **Mystery of Crowning** or **marriage**?

A. A Holy Mystery in which a baptized man and a baptized woman promise to love each other in marriage. They agree to share their lives as a covenant for as long as they live and to form a new family.



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more information.**

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LESSON 14

Respect Life



Learning Objectives

In this lesson you will:

- Realize that the fifth commandment calls us to treat all human beings with respect.
- Learn how Jesus treated children, older people, the disabled, and the sick.
- Grow in appreciation of the Mystery of Anointing of the Sick and respect for people who are suffering.

Opening Prayer

O Lord, help me to always see you in every person I meet.
And may every person only see Jesus in me. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson14

Introduction

Have you ever wondered why you should be good? The Israelites had this same question. They had followed Moses into the desert and were hot, tired, and discouraged. They wanted life to be easier. Here is how God answered them: “If you obey the commandments of the LORD your God that I am commanding you today, by loving the LORD your God, walking in his ways, and observing his commandments, decrees, and ordinances, then you shall live and become numerous, and the LORD your God will bless you in the land that you are entering to possess” (Deut 30:16).

Reflection Questions

1. *Why do you desire to be good?*
2. *How do you feel when you break one of God’s commandments?*





Point 1

The Fifth Commandment

The fifth commandment goes as follows: “You shall not murder” (Ex 20:13). All people are made in God’s image and likeness. He created us with a body and a **soul**. God gifted our body and our soul with dignity. To have **dignity** means “to have worth, value, and honor.” That’s why it is so important to respect ourselves and other people. In the past, adults thought children did not deserve the same dignity as adults. Sadly, this harmful thinking still occurs today. This commandment also calls us to respect other people. We are called to defend the sanctity of every person.

Point **2**

Jesus' Witness

Following Jesus' example is the best way to treat others with dignity. Jesus treated everyone with respect and displayed a great love for children, older people, and the disabled. He told his followers to do the same. As we will see in the Climbing the Mountain section, he wanted the children to come to him (see Lk 18:15-17).

Jesus also entered the house of Peter and saw "[Peter's] mother-in-law lying in bed with a fever; he touched her hand, and the fever left her, and she got up and began to serve him" (Mt 8:14-15). The actions of Jesus teach us that older people also have dignity and deserve our respect.

On the last Sunday of Lent, we read the story of Bartimaeus, a blind man who wanted to see. When Jesus passed him, he shouted, "Jesus, son of David, have mercy on me!" People in the crowd told him to be quiet, but he kept shouting. Jesus called him forward and said, "Your faith has healed you," and he was able to see. (Mk 10:46-52)





Point 3

Defending the Vulnerable

In our society, some groups of people are not treated with the dignity they deserve. Some people get **abortions**, which end the life of an unborn baby. Some parents beat or abuse their children. Some employers overwork or “use” young people. Older people are sometimes seen as “less than human.” This is especially true if these people can no longer work or take care of themselves. Some people neglect the needs of older people and abandon them.

Some people think that a person with a physical disability or a mental illness is less important. They often make jokes about them and will not lend a helping hand.

Throughout history, some people thought sickness was God’s punishment. The Church shows respect for people who are ill through the Holy **Mystery of Anointing of the Sick**. This is when a priest anoints people with blessed oil and asks God to heal their bodies and souls.

Activity 1

Make a Card

Directions: *Make a card for a person who is shut-in or in a nursing home.*



My Prayer for the Sick

Directions: *In the space below, write the names of people you know who are sick. Then write a prayer asking God to help them and be with them in their suffering.*

.....

People who are sick:

1.

2.

3.

My prayer:



Maronite Wisdom

“O Good Physician, when you took the hand of Simon Peter’s mother-in-law who was lying on her bed, she suddenly rose from her infirmity and she was immediately occupied with the work of your service. Now, O Lord, in your mercy, support, heal, and strengthen these your servants, and we will raise glory to you, now and for ever.”

— *Rite of the Lamp: Third Vigil*





My Role Model

Saint Rafka

Saint Rafka was a Maronite nun who lived in nineteenth-century Lebanon. As a young sister, Rafka taught children in different villages. She treated all the children with respect and love. During a time of persecution, she even saved one little boy from death. She hid the boy under her cloak. Years later, Rafka became very sick. Her eyes began to hurt. Slowly she became blind. But Rafka did not ask why God had done this to her. Instead, she offered up her pain with dignity. She continued to do so even when she became paralyzed and confined to bed. Rafka was blind and paralyzed for many years, yet she never stopped loving life. She reminded her sisters that all people are valuable. Rafka inspired others by her own faith in God's love for her. Maronites honor Saint Rafka on March 23.

Saint Rafka, pray for us.

Recall



Use the words below to answer these questions

1. Every human being on this earth is made in God's image and has _____.
2. Every human being has a body and a divine _____ gifted by God.
3. _____ is the killing of an unborn child.
4. _____ is a Holy Mystery about bodily and spiritual healing.

Abortion | Anointing of the Sick | Dignity | Soul



Weekly Journal

How have you treated people who are older, sick, or disabled?

Write: One way you have shown kindness to someone in need and one way you can show kindness this coming week.

Concluding Prayer



We adore you, O Lord. We give you thanks, for you made us in your image. By the sign of your cross, may children be raised safely. May the aged be made wise. May the sick be restored to health. And may all people live happy and holy lives. O Lord, Maker of life, we glorify you, your Father, and your Holy Spirit, now and for ever. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Jesus Blessed Little Children

Lk 18:15–17

Now they were bringing even infants to him that he might touch them; and when the disciples saw it, they rebuked them. But Jesus called them to him, saying, “Let the children come to me, and do not hinder them; for to such belongs the kingdom of God. Truly, I say to you, whoever does not receive the kingdom of God like a child shall not enter it.”

Reflection

Just like the disciples in this verse, many people see children as a burden. They try to push them aside and ignore their dignity as human beings. Abortion is the clearest example. In another Scripture verse, Jesus says that children are the greatest in the kingdom of God. Specifically, Jesus said, “Whoever becomes humble like this child is the greatest in the kingdom of heaven” (Mt 18:4). We must become childlike to reach heaven.

Saintly Quote

“It is to recognize our nothingness, to expect everything from God as a little child expects everything from its father...to be disquieted about nothing, and not to be set on gaining our living,” that is, “the eternal life of heaven.”

— *Saint Thérèse of Lisieux*

Questions

1. What do you feel are some qualities you must have to be more childlike?
2. What does it mean to be dependent on Jesus like a child?

Reaching the Summit

For Teachers & Parents



“Every human life, from the moment of conception until death, is sacred because the human person has been willed for its own sake in the image and likeness of the living and holy God.” — CCC 2319

Why Follow God?

We obey God’s commandments because doing so brings us life. Being alive means growing in the joy of Christ. Morally good people choose life and respect the lives of others. God created us in his image. He loves every single part of us. He wants us to love and respect others in exactly the same way. That is what the fifth commandment means when it says, “You shall not kill” (Ex 20:13). It invites us to respect life in all its stages as a mystery.

View of Illness and Infirmities

Throughout history, some people have thought sickness was God’s punishment for sin. As a result, they avoided sick people and thought they were “bad.” They did not take care of them or help them get better. But Jesus said that sickness is not punishment for sin. Instead, he showed great love for the sick. He treated them with respect. Often, he healed them. One day, a leper came to Jesus and said, “Lord, if you choose, you can make me clean” (Mk 1:40). The leper begged for healing and Jesus was moved with compassion. Jesus healed the leper.

Catholic Social Teaching

Life and Dignity of the Human Person

“In no case, therefore, is the human person to be manipulated for ends that are foreign to his own development, which can find complete fulfilment only in God and his plan of salvation: in fact, man in his interiority transcends the universe and is the only creature willed by God for itself. For this reason neither his life nor the

development of his thought, nor his good, nor those who are part of his personal and social activities can be subjected to unjust restrictions in the exercise of their rights and freedom.” — *CSDC 133*

Discussion Questions

1. How can you help your child see the dignity of every person from conception to natural death?
2. How can you teach your child to never use someone as a means to an end?



Words to Know

Q. What is the **Mystery of Anointing of the Sick**?

A. A healing mystery in which the priest makes the sign of the cross with holy oil on the forehead of people who are old, sick, or dying. The Church prays that these people may receive health of body and soul.

Q. What is **dignity**?

A. To have worth, value, and honor. We believe all people have dignity because they are made in God's image.

Q. What is the **soul**?

A. The spiritual part of us given directly by God to each person at the moment of conception, and that will live forever, beyond the death of the human body.



**Scan this QR Code for
more information.**

FaithOfTheMountain.org/grade4/lesson14

LESSON 15

Respect Earthly Goods



Learning Objectives

In this lesson you will:

- Affirm the right of all people to own possessions.
- Explore the seventh and tenth commandments.
- Realize our duty to be good stewards of all that God has given us.

Opening Prayer

“How many are your works, O Lord! In wisdom you have made them all. The earth is full of your creatures.”

— *Ps 104:24*



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson15

Introduction

As we learned in the last lesson, God calls us to respect every person. And that respect must also apply to every person's earthly goods. We are not what we own. Our possessions do not define us, but we must treat our possessions with respect. When we follow Jesus, we love everything he loves and respect what we own because ultimately, everything belongs to God.

You may have experienced situations similar to these:

- Jimmy left his new bike on the front lawn. The next day it was gone. Someone had stolen it.
- Christine had a favorite doll. She was very careful with it, but one day her younger brother grabbed it and broke it.
- Kyle and his family liked to go camping. This year, however, they could not go to their favorite spot. A careless camper had caused a forest fire. Now the area is just burnt trees and ashes.

These examples deal with taking care of earthly goods and respecting the possessions of others.



Point **1**

Seventh and Tenth Commandments

Two commandments deal with possessions:

- The seventh commandment says, “You shall not steal” (Ex 20:15).
- The tenth commandment says, “You shall not covet . . . anything that belongs to your neighbor” (Ex 20:17).

The seventh commandment emphasizes our actions regarding possessions. We are not to steal or destroy or deface property that belongs to other people.

The tenth commandment speaks to our attitudes regarding possessions. The word “**covet**” means “to want or desire for ourselves.” Two wrong attitudes are connected to the sin of coveting.

The first attitude is **greed**—wanting everything for ourselves.

The second attitude is **envy**—being jealous of what other people have.

Point **2**

Stealing and Cheating

In the Gospel according to Luke 19:1-10, we read about Zacchaeus, who was a greedy tax collector. He did not care who he hurt to get money. He built up his own wealth and possessions by **cheating** other people. He disobeyed God's commandments.

Every person has a right to own things—to possess private property. When we take someone else's property, we are saying that we care more about the possession than the person. We stop loving them the way that Jesus taught us. That hurts them. When Zacchaeus met Jesus, he was sorry for stealing and cheating. He promised to pay back four times the amount he stole. When we take something that is not ours, we have to make it right by giving it back or paying for it.





Point 3

Respect for Property

Respect for property means taking care of what we have. It means leaving things in good condition, so others can use them, too. Taking care of things is called **stewardship**. God wants us to be good stewards of the earth and of private property.

Gifts and Offerings

At every Divine Liturgy, we offer God thanks for all we have been given. We thank God for food, clothing, shelter, and possessions. We thank God for the beautiful earth. After the creed and before the Anaphora, the gifts of bread and wine are transferred from the side table to the altar. The bread and wine represent Jesus' offering of himself to God on the cross. They also represent all that we have. They remind us to respect the earth and all property as gifts from God. They remind us to be good stewards and share what we have with others.

Activity 1

Create a Care Package

Directions: *Those who are suffering from poverty often have many needs, including physical, spiritual and emotional needs. As a class, bring in items to create a care package for someone in need, and give it to your teacher to give to someone who needs it. Include a card signed with encouraging messages from your class.*

- Non-perishable food (chips, crackers, granola bars etc.)
- Non-carbonated, non-perishable Bottled Drinks (water, juice, etc.)
- Gift cards
- A rosary
- A scapular
- An icon
- Prayer cards
- New or unused clothes (socks, underwear, gloves, hats)



Activity 2

Jesus and Zacchaeus

Directions: *Get five students to play the following parts: Narrator, Jesus, Person 1, Person 2, and Zacchaeus. Let them rehearse and present the play to the class.*

.....

Narrator Zacchaeus was a tax collector. He wanted to get ahead fast in life, so he cheated people out of their money.

(Zacchaeus stands on stage with Person 1 and Person 2.)

Zacchaeus You owe the government \$5,000.

Person 1 That's everything I have!

Zacchaeus Too bad, that's the law.

(Person 1 hands him \$5,000 in play money. Zacchaeus pockets some of the money and gives the rest to the government.)

Zacchaeus Next!

(Person 1 stands aside looking sad. His pockets are empty. Person 2 stands in front of Zacchaeus.)

Zacchaeus And you owe \$7,000. There's a fine for not paying on time last year.

Person 2 But I'm sick and I need to pay for medicine!

Zacchaeus	<p>Too bad, that's the law.</p> <p><i>(Person 2 hands him \$7,000. She looks sad. Again Zacchaeus pockets some of the money and puts aside the rest for the government.)</i></p>
Narrator	<p>One day Zacchaeus heard that Jesus was coming to his town. Of course, Zacchaeus wanted to see Jesus. After all, Zacchaeus wanted everything.</p> <p><i>(Jesus enters and Person 1 and Person 2 crowd around him.)</i></p>
Narrator	<p>There was a big crowd and Zacchaeus was very short. He had to climb a tree in order to see Jesus.</p> <p><i>(Zacchaeus stands on a step stool.)</i></p>
Jesus	<p>Zacchaeus, come down quickly! Today I must stay at your house.</p> <p><i>(Zacchaeus jumps down from the stool. He is happy.)</i></p>
Person 1	<p>I do not get it. We're good people and Jesus didn't ask to stay with us.</p>
Zacchaeus	<p>Please, Lord, if you come to my house I shall give half of my possessions to the poor.</p>
Person 2	<p>Zacchaeus is nothing but a liar and a thief.</p>
Zacchaeus	<p>Lord, if I have stolen anything, I shall pay it back four times over.</p> <p><i>(Zacchaeus takes the money out of his pockets and gives it back to Person 1 and Person 2. They are happy. Jesus walks away with Zacchaeus.)</i></p>
Jesus	<p>Today, salvation has come to this house.</p>



Maronite Wisdom

“Good and Holy God and Father, through your only Son, our Lord and Savior Jesus Christ, you have prepared this spiritual and holy banquet for us. Accept these pure offerings and grant us the gift of your Holy Spirit. Make us worthy to approach your sanctuary with pure hearts and clear consciences. Grant us the peace that your only Son gave to his holy disciples, so that we may give one another that same peace with a holy kiss. We raise glory to you, to your only Son, and to your Holy Spirit, now and for ever. Amen.”

— *Book of Offering: Anaphora of Saint John Maron*



My Role Model

Saint Anthony the Great, Father of Monasticism

When Anthony's parents died, they left him a lot of money. Now he could afford to do anything he wanted. What do you think he decided to do? Anthony gave half the money to his sister. He gave the rest of the money to the poor. Then he went into the desert to devote his life to prayer. Anthony did this because he wanted to follow Jesus perfectly. He knew earthly goods were nice to have, but they did not really make people happy. True happiness could only come from living like Jesus. Anthony did not become a saint overnight. Even after he gave all his money away, he was still tempted to sin. For example, sometimes he was very hungry. He was tempted to steal food from people who passed by. But Anthony never did this. Instead, when people came to him for help, he shared whatever he had with them. Anthony knew God wanted him to respect the possessions of others. He also knew it was important to share and live simply. So this is what Anthony did. And this is how he grew in holiness. He is our role model for living the seventh and tenth commandments. We honor Saint Anthony the Great on January 17.

Saint Anthony, pray for us.

Recall



Match the words in Column A with the correct descriptions in Column B.

A

- ___ 1. Anthony
- ___ 2. Covet
- ___ 3. Envy
- ___ 4. Greed
- ___ 5. Seventh Commandment
- ___ 6. Stewardship
- ___ 7. Tenth Commandment
- ___ 8. Zacchaeus

B

- A.** Tax collector who repented of cheating people
- B.** Describes the actions we are to have regarding possessions
- C.** Describes the attitudes we are to have regarding possessions
- D.** Saint who gave away all his possessions
- E.** Taking good care of the earth and what we have
- F.** Wanting something that belongs to someone else
- G.** Being jealous of what other people have
- H.** Wanting everything for ourselves

Weekly Journal



How can you take better care of your clothes, toys, sports equipment, and other possessions?

Write: One way you can share one of your possessions with someone.

Concluding Prayer



Almighty God, you accepted the offerings of the just in the past. We ask you now to accept these offerings. We recognize them as your gifts to us. We offer them back to you as a pledge of our love. They show our wish to live by your commandments. In exchange for these gifts, grant us the gift of eternal happiness. Welcome us into your kingdom. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Lk 19:1–10

Jesus and Zacchaeus

He entered Jericho and was passing through it. A man was there named Zacchaeus; he was a chief tax collector and was rich. He was trying to see who Jesus was, but on account of the crowd he could not because he was short in stature. So he ran ahead and climbed a sycamore tree to see him because he was going to pass that way. When Jesus came to the place, he looked up and said to him, “Zacchaeus, hurry and come down; for I must stay at your house today.” So he hurried down and was happy to welcome him. All who saw it began to grumble and said, “He has gone to be the guest of one who is a sinner.” Zacchaeus stood there and said to the Lord, “Look, half of my possessions, Lord, I will give to the poor; and if I have defrauded anyone of anything, I will pay back four times as much.” Then Jesus said to him, “Today salvation has come to this house because he, too, is a son of Abraham. For the Son of Man came to seek out and to save the lost.”

Reflection

Our actions and attitudes are connected. Jesus came to Jericho, a city located seventeen miles northeast of Jerusalem, to bring about one of the greatest conversions in the Bible. Jericho also happens to be one of the oldest inhabited cities in the world. Jesus shows his great love for sinners, while Zacchaeus shows his great desire to repent from his wrong deeds, especially for violating the seventh commandment. Did you know that a person who steals needs to replace the item? If that is not possible, the thief needs to donate an equal amount of money to a church or charity.

Saintly Quote

“When you do good to someone, do not await a recompense from him, and you receive repayment from God on both accounts; and if you are able, neither do good so as to receive reward in the future age, but rather, practice virtue because of the love of God.” — *Saint Isaac the Syrian*

Questions

1. How do you feel about Zacchaeus climbing a tree to see Jesus pass by?
2. What does it feel like when you hear “the Son of Man came to seek out and to save the lost”?

Reaching the Summit

For Teachers & Parents



“The seventh commandment forbids unjustly taking or keeping the goods of one’s neighbor and wronging him in any way with respect to his goods.” — CCC 2401

Envy

Envy is a sin that has existed since Cain and Abel. Cain killed his brother Abel because he was jealous of him (Gen 4:1-16). Saint Basil tells us that “freedom from envy is consistent with the good, so envy relates to the Devil” (Ascetical work, Hom XI).

Envy is a capital sin. Capital sins are the main reason why we go against God and sin more; they lead to other sins, and make us more likely to sin in the future. That means that it can lead to other sins (CCC 1866). Envy can lead to sins like pride (loving yourself more than God), avarice (focusing too much on money and

possessions), wrath (being very angry at someone or hating them), gluttony (eating and drinking much more than you should), and sloth (being lazy).

Examples of Stealing

As mentioned earlier, the seventh commandment involves stealing. Here are some examples:

- Grace likes to spend time at the mall. While in the stationery store, she steals rubber stamps, erasers, pens, or cards when no one is looking.
- Augustine takes money from his mother's purse without asking permission.
- Sue wants to do well on the math test. She has not studied, so she copies some of Jennifer's answers.
- Matt's older brother has an autographed baseball from a major league player. Matt takes the ball and sells it, so he can have extra spending money.
- Laura buys cookies and receives too much change back. She says nothing about the mistake.

Stewardship

Stewardship can help us overcome envy and other related sins because we realize that everything is a gift from God. Stewardship involves being caretakers of God's gifts. If we are given a precious gift, we ought to care for it well. God has given us each other as a gift too. Being a good steward of what God has given us involves using our time, talents, and treasures in the service of God and others.

Discussion Questions

1. How do you feel about envy being a capital sin?
2. How can you help your children overcome envy?



Words to Know

Q. What is **cheating**?

A. Cheating is deliberately trying to trick others by not playing by the rules or by taking an illegal shortcut. Cheating is unfair. It deprives others of what is rightfully theirs. Cheating is also a sin against the seventh commandment.

Q. What does it mean to **covet**?

A. To want or desire for ourselves something that belongs to another person. This sin violates the ninth and tenth commandments.

Q. What is **stewardship**?

A. Our duty to be good managers, or caretakers, of our possessions and the earth. Jesus calls us to be good stewards of all people, nature, and material goods.



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more information.**

FaithOfTheMountain.org/grade4/lesson15



LESSON 16

Be Truthful



Learning Objectives

In this lesson you will:

- Describe what the eighth commandment means using modern-day examples.
- Affirm our belief in the Trinity as the God of truth.
- Increase our desire to tell the truth, as Saint Stephen did.

Opening Prayer

O Lord, help me to reflect the truth in everything I say and do. May I always follow you, for you are “the way, and the truth, and the life” (Jn 14:6). Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson16

Introduction

When we follow Jesus and keep his commandments, we walk in the truth, for he is the truth. He will never lead us astray. He also calls us to speak the truth at all times.

Have you ever seen a courtroom drama on TV? Witnesses are questioned. They must promise to tell the truth. What they say must be accurate and complete. It must really have happened. Telling the truth is necessary for justice. In the days of Jesus, two witnesses were needed before a person was found guilty. Justice was served if the two witnesses told the truth. If the two witnesses lied, an innocent person might be punished unjustly. When we tell the truth, we do the right thing for others. When we do not tell the truth, we hurt others. We also hurt ourselves because people no longer trust us. They cannot believe our words.

Reflection Questions

1. *Have you ever been asked by your parents or a teacher to tell the truth?*
2. *If there was a time when you did not tell the truth, how did that make you feel?*

Point 1

The Eighth Commandment

The eighth commandment goes as follows:

“You shall not bear false witness against your neighbor” (Ex 20:16).

The eighth commandment is all about being honest. The word **honest** means “genuine, real, upright, and truthful.” To understand honesty, it may help to talk about dishonesty, its opposite. We are dishonest when we lie. Many people lie by blaming others for a problem. We are dishonest when we spread lies about other people. This type of lying is called **slander**.





Point **2**

The Early Church

The apostles traveled to many far-away countries to preach about Jesus. One man, named Paul, became known as the “Apostle of the Gentiles.” The Gentiles were people who did not worship the one true God like the Jews did. But Paul wanted them to know about Jesus, so he spoke to them. Paul preached to our Maronite ancestors in Antioch. He converted them to Jesus. These converts were no longer seen as Greeks, Romans, Syrians, or Phoenicians. Instead, they were called by a new name, **Christians** (Acts 11:26).

Saint Paul went on at least four long journeys to preach the truth of Jesus Christ. He went to *Syria*, *Cyprus*, *Italy*, *Greece*, and *Turkey*. In each country, Paul preached the Gospel of Jesus Christ and baptized new Christians. Paul stayed for several years with some of the new Christian groups. When he traveled to a different place, Paul wrote to these Christian communities. Some of these letters are in the Bible. He continued to explain the faith. He encouraged people to lead good and moral lives.



Point 3

Jesus and Truth

We try to be truthful because God is truthful. All God's words are true. Jesus, the Word of God, is completely honest. He is "the way, and the truth, and the life" (Jn 14:6). When we follow the way of Jesus, God's Holy Spirit lives within us. We grow more honest in our words and actions. That is what Jesus meant when he said, "If you love me, you will keep my commandments. And I will ask the Father, and he will give you . . . the Spirit of truth" (Jn 14:15–17).

Christian morality is based on the Ten Commandments, the teachings of Jesus and especially the virtue of honesty. As Jesus explains, such honesty brings about justice and freedom. "If you continue in my word, you are truly my disciples, and you will know the truth, and the truth will make you free" (Jn 8:31–32). The truth sets us free from sin and death. It helps us grow in goodness.

Activity 1

Two Lies and the Truth

Directions: *The Bible is the inspired word of God, so it is true true and without error. Your teacher will read three statements related to the Bible—two are lies, and one is the truth. Your job is to guess which one is true!*

1. The apostles only preached to people close by to where they grew up.

2. Paul was called “The Apostle to the Gentiles.”

3. Only Jewish people were allowed to become Christians.

1. We can lie about something if the truth is embarrassing to us.

2. Jesus is “the way, and the truth, and the life.”

3. The seventh commandment is “You shall not bear false witness against your neighbor.”

1. The gospel tells us that “the truth will make you free.”

2. We no longer need to follow the Ten Commandments as Christians.

3. Paul preached in Syria, Antioch, Rome, and India.

Activity 2

Rearrange the scripture

Directions: *The Bible verse below is out of order. Rearrange the words to form the correct verse. (Hint: See Genesis 1:3.)*

God

light.

“Let

there

said

light.”

there

was

and

be

Maronite Hymn



O Father of Truth, Now Behold/ Abo Dqooshto

Syriac: bo'otoo dmor ya'qoob (Minor)

O Father of Truth, now behold Christ your Son, who has died as a pure sacrifice; grant me pardon. Accept him who offered himself; be at peace with me Lord, and forgive all my sins and offenses.

*Abodqooshto ho brokh debho damra'eh lokh lhono qabel
dahlofai meet wethaseh beh ho qoorbono sab men eedai
wetrao lee oolo tedkhar lee Htohed seret qdom rabootokh.*



Listen to the hymn

FaithOfTheMountain.org/grade4/lesson16/hymn



My Role Model

Saint Stephen, the First Martyr and First Deacon

A good role model of honesty is Stephen the Archdeacon, one of the first Church deacons. Saint Stephen spoke the truth and bravely stood up against false witnesses. He was put to death for telling the truth about Jesus. Today, the Church honors Stephen as the first martyr, or true witness of Jesus. We honor this saint on December 27.

Saint Stephen, pray for us.

Recall



If the sentence is true, circle the T. If the statement is false, circle the F.

1. It is only important to tell the truth in a courtroom. **T | F**
2. The eighth commandment is all about being honest. **T | F**
3. It's all right to cheat if you do not get caught. **T | F**
4. Slander is the sin of telling lies about other people. **T | F**
5. We try to be truthful because God is all truthful. **T | F**
6. Honesty brings about justice and freedom. **T | F**
7. Saint Stephen was the first martyr, or true witness, of Jesus. **T | F**

Weekly Journal



How did it make you feel when sometimes you were not honest?

Write: One way you can be honest going forward.

Concluding Prayer



“To you, O Lord, I lift up my soul. In you, O my God, I have trusted; let me not be put to shame; let not my enemies exult over me.... O Lord, make me know your ways. Teach me your paths. Guide me in your truth, and teach me; for you are the God of my salvation. I have hoped in you all day long.”

—Ps 25:1–2, 4–5

Climbing the Mountain

Bonus Materials for Students & Teachers



1 John 4:2-6

Testing the Spirits

This is how you can know the Spirit of God: every spirit that acknowledges Jesus Christ come in the flesh belongs to God, and every spirit that does not acknowledge Jesus does not belong to God. This is the spirit of the antichrist that, as you heard, is to come, but in fact is already in the world. You belong to God, children, and you have conquered them, for the one who is in you is greater than the one who is in the world. They belong to the world; accordingly, their teaching belongs to the world, and the world listens to them. We belong to God, and anyone who knows God listens to us, while anyone who does not belong to God refuses to hear us. This is how we know the spirit of truth and the spirit of deceit.

Reflection

Certain people did not like Stephen. So they paid men to spread lies about him. But Stephen acted bravely. And the judges knew Stephen was being honest. They did not want to hear the truth and so they got angry. Stephen became the first martyr or true witness of Jesus.

Saintly Quote

“These three things God requires of all the baptized: right faith in the heart, truth on the tongue, temperance in the body” — *Saint Gregory the Theologian*

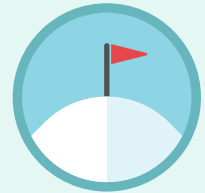
Questions

1. Why do you think people who don't believe in God don't want to hear what he has to say?

2. How can you grow in honesty and speak the truth even when others might not like to hear it?

Reaching the Summit

For Teachers & Parents



“The eighth commandment forbids misrepresenting the truth in our relations with others. This moral prescription flows from the vocation of the holy people to bear witness to their God who is the truth and wills the truth. Offenses against the truth express by word or deed a refusal to commit oneself to moral uprightness: they are fundamental infidelities to God and, in this sense, they undermine the foundations of the covenant.”
— CCC 2464

Dishonesty and Slander

Dishonesty and slander violate the eighth commandment. The Catechism of the Catholic Church includes other sins that violate the eighth commandment, such as rash judgment, detraction, and calumny, which is the same thing as slander.

“Respect for the reputation of persons forbids every attitude and word likely to cause them unjust injury. He becomes guilty:

- *of rash judgment* who, even tacitly, assumes as true, without sufficient foundation, the moral fault of a neighbor;
- *of detraction* who, without objectively valid reason, discloses another’s faults and failings to persons who did not know them;
- *of calumny* who, by remarks contrary to the truth, harms the reputation of others and gives occasion for false judgments concerning them” (2477).

All of these sins are intended to hurt someone’s reputation.

Lying

The Catechism of the Catholic Church says that “lying is the most direct offense against the truth” (2483). When we lie, we show that we do not love the other person enough to be honest about our actions.

The Effects of Stealing

Stealing can lead to other sins. For example, you can try to trick someone into buying or selling something so you can make money. Stealing also often leads to deceit, which means to hide the truth. Other sins that can come from stealing are oppression (treating others badly), plundering (using force to steal things), usury (lending someone money and charging them a high price to pay it back) and bribery (promising something in return for money).

Discussion Questions

1. How can you cultivate the virtue of honesty in your child?
 2. How can you as a parent grow in this virtue?
-

Words to Know



Q. Who are **Christians**?

A. Disciples of Jesus who decided to be baptized and follow his teachings. The word Christian means “belonging to Christ.” The followers of Jesus were first called Christians in Antioch.

Q. What is **honesty**?

A. Being genuine, real, upright, and truthful. Honesty is the opposite of lying, or leading people to believe something that is not true.

Q. What is **slander**?

A. The sin of spreading lies about other people. This sin violates the eighth commandment.



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PART V

Love of Neighbor

LESSON 17

Who is my Neighbor?



Learning Objectives

In this lesson you will:

- Understand that “neighbor” includes strangers—people we do not know and may never meet.
- Develop a caring spirit for all people.
- Follow the example of Saint John Maron in praying for our enemies.

Opening Prayer

O Lord, help me to love my neighbor as myself. Help me to see their beauty, their truth, and their goodness as you see them. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson17

Introduction

Following Jesus means that we must love our neighbor as he does. Jesus looks with love upon each person. We are made in his image and likeness as we will see in this lesson. We are his greatest masterpiece!

Most people think that “neighbors” is a term that refers only to friends, acquaintances, and people who live close to them. Jesus, however, came to widen that definition as we will find out.

Reflection Questions

1. *Who are some of the people who live near your house?*
2. *Who are your neighbors according to Jesus?*





Point **1**

Who Is My Neighbor?

Jesus asks us to love God and love our **neighbor**. A neighbor is usually someone who lives next door or on the same block. But Jesus expanded the meaning of neighbor. He said to love people we do not know! They, too, are our neighbors. Jesus used the story of the Parable of the Good Samaritan to teach us who our neighbors are. We will read the actual story in the Climbing the Mountain section (Lk 10:25-37).

In that Parable, a Jewish man was robbed and badly hurt. A priest and a Levite passed by and did not try to help. But a **Samaritan** man, someone who was not known to be friendly with Jewish people, came to the rescue. Today we use the term Good Samaritan to describe people who go out of their way to help others.

Jesus also commands us to love our enemies, who are also our neighbors. Specifically, Jesus says, “You have heard that it was said, ‘You shall love your neighbor and hate your enemy.’ But I say to you, love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven” (Mt 5:43–45).



Point 2

Compassion for Others

Unlike the priest and the Levite, the Good Samaritan had compassion on the beat-up man. The word **compassion** means “to suffer with someone else.” Compassion is a virtue that enables us to care about others. We imagine what another person might be feeling, and we try to help them.

Seeing all people in the world as our neighbor is a part of Christian justice. All people are made in God’s image and likeness with dignity. They deserve to have the basic necessities, like food, clothing and shelter, so they can live with that dignity. All people should be treated with respect, even our enemies.

That is why we can “stand as one” with them. Our connection of love for them is solid. We call this form of justice **solidarity**. For example, if people in another country are experiencing civil unrest, we show solidarity with them by caring and trying to help them.

Point 3

Praying for Others

Jesus told us to pray for other people, even those who are our enemies. Throughout the centuries, disciples of Jesus have done just that. We call such prayers for other people intercessions.

The word **intercession** means to “stand in the middle.” Christ is the one and only mediator between God and humans (1 Timothy 2:5). In a prayer of intercession, we stand with Christ “in the middle” between God and the people we pray for. We ask God to help them.

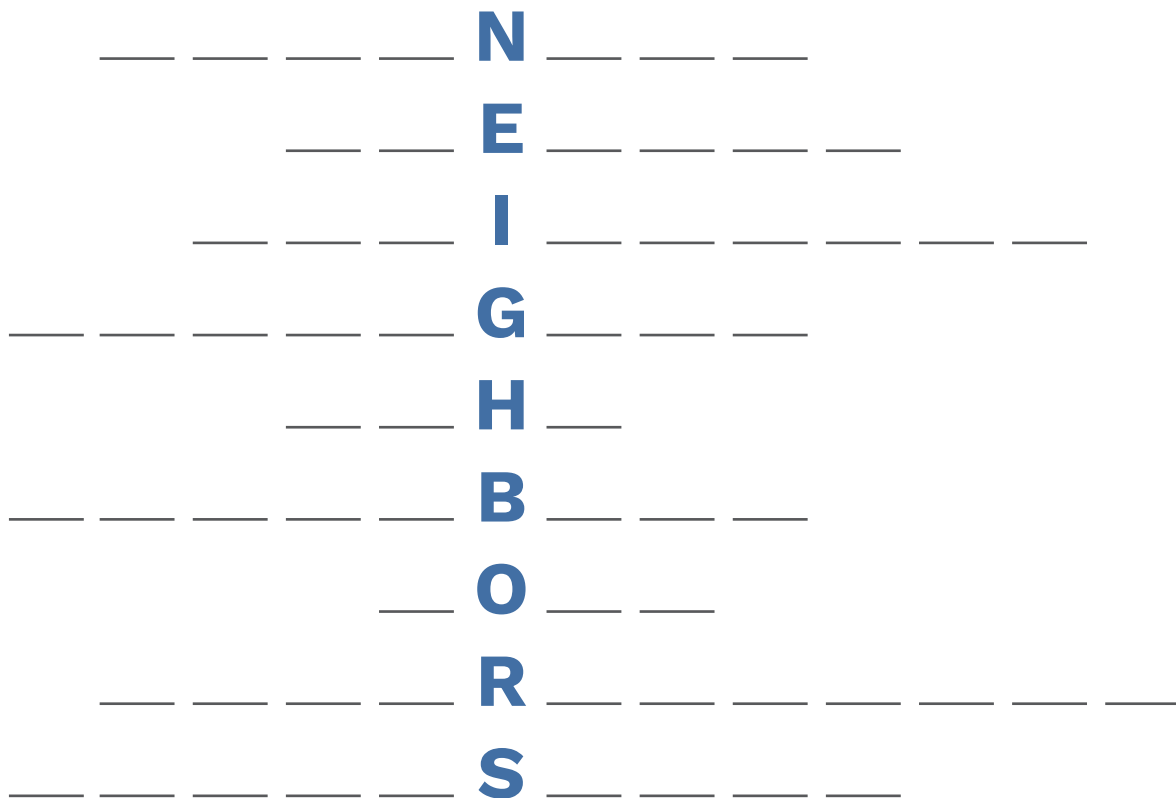
During the Anaphora at every Divine Liturgy, we offer intercessions for other people.



Activity 1

Who Is My Neighbor?

Directions: Fill in the blanks to complete the sentences and the puzzle.



1. All people are made in God's image and _____.
2. According to Jesus, our neighbors also include _____.
3. The word _____ means "to stand as one" with others.
4. "Neighbor" includes _____ as well as people we know.
5. The first Maronite patriarch was Saint _____ Maron. (*Hint on page 250*)
6. He was a saint who loved all his _____.
7. We use the term _____ to describe people who go out of their way to help others.
8. An _____ is a prayer for others.
9. _____ is the virtue that enables us to care about others.

Activity 2

Good Samaritan Skit

Directions: Read the the story of the Good Samaritan in the Climbing the Mountain Section on page 253. Next, as a class, act out this skit.



Maronite Hymn



This Is My Commandment

Refrain

This is my commandment, love one another as I have loved you, as I have loved you.

Verse 1

As the Father has loved me, so I have loved you; abide in my love. If you keep my commandments, you will abide in my love, just as I have kept my Father's commandments and abide in his love.

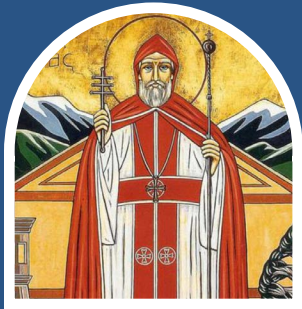
Arabic Hymn: Fr. Youssef Ashqar OLM

Eng. Adapt.: Geoffrey Abdallah (1991)



Listen to the hymn

FaithOfTheMountain.org/grade4/lesson17/hymn



My Role Model

Saint John Maron, First Maronite Patriarch

Saint John Maron, our first Maronite patriarch, knew this kind of love. He lived roughly 200 years after Saint Maron. The Maronites were being persecuted by non-Christians. But John Maron did not hate his enemies. He prayed for them and wished them well. He forgave them. Today, we honor John Maron as a saint who loved all his neighbors. On March 2, his feast day, we pray that we, too, may show such great love for others.

Saint John Maron, pray for us.



Recall

Choose the right answer for each question.

1. Which person acted as a good neighbor in the parable of Jesus?

- a. Priest
- b. Lawyer
- c. Samaritan
- d. Jesus

2. Which people are included in the term neighbor?

- a. People who live next door or down the block
- b. People in other countries
- c. Our enemies
- d. All of the above

3. Which of the following words means “to suffer with” others?

- a. Anaphora
- b. Compassion
- c. Intercession
- d. Enemy

4. Which Maronite patriarch prayed for his enemies?

- a. Saint Maron
- b. Saint John Maron
- c. Saint John the Apostle
- d. Good Samaritan

5. What is justice that is “standing as one” with other people?

- a. Solidarity
- b. Compassion
- c. Persecution
- d. Intercession



Weekly Journal

How did you show your love to your neighbor this past week?

Write: The name of one person that you struggle to love and how you can love him or her better.

Concluding Prayer



We ask you, O Lord, for peace throughout the world. May all countries be blessed with an abundance of fruits and crops. We pray for those who are sick, oppressed, or tormented by evil powers. May you watch over and visit them. We also pray for those who call upon your holy name on land or at sea. Lord, have mercy. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



The Parable of the Good Samaritan

Lk 10:29-37

But wanting to justify himself, he asked Jesus, “And who is my neighbor?” Jesus replied, “A man was going down from Jerusalem to Jericho, and fell into the hands of robbers, who stripped him, beat him, and went away, leaving him half dead. Now by chance a priest was going down that road; and when he saw him, he passed by on the other side. So likewise a Levite, when he came to the place and saw him, passed by on the other side. But a Samaritan while traveling came near him; and when he saw him, he was moved with pity. He went to him and bandaged his wounds, having poured oil and wine on them. Then he put him on his own animal, brought him to an inn, and took care of him. The next day he took out two denarii, gave them to the innkeeper, and said, ‘Take care of him; and when I come back, I will repay you whatever more you spend.’ Which of these three, do you think, was a neighbor to the man who fell into the hands of the robbers?” He said, “The one who showed him mercy.” Jesus said to him, “Go and do likewise.”

Reflection

In the days of Jesus, the Samaritans were like cousins to the Jews. But the Jews looked down on them because Samaritans married people of other religions. Jesus’ story is a surprise because people would have expected the priest and the Levite to help someone in need. But it was the Samaritan, who no one would expect to help, who came to the rescue. He helped the person even though his people did not get along with the Jews. The Good Samaritan truly knew how to “love one’s neighbor as oneself.”

Saintly Quote

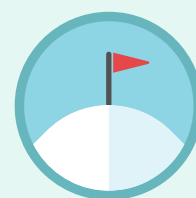
“You do not love in your enemies what they are, but what you would have them become by your prayers.” — *Saint Augustine*

Questions

1. How would you feel if you were one of the people who passed the beaten man?
2. What are ways you can go out of your way to love your neighbor, including your enemy?

Reaching the Summit

For Teachers & Parents



“The principle of solidarity, also articulated in terms of ‘friendship’ or ‘social charity,’ is a direct demand of human and Christian brotherhood.”
— CCC 1939

Difficult Saying: Loving Our Enemies

According to Jesus, our neighbors also include our enemies! We are to love people who do not love us. We are to care about those who may wish us harm! Even if they hate us and do bad things to us, we are still supposed to love them.

This saying of Jesus is very difficult for most people to follow. And yet Jesus was serious. We are to love our enemies. Christian morality is not just meant for the easy times. It is meant for all times. Christian love is not just meant for people we like. It is also meant for people we do not like. Love of enemies is one quality that separates those who follow Jesus’ example from those who don’t.

Catholic Social Teaching

Solidarity

“Solidarity highlights in a particular way the intrinsic social nature of the human person, the equality of all in dignity and rights and the common path of individuals and peoples towards an ever more committed unity. Never before has there been

such a widespread awareness of the bond of interdependence between individuals and peoples, which is found at every level. The very rapid expansion in ways and means of communication “in real time”, such as those offered by information technology, the extraordinary advances in computer technology, the increased volume of commerce and information exchange all bear witness to the fact that, for the first time since the beginning of human history, it is now possible — at least technically — to establish relationships between people who are separated by great distances and are unknown to each other.” — CSDC 192

Solidarity Beyond Material Goods

In the story of the Good Samaritan, we see the Samaritan giving the beaten up man material goods. However, the *Catechism of the Catholic Church* reminds us that the “virtue of solidarity goes beyond material goods. In spreading the spiritual goods of the faith, the Church has promoted, and often opened new paths for, the development of temporal goods as well.” — CCC 1942

In other words, we can give others our time, but especially we should give them our prayers and our good example.

Discussion Questions

1. How can you live out the principle of solidarity in your life?
2. How can you cultivate this principle in your child’s life?

Words to Know



Q. What is **compassion**?

A. To suffer with others. Compassion is the virtue that enables us to put ourselves in another person’s place and imagine what he or she must be feeling. We put ourselves in another person’s place and then we try to help them.

Q. Who is a **Samaritan**?

A. A resident of the region of Samaria. Samaritans were disliked and looked down upon by Jewish people because they had intermarried with non-Jewish people.

Q. What is **solidarity**?

A. A type of justice marked with compassion. We “stand as one” with others. Our connection of love and care for them is solid. Other names for solidarity include friendship and social charity.



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more information.**

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LESSON 18

Works of Mercy



Learning Objectives

In this lesson you will:

- Realize that Christian morality includes compassion for the poor.
- Explain the corporal and spiritual works of mercy.
- Increase your desire to help the poor, as did Saint Basil.

Opening Prayer

O Lord, open my heart to all those around me. Those who are hungry, those who are homeless and estranged, those who are sick, and all whom you call your brothers and sisters. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson18

Introduction

You have learned how love of neighbor includes people next door, people far away, and even your enemies. In this chapter, you will see that “neighbor” also includes those who are poor and in need. Following Jesus also means bringing Jesus to others through our works of mercy as we will see in this lesson.

All Christians have a responsibility to help the poor. Jesus explained this in the parable of the sheep and goats, which we will explore in the Climbing the Mountain section (see Mt 25:31-36).

Reflection Questions

1. *Why do you think Jesus uses animals to tell parables?*
2. *Why is it important to help people who are poor and in need?*



Point 1

Compassion for the Poor

Moral people have compassion for the poor. They care about everyone in need and help those who are less fortunate. The Church calls this love of the poor the “works of mercy.” **Mercy** is a virtue of loving kindness that enables us to reach out to others and help them. We “stand as one” with the poor.

There are two types of works of mercy. The **corporal works of mercy** deal with meeting the physical, or bodily, needs of each person, especially the poor. (The word corporal means “bodily.”) The **spiritual works of mercy** deal with meeting their emotional and spiritual needs. These works deal with a person’s soul rather than his or her bodily needs.

Point 2

Corporal Works of Mercy

The following works of mercy are based on Jesus' teachings:

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





Point **3**

Spiritual Works of Mercy

The spiritual works of mercy include the following actions:

- 1.** Counsel the doubtful.
- 2.** Instruct the ignorant.
- 3.** Admonish the sinner. (*To admonish means to point out what is wrong and encourage the person to do what is right.*)
- 4.** Comfort the sorrowful.
- 5.** Bear wrongs patiently.
- 6.** Forgive injuries.
- 7.** Pray for the living and dead.

Did you know that the spiritual works of mercy are not listed, word for word, in the Bible? The Church compiled this list from the ways Jesus ministered to the spiritual needs of others.

Activity 1

Pictionary

Directions: *Divide into two teams. Draw one of the corporal or spiritual works of mercy and see which team can guess it correctly.*



Activity 2

Mercy Poster

Directions: *Use the space below or a sheet of paper to draw one of the works of mercy. Be ready to share with the class to see if they can guess which work of mercy it is.*





Maronite Wisdom

“Jesus Christ our Lord and God, you are worshipped and you are holy. Bless and forgive the priests who are the stewards of your people and of your holy Church. Forgive the servers of your Divine Mysteries and all the faithful who have shared in this sacrifice. Care for orphans, help widows, assist the poor and the distressed, satisfy the hungry, and protect all who call upon your holy name in every place. May your name be glorified, with that of your Father and of your Holy Spirit, who is good, life-giving, and consubstantial with you, now and for ever. Amen.”

— *Book of Offering: Anaphora of Saint Mark*





My Role Model

Saint Basil the Great

During the fourth century, Basil became bishop of Caesarea in Cappadocia. During this time, a great famine caused many people to suffer and go hungry. Basil served food and water to the poor. He built shelters for the homeless and soup kitchens. Basil also wrote many letters to Church members, urging them to share with the poor. Here is what he said in one letter:

“The bread you store up belongs to the hungry. The cloak that lies in your chest belongs to the naked. The gold you have hidden in the ground belongs to the poor.”

Another time, Basil told Church members: “We should take only according to our needs and leave the rest to the needy. Then no one would be rich, no one would be poor, and no one would be in misery.”

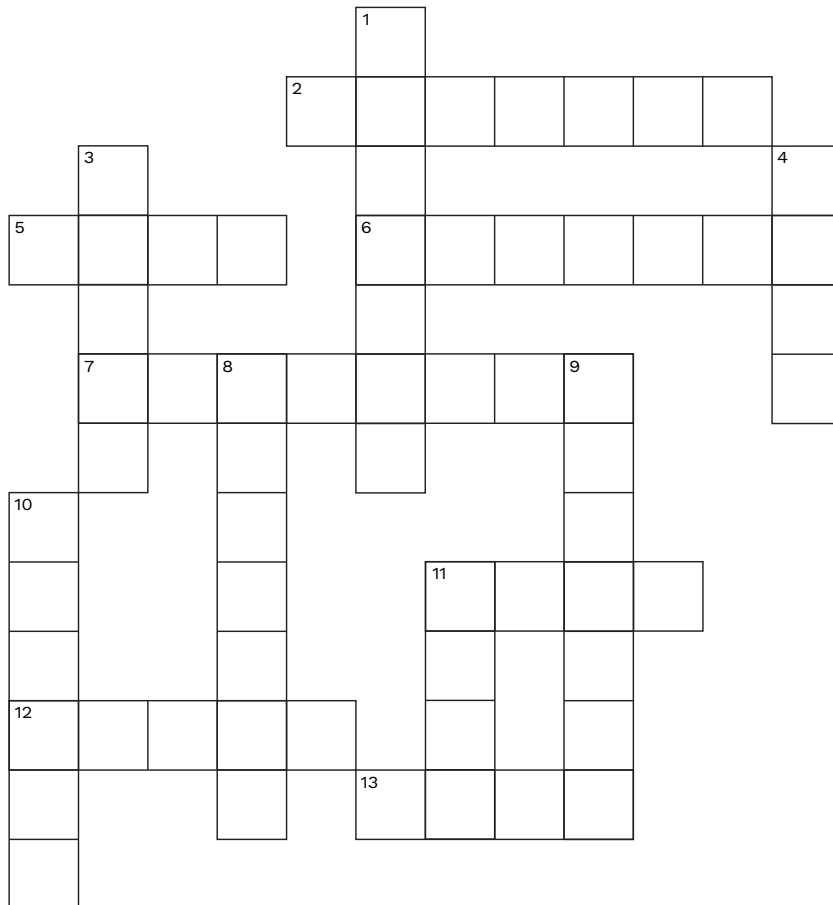
Today, the Church honors Saint Basil as a Doctor of the Church. We celebrate his feast day on January 1.

Saint Basil, pray for us.

Recall



Use the clues to complete the crossword puzzle.



The corporal works of mercy are:

[4 DOWN] the hungry, give drink to the **[9 DOWN]**,
 clothe the **[12 ACROSS]**, **[3 DOWN]** the imprisoned,
[8 DOWN] the homeless, visit the **[5 ACROSS]**, **[11 ACROSS]** the dead.

The spiritual works of mercy are:

[2 ACROSS] the doubtful, **[7 ACROSS]** the ignorant,
 admonish the **[10 DOWN]**, **[1 DOWN]** the sorrowful, **[6 ACROSS]** injuries,
[11 DOWN] wrongs patiently, **[12 ACROSS]** for the living and the dead.



Weekly Journal

How do you feel when you have done one of the Spiritual or Corporal Works of Mercy?

Write: One way your family has performed a work of mercy this past week and one work of mercy you can perform this coming week.

Concluding Prayer



Most good and kind God, have mercy on us and all people who seek your aid. Grant forgiveness to sinners and give food to the poor. Provide health to the sick and fill the broken-hearted with hope. Bring comfort to the depressed and give eternal rest to the dead. Bring freedom to prisoners and be a companion to travelers. Guide those who are far away and protect those who are near. This we ask in union with your Son Jesus and your Holy Spirit. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Mt 25:31-36

The Judgment of the Nations

“When the Son of Man comes in his glory, and all the angels with him, then he will sit on the throne of his glory. All the nations will be gathered before him, and he will separate people one from another as a shepherd separates the sheep from the goats, and he will put the sheep at his right hand and the goats at the left. Then the king will say to those at his right hand, ‘Come, you that are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world; for I was hungry and you gave me food, I was thirsty and you gave me something to drink, I was a stranger and you welcomed me, I was naked and you gave me clothing, I was sick and you took care of me, I was in prison and you visited me.’”

Reflection

The parable above is about the Judgment of the Nations by Jesus Christ the King, when He will come to judge the living and the dead. We will not be judged on how successful we are, or how much money we have earned. We will be judged on one criteria: love. Saint John of the Cross said, “In the evening of life, we will be judged on love alone.”

Saintly Quote

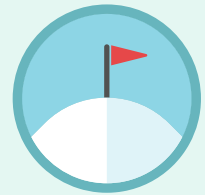
“When someone steals another’s clothes, we call them a thief. Should we not give the same name to one who could clothe the naked and does not? The bread in your cupboard belongs to the hungry; the coat unused in your closet belongs to the one who needs it; the shoes rotting in your closet belong to the one who has no shoes; the money which you hoard up belongs to the poor.” — *Saint Basil the Great*

Questions

1. What emotions do you feel when pondering the Final Judgment of Jesus?
2. How do you think God is inviting us to share with others?

Reaching the Summit

For Teachers & Parents



“God blesses those who come to the aid of the poor and rebukes those who turn away from them” — CCC 2443

Papal Encyclical

“He who has the goods of this world and sees his brother in need and closes his heart to him, how does the love of God abide in him?” (1 Jn 3:17) Everyone knows that the Fathers of the Church laid down the duty of the rich toward the poor in no uncertain terms. As St. Ambrose put it: ‘You are not making a gift of what is yours to the poor man, but you are giving him back what is his. You have been appropriating things that are meant to be for the common use of everyone. The earth belongs to everyone, not to the rich.’”

— Pope Saint Paul VI, *On the Development of Peoples, Populorum Progressio*, no. 23

Catechism of the Catholic Church

“St. John Chrysostom vigorously recalls this: ‘Not to enable the poor to share in our goods is to steal from them and deprive them of life. The goods we possess are not ours, but theirs.’” — CCC 2446

Living Out the Works of Mercy (Examples)

Make sure you do these as a family so everybody stays safe and you follow Jesus together!

- **Feed the Hungry:** Volunteer at a local soup kitchen or food pantry.
- **Give Drink to the Thirsty:** Offer a drink to a poor person.
- **Clothe the Naked:** Donate clothing to shelters or organizations that serve individuals experiencing homelessness.
- **Visit the Imprisoned:** Volunteer with prison ministry programs, write letters of support and encouragement to individuals who are in prison.
- **Shelter the Homeless:** Volunteer at homeless shelters.
- **Visit the Sick:** Visit individuals in hospitals or nursing homes.
- **Bury the Dead:** Attend a funeral Mass and wake to show support.
- **Counsel the Doubtful:** Offer emotional support and guidance to individuals who are struggling with doubts or uncertainties.
- **Instruct the Ignorant:** Volunteer as a tutor for individuals who need assistance. This could even include teaching a religious class on the Faith.
- **Admonish the Sinner:** Offer correction when someone does something wrong, but always do with charity and love and privately between you and the person.
- **Comfort the Sorrowful:** Offer emotional support and companionship to those who are grieving a loss.
- **Forgive Injuries:** Practice forgiveness to those who hurt you and ask forgiveness to those you have hurt.
- **Bear Wrongs Patiently:** Practice patience and understanding in challenging situations.
- **Pray for the Living and the Dead:** Offer your Rosary intentions for the Holy Souls in Purgatory and your living relatives.

Discussion Questions

1. How can you instill the spiritual and corporal works of mercy in your life and in your child's life?
 2. Which work of mercy is the most difficult to practice and why?
-

Words to Know



Q. What are the **corporal works of mercy**?

A. Seven loving acts of kindness that help meet the bodily needs of others. The word corporal means “of the body.” The corporal works of mercy are: feed the hungry, give drink to the thirsty, give shelter to the homeless, clothe the naked, take care of the sick, visit those in prison, and bury the dead.

Q. What is **mercy**?

A. The virtue of loving kindness, especially toward the poor and needy. Mercy enables us to reach out to others and help them because we “stand as one” with them. Mercy also enables us to forgive others who have hurt us.

Q. What are the **spiritual works of mercy**?

A. Seven acts of loving kindness that are aimed to meet the spiritual needs of others. The spiritual works of mercy are: counsel the doubtful; instruct the ignorant; admonish the sinner; comfort the sorrowful; bear wrongs patiently; forgive all injuries; pray for the living and the dead.



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LESSON 19

Forgiveness and Peace



Learning Objectives

In this lesson you will:

- Realize words and actions are important, but we must also have a good attitude toward others.
- Explore Jesus' teaching about peace, nonviolence, and forgiveness.
- Grow in our desire to make peace with others, following the example of Jesus.

Opening Prayer

O Lord, help me to forgive others as you have forgiven me. Remove from my heart any bitterness that I feel towards others, for I want to love as you love. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson19

Introduction

When we follow Jesus, we begin to think and to act like him. We begin to carry out the spiritual and corporal works of mercy, which he showed throughout the Gospels. One of the greatest ways we can follow Jesus is to forgive like he did. In this lesson, we will learn about the virtue of mercy. Mercy also helps us to forgive others when they hurt us. Mercy helps us make peace with these people again.

Reflection Questions

1. *Can you recall a time when someone showed mercy to you?*
2. *Can you recall a time when you showed mercy to someone else?*





Point **1**

Anger

Have you ever felt angry? If so, you probably had strong negative feelings about another person or situation. You disliked what was happening. **Anger** is an emotion that all humans feel from time to time. The feeling of anger itself is not sinful. Anger becomes sinful, however, when it leads us to say or do hurtful things.

When we are angry, we might **slander** someone, which means we say something mean about them that isn't true. We might also hurt someone physically by pushing or hitting them. That makes the other person sad. It goes against Christ's commandment to love one another as he has loved us.

We have to remember that God always loves us. He wants us to be kind like he is. St. Paul wrote, "Put away from you all bitterness and wrath and anger and wrangling and slander, together with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ has forgiven you." (Eph 4:31-32)

Point 2

Revenge

Some people think the only way to work out differences is by shouting and hitting. Anger sometimes tempts us to seek revenge, to “pay back” the offender with equal harm. Jesus himself felt the emotion of anger at times. But here is what he said about getting revenge:

“You have heard that it was said, ‘An eye for an eye and a tooth for a tooth.’ But I say to you, Do not resist an evildoer. But if anyone strikes you on the right cheek, turn the other also; and if anyone wants to sue you and take your coat, give your cloak as well” (Mt 5:38–40).

Christians try to make **peace** with others instead of seeking revenge. They respond to shouting and fighting with **nonviolence**, rather than more violence. Nonviolence is like peace. Living in peace means respecting the “space” of others and getting along with them. Peace is another word for “getting along” or living in harmony. Peaceful people respond to situations of anger with calmness and reason. They seek solutions that do not involve shouting and fighting.

.....

Point 3

Forgiveness

Jesus continued to forgive others and live in peace. He did these even when he was sentenced to die on the cross. The soldiers mocked him, crowned him with thorns, and spat on him. Still, Jesus did not lash out in anger. When they made him carry his cross to Golgotha, Jesus did not protest or wish bad on them. Even when they nailed him to the

cross and left him to die, Jesus prayed, “Father, forgive them; for they do not know what they are doing” (Lk 23:34).

Most of the apostles deserted Jesus during his suffering and death. Instead of trying to help him, they hid in fear. Jesus could have been angry at them. Instead, he forgave them. Indeed, **forgiveness** was part of all the Resurrection appearances of Jesus. Very often, the first thing the risen Jesus said when he appeared to the apostles were the words, “Peace be with you.” (Jn 20:21) Jesus forgave the apostles for deserting him. He then asked them to go out to all nations, forgiving sins and baptizing people in God’s name.



Activity 1

Dealing With Anger

Directions: *Read the story below. Then brainstorm five better ways that Bobby could have dealt with his anger.*

Bobby is angry at a classmate who laughed at him while he was reading his book report. At recess, Bobby finds the boy and begins to yell at him. The boy will not apologize. So Bobby starts hitting him. They get into a big fight.

Five good ways Bobby could have dealt with his anger.

- 1.
- 2.
- 3.
- 4.
- 5.

Activity 2

Forgiveness in Scripture

Directions: Look up the Scripture verse to see if the person forgives or does not forgive.

Acts 7:59-60

Matthew 18:28-30

Luke 15:18-20

Genesis 50:18-21

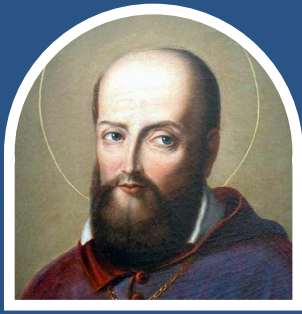


Maronite Wisdom

O Father, God of peace and Lord of security,
make us worthy to embrace one another
with a sincere kiss in the spirit of your unending love,
that we may raise glory and thanks to you,
to your only Son, and to your Holy Spirit,
now and for ever. Amen.”

— *Book of Offering: Anaphora of Saint Peter*





My Role Model

Saint Francis de Sales, Bishop of Geneva

Saint Francis de Sales lived during the seventeenth century. Before becoming the Bishop of Geneva (Switzerland), he helped bring many souls into the faith, especially the Calvinists. The Calvinists were a group of Protestants who followed John Calvin. Saint Francis de Sales spent three years going door to door without any success. People would throw rocks at him or slam the door in his face. Changing his approach, he left little sermons under the Calvinists' doors. Through his writings and preaching, he helped lay people realize that they were called to holiness. He is the patron saint of writers. He is also the patron saint of the deaf because he used sign language to teach the faith to those with hearing impairments. He was known for his great mildness and forgiveness, especially towards those who tried to hurt him. He used to advise people to be patient with others' imperfections, especially their own. Today, the Church honors Saint Francis de Sales as a Doctor of the Church. We celebrate his feast day on January 24.

Saint Francis de Sales, pray for us.

Recall



If the statement is true, circle the T. If the statement is false, circle the F.

1. The virtue of mercy helps us forgive others when they have hurt us. **T | F**
2. If someone hurts us first, it is OK to hurt that person in return. **T | F**
3. The feeling of anger itself is not a sin. **T | F**
4. Christians try to make peace with others instead of seeking revenge. **T | F**
5. Jesus forgave the soldiers who nailed him to the cross. **T | F**

Weekly Journal



How you feel about Jesus inviting you to always reconcile with your brother before making any offering or prayer?

Write: The name of one person that you need to forgive and pray for.

Concluding Prayer



Our Father who art in heaven, hallowed be thy name;
thy kingdom come; thy will be done on earth as it is in
heaven. Give us this day our daily bread and forgive us our
trespasses as we forgive those who trespass against us.
And lead us not into temptation, but deliver us from evil.
For the kingdom, the power and the glory are yours now
and for ever. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Concerning Anger

Mt 5:21–24

“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 judgment; 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 the hell of fire. So when you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled to your brother or sister, and then come and offer your gift.”

Reflection

Our actions toward others are actions we do to God. Likewise, our attitudes towards others are attitudes we have toward God. Love of neighbor and love of God are connected. That is why mercy involves more than words and actions; it involves our attitudes toward others.

Saintly Quote

“Be angry but do not sin; do not let the sun go down on your anger”
— *Saint Paul (Eph. 4:26)*

Questions

1. How does anger affect you physically and emotionally?
2. What are some spiritual things you can do to address your anger peacefully?

Reaching the Summit

For Teachers & Parents



*“By recalling the commandment, ‘You shall not kill,’ our Lord asked for peace of heart and denounced murderous anger and hatred as immoral.”
— CCC 2302*

Catholic Social Teaching

Rights and Responsibilities: Pursuit of Justice and Peace

“Before being God’s gift to man and a human project in conformity with the divine plan, peace is in the first place a basic attribute of God: “the Lord is peace” (Jdg 6:24). Creation, which is a reflection of the divine glory, aspires to peace. God created all that exists, and all of creation forms a harmonious whole that is good in its every part (cf. Gen 1:4, 10, 18, 21, 25, 31). Peace is founded on the primary relationship that exists between every human being and God himself, a relationship marked by righteousness (cf. Gen 17:1). Following upon the voluntary act by which man altered the divine order, the world experienced the shedding of blood and division. Violence made its appearance in interpersonal relationships (cf. Gen 4:1-16) and in social relationships (cf. Gen 11:1-9). Peace and violence cannot dwell together, and where there is violence, God cannot be present (cf. 1 Chr 22:8-9).” — CSDC 488

True Courage

The Bible shows how people “took courage” in different situations. It took courage for David to face Goliath (1 Sam 17:40-51). But courage doesn’t always mean showing physical strength. For example, it took courage for Peter and John to appear before the Sanhedrin and defend their faith in Jesus (Acts 4:5-22). It takes moral courage to act on what we believe in, regardless of the cost. Courage is also known as fortitude, one of the gifts of the Holy Spirit that we learned about in previous lessons.

True Forgiveness

Jesus teaches about forgiveness throughout Scripture, whether it is forgiving a debt, or sin, or a transgression. In fact, it is found in the prayer Jesus taught his disciples when we say to the Father, “Forgive us our sins, as we ourselves forgive everyone indebted to us” (Lk 11:4). When Peter asked Jesus, “Lord, if another member of the church sins against me, how often should I forgive? As many as seven times?” Jesus said to him, “Not seven times, but, I tell you, seventy-seven times” (Mt 18:21–22). Jesus did not mean we could stop forgiving others on the seventy-eighth time they hurt us. Instead, we should always forgive others and try to make peace. Forgiveness allows us to remove any obstacle that lies in the way of a good relationship with others. It also allows for a closer relationship with God, because in forgiveness we experience God’s love.

Discussion Questions

1. How can you teach your child about the importance of forgiveness?
2. How can you foster greater peace in your home?

Words to Know



Q. What is **anger**?

A. A negative emotion that is not sinful in itself. Anger becomes sinful when it leads us to say or do hurtful things.

Q. What is **forgiveness**?

A. Pardon for wrongs done or sin against God. When we hurt others, we need to ask for forgiveness. When others hurt us, Jesus calls us to forgive them.

Q. What is **peace**?

A. Being in harmony with others. Living in peace means being calm and reasonable. It means respecting others and getting along with them.



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more information.**

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LESSON 20

Serving Others



Learning Objectives

In this lesson you will:

- Realize that true Christian love involves humble service to others.
- Summarize how Jesus served others and asked us to do the same.
- Discover ways we can use our talents to serve others.

Opening Prayer

O Lord, help me to follow your example of serving others. Give me the grace to always use my time, my talents, and my possessions for your greater glory and honor. Amen.



Opening Activity

Scan the QR code to access the online resources.

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Introduction

We have learned how mercy enables us to have compassion on the poor. Mercy also helps us to forgive those who hurt us. Now, we will see how mercy helps us serve others as Jesus did. Jesus “came not to be served but to serve, and to give his life as a ransom for many” (Mt 20:28). Following Jesus means that we put others before ourselves.

Reflection Questions

1. *How do you feel when you are served by others?*
2. *Why is it so difficult to put others before ourselves?*



Point **1** **God's Servant**

The word **service** means “contributing to the good of others.” Jesus spent most of his adult life in service to others. He taught the uneducated and healed the sick. He comforted the sorrowful and forgave sinners. At the Last Supper, Jesus gave his apostles yet another example of service when he washed their feet. Jesus showed us that we must respond to the needs of others in humble service. Jesus’ example of love will be explored in more detail in the Climbing the Mountain section (see Jn 13:3-15).

Following Jesus’ example, some of us might feel called to serve as a missionary. We can also help watch our siblings. There are so many ways we can help others.



Point **2** **Humility**

Humility is considered the greatest virtue by many saints. It is a virtue that goes hand-in-hand with service.

The word **humility** comes from a word that means “close to the earth” or “lowly.” Humble people share their talents for the good of others. They sacrifice their own wants and needs for the **common good**, whatever is best for most people. The common good is about making choices that help everyone, not just ourselves. For instance, if you are on a playground, you can take turns so everyone gets a chance to play where they want to.

Point 3

The Humility of Jesus & Mission

Jesus is God's own son. He is divine. When he came to earth, he could have been a great king or military officer. Instead, he chose a life of humble service. Before becoming a preacher and miracle-worker, he worked as a simple carpenter. In everything he did, he put the needs of others before his own needs. Indeed, Jesus died on the cross so that sin could be forgiven and all people could be reunited with God.

Jesus even continued to serve others after his Resurrection from the dead. When some of the apostles were fishing following Jesus' Resurrection, he called to them from shore. Later, he made breakfast for them. Can you imagine Jesus serving you breakfast? Then he told them it would soon be their turn to serve others when he sent them on their missions. The word **mission** means "a certain job or duty one is sent to do."

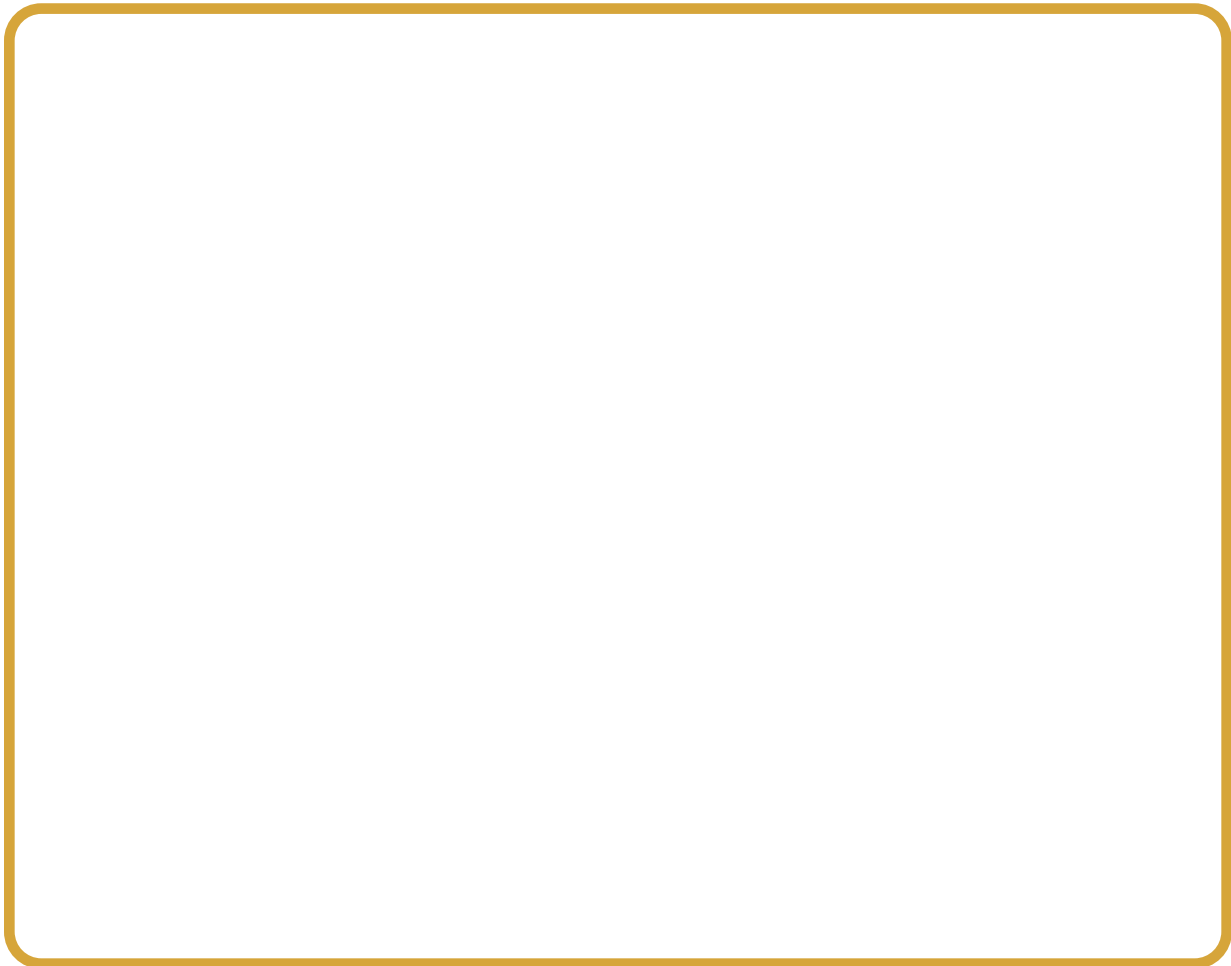


Activity 1

Draw a Bible Story

Directions: *The Bible gives us many examples of loving service. Look up one of these, and draw the scene in the space provided.*

1. *The Good Samaritan:* **Luke 10:25-37**
2. *Jesus Heals a Girl Who Has Died:* **Matthew 9:18-26**
3. *The Early Christians Share Their Possessions:* **Acts 4:32-37**



Activity 2

Find a Role Model

Directions: *A role model is someone who we want to imitate. When we act like our role models, it helps us know how to love God and others better.*

Think of a family member or friend who is a role model because he or she serves others well. Write down five ways that that person helps you, and write down one kind thing you can do for that person this week.

.....

Role Model: _____

Ways that person helps me:

1.

2.

3.

4.

5.

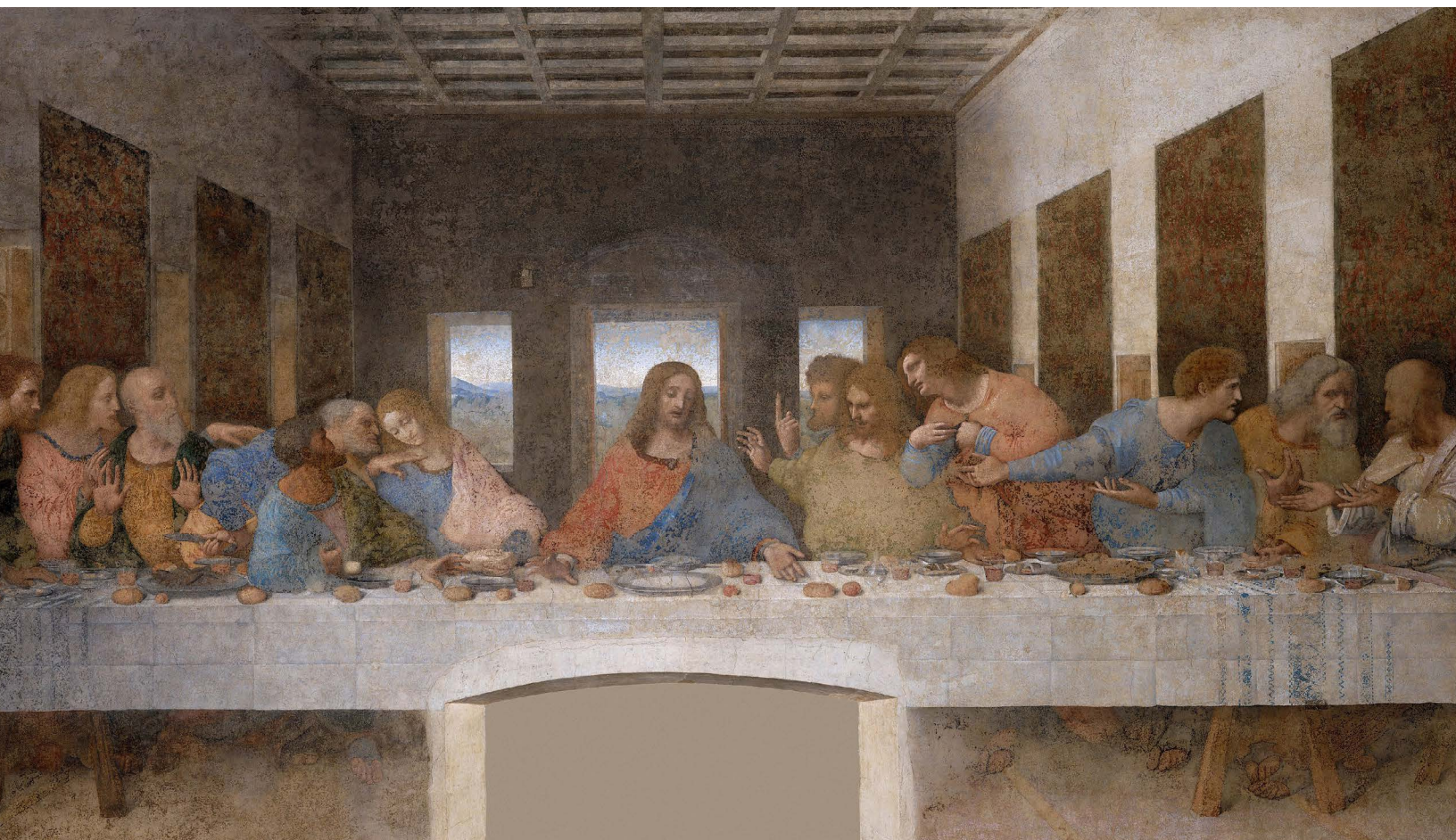
One thing I can do for that person:

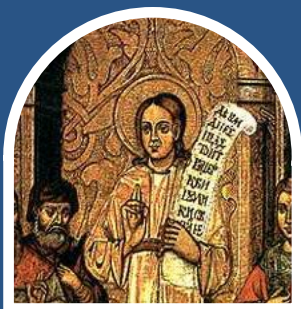


Maronite Wisdom

O Christ, you are the Word of the Eternal Father, and you became man to save us. You fulfilled the laws of the old covenant to lead us to worship in spirit and in truth. You washed the feet of your apostles to teach us humility and love. You ate the passover lamb with them, so that you yourself might become our Passover and our Lamb.

— *Book of Offering: Thursday of the Mysteries*





My Role Model

Saint Romanos (Raymond) the Deacon

Many saints have given humble service to others. One of these saints is Romanos, a deacon who served the Church in the late third century. While he was young, Romanos decided to spend his life working for God. He became a deacon. Every day he helped the people of his parish. He distributed Communion at the Divine Liturgy. He made sure the poor had enough food and clothing. When people got sick, he spent time nursing them back to health. During this time, the government persecuted anyone who followed Jesus. Many Christians were thrown into prison. Romanos bravely went to visit them, bringing them Holy Communion. He encouraged the Christians to remain faithful to Jesus. Soon, he himself was arrested and sentenced to die. The soldiers tried to burn him to death, but a sudden downpour of rain put out the fire. Frightened, the soldiers released him. Romanos continued to serve the Church as a deacon. He kept visiting the Christian prisoners. Romanos was arrested again. This time, the soldiers did kill him. Today, the Church honors Romanos as a saint. We pray that we may follow his example of humble service. We celebrate his feast day on November 18.

Saint Romanos, pray for us.

Recall



Match the words in Column A with the correct descriptions in Column B.

A

- ____ 1. Common good
- ____ 2. Humility
- ____ 3. Jesus
- ____ 4. Mission
- ____ 6. Romanos
- ____ 7. Service
- ____ 8. Thursday of the Mysteries

B

- A.** Day our Maronite priest washes the feet of twelve people
- B.** Deacon who served Christians in prison
- C.** A certain job or duty one is sent to do
- D.** What is best for most people in a community
- E.** Contributing to the welfare of others
- F.** Virtue meaning “close to the earth or lowly”
- G.** Made breakfast for the apostles

Weekly Journal



How have you practiced the virtue of humility this past week?

Write: One way you have served others this past week and one way you can serve others this coming week.

Concluding Prayer



O Lord Jesus Christ, help us follow the example of your humility. May we put on humility, gladness, and true love. May we serve each other with the holiness worthy of true disciples. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Jn 13:3–15

Jesus Washes the Disciples' Feet

Jesus, knowing that the Father had given all things into his hands, and that he had come from God and was going to God, got up from the table, took off his outer robe, and tied a towel around himself. Then he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him. He came to Simon Peter, who said to him, "Lord, are you going to wash my feet?" Jesus answered, "You do not know now what I am doing, but later you will understand." Peter said to him, "You will never wash my feet." Jesus answered, "Unless I wash you, you have no share with me." Simon Peter said to him, "Lord, not my feet only but also my hands and my head!" Jesus said to him, "One who has bathed does not need to wash, except for the feet, but is entirely clean. And you are clean, though not all of you." For he knew who was to betray him; for this reason he said, "Not all of you are clean."

After he had washed their feet, had put on his robe, and had returned to the table, he said to them, "Do you know what I have done to you? You call me Teacher and Lord—and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet. For I have set you an example, that you also should do as I have done to you."

Reflection

Jesus left his apostles one of the greatest examples of service and humility by washing their feet. After all, washing the feet of dinner guests was the job of a servant. The God of the Universe stoops low to wash the feet of his creatures, when it should have been the opposite. The apostles should have washed his feet. And yet, Jesus tells the apostles to follow his example.

Saintly Quote

“Humility is the only virtue that no devil can imitate. If pride made demons out of angels, there is no doubt, that humility could make angels out of demons.”

— Saint John Climacus

Questions

1. How would you feel if Jesus offered to wash your feet?
2. How can you grow in the virtue of humility?

Reaching the Summit

For Teachers & Parents



“‘Participation’ is the voluntary and generous engagement of a person in a social interchange. It is necessary that all participate, each according to his position and role, in promoting the common good. The obligation is inherent in the dignity of the human person.” — CCC 1913

Feed My Sheep

“When they had finished breakfast, Jesus said to Simon Peter, ‘Simon son of John, do you love me more than these?’ He said to him, ‘Yes, Lord; you know that I love you.’ Jesus said to him, ‘Feed my lambs.’ A second time he said to him, ‘Simon son of John, do you love me?’ He said to him, ‘Yes, Lord; you know that I love you.’ Jesus said to him, ‘Tend my sheep.’ He said to him the third time, ‘Simon son of John, do you love me?’ Peter felt hurt because he said to him the third time, ‘Do you love me?’ And he said to him, ‘Lord, you know everything; you know that I love you.’ Jesus said to him, ‘Feed my sheep.’” — Jn 21:15-17

By these words, Jesus was explaining that love of God is connected to humble service of others. When we feed, tend, and take care of others, we are also serving God.

Catholic Social Teaching

Rights and Responsibilities: The Common Good

“The demands of the common good are dependent on the social conditions of each historical period and are strictly connected to respect for and the integral promotion of the person and his fundamental rights. These demands concern above all the commitment to peace, the organization of the State’s powers, a sound juridical system, the protection of the environment, and the provision of essential services to all, some of which are at the same time human rights: food, housing, work, education and access to culture, transportation, basic health care, the freedom of communication and expression, and the protection of religious freedom. Nor must one forget the contribution that every nation is required in duty to make towards a true worldwide cooperation for the common good of the whole of humanity and for future generations also” (CSDC 166). In other words, the common good should always try to help people be the best they can be.

“The common good therefore involves all members of society, no one is exempt from cooperating, according to each one’s possibilities, in attaining it and developing it.” — CSDC 167

Discussion Questions

1. Why is the common good so important?
2. How can you teach your children about the common good?



Words to Know

Q. What is the **common good**?

A. What is best for the most people in the community. Humble people sacrifice their own wants and needs for the common good.

Q. What is **humility**?

A. A virtue that means “close to the earth” or “lowly.” Humble people generously share their talents for the good of others. They do not consider themselves “better” than others.

Q. What is **mission**?

A. A special purpose or job that someone is sent to do. The mission of the Twelve Apostles was to tell people the Good News about Jesus’ death and Resurrection. Our Maronite Church continues this same mission today.



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more information.**

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PART VI

Living in God's Kingdom



LESSON 21

Trust in God



Learning Objectives

In this lesson you will:

- Discover that trust in God is the basis for Christian morality—living in God’s Kingdom.
- Connect the Beatitudes of Jesus with moral choices and trusting in God.
- Grow in your desire to trust God at all times, as did Saint Jude.

Opening Prayer

O Lord, help me to always trust in you, for you are God, the creator of the universe. Just as you hold the world in the palm of your hands, so also you hold my heart. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson21

Introduction

Have you ever been anxious or worried about something? Maybe it was a big test or a sporting event. When we start to worry, we should remember that Jesus is always with us. We can ask him to help us overcome our fears and doubts. We trust Jesus and follow him because he's leading us to his Father's house in heaven.

Reflection Questions

1. *What are some things you worry about?*
2. *How does it make you feel that Jesus is with you at every moment?*



Point **1** **Do Not Worry**

Throughout this year, you have learned that following Jesus requires us to live a moral life that is based on love. We choose to do good because we love God and love others. But have you ever thought about what love is? Real love involves trust. The word trust means that we can depend on something to be faithful and true. For example, we trust that there will always be 24 hours in a day. Trust also means that we can rely on another person to be there to help us. We have confidence that everything will turn out all right.

All of us worry at times, even adults. But Jesus tells us, “Do not worry” (Lk 12:22). He reminds us that God loves us and is always ready to help us. We can put our trust in him because he wants what is good for us.

Point 2

God's Kingdom

The home that God has made for us is called the **Kingdom of God**. Sometimes we call this kingdom **heaven**. In God's kingdom, we will be perfectly happy because God is with us. Everyone there will live in peace, joy, justice, and love. God's kingdom is not a place tied to geography. We cannot find God's kingdom on a map, and we cannot reach it in a spaceship. God's kingdom is a state of trust, happiness, and peace. But that does not mean it does not have anything to do with us on earth. We pray in the Lord's prayer that God's Kingdom come on earth as it is in heaven. We get a glimpse of God's kingdom whenever we act in good ways. We enter this kingdom when we have the right relationships with others.



Point 3

Kingdom Attitudes

Jesus showed us what it means to **trust** in God and taught his followers to do the same. If we really trust God, we will live by certain attitudes. Jesus calls these “kingdom attitudes” the **Beatitudes**. The word beatitude means “blessed” or “happy.” People who live by the Beatitudes are blessed by God. They are truly happy. Each Beatitude calls us to make a moral decision. It asks us to put God first in our lives above everything else. It asks us to trust God completely, in all situations, and at all times.

Jesus tells us the Beatitudes are:

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are those who mourn, for they will be comforted.
3. Blessed are the **meek**, for they will inherit the earth.
4. Blessed are those who hunger and thirst for righteousness, for they will be filled.
5. Blessed are the merciful, for they will receive mercy.
6. Blessed are the pure in heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are those who are persecuted for righteousness’ sake, for theirs is the kingdom of heaven” (Mt 5:3–10).



Activity 1

Trust Thermometer

Directions: *How much do you trust? For each statement below, color the thermometer to the degree that you trust. Use this rating scale:*

1: Not at all

2: Maybe a little

3: An average amount

4: Most of the time

5: Absolutely all the time

**I trust the sun will
shine tomorrow.**

1	2	3	4	5
---	---	---	---	---

**I trust that God loves me and
wants the best for me.**

1	2	3	4	5
---	---	---	---	---

**I trust that I can depend on
my parents (or guardians) to
love me and take care of me.**

1	2	3	4	5
---	---	---	---	---

**I trust that bad times
will turn out all right.**

1	2	3	4	5
---	---	---	---	---

**I trust in my own
ability to succeed.**

1	2	3	4	5
---	---	---	---	---

**I trust that God loves me even
when I do not live up to his
expectations for me.**

1	2	3	4	5
---	---	---	---	---

Activity 2

Beatitudes' Charades

Directions: *Divide into two teams. Act out the beatitudes and see which team can guess the most.*





Maronite Wisdom

Celebrant: I will go to the altar of God, to God who gives joy to my youth. Though the abundance of your goodness I will enter your house and worship in your holy temple.

Congregation: Guide me, O Lord, in your fear, and instruct me in your justice.

— *Book of Offering: Pre-Anaphora*





My Role Model

Saint Jude Thaddeus (Laba) the Apostle

Saint Jude was one of the original Twelve Apostles. Sometimes he is called “Thaddeus,” a name that means “person of trust.” Church tradition teaches that, after Pentecost, Jude went to Syria and Lebanon to spread the Gospel of Jesus. One tradition says Jude suffered martyrdom in Raha. Another tradition says he died in Beirut. While we do not know a lot about the life of Saint Jude, we do know about his strong trust in God. No matter how hopeless a situation seemed, Jude never got worried or anxious. He trusted God completely. He knew that his heavenly Father would provide for his needs. Today, the universal Church honors Saint Jude as the patron saint of hopeless cases. Many Church members pray to Saint Jude when they are worried or in need. We pray that we will always trust God as Saint Jude did. We celebrate his feast day on June 19.

Saint Jude, pray for us.

Recall



Use the Words to Know to fill in the blanks.

1. _____ means that we can depend on someone to be faithful and true; we can rely on another person to be there to help us.
2. As Jesus taught, God is a loving, caring _____.
3. The home that God has made for us is called the _____.
4. If we really trust God, we will live by certain attitudes that Jesus calls the _____.
5. Another name for the Kingdom of God is _____.

Beatitudes | Father | heaven | Kingdom of God | trust

Weekly Journal



How well have you trusted God this past week?

Write: One way you have not trusted God this past week and one way you can trust him this coming week.

Concluding Prayer



Jesus, I trust in You. Jesus, I trust in You.
Jesus, I trust in You. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Lk 12:22-31

Do Not Worry

He said to his disciples, “Therefore I tell you, do not worry about your life, what you will eat, or about your body, what you will wear. For life is more than food, and the body more than clothing. Consider the ravens: they neither sow nor reap, they have neither storehouse nor barn, and yet God feeds them. Of how much more value are you than the birds! And can any of you by worrying add a single hour to your span of life? If then you are not able to do so small a thing as that, why do you worry about the rest? Consider the lilies, how they grow: they neither toil nor spin; yet I tell you, even Solomon in all his glory was not clothed like one of these. But if God so clothes the grass of the field, which is alive today and tomorrow is thrown into the oven, how much more will he clothe you—you of little faith! And do not keep striving for what you are to eat and what you are to drink, and do not keep worrying. For it is the nations of the world that strive after all these things, and your Father knows that you need them. Instead, strive for his kingdom, and these things will be given to you as well.”

Reflection

With these words, Jesus reminded his disciples that love must be marked by trust. Jesus did not tell the disciples to stop working for the things they needed. But Jesus also wished us not to be consumed with worries and placing these things ahead of God. As Jesus taught, God is a loving, caring Father. A loving father provides for his family. He works to provide what his family needs to live, grow, and be comfortable. A loving father spends time with his family. He helps make the family's home a good place to live in.

Saintly Quote

“He who trusts in himself is lost. He who trusts in God can do all things.”

— Saint Alphonsus Liguori

Questions

1. Why should you not be anxious or afraid?
2. What can you do to trust in God more?

Reaching the Summit

For Teachers & Parents



“The beatitude we are promised confronts us with decisive moral choices. It invites us to purify our hearts of bad instincts and to seek the love of God above all else.” — CCC 1723

Catholic Social Teaching

Life and Dignity of the Human Person

“Christian revelation shines a new light on the identity, the vocation, and the ultimate destiny of the human person and the human race. Every person is created by God, loved and saved in Jesus Christ, and fulfills himself by creating a network of multiple relationships of love, justice, and solidarity with other persons while he goes about his various activities in the world. Human activity, when it aims at promoting the integral dignity and vocation of the person, the quality of living conditions, and the meeting in solidarity of peoples and nations, is in accordance with the plan of God, who does not fail to show his love and providence to his children.” — CSDC 35

Catechism of the Catholic Church

“The Beatitudes are at the heart of Jesus’ preaching. They take up the promises made to the chosen people since Abraham. The Beatitudes fulfill the promises by ordering them no longer merely to the possession of a territory, but to the Kingdom of heaven” — CCC 1716

Trusting in God’s Providence

God’s providence refers to the divine guidance and care that he provides for all creation. In a special way, God, the greatest of fathers, provides for his children even in difficult times. Trust means that we have confidence in someone else. Most of all, we trust in God. We trust that he will always take care of us. The Bible shows us that God is trustworthy. In Psalm 28, we hear the words: “The Lord is my strength and my shield; in Him my heart trusts.”

Also, Jesus calms the storm (Lk 8:22-25, Mt 8:23-27, and Mk 4:35-41). He also heals many people. Trust is closely related to faith and hope. The most important attitude that Jesus asks of his followers is to trust in him and have faith and hope. His disciples continue this message as well. For example, Saint Peter says: “And by faith in his name, his name itself has made this man strong, whom you see and know; and the faith that is through Jesus has given him this perfect health in the presence of all of you” (Acts 3:16).

Discussion Questions

1. Why do you find it difficult to place your trust fully in God?
2. How can we teach our children about God’s providence?



Words to Know

Q. What is a **beatitude**?

A. An attitude described by Jesus that helps us live in God's kingdom. The word beatitude means "blessed" or "happy." People who live by the beatitudes are blessed by God. They are truly happy.

Q. What is **heaven**?

A. The state of perfect happiness that lasts forever because God is with us. In heaven, everyone who loves God will live in peace, joy, justice, and love. Another name for heaven is the Kingdom of God.

Q. What does it mean to **trust**?

A. The ability to depend on something or someone to be faithful and true. When we trust someone else, we rely on that person to be there to help us. We have confidence that everything will turn out all right.



**Scan this QR Code for
more information.**

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LESSON 22

Love Everyone



Learning Objectives

In this lesson you will:

- Affirm that Jesus calls us to love everyone, including people of other nations and races.
 - Realize that our faith in Jesus makes us one with others.
 - Choose to receive Holy Communion frequently as a sign of our oneness with God and other Church members.
-

Opening Prayer

O Lord, give me the grace to see you in every person I meet and to love them as you do. May I always welcome the stranger, for you are living in them. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson22

Introduction

Living in God's kingdom and following Jesus means that we lead others to God by our love. Yes, love ought to be the language of every Christian. When people meet us, do they feel God's presence and joy? Do they feel welcomed? Throughout our world, there are symbols that convey a welcome approach. Some of these you see very often, like a sign as you enter a new city, state, or province. The sign might say "Welcome!" and tell you a bit about the community. As you enter this area, you feel that people are happy to have you there.

The Catholic Church also has something that welcomes all people. It is Jesus on the Cross. His arms are opened wide for everyone to approach him.

Reflection Questions

1. *Who are the people in your life who always make you feel welcome?*
2. *Can you think of times when you made others feel welcome?*



Point **1**

Jesus Welcomed Everyone

In the days of Jesus, people of other nations and religions were not welcome. The Law of Moses forbade Jews from talking with or marrying **Gentiles**—people who were not Jewish. Jesus, however, welcomed all people, no matter their country or religion. In our Maronite tradition, we refer to God as the “lover of all people.” To show his love, Jesus sometimes worked miracles for the Gentiles. We see this in the story of the Roman soldier, which we will explore in the Climbing the Mountain section (Lk 7:1-10).

Point 2

Living in God's Kingdom

The healing of the Gentile soldier's slave teaches us an important lesson. Everyone is made in God's image. Everyone is loved by God. Living in God's kingdom means welcoming everyone—regardless of nation or race. This lesson was not easy for the apostles to accept.

Then on Pentecost, the Holy Spirit came upon them and enabled them to speak many foreign languages. From that day on, the apostles knew God wanted them to spread the Gospel to all countries. Peter, the leader of the apostles, explained: “I truly understand that God shows no partiality, but in every nation anyone who fears him and does what is right is acceptable to him” (Acts 10:34–35). As Peter learned, God loves the people of every nation. This is because God made everyone. When people choose good and avoid evil, God welcomes them into his kingdom.





Point 3

The Early Church & Hospitality

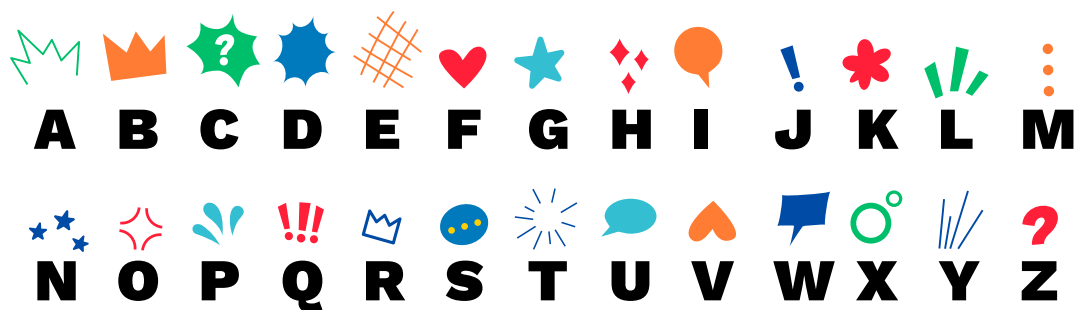
The apostles traveled to many far-away countries to preach about Jesus. One man, named Paul, became known as the “Apostle of the Gentiles.” Paul preached to the ancestors of the Maronites in Antioch. He converted them to Jesus. These converts were no longer seen as Greeks, Romans, Syrians, or Phoenicians. Instead, they were called by a new name, Christians.

Because of Paul’s efforts and the other apostles, our Church is one, holy, catholic, and apostolic. The word **catholic** means “universal” or “open to all.” At the Divine Liturgy, we show **hospitality** by welcoming people at the door. **Holy Communion** also unites all Catholics across nations, races, generations, times and places, including those in Heaven and Purgatory.

Activity 1

Decode the Message

Directions: At Pentecost, the disciples spoke different languages, but still could understand everyone. Decode the following message.



Activity 2

Welcome Gestures

Directions: *Join with another student in your class and act out ways to show someone they are welcome or not. Examples include fist bumps, high fives, and turning your back.*





Maronite Wisdom

“O Lord God, you are good and the Lover of all people. Look upon those who bow their heads before your majesty, and bless them with every spiritual blessing. Amen.”

— *Book of Offering: Anaphora of Saint John Chrysostom*





My Role Model

Saint Paul the Apostle

Saint Paul went on at least four long journeys. He went to Syria, Cyprus, Italy, Greece, and Turkey. In each country, Paul preached the Good News about Jesus and baptized new Christians. Paul stayed for several years with some of the new Christian groups. When he traveled on to other places, Paul wrote letters to the new Christians. He continued to explain the faith. He also encouraged people to lead good and moral lives. Paul also taught that Christians are to love people of all nations. He was martyred for his faith in Jesus. The feast of his conversion is January 25, and he is also commemorated with Saint Peter on June 29.

Saint Paul, pray for us.

Recall



If the statement is true, circle the T. If the statement is false, circle the F.

1. Jesus only worked miracles for the Jewish people in his own country. **T | F**
2. The word apostolic means “universal, open to all.” **T | F**
3. God likes some nations better than others. **T | F**
4. In Antioch, the followers of Jesus were first called “Christians.” **T | F**
5. In the days of Jesus, a Gentile was anyone who was not Jewish. **T | F**
6. In Holy Communion, we show that we are brothers and sisters of one another in Christ. **T | F**
7. Saint Peter is known as the “Apostle of the Gentiles.” **T | F**
8. One way we welcome newcomers to our Church is through the ministry of hospitality. **T | F**

Weekly Journal



How well do you treat people who do not look or act like you?

Write: One way you can show more hospitality to those who are different from you.

Concluding Prayer



“May his name endure forever, his name continue like the sun. Every tribe shall be blest in him, all nations shall call him blessed. Blest be the Lord, God of Israel, who alone works wonders, ever blest his glorious name. Let his glory fill the earth. Amen! Amen!” (Ps 72:17–19)

Climbing the Mountain

Bonus Materials for Students & Teachers



Lk 7:1–10

Jesus Heals a Centurion's Servant

After Jesus had finished all his sayings in the hearing of the people, he entered Capernaum. A centurion there had a slave whom he valued highly, and who was ill and close to death. When he heard about Jesus, he sent some Jewish elders to him, asking him to come and heal his slave. When they came to Jesus, they appealed to him earnestly, saying, “He is worthy of having you do this for him, for he loves our people, and it is he who built our synagogue for us.” And Jesus went with them, but when he was not far from the house, the centurion sent friends to say to him, “Lord, do not trouble yourself, for I am not worthy to have you come under my roof; therefore I did not presume to come to you. But only speak the word, and let my servant be healed. For I also am a man set under authority, with soldiers under me; and I say to one, ‘Go,’ and he goes, and to another, ‘Come,’ and he comes, and to my slave, ‘Do this,’ and the slave does it.” When Jesus heard this he was amazed at him, and turning to the crowd that followed him, he said, “I tell you, not even in Israel have I found such faith.” When those who had been sent returned to the house, they found the slave in good health.

Reflection

These words, “Lord, ...I am not worthy to have you come under my roof,” are words of humility. A centurion was a professional officer in the Roman army, who was in charge of eighty to one hundred soldiers. He held great authority, but when he was face to face with Jesus, he realized how much he needed Jesus to work a miracle. Such was the faith of the centurion, who believed that Jesus’ word alone could heal his servant. And such was the love of Jesus to welcome the centurion, who was a Gentile.

Saintly Quote

“Let all guests who arrive be received as Christ.” — *Saint Benedict*

Questions

1. How do you feel about Jesus taking care of someone you do not particularly care for?
2. How do you feel when Jesus says, that this person has more faith than you?

Reaching the Summit

For Teachers & Parents



“Everyone is called to enter the kingdom. First announced to the children of Israel, this messianic kingdom is intended to accept men of all nations.” — CCC 543

Saint Ephrem’s Commentary on Tatian’s Diatessaron

“I am not worthy that you should enter my house. I am not capable of receiving the Sun of Righteousness in its entirety; a little radiance from it is sufficient for me to remove sickness, as it does for the darkness.’ When our Lord heard this, he marveled at him. God marveled at a human being. He said to those who were near him, ‘Truly, I say to you, not even in anyone among the house of Israel have I found this kind of faith.’ ... The centurion had brought them, and he came so that they would be advocates on his behalf. He rebuked them because they did not possess his faith. To show that the centurion’s faith was the first of the faith of the Gentiles, he said, ‘Do not imagine that this faith can be limited to the centurion.’ For he saw and believed. ‘Many will believe who have not seen.’ ‘Many will come from the east and from the west and will sit at table with Abraham, Isaac and Jacob in the kingdom of heaven, etc.’”

Papal Encyclical

“Love of neighbor, grounded in the love of God, is first and foremost a responsibility for each individual member of the faithful, but it is also a responsibility for the entire ecclesial community at every level: from the local community to the particular Church and to the Church universal in its entirety. As a community, the Church must practice love. Love thus needs to be organized if it is to be an ordered service to the community. The awareness of this responsibility has had a constitutive relevance in the Church from the beginning: ‘All who believed were together and had all things in common; and they sold their possessions and goods and distributed them to all, as any had need’ (Acts 2:44-5). In these words, Saint Luke provides a kind of definition of the Church, whose constitutive elements include fidelity to the “teaching of the Apostles”, “communion” (koinonia), “the breaking of the bread” and “prayer” (cf. Acts 2:42). The element of “communion” (koinonia) is not initially defined, but appears concretely in the verses quoted above: it consists in the fact that believers hold all things in common and that among them, there is no longer any distinction between rich and poor (cf. also Acts 4:32-37). As the Church grew, this radical form of material communion could not in fact be preserved. But its essential core remained: within the community of believers there can never be room for a poverty that denies anyone what is needed for a dignified life.”

— Pope Benedict XVI, *On Christian Love, Deus Caritas Est*

Discussion Questions

1. How can you have more faith like the centurion?
2. How can you contribute to the mission of the Church to love each person created in the image of God?



Words to Know

Q. What does the word “**catholic**” mean?

A. “Universal” or “open to all.” The Maronite Church is catholic because it is open to people of all nations and races.

Q. Who is a **Gentile**?

A. Anyone who is not Jewish. Jesus loved and welcomed Gentiles.

Q. What is **Holy Communion**?

A. Oneness with God and others. At Holy Communion we receive the Eucharist, the Body and Blood of Christ. We show that we are brothers and sisters of one another in Christ.



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more information.**

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LESSON 23

Following the Church



Learning Objectives

In this lesson you will:

- Understand the **rules of the Church** we are to follow.
- Understand how these rules help us grow in love of God and neighbor.
- Increase our desire to grow in love and moral goodness.

Opening Prayer

O Lord, teach me your ways, so that I might follow you.
Enlighten my mind and strengthen my heart, so that I may
love your commands. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson23

Introduction

To live in God’s kingdom, we must follow the rules established by his Church. Following Jesus means following his church. The Church’s rules are not burdensome. Jesus gave us a new law, “Love as I have loved.” Does this mean Jesus put an end to the Ten Commandments? Not at all. Jesus said: “Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill” (Mt 5:17). Jesus also reminds us that if we obey his commandments, we will be the greatest in his kingdom (see Mt 5:19).

Christians are to obey the Ten Commandments. Why? There are many answers to this question. People obey laws for different reasons. Some obey out of fear. They fear they will be punished if they disobey. Jesus tells us to obey the Ten Commandments out of love. When we keep these laws, we show love for God and others. We also grow more holy.

Reflection Questions

1. *Why do you think it is important to follow the law?*
2. *How do you follow Jesus’ law?*

Point **1**

Rules of the Church

In order to grow in love of God and other people, the Church invites us on a journey of good habits. Sometimes what is asked of us can seem hard, but these rules are a way of living a real and authentic Christian life. These rules, also called the Precepts of the Church, help us to be good disciples of Jesus.

Here are the Church's Rules:

1. Attend Divine Liturgy on all Sundays and all **Holy Days** of Obligation.
2. Confess your sins at least once a year.
3. Receive Holy Communion at least during the Easter Season.
4. Fast and abstain on the days determined by the Church.
5. Help provide for the needs of the Church.

Point 2

Sundays, Holy Days, and Holy Communion

The Church invites us to the Divine Liturgy to bring us closer to Jesus. In fact, the Church has a liturgical calendar. Throughout the liturgical year, we celebrate different parts of God's holy Word.

The Church, like a caring mother, invites us to partake of the Holy Communion and be reconciled to our brothers and sisters. Joining others in communion is a way to bring us closer together.



Point 3

The Mystery of Penance, Fasting, and Supporting the Church

Following Jesus means making decisions. Each day we must choose to turn away from sin and return to God's friendship. We call such actions of turning around "conversion." We celebrate this conversion in the Mystery of Penance. We confess our sins to the priest. We tell God we are sorry. We promise to do better. We receive God's forgiveness. We are reunited with God and the Church. The third Rule of the Church says to celebrate Penance frequently, so that we are always reminded of God's love for us.

Fasting and abstinence are two ways to show sorrow for sin and to practice spiritual discipline. They detach our heart from the things of this world and focus our attention on God. **Fasting** means eating less. For example, the Church asks us to not eat for one hour before Holy Communion. **Abstinence** means not eating a specific type of food, like meat, or other things we enjoy. Days of fast and abstinence may vary from country to country. Maronites in the United States fast on Ash Monday and Great Friday of the Crucifixion. We abstain from meat on Ash Monday and all Fridays during Great Lent.

Finally, we support the Church through our time, talents, and treasure, which will be explored in the Reaching the Summit section.



Activity 1

Maronite Holy Days

Directions: Turn to page 382. Study the Maronite Holy Days until you learn them. To test your knowledge, match each Holy Day in Column B with the date in Column A.

A

- ____ 1. November 1
- ____ 2. December 8
- ____ 3. December 25
- ____ 4. January 1
- ____ 5. January 6
- ____ 6. February 9
- ____ 7. Forty Days After Easter
- ____ 8. August 15

B

- A.** All Saints' Day
- B.** Ascension Thursday
- C.** Assumption of Mary (Dormition)
- D.** Epiphany
- E.** Immaculate Conception of Mary
- F.** Nativity of the Lord (Christmas)
- G.** New Year's Day
- H.** Feast of Saint Maron

Activity 2

Reasons to Attend Church

Directions: Here are some reasons to attend Church on Sunday. Check the three you think are most important.

- ☐ Everyone else goes.
- ☐ My parents tell me to go.
- ☐ I receive Jesus.
- ☐ People will think I'm good.
- ☐ I offer Jesus to the Father.
- ☐ We grow more united as a Church.
- ☐ God tells us to go.
- ☐ I like the singing.
- ☐ I become closer to God.

Bonus: Write two additional reasons not mentioned here.

1.

2.



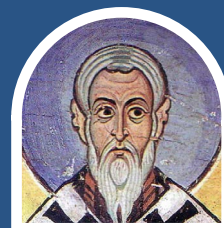
Maronite Wisdom

“Now, O Lord, we implore you, with the fragrance of this incense, to remember the Church you have built and protect your flock from evil.”

— *Book of Offering: Consecration and Renewal of the Church*

My Role Model

Saint Ignatius, Patriarch of Antioch



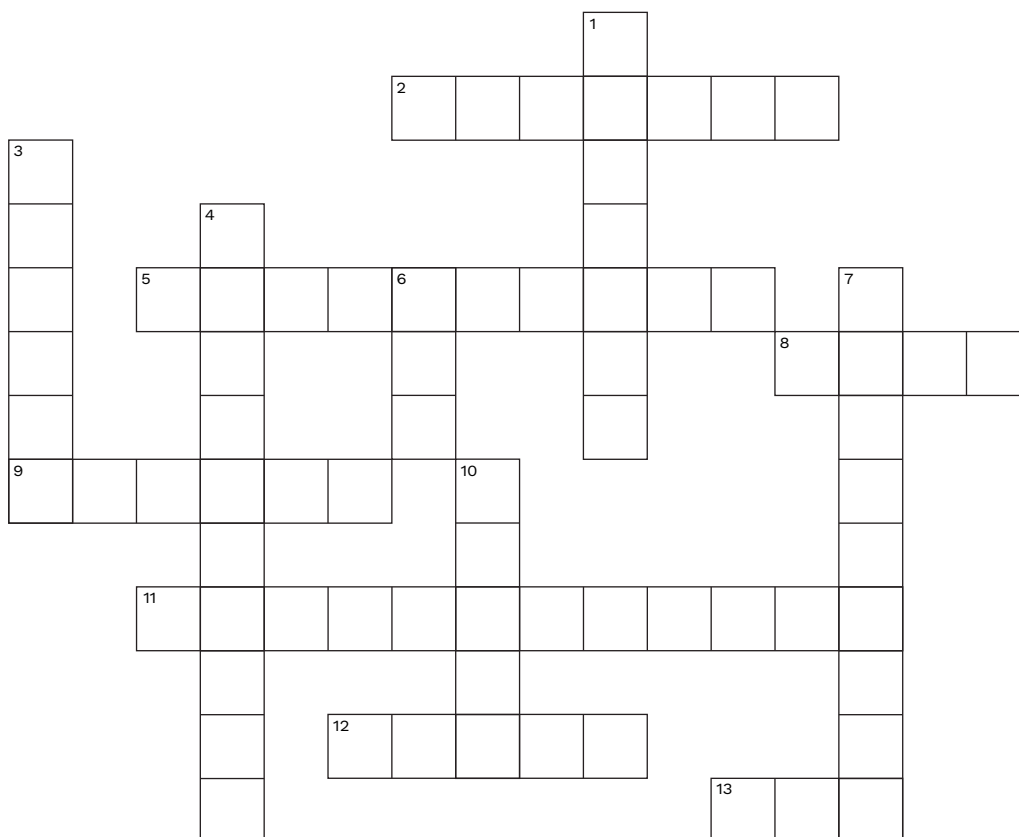
Ignatius was Bishop of Antioch in the second century. He urged Church members to obey the Ten Commandments and the Church’s rules. One day, Ignatius was arrested. He was taken by ship to Rome for execution. Along the way, he wrote letters. He told Church members to be faithful to the message of Jesus. Here is what he wrote: “Keep the commandments of the Lord. That way, you will grow in faith and love. Be obedient to your bishop, as Jesus obeyed his Father and the apostles obeyed Christ.” We honor Saint Ignatius of Antioch as a role model of Church living. His feast day is December 20. We pray that we, too, may obey the commandments and Rules of the Church.

Saint Ignatius of Antioch, pray for us.

Recall



Use the clues to complete the crossword puzzle.



The Church has five rules. They help us form good [9 ACROSS] and grow in [10 DOWN] goodness. Obeying these rules helps us love [6 DOWN] and other people. Here are the [12 ACROSS]:

- 1.** Worship God on Sundays and Holy Days of [5 ACROSS]. Enjoy the Lord's Day. Do not [8 ACROSS].
- 2.** Receive Holy [7 DOWN] at least once a year, especially during the Season of the Glorious [11 ACROSS].
- 3.** When we receive Holy [7 DOWN], we are reminded of Christ's Glorious [11 ACROSS] and his promise to always be with us.
- 4.** Keep the [1 DOWN] and [4 DOWN] laws.
- 5.** Help support the [3 DOWN].

Weekly Journal



Think about Jesus' great love and mercy for you in the Divine Liturgy and in the Mystery of Penance.

Write: One way you can show greater love toward the Divine Liturgy.

Concluding Prayer



Lord, God, you chose Saint Ignatius of Antioch to preach the Good News. May we keep his teaching in our hearts. May we remember the Commandments and Rules of the Church. Help us follow the example of Saint Ignatius of Antioch in our lives. We praise you, now and for ever. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Mt 5:17–20

The Law and the Prophets

“Do not think that I have come to abolish the law or the prophets; I have come not to abolish but to fulfill. For truly I tell you, until heaven and earth pass away, not one letter, not one stroke of a letter, will pass from the law until all is accomplished. Therefore, whoever breaks one of the least of these commandments, and teaches others to do the same, will be called least in the kingdom of heaven; but whoever does them and teaches them will be called great in the kingdom of heaven. For I tell you, unless your righteousness exceeds that of the scribes and Pharisees, you will never enter the kingdom of heaven.”

Reflection

Jesus reminds us that everything matters to him. Every moment, every person we meet, and every law he gave us matters. In our ordinary day, we can often take shortcuts. But Jesus reminds us that he sees everything and that by breaking his commandments and causing others to follow suit, we will be the least in the kingdom. At the same time, if we live these commandments and teach others, we will be the greatest in the kingdom. Following Jesus means that we follow him with everything we have. There are no half saints.

Saintly Quote

“Whoever truly loves God, whoever keeps his commands, the Lord will come and make his dwelling in his heart.” — *Saint Gregory the Great*

Questions

1. How does the demand of Jesus to keep all the Commandments and teach others to do the same make you feel?
2. What can you do during times of temptation?

Reaching the Summit

For Teachers & Parents



“The precepts [Rules] of the Church are set in the context of a moral life bound to and nourished by liturgical life. The obligatory character of these positive laws decreed by the pastoral authorities is meant to guarantee to the faithful the very minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor.” — CCC 2041

Lord’s Day

The first Rule of the Church also reminds us to obey the third commandment, “Keep holy the sabbath.” We should not work on Sundays, unless work is necessary. (Taking care of patients in a hospital is necessary work.) The purpose of sabbath rest is to honor God. When we rest and relax with our families, we grow in love of God and one another.

Catholic Social Teaching

The Dignity of Work and the Rights of Workers

“The apex of biblical teaching on work is the commandment of the sabbath rest. For man, bound as he is to the necessity of work, this rest opens to the prospect of a fuller freedom, that of the eternal sabbath (cf. Heb 4:9-10). Rest gives men and women the possibility to remember and experience anew God’s work, from

Creation to Redemption, to recognize themselves as his work (cf. Eph 2:10), and to give thanks for their lives and for their subsistence to him who is their author.”
— CSDC 258

Supporting the Church

Time: We take part in parish activities—religious education classes, social justice projects, fundraisers, and so forth.

Talent: We share our talents (singing, reading, decorating, teaching, cooking, and other skills) with the parish. We volunteer to help whenever we can.

Treasure: We give money to the Church. Every Sunday at the Divine Liturgy, there is a collection. Money is collected for the upkeep of the Church.

Discussion Questions

1. How can you instill the Church Rules in your child?
2. Besides those listed above, what are some ways you can support the Church?



Words to Know

Q. What is **abstinence**?

A. A spiritual discipline whereby we refrain from eating a specific type of food, like meat, or other things we enjoy. All Maronites who are physically capable should abstain from meat on Ash Monday and the Fridays during the Season of Great Lent.

Q. What is **fasting**?

A. A spiritual discipline whereby we eat less and refrain from eating between meals. Fasting can also mean giving up some of our favorite things. The Church asks us to fast one hour before Holy Communion. All Maronites who are able should fast on Ash Monday and Great Friday of the Crucifixion.

Q. What are **Holy Days**?

A. Certain days throughout the year when we have the duty of celebrating the Divine Liturgy. (Find the list of the Holy Days of Obligation for Maronites on page 382.)

Q. What are the **Rules of the Church**?

A. Five rules that help us form good habits that, in turn, help us grow in goodness. Obeying these rules helps us love God and other people. (Find the rules on page 381.)



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more information.**

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LESSON 24

Be Reconciled to God



Learning Objectives

In this lesson you will:

- Realize that throughout life we are continually called to turn away from sin and be reconciled with God and others.
- Explore the parts of the Holy Mystery of Penance.
- Deepen our desire to celebrate the Mystery of Penance frequently.

Opening Prayer

O Lord, you who have given me everything, give me one more thing, a contrite heart. Amen.



Opening Activity

Scan the QR code to access the online resources.

FaithOfTheMountain.org/grade4/lesson24

Introduction

As we come to our final lesson, we are reminded that following Jesus, loving him, and seeking his kingdom is the goal of our lives. During our journey, we are called to constantly return to God, that is, to be reconciled to him.

Of all the parables in the New Testament, one really stands out. And that is the story of the Prodigal Son found in the Gospel according to Luke chapter 15, which will be explored in the Climbing the Mountain section. The Parable of the Prodigal Son has several characters. One is a son who asks for his inheritance before his father dies. He wants to take that money and enjoy life. He ends up spending all of it and becoming very poor and sad. Another character is a loving father who is willing to forgive his son when he returns. The third character is the oldest son who is upset because his father was so forgiving to his brother.

Reflection Questions

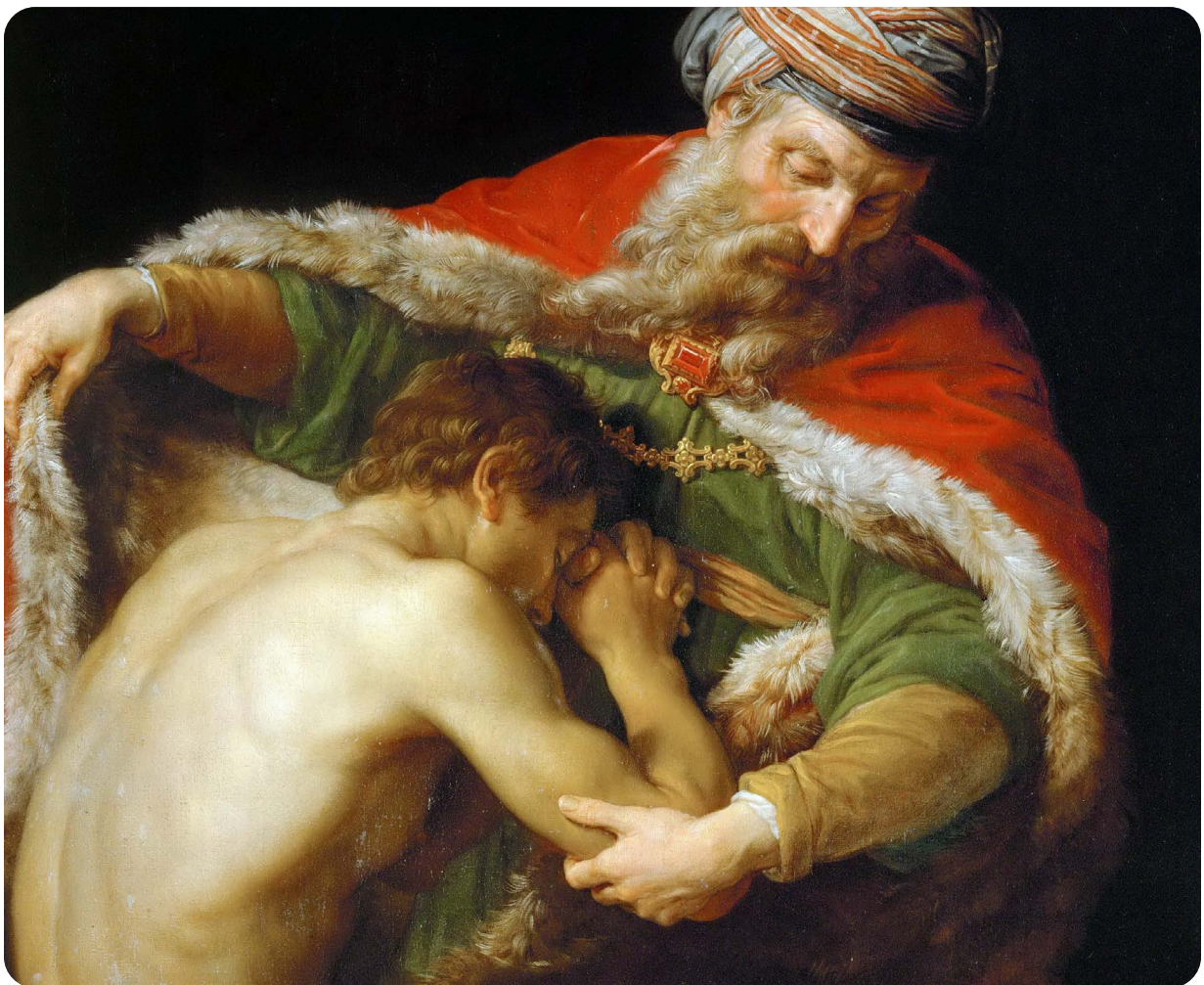
1. *Have you ever felt God's mercy after turning away from him?*
2. *What did that feel like?*

Point **1**

Be Reconciled

God is always willing to forgive. He takes us back when we are sorry for our sins.

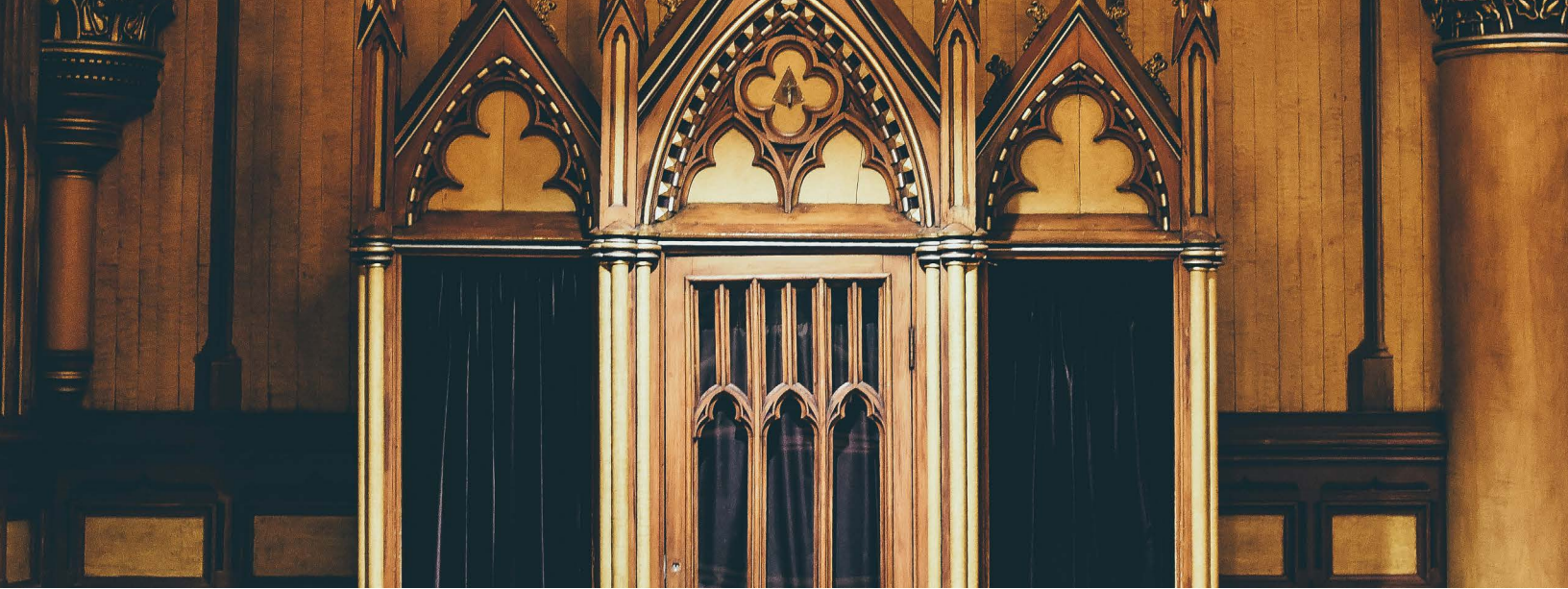
The younger son is like us whenever we choose to sin. We separate ourselves from God and the Church. We harm God and others. We also harm ourselves. The older brother represents people in our faith community who find it hard to show mercy towards others. The merciful father represents God. God always welcomes us back when we turn away from sin and return to him.





Point **2** **Ongoing Conversion**

What do you think happened to the son when he was home for a while? Sadly, he probably sinned again. And his father forgave him again. A similar thing happens to us. No matter how hard we try to be good, we will always be tempted. Even when we fall into temptation and sin, like the son in the story, we need conversion and forgiveness. We need **reconciliation** with God and others. The word reconciliation means “to become friends again.” The Holy Mystery that reconciles us to God and the Church is called the **Mystery of Penance**.



Point **3**

The Mystery of Penance

The Mystery of Penance has four basic parts:

1. First we prepare for the Mystery of Penance. We pray to the Holy Spirit to help us know our sins. We examine our conscience. We admit what we have done wrong. We see how our thoughts, words, or actions have been sinful.
2. We begin by saying, *“Bless me Father, for I have sinned.”* Then we confess our sins to the priest.
3. We listen to the priest’s advice. We agree to do the penance he gives us. A **penance** is a prayer or action that shows we are truly sorry for our sin. We will try to make things right again.
4. We express true sorrow for our sins. At this time, we pray a sincere Act of Contrition. The word **contrition** means “sorrow for sin.”
5. We receive absolution from the priest. The word **absolution** means “to wash away, to make clean again.” In the name of God, the priest forgives our sins. We are reconciled with God and the Church. Our friendship with God and the Church has been restored.

Activity 1

Thank You Note

Directions: Write God a thank you note for a time that he has forgiven you.

Activity 2

Forgiving Father Skit

Directions: Select students to play the following parts: Narrator, Father, Son 1, and Son 2. Practice your parts, then present the skit to the class.

.....

Narrator Once there was a father who had a nice ranch.

(Father walks on stage. He wears a cowboy hat.)

Narrator He lived with his older son, and everything on the ranch was good.

(Son 1 enters, riding a stick hobby horse and wearing a cowboy hat.)

Father The father's cows produced abundant milk, the sheep provided lots of wool, and the horses helped with the plowing. Then, however, he was sad.

(The father takes out a bandana from his pocket and pretends to cry into it.)

Son 1 Father, why are you so sad?

(He puts down the hobby horse and pats his dad on the shoulder.)

Father Your brother is not with us. He took all his inheritance, and now we'll probably never see him again.

Son 1 Actually, I think I see him right now at the end of the road.

They both look offstage. Son 2 enters slowly. He looks sad. Father runs to Son 2 and embraces him. Son 2 hangs his head.

Father Son, it is so good to see you again.

Son 2 Father, I did a terrible thing.

Father It's not important. You're home now.

Son 2 But I'm broke, Just look at these bills.

(He hands his father some papers and the father hands them to Son 1.)

Son 1 Dad, he spent every cent he had. And there's nothing to show for it!

Father I've got more money. Do not worry about it.

Son 1 But Dad, he's also been using your credit cards. He's run up a terrible debt!

Father I do not care. I forgive him anyway.

(He puts the cowboy hat on Son 2.)

Father Here's a hat for you to wear, Son.

(Son 2 looks surprised. Then the Father picks up the hobby horse and gives it to Son 2. Son 2 smiles broadly.)

Father And here is a good horse for you to start over with.

Son 2 Thanks, Dad.

Son 1 Dad, why are you doing this? He should be punished.

Father Just as God forgives us, so we are to forgive others. Your brother has already been punished enough. Now it's time to rejoice!

Narrator That night, there was a huge barbeque with steaks and beef ribs. Everyone ate a lot and had a good time. The band played and everyone danced until dawn.

(Father and two Sons join hands and dance their way offstage.)

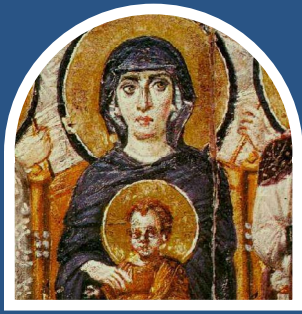


Maronite Wisdom

“O Lord on high, hidden from all creation, you are peace reconciling those who are enemies, you are forgiveness to those who sin, and you are comfort to those who are sorrowful. Open the door of your mercy to our petitions and, in the abundance of your grace, accept our prayers. Make us children and heirs of your kingdom, through the grace of your only Son and his love for all people, and through your Holy Spirit, now and for ever.”

— *Book of Offering: Anaphora of Saint John Chrysostom*





My Role Model

Saint Mary, Mother of God

Saint Mary, the Mother of God, was the first human to be reconciled with God after the fall of Adam and Eve. Unlike other humans, Mary was conceived without Original Sin. Although she had free will and could have sinned, she never did. She never gave in to temptation. She never turned away from God's friendship. We celebrate Mary's freedom from sin on the Feast of the Immaculate Conception (Dec. 8). The Immaculate Conception is the patron saint of all Church members in the United States. She is our role model for being reconciled with God. On the first Sunday in May, we also honor Mary as Our Lady of Lebanon. On this day, we ask Mary to help us experience conversion throughout life. We pray that we, too, may live with God in heaven.

This past year, you have learned about following Jesus and his moral message. Whenever you have a moral decision to make, you can always turn to Mary for advice and help. She will help you make the right decision. She will help you grow more like Jesus.

Saint Mary, pray for us.



Recall

Underline the correct answer in each sentence.

1. The word (**penance** | **reconciliation**) means “to become friends again.”
2. God is always willing to (**forgive** | **punish**) us.
3. (**Chrismation** | **Penance**) is the Holy Mystery that reconciles us to God and others.
4. The (**absolution** | **penance**) is a prayer or action that shows we are truly sorry for our sin and will try to make things right again.
5. The term (**contrition** | **Immaculate Conception**) means “sorrow for sin.”
6. (**Mary** | **Saint Maron**) was the first human to be reconciled with God after the sin of Adam and Eve.

Weekly Journal



You have been taught many important lessons this year about following Jesus.

Write: What was your favorite faith lesson this year and why?

Concluding Prayer



Hail Mary, full of grace, the Lord is with thee; blessed are thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

Climbing the Mountain

Bonus Materials for Students & Teachers



Lk 15:11-32

The Parable of the Prodigal and His Brother

Then Jesus said, “There was a man who had two sons. The younger of them said to his father, ‘Father, give me the share of the property that will belong to me.’ So he divided his property between them. A few days later the younger son gathered all he had and traveled to a distant country, and there he squandered his property in dissolute living. When he had spent everything, a severe famine took place throughout that country, and he began to be in need. So he went and hired himself out to one of the citizens of that country, who sent him to his fields to feed the pigs. He would gladly have filled himself with the pods that the pigs were eating; and no one gave him anything. But when he came to himself he said, ‘How many of my father’s hired hands have bread enough and to spare, but here I am dying of hunger! I will get up and go to my father, and I will say to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son; treat me like one of your hired hands.’” So he set off and went to his father. But while he was still far off, his father saw him and was filled with compassion; he ran and put his arms around him and kissed him. Then the son said to him, ‘Father, I have sinned against heaven and before you; I am no longer worthy to be called your son.’ But the father said to his slaves, ‘Quickly, bring out a robe—the best one—and put it on him; put a ring on his finger and sandals on his feet. And get the fatted calf and kill it, and let us eat and celebrate; for this son of mine was dead and is alive again; he was lost and is found.’”

Reflection

The Parable of the Prodigal Son is found only in the Gospel of Luke. In this beautiful account, the younger son turns his back on his father, who represents God the Father. The son chooses the things of the world rather than God. But “God, who

is rich in mercy, out of the great love with which he loved us,” (Eph 2:8) waits patiently for his son. As soon as he catches a glimpse of his return, the father runs to embrace him and welcome him. God is always coming after us, even when we sin. He prepares a wedding banquet for us in heaven. The question is, do we want to attend that never-ending banquet or would we rather settle for the passing things of this world?

Saintly Quote

“Confession heals, confession justifies, confession grants pardon of sin. All hope consists in confession. In confession there is a chance for mercy. Believe it firmly. Do not doubt, do not hesitate, never despair of the mercy of God. Hope and have confidence in confession.” — *Saint Isidore of Seville*

Questions

1. Which character in the parable do you identify with and why?
2. What is your favorite part of the Mystery of Penance?

Reaching the Summit

For Teachers & Parents



“Those who approach the sacrament of Penance obtain pardon from God’s mercy for the offense committed against him, and are, at the same time, reconciled with the Church which they have wounded by their sins and which by charity, by example, and by prayer labors for their conversion.” — CCC 1422

Mystery of Penance

In the sacrament of penance the Christian faithful who, having committed sins after baptism, led by the Holy Spirit, turn to God in their hearts and, moved by sorrow

for their sins, resolve to lead a new life. Through the ministry of the priest, to whom they make confession and from whom they accept a fitting penance, they obtain forgiveness from God and at the same time are reconciled with the Church, which they have wounded through sin. Thus this sacrament contributes greatly to the fostering of Christian life and disposes the Christian faithful for the reception of the Divine Eucharist. — *Code of Canons of the Eastern Churches* 718

Penitential Rite

Before receiving Holy Communion at the Divine Liturgy, and after praying the Lord's Prayer, we take part in a Penitential Rite.

The Penitential Rite begins with a prayer for peace. The following dialogue takes place:

Cel: Peace be with you.

Cong: And with your spirit.

Deacon: Bow your heads before the God of mercy, before his forgiving altar, and before the Body and Blood of our Savior, who gives life to those who partake of him, and receive the blessing from the Lord.

Cel: O Lord, bless your faithful people who bow before you. Deliver us from all harm and make us worthy to share in these Divine Mysteries, with purity and holiness, that through them we may be forgiven and made holy, and we raise glory to you, now and for ever.

Cong: Amen

Discussion Questions

1. How can you foster a desire to be always close to God?
2. How can you help your child recognize that God is love and always awaits his return no matter his sins?



Words to Know

Q. What is **absolution**?

A. A word that means “to wash away, to make clean again.” In the Mystery of Penance, the priest absolves us from sin in the name of God and the Church. We receive forgiveness and are officially reconciled with God and the Church.

Q. What is **contrition**?

A. Sorrow for sin. In the Holy Mystery of Penance, we say an Act of Contrition to show that we are sorry for our sins. True contrition requires the intention not to sin again.

Q. What is the **Mystery of Penance**?

A. A Holy Mystery that forgives our sins and reconciles us to God and the Church. We confess our sins to Jesus through a priest and receive absolution.



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more information.**

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A P P E N D I X

Prayers and Resources

Glossary

Abba: An affectionate name that means “Dad.” Jesus addressed God as Abba, which shows great love and respect for a parent.

Abortion: The deliberate killing of an unborn child. This violates the fifth commandment.

Absolution: To wash away or to make clean again. In the Mystery of Penance, the priest absolves us from sin in the name of God and the Church. We receive forgiveness and are officially reconciled with God and the Church.

Abstinence: A spiritual discipline whereby we refrain from eating a specific type of food, like meat, or other things we enjoy. All Maronites who are physically capable should abstain from meat on Ash Monday and the Fridays during the Season of Great Lent.

Adore: To worship and praise God for his own goodness. Adoration is one form of prayer.

Adultery: The sin of acting as a married partner to someone who is not married to you. This disobeys the sixth commandment and hurts family life.

Anaphora: The part of the Divine Liturgy that includes the Service of the Word, Eucharistic Prayer, and Communion Rite. The word “anaphora” means “to offer, or lift on high.” During the Anaphora, we lift our prayers to God. We recognize God’s many gifts to us. We thank God for them.

Anger: A negative emotion that is not sinful in itself. Anger becomes sinful when it leads us to say or do hurtful things.

Anointing of the Sick: See Mystery of Anointing of the Sick.

Apostle: A messenger or one who is sent. One of twelve special friends of Jesus. The apostles preached about Jesus after he died and rose. They started many Church communities.

Baptism: See Mystery of Baptism.

Beatitude: Blessed or happy. An attitude described by Jesus that helps us live in God’s kingdom. People who live by the beatitudes are blessed by God. They are truly happy.

Beautiful: A sign of God's presence throughout creation, such as an amazing sunset. The beautiful can be seen with our physical senses and with our mind.

Bible: A collection of seventy three books divided in two parts. The First forty-six books form the Old Testament, while the other twenty-seven are called the New Testament. It is also called "Word of God". Written under the inspiration of the Holy Spirit, and when we read it, inspired by the same Spirit, we grow in holiness, and our lives bring fruits worthy of the name of Christ.

Bishop: An ordained minister and leader of a Church area known as a diocese or eparchy. The bishops are responsible for handing down the teaching of Jesus and making sure the Church is a place where all members can grow in holiness and love.

Blasphemy: The sin of cursing God or showing disrespect for God by the way we say his name. Blasphemy is a sin against the second commandment.

Blessing: Something that is good in itself and good for us. All blessings come from God. It also means to praise God. We show our love by blessing God for his abundant holiness and goodness.

Canonization: The formal process by which a person who has died becomes an official saint of the Church.

Catholic: Universal, or open to all. The Maronite Church is catholic because it is open to people of all nations and races.

Charity: The theological virtue that enables us to love God with our whole heart, mind, and soul and our neighbor as ourselves.

Chastity: This virtue helps us respect the human body and be modest in the clothes we wear and the language we use.

Cheating: Deliberately trying to trick others by not playing by the rules or by taking an illegal shortcut. Cheating is unfair. It deprives others of what is rightfully theirs. Cheating is also a sin against the seventh commandment.

Chrismation: See Mystery of Chrismation.

Christians: Disciples of Jesus who decided to be baptized and follow his teachings. The word Christian means "belonging to Christ." The followers of Jesus were first called Christians in Antioch.

Church: The assembly of God’s faithful people on earth, combined with the saints in heaven and the faithful departed in purgatory. The word Church means “assembly or gathering.” Our Maronite Church is in full union with the Bishop of Rome (Roman Catholic Church).

Church Liturgical Year: Calendar of the Church that marks the year into special seasons. During the Church Liturgical Year, we celebrate different parts of God’s holy Word and also celebrate the lives of saints who are role models in virtue and moral living. Our Maronite Church Liturgical Year begins the first week in November.

Commandment: An order from God that tells us what we should and should not do. It tells us what God considers to be right and wrong and how we are supposed to treat God and other people. God gave Moses the Ten Commandments on Mount Sinai. Jesus explained these commandments in terms of love.

Common good: What is best for most people in the community. Humble people sacrifice their own wants and needs for the common good.

Compassion: To suffer with others. Compassion is the virtue that enables us to put ourselves in another person’s place and imagine what he or she must be feeling. We put ourselves in another person’s place and then we try to help them.

Confession: See Mystery of Penance.

Confirmation: See Mystery of Chrismation.

Conscience: The voice of God within us, which helps us to know right from wrong. When we examine our conscience, we ask, “What have I done wrong? How can I do better?”

Contrition: Sorrow for sin. In the Holy Mystery of Penance, we say an Act of Contrition to show that we are sorry for our sins. True contrition requires the intention not to sin again.

Corporal works of mercy: Seven loving acts of kindness that help meet the bodily needs of others. The word corporal means “of the body.” The corporal works of mercy are: feed the hungry, give drink to the thirsty, give shelter to the homeless, clothe the naked, take care of the sick, visit those in prison, and bury the dead.

Counsel: The gift of the Holy Spirit that helps us know right from wrong. It helps us pray and gives us strength to make the right decision. This gift also helps us seek good advice when we are not sure what to do.

Courage: The gift of the Holy Spirit that makes us brave in following Jesus by seeking the truth, choosing the good, and loving the beautiful. Courage helps us do the right thing even when other people oppose us. Courage is also called fortitude.

Covenant: A sacred promise between two parties to relate to one another in a certain way. A covenant, unlike a contract, should not be broken. God made a covenant with the Israelite people at Mount Sinai. God agreed to love and be with the Israelites; the Israelites, in turn, agreed to obey God's commandments. The marriage of Christians is a covenant.

Covet: To want or desire for ourselves something that belongs to another person. This sin violates the ninth and tenth commandments.

Creed: A statement of what we believe. Maronites pray the Nicene Creed at the Divine Liturgy. The Nicene Creed is also professed at the Mystery of Baptism and Confirmation. By reciting it, we are affirming what we believe.

Crowning: See Mystery of Crowning.

Deacon: An ordained Church minister who has received the Mystery of Holy Orders. The deacons are ordained to serve the Church and help the priest and bishop.

Devotions: Certain prayers and pious customs that help us lift our hearts and emotions, as well as our minds, to God. Some examples of devotions include the Service of the Cross, the Christmas Novena, and the devotions in honor of the Blessed Virgin Mary.

Dignity: To have worth, value, and honor. We believe all people have dignity because they are made in God's image.

Disciple: The word "disciple" means "student." A disciple is a follower of Jesus.

Encyclical: A letter written by a pope that circulates among the entire Church. Encyclicals teach us the faith and help us know what is right and wrong based on the Gospel of Jesus.

Envy: The sin of being sad over what another person has and desiring to acquire it. Envious people are not happy with who they are or what they have.

Eucharist: See Mystery of the Eucharist.

Eucharistic Prayer: The part of the Anaphora during the Divine Liturgy that offers our thanksgiving to God for his son, Jesus. During the Eucharistic Prayer, the bread and wine truly become the Body and Blood of Jesus Christ. In the Eucharistic Prayer, we pray in many different ways: praise, thanksgiving, petition, and forgiveness.

Evil: Evil is the absence of good. It involves being selfish, mean, unkind, and sinful. Evil also refers to that which is wrong and incorrect.

Faith: The theological virtue that enables us to believe that God exists and loves us. Faith is a virtue that enables us to hear God's Word and trust in it.

Faithful: The quality of being loyal and true. God is always faithful to people, even when they turn to false gods.

Fasting: A spiritual discipline whereby we eat less and refrain from eating between meals. Fasting can also mean giving up some of our favorite things. The Church asks us to fast one hour before Holy Communion. All Maronites who are able should fast on Ash Monday and Great Friday of the Crucifixion.

Fear of the Lord: The gift of the Holy Spirit that helps us remember that God is our loving Creator. We owe him praise, worship, and love. We center our lives in him.

Feast Day: A day in the Church Liturgical Year that honors a certain saint or event in the life of Jesus. We pray that we, too, may grow in holiness.

Forgiveness: Pardon for wrongs done or sin against God. When we hurt others, we need to ask for forgiveness. When others hurt us, Jesus calls us to forgive them.

Fortitude: The gift of the Holy Spirit that makes us brave in following Jesus by seeking the truth, choosing the good, and loving the beautiful. It helps us do the right thing even when it is hard and even if people oppose us. Fortitude is also called courage.

Free will: The ability to make choices without being forced by someone or something. Because of free will, we can decide to obey God (do good) or disobey God (do evil).

Gentile: Anyone who is not Jewish. Jesus loved and welcomed Gentiles.

Gifts of the Holy Spirit: Seven special virtues given to us by the Holy Spirit to help us grow in holiness and our ability to make morally good decisions. They are wisdom, understanding, counsel, fortitude, knowledge, piety, and fear of the Lord.

Golden Rule: “In everything do to others as you would have them do to you.” The Golden Rule explains how Christians are to treat others.

Good: Being in harmony with God’s plan for the world. Good is wholesome, kind, and honorable. It means choosing what is right. It means to follow Christ.

Gospel: A word that means “good or hopeful news.” Four Gospels are found in the New Testament of the Bible by Matthew, Mark, Luke, and John. The Gospels tell us about Jesus and what he said and did.

Grace: A free and undeserved gift from God given to us when we ask for it and are open to receive it. It is also given to us when we participate in the Holy Mysteries. Grace allows us to grow in holiness and share in God’s own life.

Great Commandment: Jesus’ summary of the first three commandments: “You shall love the Lord your God with all your heart, and with all your soul, and with all your mind.”

Greed: The sin of wanting everything for ourselves or being unwilling to share. Greed is a sin against the Tenth Commandment.

Heaven: The state of perfect happiness that lasts forever because God is with us. In heaven, everyone who loves God will live in peace, joy, justice, and love. Another name for heaven is the Kingdom of God.

Holiness: To share in the life of God. Holiness means that we are called to the perfection of charity. Holy people turn away from sin and act with love, peace, and goodness.

Holy Communion: Oneness with God and others. At Holy Communion we receive the Eucharist, the Body and Blood of Christ. We show that we are brothers and sisters of one another in Christ.

Holy Days: Certain days throughout the year when we have the duty of celebrating the Divine Liturgy. (Find the list of the Holy Days of Obligation for Maronites on page 382.)

Holy Mystery: A gift given to the Church by Jesus. The Holy Mysteries are celebrations where we meet Jesus Christ and grow in holiness. The Catholic Church has seven Holy Mysteries: Baptism, Chrismation (Confirmation), Eucharist, Penance, Anointing of the Sick, Crowning (Marriage), and Holy Orders.

Holy Orders: See Mystery of Holy Orders.

Holy Trinity: The one true God, who is three divine Persons— the Father, the Son, and the Holy Spirit. The Holy Trinity is not three separate gods, but one God.

Homily: The talk given by the priest or deacon at the Divine Liturgy. The purpose of the homily is to explain the meaning of the day's Scripture readings. Often, the homily contains ideas about how to apply the Scripture readings to our everyday actions.

Honesty: Being genuine, real, upright, and truthful. Honesty is the opposite of lying, or leading people to believe something that is not true.

Honor: A sense of pride and respect that is shown toward oneself or another person. Family honor involves obedience between children and parents, as well as loyalty between husband and wife.

Hoosoyo: The prayer of forgiveness found at the beginning of every Divine Liturgy. The *Hoosoyo* explains the day's feast and helps people apply the Scripture readings they hear to their own lives.

Hope: The theological virtue that helps us trust in God and the promises of Jesus. Hope helps us take up our daily cross, trusting that God's kingdom will come someday.

Hosanna: "Lord save us!" On *Hosanna* Sunday, the first day of Passion Week, Jesus rode into Jerusalem. The people greeted him as the Messiah. They shouted "*Hosanna!*" We use the word in a prayer known as the Holy, Holy, Holy, during the Divine Liturgy.

Hospitality: "To welcome" or "to make people feel at home."

Humility: A virtue that means "close to the earth" or "lowly." Humble people generously share their talents for the good of others. They do not consider themselves "better" than others.

Idol: Anything that takes the place of the one true God; for example, a statue, image, or other representation of a false god. Worshipping idols is a sin against the first commandment.

Immoral: It describes any bad thought, word, or action that hurts God and others. An immoral action is wrong and sinful.

Intercession: Prayer to help others who are alive or dead. To intercede means “to stand in the middle.” When we pray an intercession, we stand “in the middle” between God and people in need. We ask God to help these people.

Justice: A basic moral virtue that helps us treat people as they deserve to be treated.

Kingdom of God: The experience of perfect happiness because God is with us. In God’s kingdom, everyone who loves God will live in peace, joy, justice, and love. Another name for the Kingdom of God is heaven.

Knowledge: The gift of the Holy Spirit that enables us to discover God’s will in all things. It helps us know the Bible and the teachings of Jesus. It helps us know how we are to act if we want to be good Maronites.

Law of Love: The new commandment given to us by Jesus. It is: “Love one another as I have loved you.”

Marriage: See Mystery of Crowning.

Martyr: Someone who is put to death because of their faith. Almost all the apostles were martyred. The word means “witness.” Christian martyrs give witness to the Gospel of Jesus.

Meek: Someone who is meek is quiet and gentle. Jesus said that the meek will inherit the earth. This means that people who trust in him will enjoy eternity with him and the Father.

Mercy: The virtue of loving kindness, especially toward the poor and needy. Mercy enables us to reach out to others and help them because we “stand as one” with them. It also enables us to forgive those who have hurt us.

Messiah: The Savior whom God promised to send to redeem the world from sin and death. Jesus, the Son of God, is the Messiah.

Mission: A special purpose or job that someone is sent to do. The mission of the Twelve Apostles was to tell people the Good News about Jesus’ death and Resurrection. Our Maronite Church continues this mission today.

Moral: It describes any good thought, word, or action that shows love for God and others. A moral action is good.

Moral virtue: Any virtue that helps us behave in a good way. Four basic moral virtues are prudence, justice, fortitude, and temperance.

Mystery of Anointing of the Sick: A healing mystery in which the priest makes the sign of the cross with holy oil on the forehead of people who are old, sick, or dying. The Church prays that these people may receive health of body and soul.

Mystery of Baptism: A Holy Mystery in which we become members of the Maronite Church. Because Baptism imprints a spiritual mark on the soul, this Mystery can be received only once. At Baptism, we are immersed in holy water or it is poured on our head. We are also anointed with Baptismal oil. All sin—Original and personal—is forgiven. We become God’s children.

Mystery of Chrismation (Confirmation): A Holy Mystery that strengthens the graces received in Baptism. This mystery unites us more closely to Christ and gives a special outpouring of the Holy Spirit’s gifts.

Mystery of Crowning: A Holy Mystery in which a baptized man and a baptized woman promise to love each other in marriage. They agree to share their lives as a covenant for as long as they live and to form a new family.

Mystery of the Eucharist: A Holy Mystery in which we become one with God and others. The word Eucharist means “thanksgiving.” The sacrifice of Jesus is present, and we offer him and ourselves to the Father. The blessed bread and wine truly become the Body and Blood of Jesus. We give thanks and praise to God for the gift of his Son, Jesus.

Mystery of Holy Orders: A Holy Mystery that consecrates certain baptized men as Church leaders. To consecrate means “to set aside as sacred, to dedicate to God.”

Mystery of Penance: A Holy Mystery that forgives our sins and reconciles us to God and the Church. We confess our sins to Jesus through a priest and receive absolution.

Neighbor: Every person in the world. Those who live next door or on the same block, those who live far away, strangers, and even enemies. Jesus taught his followers to “love your neighbor as yourself.”

New Testament: The second main section of the Bible. There are twenty-seven books in the New Testament. They cover the time from the birth of Jesus to the days of the early Church.

Nonviolence: A way of dealing with problems that Jesus taught us: not shouting, hitting, fighting, or any other form of force or violence.

Obedience: A virtue, or good habit, that helps us do God's will. It means doing what our parents and others in authority ask and especially doing what God wants. It also means an attitude of respect and love for each person in the family. Consecrated men and women, as well as priests, make a vow of obedience to go where the Church sends them. They do this to show that doing God's will is more important than getting their own way or always doing what they want.

Old Testament: The first section of the Bible. The Old Testament contains forty-six books. They cover the time from the beginning of the world to before the birth of Jesus.

Original Sin: The sin of Adam and Eve that all humans have inherited. It affects our nature and makes us more vulnerable to temptation and sin. Baptism forgives Original Sin and fills us with God's own grace and life.

Pastoral letters: Letters written by one or more bishops to all the Church members in their area. Pastoral letters teach people the faith and remind them to choose good instead of evil.

Patriarch: The father or head of a family. The leader of the Maronite Church is called the Patriarch of Antioch and All the East. The first patriarch of the Maronite Church was Saint John Maron.

Peace: Being in harmony with others. Living in peace means being calm and reasonable. It means respecting others and getting along with them.

Penance: Acts and attitudes that show we are sorry for our sins and want to make up for the wrong our sins have caused. This may be a prayer or action the priest gives us in the Mystery of Penance.

Pentecost: A feast that takes place fifty days after Easter. On Pentecost, the Holy Spirit came upon the apostles and filled them with new life and courage.

Petition: A type of prayer in which we ask God to give us something we need.

Pharisees: A group of Jewish people in the time of Jesus who were very strict about their laws. They believed the only way a person could truly be good was to obey every law. Jesus often criticized the Pharisees for making the law more important than love for God.

Piety: The gift of the Holy Spirit that helps us love God more and pray more.

Pope: The Bishop of Rome and leader of the worldwide Catholic Church. Saint Peter was the first pope.

Prayer: Talking with God, either alone or with others. Prayer changes us; we grow closer to God and become more like him. Prayer is essential to obey God's commandments.

Priest: An ordained Church minister who is the bishop's coworker. Priests lead the celebration of the Divine Liturgy and the Holy Mysteries and serve the people of God.

Prudence: The gift of the Holy Spirit that helps us know the right thing to say or do in each situation.

Qorbono (Eucharist): See Mystery of the Eucharist.

Reconciliation: A word that means "to be reunited" or "to become friends again." The Holy Mystery of Penance reconciles us with God and others after we have sinned.

Respect: Attitudes and actions that show we value another person. Respectful people are polite, considerate, and reverent. They are careful not to offend others.

Responsible: The ability to answer for our decisions and behavior, to do our duty, to do what is good, to love what is beautiful, and to seek what is true. We are responsible for this by our thoughts, words, and actions.

Resurrection: A word that means "to rise from the dead." The rising of Jesus from death to new life. We celebrate the Resurrection of Jesus every Sunday, on Easter, and throughout the Season of the Glorious Resurrection. Jesus truly died, but he truly rose again to new life.

Reverence: Honor and respect shown to God, his name, and all that is holy.

Rules of the Church: Five rules that help us form good habits that, in turn, help us grow in goodness. Obeying these rules helps us love God and other people. (Find the rules on page 335.)

Sabbath: A day during the week when God's people are supposed to rest and be restored to a good relationship with God and others. This was a way of Worshipping God and loving others for the Jewish people, who observe the sabbath from sundown on Friday to sundown on Saturday.

Salvation history: God's plan to save us from sin and restore us as his friends. It includes God's promise after the first sin of Adam and Eve, especially through the coming of Jesus, and God's continued saving action in the Church.

Samaritan: A resident of the region of Samaria. Samaritans were disliked and looked down upon by Jewish people, in part because they had intermarried with non-Jews.

Satan: Another word for the devil or the Evil one, who tempts us to do wrong and turn away from God. Satan is behind all the evil in the world.

Savior: Someone who rescues people from harm or danger. Jesus, God's Beloved Son, is the Savior of the world. God sent him to save us from sin and death.

Service: To be of use to others. All Church members are called to serve others and contribute to their welfare.

Service of the Word: The part of the Liturgy in which we listen to readings from the Holy Bible. This part extends from the beginning of the Church service to the end of the creed.

Sin: An offense against God. Sin is a failure in genuine love for God and neighbor. Whenever we freely decide to do wrong, we sin against God and others.

Slander: The sin of spreading lies about other people. This sin violates the eighth commandment.

Solidarity: A type of justice marked with compassion. We "stand as one" with others. Our connection of love and care for them is solid. Other names for solidarity include friendship and social charity.

Soul: The spiritual part of us given directly by God to each person at the moment of conception, and that will live forever, beyond the death of the human body.

Spiritual works of mercy: Seven acts of loving kindness that are aimed to meet the spiritual needs of others. The spiritual works of mercy are: counsel the doubtful; instruct the ignorant; admonish the sinner; comfort the sorrowful; bear wrongs patiently; forgive all injuries; pray for the living and the dead.

Stewardship: Our duty to be good managers or caretakers of our possessions and the earth. Jesus calls us to be good stewards of all people, nature, and material goods.

Synagogue: An important building where Jewish people meet together on the Sabbath to study the Scriptures, pray, and worship God.

Temperance: A basic moral virtue that helps us find a balance when we engage in certain pleasures. Temperate people have good self-control.

Temptation: The urge or tendency to do wrong, even though we know the action is wrong. All people are tempted. Morally good people try to resist temptation and choose the good.

Ten Commandments: Ten laws given by God to Moses and the Jewish people. These laws deal with ways we are expected to behave toward God and toward other people. Jesus summarized these laws into the Great Commandment by saying we are to love God with our whole heart, and we are to love others as ourselves.

Theological virtues: Good habits that help us know and relate to God, and become sharers in his divinity. The three theological virtues are faith, hope, and charity.

Trust: The ability to depend on something or someone to be faithful and true. When we trust someone else, we rely on that person to be there to help us. We have confidence that everything will turn out all right.

Truth: What is accurate and complete. Telling the truth is an important part of justice—right relationships with others. When we tell the truth, we do what is right to others. When we do not tell the truth, we hurt others and violate the eighth commandment.

Understanding: The gift of the Holy Spirit that helps us understand what is revealed from the Mystery of God.

Virtue: A good habit and a good disposition to do what is good. Examples of virtues include: honesty, gentleness, peacefulness, patience, and compassion to others.

Wisdom: The gift of the Holy Spirit that helps us understand the things of God by directing our whole life and our actions to his honor and glory.

Witness: A person who tells the truth about a situation or the actions of another person; the action of telling the truth about a situation or the conduct of others. We teach others about Jesus by the witness of our own words and actions.

Word of God: Sacred Scriptures, or the Bible, which include the Old Testament and the New Testament. The term “Word of God” also refers to Jesus. God speaks to us through Jesus and through the Bible.

Worship: To give praise or show respect for God. One way we worship God is by taking part in the Divine Liturgy. It is wrong to worship false gods.

Prayers and Resources

Sign of the Cross

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

Lord's Prayer

Our Father,
who art in heaven,
hallowed be thy name;
thy kingdom come;
thy will be done
on earth as it is in heaven.
Give us this day our daily bread
and forgive us our trespasses
as we forgive those who trespass against us.
And lead us not into temptation,
but deliver us from evil.
for the kingdom, the power, and the glory are yours,
now and for ever. Amen.

Hail Mary

Hail Mary,
full of grace,
the Lord is with thee.
Blessed art thou among women,
and blessed is the fruit of thy womb, Jesus.
Holy Mary,
Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

Doxology

Glory be to the Father
and to the Son
and to the Holy Spirit,
as it was in the beginning is now,
and ever shall be world without end.
Amen.

Hail Holy Queen

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To thee do we cry,
poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
thine eyes of mercy toward us,
and after this our exile
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.
Pray for us, O holy Mother of God,
That we may be made worthy of the promises
of Christ.

Trisagion (Qadeeshat)

Holy are you,
O God;
holy are you,
O strong One;
holy are you,
O immortal One,
have mercy on us.

In Syriac:

qa-dee-shat a-lo-ho.
qa-dee-shat ha-yel-to-no.
qa-dee-shat lo-mo-yoo-to.
it-ra-ham 'a-lain.

Act of Hope

O My God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Act of Faith

O My God, I firmly believe that you are one God in three Divine Persons, Father, Son, and Holy Spirit; I believe that your Divine Son became man, and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them. Who can neither deceive nor be deceived.

Act of Love

O My God, I love you above all things, with my whole heart and soul, because you are all-good and worthy of all love. I love my neighbor as myself for the love of you, I forgive all who have injured me, and ask pardon of all whom I have injured.

Morning Prayer Or Prayer before the Divine Liturgy

Jesus Christ, O Source of Light

Syriac: hasyo oo-qadeesho

1. Alleluia!

Jesus Christ, O Source of Light, in you we see light. Truly Light from Light, you shine on all creation. Shine your light upon us all; grant us joy with your bright dawn.

2. Alleluia!

Holy Lord, you dwell in light in realms of glory. Keep us free from sin and shame; dispel all darkness. Grant us purity of heart; may your justice guide our lives.

3. Alleluia!

Virgin Mary, you are blest among all women. You were chosen by the Lord to be his Mother. The Eternal Son took flesh, dwelling nine months in your womb.

4. Alleluia!

Blessèd martyrs, you proclaimed before your judges: "We will not renounce our Lord, the Crucified One, but with fervent love for him we will suffer pain and death."

5. Alleluia!

Son of God, you died and rose to give us new life. Those who sleep in death have hope and consolation. Jesus, you will raise them up, for they praised the Trinity.

Prayer before Reading the Scripture

Holy and immortal Lord, sanctify our minds and purify our consciences, that we may praise you with purity and listen to your Holy Scriptures. To you be glory, for ever. Amen.

Prayer after Reading the Scripture

Praise and blessings to Jesus Christ, our Lord and God, for giving us his words of life. Amen.

Prayer in Union with God

You have united, O Lord, your divinity with our humanity and our humanity with your divinity, your life with our mortality and our mortality with your life. You have assumed what is ours and you have given us what is yours for the life and salvation of our souls. To you be glory for ever.

Prayer to Christ the High Priest

O Lord, you are the pleasing Oblation, who offered yourself for us. You are the forgiving Sacrifice, who offered yourself to your Father. You are the High Priest, who offered yourself as the Lamb. Through your mercy, may our prayer rise like incense which we offer to your Father through you. To you be glory for ever.

Prayers before Communion

1. Make us worthy, O Lord God,
so that our bodies may be sanctified
by your holy Body
and our souls purified
by your forgiving Blood.
May our communion be
for the forgiveness of our sins
and for new life.
O Lord our God, to you be glory, for ever.

2. The Hosts of Angels
The hosts of angels
have come to stand with us
at the holy altar.
They sing in chorus
and carry Christ, the Lamb,
sacrificed before us.
O come, receive him,
the saving Lamb of God,
who will grant forgiveness.
Alleluia.

Prayer after Communion

Lord, Accept This Sacrifice
1. Lord, accept this sacrifice
in the kindness of your love,
and have mercy on the dead;
grant them life with you above.

2. Lord, this sacrifice was made
For the faithful who have died.
May it bring rest to their souls,
then with you they will abide.

3. Since this sacrifice was made
by the living for the dead,
Lord, forgive their sins and faults
through the Blood your Son has shed.

Prayer after the Divine Liturgy: Farewell to the Altar

I leave you in peace,
O holy Altar, and I hope to return to you in peace.
May the offering I have received from you
be for the forgiveness of my faults
and the remission of my sins,
that I may stand without shame or fear
before the throne of Christ.
I do not know if I shall be able to return to you
again to offer another sacrifice.
I leave you in peace.

Prayer for the Virgin Mary

O holy Virgin Mary, O Beautiful Lily and Fragrant
Rose, the fragrance of your holiness has filled
the whole universe. Pray for us that we may
become the sweet fragrance of Christ that spreads
throughout the world. Amen.

Prayer for Saint Joseph

Lord Jesus, Most High,
you are without beginning or end
and beyond our understanding.
Your angel was sent to righteous Joseph
to dispel his fear.
Now confirm us in your truth
and make us worthy of your salvation.
Keep us from doubt and protect our faith,
that we may profess your miraculous birth
and honor your pure mother Mary and
righteous Joseph.
We raise glory and thanks to you,
to your Father, and to your Holy Spirit, now and for
ever. Amen.

Grace before Meals

Bless us,
O Lord,
and these thy gifts,
which we are about to receive,
from thy bounty through Christ our Lord.
Amen.

Thanksgiving After Meals

We give thee thanks, Almighty God, for all thy
benefits. Who lives and reigns, world without
end. Amen.

Act of Contrition

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

Apostles' Creed

I believe in God, the Father almighty, Creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended into hell. On the third day He rose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Nicene Creed

We believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. We believe in one Lord Jesus Christ, the only-begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.

We believe in the Holy Spirit, the Lord, the Giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

We believe in one, holy, catholic, and apostolic Church. We confess one Baptism for the forgiveness of sins and we look forward to the resurrection of the dead and the life of the world to come. Amen.

Ten Commandments

1. I, the Lord, am your God. You shall not have other gods beside me.
2. You shall not take the name of the Lord, your God, in vain.

3. Remember to keep holy the sabbath day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness (lie) against your neighbor.
9. You shall not covet (desire) your neighbor's husband or wife.
10. You shall not covet (desire) your neighbor's house and anything else that belongs to him.

The Beatitudes

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are those who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the earth.
4. Blessed are those who hunger and thirst for righteousness, for they will be filled.
5. Blessed are the merciful, for they will receive mercy.
6. Blessed are the pure in heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

Rules (Precepts) of the Church

1. Honor God on Sundays and Holy Days of Obligation. Enjoy the Lord's Day. Don't work on Sundays.
2. Attend Divine Liturgy and receive Holy Communion every Sunday.
3. Celebrate Penance at least once a year and more often if you can.
4. Fast (don't eat anything between midnight and noon) and abstain (don't eat meat or another food that you really like) whenever the Church says.
5. Help support the Church by getting involved in parish activities and sharing your faith with other people.

Holy Days of Obligation

November 1: All Saints' Day

December 8: Immaculate Conception of Mary

December 25: Nativity of the Lord (Christmas)

January 1: New Year's Day

January 6: Epiphany

February 9: Saint Maron

Forty days after Easter: Ascension Thursday

August 15: Assumption of Mary (Dormition)

Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord.

Corporal Works of Mercy

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

Spiritual Works of Mercy

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

Seven Holy Mysteries

1. Baptism
2. Chrismation
3. Eucharist
4. Penance
5. Anointing of the Sick
6. Crowning
7. Holy Orders

The Holy Rosary

1. Make the Sign of the Cross
2. Pray the Apostles Creed
3. Pray the Our Father
4. Pray three Hail Marys for Faith, Hope, and Charity
5. Pray the Glory Be
6. Announce the first mystery
7. Pray an Our Father, ten Hail Marys, and a Glory Be.
8. *(Optional)* Pray the Fatima prayer: "O my Jesus, forgive us our sins, save us from the fires of hell. Lead all souls to heaven, especially those in most need of thy mercy."
9. Repeat steps 6-8 for the remaining four mysteries.
10. Pray the Hail Holy Queen.

The Joyful Mysteries

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation in the Temple
5. The Finding of the Child Jesus in the Temple

The Sorrowful Mysteries

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

The Glorious Mysteries

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of Mary

Luminous Mysteries

1. The Baptism of Christ in the Jordan
2. The Wedding Feast at Cana
3. Jesus' Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

