



Consecration in Truth®

# Family Catechesis™

Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.

## Discussion Guide 1A God and His Perfections (Questions 1-8)

### The Apostolate's Family Catechism™

#### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

#### Discussion and Sharing on

#### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 1-3** (6 min.), **Q# 4-5** (7 min) or **Q# 6-8** (6 min). Discuss.
- Read **Q# 1-8** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 1-8** found at the end of **Chapters 1 and 2**.

#### Closing Prayer (10 min.)

It is important for us to develop a prayer life and families can encourage it by having a common time and place for family prayer. One of the traditional prayer methods is called Mental Prayer.

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Chapter 1** Summary Prayer.



### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



### Scripture Memory Verse

*Take turns reciting or reading at family meals*

#### John 17:15–17

“I am not asking you to remove them from the world, but to protect them from the evil one. They do not belong to the world any more than I belong to the world. Consecrate them in truth; your word is truth.”



### Family Activity

#### Prayer Area

Make a prayer area in your home. You can include the following items:

- Crucifix
- Candle
- Rosary
- Statue
- Bible

Commit to say a daily family evening prayer in this area.

#### Nature Walk

Take a nature walk together. Give each person a chance to identify at least one thing that shows the goodness of God



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## Discussion Guide 2A

### The Mystery of the Holy Trinity (Questions 25-28)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box).  
Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.):

**John 17:15-17**

“I am not asking you to remove them from the world, but to protect them from the evil one. They do not belong to the world any more than I belong to the world. Consecrate them in truth; your word is truth.”

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Questions 25-28** (10 min.). Discuss.
- Read **Q# 25-28** aloud and discuss the answers. Point out the illustrations and diagrams and allow different people to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 25-28** found at the end of **Chapter 6**.

##### Closing Prayer (10 min.)

This first time, read to the family the 6 point description of how we should pray (**Q# 266**) before beginning your spontaneous closing prayer. Invite everyone who wishes, to express their prayers of thanksgiving and petitions at this time. End by praying the **Chapter 6** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

Look up in personal bible, copy, and memorize

##### John 3:16

“For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.”



#### Family Activity

##### Three Forms of Water

Melt several ice cubes (representing God the Father) in a pan (resulting water representing the Son). Bring to a boil (vapor representing the Holy Spirit). Cover with a lid until water condenses inside the lid. Turn off fire and return condensed water to pan. Refreeze to demonstrate all three forms are one and the same – water. Now imagine that water could be a solid, a liquid and a gas all the time and at the same time. In the same way, Father, Son and Holy Spirit are one and the same God.



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## Discussion Guide 3A God Reveals Himself (Questions 22-24)

### The Apostolate's Family Catechism™

#### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

#### Recitation of Memory Verse (5 min.)

##### John 3:16

“For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

#### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 22-24** (8 min.). Discuss.
- Read questions **Q# 22-24** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 22-24** found at the end of **Chapter 5**.

#### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Chapter 5** Summary Prayer.



### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



### Scripture Memory Verse

*Take turns reciting or reading at family meals*

#### Deuteronomy 6:4-5

Hear, O Israel: The Lord our God is one Lord; and you shall love the Lord your God with all your heart, and with all your soul, and with all your might.



### Family Activity

#### Other Gods

Allow 5 minutes for everyone to find an object representing one of their “loves” (e.g. food, sports) that could interfere with giving all their love to God.

Have each explain his symbol and a plan for putting God first.



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## Discussion Guide 4A Creation (Questions 36, 37, 42-44)

### The Apostolate's Family Catechism™

#### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

#### Recitation of Memory Verse (5 min.)

**Deuteronomy 6:4-5** Hear, O Israel: The Lord our God is one Lord; and you shall love the Lord your God with all your heart, and with all your soul, and with all your might.

#### Discussion and Sharing on

#### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 36** (5 min.), **Q# 37** (6 min.) or **Q# 42- 44** (9 min.). Discuss.
- Read **Q# 36, 37, 42-44** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 36, 37, 42-44** found at the end of **Chapters 8 and 10**.

#### Closing Prayer (10 min.)

Invite everyone who wishes, to express their prayers of thanksgiving at this time.

End by praying the **Chapter 10** Summary Prayer.



### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

#### Sirach 17:2-3

“He gave to men few days, a limited time, but granted them authority over the things upon the earth. He endowed them with strength like his own, and made them in his own image.”



### Family Activity

#### Pet Walk

Walk a pet or animals at the animal shelter. Discuss how this is using God's authority in a godly way.

#### Beautification Project

Pass out the plastic bags and pick up litter in the neighborhood, a park, or along a street, etc. Discuss how this is caring for the creation God has put us in charge of. How does this show that we are images of God?



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## Discussion Guide 5A

### Fall of Man, Original Sin and Personal Sin (Questions 53-58)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Sirach 17:2-3** He gave to men few days, a limited time, but granted them authority over the things upon the earth. He endowed them with strength like his own, and made them in his own image.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 53-55** (6 ½ min.) or **Q# 57-58** (9 min.). Discuss.
- Read **Q# 53-58** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 53-58** found at the end of **Chapters 13 and 14**.

##### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Chapter 14** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Take turns reciting or reading at family meals*

##### Romans 6:16

“Do you not know that if you yield yourselves to any one as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness?”



#### Family Activity

##### Family Examination of Conscience

Read 2 Timothy 3:2-5. Write out each sin listed by St Paul (on black or whiteboard if possible) leaving space to write examples suggested by family members. After defining a term, ask family members for examples and write them underneath, for example:

*For people will be lovers of themselves*

*1. Not sharing 2. Insisting on being first*  
Copy this list for each one's use to prepare for the sacrament of Reconciliation. Close the activity with a short prayer expressing sorrow for offending Jesus. Little children can be guided in prayer of sorrow by Mom or Dad.



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## Discussion Guide 6A

### Venial and Mortal Sin (Questions 61 and 62)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Romans 6:16** Do you not know that if you yield yourselves to any one as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness?

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 61-62** (15 min.). Discuss.
- Read questions **Q# 61 and 62** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 61 and 62** found at the end of **Chapter 15**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their petitions at this time.

End by praying the **Q# 62** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

Look up in personal bible, copy, and memorize

##### Sirach 21:10

The way of sinners is smoothly paved with stones, but at its end is the pit of Hades.



#### Family Activity

##### Family Reconciliation

Read as a family the *Steps to a Good Confession* and *How to Go to Confession*.

Check the schedule for the Sacrament of Reconciliation for your parish and go as a family on the designated day. Ask family members to apologize to each other before going to Confession.

Follow with a special meal to celebrate and give thanks for God's cleansing and healing won through Jesus' death.



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## Discussion Guide 7A

### The Incarnation and Our Lady (Questions 72, 73, 302)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Sirach 21:10** The way of sinners is smoothly paved with stones, but at its end is the pit of Hades.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 72, 73, 302** (11 min.). Discuss.
- Read questions **Q# 72, 73, 302** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" at the end of **Q# 73 and 302** and the "Thought Provokers" related to **Q# 72, 73, 302** found at the end of **Chapters 19 and 84.**

##### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Q# 302** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Take turns reciting or reading at family meals*

##### Galatians 4:4-5

But when the time had fully come, God sent forth his Son, born of woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.



#### Family Activity

Pray the Joyful Mysteries of the Rosary found on the next page. You can use this "Conversational Method" (family members taking turns) for the most fervent and fruitful praying of the rosary:

1. Announce the mystery
2. Pause to reflect on its significance
3. Formulate prayer intentions that somehow relate to the mystery (e.g. Nativity – Intention: for all children especially newly born babies)
4. Recite

Commit to praying as a family at least 1 decade after every evening meal. Pray more decades while traveling together in the car.



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### Joyful Mysteries of the Rosary

**First Joyful Mystery: The Annunciation of the Archangel Gabriel to the Virgin Mary**

*We ask for the gifts of the Holy Spirit and an increase in the virtue of humility.*

**Second Joyful Mystery: The Visitation of the Virgin Mary to Elizabeth, the Mother of St. John the Baptist.**

*We ask for the gifts of the Holy Spirit and an increase in the virtue of generosity.*

**Third Joyful Mystery: The Birth of Our Lord at Bethlehem**

*We ask for the gifts of the Holy Spirit and an increase in the virtue of detachment from the things of this world.*

**Fourth Joyful Mystery: The Presentation of Our Lord in the Temple**

*We ask for the gifts of the Holy Spirit and an increase in the virtue of obedience.*

**Fifth Joyful Mystery: The Finding of Our Lord in the Temple**

*We ask for the gifts of the Holy Spirit and an increase in the virtue of fear of the Lord—fear of ever losing God because of our sins.*

For a complete guide on the mysteries of the Rosary, please see the appendix of *The Apostolate's Family Catechism*, 4<sup>th</sup> edition (Resource# 380-155).

#### How to pray the Rosary

Pray the Apostles' Creed (#6a) while holding the Crucifix. Then offer one Our Father (#6b) on the large bead and three Hail Mary's (#6c) on each of the three small beads for the Holy Father, the Pope. After the three Hail Mary's, pray the Glory Be (#7a), the Fatima Rosary Prayer (#7b), and the Consecration Prayer (#7c).

Select one group of Mysteries. Announce the first Mystery and meditate on it while praying one Our Father on the large bead and ten Hail Mary's on each of the ten small beads.

On the next large bead, pray the Glory Be, the Rosary Prayer, and the Consecration Prayer. Then, announce the second Mystery and begin again with the Our Father, ten Hail Mary's, etc. Continue until you have prayed all five decades.

To end the Rosary, pray the Hail Holy Queen (#2b) or the St. Joseph Prayer after the Rosary (#8).





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## **6a. Apostles' Creed**

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, our Lord; Who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell, the third day He rose again from the dead, He ascended into Heaven, and is seated at the right hand of God, the Father Almighty. From thence He shall come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## **6b. Our Father**

Our Father Who art in Heaven, hallowed be Thy name. Thy Kingdom come. Thy will be done on earth, as it is in Heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

## **6c. 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.

## **7a. Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen.

## **7b. Fatima Rosary Prayer**

O My Jesus, forgive us our sins; save us from the fires of hell; lead all souls to Heaven, especially those who are in most need of Your mercy.

## **7c. All For Consecration Prayer**

*Can be said after each decade of the Rosary following 7b.*

All for the Sacred and Eucharistic Heart of Jesus, all through the Sorrowful and Immaculate Heart of Mary, all in union with St. Joseph.



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## **2b. 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. Amen.

## **8. St. Joseph Prayer after the Rosary**

Glorious St. Joseph, spouse of the Immaculate Virgin, obtain for me and all the members of my family and loved ones, a confident, sinless, generous, and patient heart, and perfect resignation to the Divine Will. Be our guide, father, and model throughout life, that we may merit a death like yours, in the arms of Jesus and Mary. Help us, St. Joseph, in our earthly strife, to fulfill our responsibilities and ever to lead a pure and blameless life.



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## Discussion Guide 8A

### Jesus: True God and True Man (Questions 80-82)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Galatians 4:4-5** But when the time had fully come, God sent forth his Son, born of woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 80-82** (8 min.). Discuss.
- Read **Q# 80-82** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" at the end of **Chapter 20 and Q# 82** and the "Thought Provokers" related to **Q# 80-82** found at the end of **Chapters 20 and 21**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their prayers of adoration at this time.

End by praying the **Chapter 21** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### John 1:1, 14

In the beginning was the Word, and the Word was with God, and the Word was God...And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father.



#### Family Activity

Identify a person in need that you as a family can help (e.g. housekeeping, yard work, preparing a meal, offering rides) and carry out this good deed.

Discuss how this was a way to show love to Jesus in return for the love he showed you when he became a man and gave his life for your sins.



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## Discussion Guide 1-8A Review

### The Apostolate's Family Catechism™

#### Opening Prayer (10 min.)

Lectio Divina with the Gospel Reading (see Liturgical Calendar box). When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

#### Discussion and Sharing on Themes of the Past 8 weeks (40 min.)

- God (Q#1-8, 22-24)
- Holy Trinity (Q#25-28)
- Creation and Fall (Q#36, 37, 42-44)
- Sin (Q#53-58, 61-62)
- Jesus Son of God (Q#72-73, 80-82)
- Blessed Virgin Mary (Q#302)

Beginning with youngest child, ask what he knows about God. Then moving up in age, have each child, and finally Mom and Dad, add something to it. Repeat the process asking the youngest child what he knows about the Holy Trinity, etc.

To guide the discussion, please refer to the *By-Heart Catechism and Scripture Review™* corresponding to the questions covered for the past 8 weeks for key concepts about the different themes.

#### Closing Prayer (10 min.)

Invite everyone who wishes, to express their petition at this time.

End by praying the **Chapter 7** Summary Prayer.



### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
 \_\_\_\_\_  
 \_\_\_\_\_

### Review of 8 Memory Verses Activity

To solidify memorization and to experience how God's word is "living and active," cut up copies of the verses of the past 8 weeks provided on page 2. Put them in a container for each person, each morning, to draw one, read and replace.

Instruct everyone to think about their verse for the day as God's special word to them for that day. At the evening meal, have each person share how their word spoke to them in the course of the day.

For little children, give them a simple phrase from their verse to repeat throughout the day. For example, "Your word is truth." or "In the beginning was the Word and the Word was with God."



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## Discussion Guide 1-8A Review Memory Verses

**1) John 17:15–17** “I am not asking you to remove them from the world, but to protect them from the evil one. They do not belong to the world any more than I belong to the world. Consecrate them in truth; your word is truth.”

**2) John 3:16** “For God so loved the world that he gave his only Son, that whoever believes in him should not perish but have eternal life.”

**3) Deuteronomy 6:4-5** Hear, O Israel: The Lord our God is one Lord; and you shall love the Lord your God with all your heart, and with all your soul, and with all your might.

**4) Sirach 17:2-3** He gave to men few days, a limited time, but granted them authority over the things upon the earth. He endowed them with strength like his own, and made them in his own image.

**5) Romans 6:16** Do you not know that if you yield yourselves to any one as obedient slaves, you are slaves of the one whom you obey, either of sin, which leads to death, or of obedience, which leads to righteousness?

**6) Sirach 21:10** The way of sinners is smoothly paved with stones, but at its end is the pit of Hades.

**7) Galatians 4:4-5** But when the time had fully come, God sent forth his Son, born of woman, born under the law, to redeem those who were under the law, so that we might receive adoption as sons.

**8) John 1:1, 14** In the beginning was the Word, and the Word was with God, and the Word was God... And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father.



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Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.

## Discussion Guide 9A Jesus Our Savior (Questions 84-85)

### The Apostolate's Family Catechism™

#### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box).  
Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

#### Recitation of Memory Verse (5 min.)

**John 1:1, 14** In the beginning was the Word, and the Word was with God, and the Word was God...And the Word became flesh and dwelt among us, full of grace and truth; we have beheld his glory, glory as of the only Son from the Father.

#### Discussion and Sharing on

#### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 84-85** (9 min.). Discuss.
- Read **Q# 84-85** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" and the "Thought Provokers" related to **Q# 84-85** found at the end of **Chapter 22**.

#### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Q# 84** Summary Prayer.



### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



### Scripture Memory Verse

*Take turns reciting or reading at family meals*

#### John 1:12-13

But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God.



### Family Activity

*Jesus obeyed God the Father who sent him to die in our place. Although he was God, Jesus obeyed his earthly parents.*

#### Practicing Obedience

Together create a list of rules/commands typically given to the children in your family. Cut them out and put in a container. (You may want two sets, one for younger and one for older children.) Let each child draw one to focus on for the upcoming week. At the next meeting, share what each drew, but first see if members can guess what others drew.



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## Discussion Guide 10A

### The Passion of Our Lord: Jesus Before Pilate (Questions 90-91)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**John 1:12-13** But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God

**From Last Week:** Have family guess the command or rule each drew. Then reveal.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 90-91** (11 min.). Discuss.
- Read **Q# 90-91** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 90-91** found at the end of **Chapter 24**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their prayer of thanksgiving at this time.

End by praying the **Q# 90** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### 1 John 3:16

By this we know love, that he laid down his life for us; and we ought to lay down our lives for the brethren.



#### Family Activity

##### Entertain a Needy Family

In the Spirit of laying down your lives for the brethren, invite a needy family in your parish to dinner, or take them to an event they couldn't otherwise attend.

Discuss in what ways each member will have to “lay down his life” (e.g. be nice to another child you may not know very well) in order to show true hospitality to this family.



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## Discussion Guide 11A

### The Resurrection and Ascension (Questions 98-101, 109)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**1 John 3:16** By this we know love, that he laid down his life for us; and we ought to lay down our lives for the brethren.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 98-100** (11 min.) or **Q# 101 and 109** (6 min.). Discuss.
- Read **Q# 98-101, 109** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 98-101, 109** found at the end of **Chapters 26 and 30**.

##### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Chapter 26** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

##### Ephesians 1:19-20

That you may know... what is the immeasurable greatness of his power in us who believe, according to the working of his great might which he accomplished in Christ when he raised him from the dead and made him sit at his right hand in the heavenly places.



#### Family Activity

##### Power of the Resurrection in Action

Read the full passage of Ephesians 1:16-23.

Option 1: See resurrection power at work in God's religious. Bring a gift of food and visit a religious community. Talk with them. Join in a prayer service or Mass.

Option 2: Knowing and living in the power of Our Lord's resurrection are goals of the lay ecclesial movements: Focolare, the Charismatic Renewal, Regnum Christi, Prelature of Opus Dei, etc. Arrange to visit one of these groups in your vicinity and learn more about them.





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## Discussion Guide 12A

### The Holy Spirit and His Work in the Church (Questions 114-118)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Ephesians 1:19-20** That you may know... what is the immeasurable greatness of his power in us who believe, according to the working of his great might which he accomplished in Christ when he raised him from the dead and made him sit at his right hand in the heavenly places.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video questions **114-118** (7 min.). Discuss.
- Read **Q# 114-118** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 114-116** found at the end of **Chapter 32**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their petitions at this time.

End by praying the **Chapter 32**. Summary Prayer



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### **I Corinthians 6:19-20**

Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body.



#### Family Activity

##### **Inviting the Holy Spirit to your Temple**

Distribute paper and pencils, or colored pencils, or crayons. Have family members each draw a picture of themselves showing that they are temples of the Holy Spirit, bought with a price. Then have each compose a prayer on the picture asking for the Holy Spirit

- to come into their temple with His **love** and **enlightenment**
- to provide power to be like Jesus in **holiness**, in His **works**, and in His **miracles** for the good of the Church. Pray one prayer each day when all together.



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## Discussion Guide 13A

### Sanctifying and Actual Grace (Questions 124-126, 128)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**I Corinthians 6:19-20** Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 124-126** (4 min.) or **Q# 128** (5 min.). Discuss.
- Read **Q# 124-126 and 128** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” at the end of **Q# 126** and the “Thought Provokers” related to **Q# 124-126 and 128** found at the end of **Chapter 35 and 36**.

##### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer found on the reverse side.

End by praying the **Q# 126** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Take turns reciting or reading at family meals*

##### John 15:5

I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.



#### Family Activity

##### Science of Grafting

Being grafted to Our Lord permits the sap of sanctifying grace to flow into our souls and fill us with His life.

Learn about grafting on the natural plane. Make an appointment with a nursery to have a horticulturist demonstrate this process. Then ponder the meaning Christ intended this message to have.



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## Discussion Guide 14A

### The Theological and Cardinal Virtues (Questions 131-135)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box).  
Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**John 15:5** I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 131-135** (12 min.). Discuss.
- Read **Q# 131-135** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" at the end of Q# 131 and 135 and the "Thought Provokers" related to **Q# 131-134** found at the end of **Chapter 38**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their petitions at this time.

End by praying **Chapter 38** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

#### 1 Corinthians 13:13

So faith, hope, love abide, these three; but the greatest of these is love.



#### Family Activity

##### Sharing Love

- Each takes a turn sharing a time when you especially felt the love of God.
- Share a time when you especially felt the love of others.
- Someone explain how the love of others is really the love of God.
- Take turns thanking each other for the favors one has received from the other.
- Give thanks to God for all His gifts.



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## Discussion Guide 15A The Church (Questions 138-140)

### The Apostolate's Family Catechism™

#### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box).  
Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

#### Recitation of Memory Verse (5 min.)

**1 Corinthians 13:13** So faith, hope, love abide, these three; but the greatest of these is love.

#### Discussion and Sharing on

#### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 138** (5 min.) or **Q# 139-140** (6 min.). Discuss.
- Read **Q# 138-140** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" at the end of **Q# 138 and 140** and the "Thought Provokers" related to **Q# 138-139** at the end of **Chapter 41**.

#### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Chapter 41** Summary Prayer.



### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



### Scripture Memory Verse

*Take turns reciting or reading at family meals*

#### 1 Peter 2:9

But you are a chosen race, a royal priesthood, a holy nation, God's own people, that you may declare the wonderful deeds of him who called you out of darkness into his marvelous light.



### Family Activity

Attend mass at a parish other than your own. Take part in their coffee and doughnut social if they have one.

Discuss how this experience was the same as at your parish. How was it different? How could you tell that these people are also your brothers and sisters in Christ?



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## Discussion Guide 16A

### Leadership and Equality in the Church and the Call to Holiness (Questions 150, 158-159)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**1 Peter 2:9** But you are a chosen race, a royal priesthood, a holy nation, God's own people, that you may declare the wonderful deeds of him who called you out of darkness into his marvelous light.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 150, 158-159** (7 min.). Discuss.
- Read **Q# 150, 158-159** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" and the "Thought Provokers" related to **Q# 158-159** at the end of **Chapter 45**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their prayers of thanksgiving at this time.

End by praying the **Chapter 45** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### Romans 12:5-6

So we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them.



#### Family Activity

##### Gift Appreciation

Look up in your bibles Romans 12: 5-8 with its list of gifts. List the gifts and write after each one the name of someone who has this gift and uses it to serve the Church. Add to the list other gifts you can think of and names of those serving with these gifts. Each family member chooses a person from this list and writes a thank you for the service they give. Mail it or deliver in person. Praise and thank God for having blessed us with all these gifts.



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## Discussion Guide 9-16A Review

### The Apostolate's Family Catechism™

#### Opening Prayer (10 min.)

Lectio Divina with the Gospel Reading (see Liturgical Calendar box). When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

#### Discussion and Sharing on Themes of the Past 8 weeks (40 min.)

- Jesus, True Man (Q# 84-85)
- The Suffering of Jesus (Q# 90-91)
- Resurrection and Ascension (Q# 98-101, 109)
- Holy Spirit (Q#114-118)
- Sanctifying and Actual Grace (Q# 124-126, 128)
- Theological and Cardinal Virtues (Q# 131-135)
- The Church (Q# 138-140, 150, 158-159)

Beginning with youngest child, ask what he knows about Jesus, True Man. Then moving up in age, have each child, and finally Mom and Dad, add something to it. Repeat the process.

To guide the discussion, please refer to the *By-Heart Catechism and Scripture Review™* corresponding to the questions covered for the past 8 weeks for key concepts about the different themes.

#### Closing Prayer (10 min.)

Invite everyone who wishes, to express their petitions at this time.

End by praying the **Chapter 33** Summary Prayer.



### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days**  
\_\_\_\_\_  
\_\_\_\_\_

### Review of 8 Memory Verses Activity

To solidify memorization and to experience how God's word is "living and active," cut up copies of the verses of the past 8 weeks provided on page 2. Put them in a container for each person, each morning, to draw one, read and replace.

Instruct everyone to think about their verse for the day as God's special word to them for that day. At the evening meal, have each person share how their word spoke to them in the course of the day.

For little people, give them a simple phrase from their verse to repeat throughout the day. For example, "Know the greatness of His power in us." or "Though many, we are one body in Christ."

### Sacrament Reminder

Go to the Sacrament of Reconciliation this week as a family. Spend a few minutes before the Blessed Sacrament to thank Him for His love and forgiveness. Celebrate together with a special meal or dessert afterwards.



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## Discussion Guide 9-16A Review Memory Verses

**9) John 1:12-13** But to all who received him, who believed in his name, he gave power to become children of God; who were born, not of blood nor of the will of the flesh nor of the will of man, but of God

**10) 1 John 3:16** By this we know love, that he laid down his life for us; and we ought to lay down our lives for the brethren.

**11) Ephesians 1:19-20** That you may know... what is the immeasurable greatness of his power in us who believe, according to the working of his great might which he accomplished in Christ when he raised him from the dead and made him sit at his right hand in the heavenly places.

**12) I Corinthians 6:19-20** Do you not know that your body is a temple of the Holy Spirit within you, which you have from God? You are not your own; you were bought with a price. So glorify God in your body.

**13) John 15:5** I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

**14) 1 Corinthians 13:13** So faith, hope, love abide, these three; but the greatest of these is love.

**15) 1 Peter 2:9** But you are a chosen race, a royal priesthood, a holy nation, God's own people, that you may declare the wonderful deeds of him who called you out of darkness into his marvelous light.

**16) Romans 12:5-6** So we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them.



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## Discussion Guide 17A

### The Role and Marks of the Catholic Church (Questions 160-165, 172)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Romans 12:5-6** So we, though many, are one body in Christ, and individually members one of another. Having gifts that differ according to the grace given to us, let us use them.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 160-162** (9 min), **Q# 163-165** (6 min) or **Q# 172** (8 ½ min). Discuss.
- Read **Q# 160-165, 172** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 160-165, 172** found at the end of **Chapters 46 and 49**.

##### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the Summary Prayer at the end of **Chapter 46**.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Take turns reciting or reading at family meals*

##### Matthew 28:19-20

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, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age.



#### Family Activity

Introduce the Apostolate's Family Catechism and family program to another family in your parish. Invite them to a meal and to join an upcoming family catechesis.

Pray for discernment as to who you should invite. Keep the event in prayer until the day arrives.





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## Discussion Guide 18A

### The Communion of Saints (Questions 183, 185, 187)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Matthew 28:19-20** 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, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 183, 185, 187** (6 ½ min.). Discuss.
- Read **Q# 183, 185, 187** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 183, 185, 187** at the end of **Chapter 53**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their petitions at this time.

End by praying the **Q# 185** Summary Prayer



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### **Ephesians 6:12**

For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places.



#### Family Activity

##### **The Armor of God Project**

Read Ephesians 6:13-18. You can use your imagination and describe the following or make it on paper. We, as Catholics, have a special shield, our Faith. It is our best weapon. Explain how a shield is decorated with symbols of what means a lot to a family or persons or what they believe in. As a family, draw a shield on paper. Make four sections on your shield and label them as: (1) favorite saints, (2) favorite prayer, (3) favorite Shrine or Pope, (4) favorite Sacrament. Ask each family member to fill out each section. Make sure that they identify it as theirs. Afterwards, ask each family member to share what they put in and why.



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## Discussion Guide 19A

### Sacraments and Sacramentals (Questions 190-192, 198-200)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Ephesians 6:12** For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 190-192, 198-200** (12 min.). Discuss.
- Read **Q# 190-192, 198-200** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" at the end of **Q#192** and the "Thought Provokers" related to **Q# 190-192, 198-200** at the end of **Chapters 55 and 57**.

##### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Chapter 57** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Take turns reciting or reading at family meals*

##### Ephesians 1:3-4

Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him.



#### Family Activity

##### Sacramental Inventory

As a family, children first, list all the holy pictures, jewelry, rosaries, etc you have in your house to help you draw closer to Christ. Is there a need for more holy objects in your home?

Has your house been blessed? If not, set up a time with your pastor or his delegate to come and bless your home.



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## Discussion Guide 20A

### Baptism and Confirmation (Questions 201, 204)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box).  
Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Ephesians 1:3-4** Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 201 and 204** (4 ½ min.). Discuss.
- Read **Q# 201 and 204** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” at the end of **Q# 201** and the “Thought Provokers” related to **Q# 204** at the end of **Chapter 59**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their prayers of thanksgiving at this time.

End by praying the **Chapter 59** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### Mark 16:16

He who believes and is baptized will be saved; but he who does not believe will be condemned.



#### Family Activity

##### Dying and Rising

In Baptism we die with Christ and rise with him. “Unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit.” **John 12:24**

Plant a seed in a pot (marigold germinates in 2-4 days). Water, and wait for it to sprout. When the sprout can be grasped with fingers, gently dig it up. What happened to the seed? Discuss how our sinful life (the seed) passed away in Baptism and our new life in Christ (the sprout) is growing.

Alternative: instead of growing from a seed, use cooking sprouts from the grocery.



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## Discussion Guide 21A

### The Sacrament of Penance (Questions 205-208)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box).  
Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Mark 16:16** He who believes and is baptized will be saved; but he who does not believe will be condemned.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 205-206** (6 ½ min.) or **Q# 207-208** (7 min.). Discuss.
- Read **Q# 205-208** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” at the end of **Q# 207** and the “Thought Provokers” related to **Q# 205-208** at the end of **Chapter 60**.

##### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Q# 205** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Take turns reciting or reading at family meals*

##### John 20:21-23

As the Father has sent me, even so I send you....Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.



#### Family Activity

##### Family Reconciliation

Go to the Sacrament of Penance as a family. Hand out copies of the examination of conscience (download from familyland.org) and paper and pencil for each to prayerfully jot down their offences and faults. After this is done each should:

- Ask God for true sorrow and repentance
- Jot down good deeds to perform and plans for overcoming their sins with God's help.

After all have confessed individually to a priest, follow with a special meal to celebrate and thank God for cleansing and healing through Jesus' death on the cross.



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## Discussion Guide 22A

### The Eucharist Made Present (Questions 236-237, 239-240)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box).  
Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**John 20:21-23** As the Father has sent me, even so I send you....Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 236-237, 239-240** (6 ½ min.). Discuss.
- Read **Q# 236-237, 239-240** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" and the "Thought Provokers" at the end of **Chapter 67**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their prayers of adoration at this time.

End by praying the **Q# 237** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### John 6:54-56

He who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him.



#### Family Activity

##### **Our Lord's sacrifice as prefigured in the Exodus of the Old Testament.**

Buy or rent a DVD of *Prince of Egypt* (animated version with adaptations) or the superb "Bible Collection" version of *Moses* starring Ben Kingsley and have a movie night with the family that will inspire and inform.

After the movie, ask the smaller children what God told the Israelites to do on their last night in Egypt. Ask the bigger children how Jesus is like the Passover lamb.

You can also ask an older child to summarize the story of Moses and the Exodus to their younger siblings. Let them try to do as much as they can from memory with others only helping if necessary. It will impress the others and stress the joy of knowing the Bible and their heritage.



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## Discussion Guide 23A

### The Sacrifice of the Mass (Questions 241-246)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box).  
Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**John 6:54-56** He who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 241-243** (5 min.), **Q# 244** (8 ½ min.), or **Q# 245-246** (5 ½ min.). Discuss.
- Read **Q# 241-246** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” at the end of **Chapter 68**.

##### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Chapter 68** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Take turns reciting or reading at family meals*

##### Romans 12:1

Present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.



#### Family Activity

Distribute copies of the following prayer for each to add illustrations of their “prayers, works, etc.” Silently offer these in union with Our Lord at Mass during communion time:

*Most Holy Family, unite my daily life with the Holy Sacrifice of the Mass. Accept all of my prayers, works, joys, sorrows and sufferings, all of my spiritual and material possessions as my seed of sacrifice offered to the Sacred and Eucharistic Heart of Jesus, through the Sorrowful and Immaculate Heart of Mary, in union with St. Joseph. This shall be my commitment in life, in death and in eternity.*  
*Amen.*

(Preparation for Total Consecration, Prayer #5)



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## Discussion Guide 24A

### Holy Communion (Questions 250-252)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Romans 12:1** Present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 250-252** (14 min.). Discuss.
- Read **Q# 250-252** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" and the "Thought Provokers" at the end of **Chapter 70**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their prayers of thanksgiving at this time.

End by praying the **Chapter 70** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### John 6:27

Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you.



#### Family Activity

The food which perishes is overly important in wealthy cultures. Try a day of "humbling," accompanied by Mass attendance, when the family is served only ugali\* for dinner.

Before the meal, pray:

Dear Jesus, thank you for the food that endures to eternal life, your body and blood. Thank you also for this meal eaten daily by many brothers and sisters throughout the world. We partake of both with heartfelt gratitude.

\* Recipe on following page.

## UGALI – FOOD OF AFRICA

Ugali, a staple starch component of many African meals, is generally made from maize flour (or ground maize) and water, and varies in consistency from porridge to a dough-like substance.

The traditional method of eating ugali as a main course (and the most common in the rural areas) is to roll a lump into a ball with the right hand and then dip it into a sauce or stew of vegetables and/or meat. Making a depression with the thumb allows the ugali to be used to scoop, and to wrap around pieces of meat to pick them up in the same way that flat bread is used in other cultures.

Ugali is inexpensive to make and the flour can last for considerable time in average conditions. Also, the crops that produce the corn flour will grow reliably in poor seasons. For these reasons, ugali is an important part of the diet of millions of Africans.

From Wikipedia, the free encyclopedia

### KENYA FOR INSTANCE...

Kenya is a low-income, food-deficient country. Forty-three percent of the population lives in unconditional poverty. Many small farmers have an unreliable food security. Corn is the main staple in Kenya. It is made into porridge, called ugali, and mixed with other foods to make a stew. **However, farm families often just eat the porridge plain because other foods cannot be obtained.**

It is hard to find clean water, because good wells are miles from the home. If clean water cannot be afforded in jugs, many Kenyan women and girls will wait in a long line to use the public faucets. However, the water from these faucets is not often clean.

The food needs of children are related to their growth and development. It is important that all children, ages six and up get to eat from each of the five food groups everyday. Vegetables provide vitamin A, C, folic acid and minerals. Fruits can provide vitamin A, C and minerals. Dairy will provide protein and calcium for those growing bones. Breads and cereals will provide vitamin B, fiber, and energy from carbohydrates. Dried beans, meats, fish and poultry provide protein, iron and zinc. Clean drinking water is also a necessity.

Condensed from a paper by Heather Pray, Student Participant

Conrad Weiser High School, Pennsylvania

<http://www.worldfoodprize.org/assets/YouthInstitute/05proceedings/ConradWeiserHighSchool.pdf>

### UGALI RECIPE

Water	4 cups (more or less depending on desired consistency)
Salt	2 tsp
Cornmeal, white, finely ground	2 cups

Bring water and salt to a boil in a heavy-bottomed saucepan. Stir in cornmeal slowly, letting it fall through the fingers of your hand. Turn heat to medium-low, and continue stirring regularly and smashing any lumps until mush pulls away from the sides of the pot and becomes very thick, about 10 minutes. Allow to cool somewhat. Place into a serving bowl. Wet your hands with water, form into a ball and serve.





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## Discussion Guide 17-24A Review

### The Apostolate's Family Catechism™

#### Opening Prayer (10 min.)

Lectio Divina with the Gospel Reading (see Liturgical Calendar box). When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

#### Discussion and Sharing on Themes of the Past 8 weeks (40 min.)

- Role of the Church (Q# 160-165)
- Four Marks of the Church (Q# 172)
- Communion of Saints (Q# 183, 185, 187)
- Sacraments and Sacramentals (Q# 190-192, 198-200)
- Baptism and Confirmation (Q# 201, 204)
- Penance (Q# 205-208)
- Eucharist (Q# 236-237, 239-240, 250-252)
- Holy Mass (Q# 241-146)

Beginning with youngest child, ask what he knows about the purpose of the Church. Then moving up in age, have each child, and finally Mom and Dad, add something to it. Repeat the process.

To guide the discussion, please refer to the *By-Heart Catechism and Scripture Review™* corresponding to the questions covered for the past 8 weeks for key concepts about the different themes.

#### Closing Prayer (10 min)

Invite everyone who wishes, to express their petitions at this time.

End by praying the **Q# 250** Summary Prayer.



### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
 \_\_\_\_\_  
 \_\_\_\_\_

### Review of 8 Memory Verses Activity

To solidify memorization and to experience how God's word is "living and active," cut up copies of the verses of the past 8 weeks provided on page 2. Put them in a container for each person, each morning, to draw one, read and replace.

Instruct everyone to meditate on their verse for the day as God's special word to them for that day. At the evening meal, have each person share how their word spoke to them in the course of the day.

For little children, give them a simple phrase from their verse to repeat throughout the day. For example, "Go therefore and make disciples of all nations." or "Do not labor for the food which perishes."



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## Discussion Guide 17-24A Review Memory Verses

**17) Matthew 28:19-20** 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, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age.

**18) Ephesians 6:12** For we are not contending against flesh and blood, but against the principalities, against the powers, against the world rulers of this present darkness, against the spiritual hosts of wickedness in the heavenly places.

**19) Ephesians 1:3-4** Blessed be the God and Father of our Lord Jesus Christ, who has blessed us in Christ with every spiritual blessing in the heavenly places, even as he chose us in him before the foundation of the world, that we should be holy and blameless before him.

**20) Mark 16:16** He who believes and is baptized will be saved; but he who does not believe will be condemned.

**21) John 20:21-23** As the Father has sent me, even so I send you...Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.

**22) John 6:54-56** He who eats my flesh and drinks my blood has eternal life, and I will raise him up at the last day. For my flesh is food indeed, and my blood is drink indeed. He who eats my flesh and drinks my blood abides in me, and I in him

**23) Romans 12:1** Present your bodies as a living sacrifice, holy and acceptable to God, which is your spiritual worship.

**24) John 6:27** "Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you."



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**Discussion Guide 25A**

**Holy Orders, Episcopal Consecration and Anointing of the Sick (Questions 218-219, 222, 224)**

**The Apostolate’s Family Catechism™**

**Opening Prayer (5 min.)**

Gospel Reading (see Liturgical Calendar box).  
 Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

**Recitation of Memory Verse (5 min.)**

**John 6:27** Do not labor for the food which perishes, but for the food which endures to eternal life, which the Son of man will give to you.

**Discussion and Sharing on**

***The Apostolate’s Family Catechism (40 min.)***

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 218-219, 222, 224** (8 min.). Discuss.
- Read **Q# 218-219, 222, 224** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 218-219, 222, 224** at the end of **Chapters 62 and 63.**

**Closing Prayer (10 min.)**

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Q# 224** Summary Prayer.



**Liturgical Calendar**

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
 \_\_\_\_\_  
 \_\_\_\_\_



**Scripture Memory Verse**

*Take turns reciting or reading at family meals*

**Ephesians 4:11-12**

And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ,



**Family Activity**

- Write and send a thank you note from your family to your pastor/s and other priests you know. Thank them for their vocation and ministry. It would be good to include specific things they have done that you are grateful for and a promise to say a prayer for them.
- Obtain a list of those in your parish who are sick or dying and comfort them with homemade cards and your prayers at meal time, or other time of gathered prayer, throughout the week.
- Give thanks to God for having fully equipped His Church for ministry.



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## Discussion Guide 26A

### The Sacrament of Matrimony (Questions 226-229)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Ephesians 4:11-12** And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 226-228** (7 min.) or **Q# 229** (7 ½ min.). Discuss.
- Read **Q# 226-229** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” at the end of **Q# 228** and the “Thought Provokers” related to **Q# 226-229** at the end of **Chapter 64**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their petitions at this time.

End by praying the **Q# 229** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### Mark 10:6-9

But from the beginning of creation, 'God made them male and female. For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.' So they are no longer two but one flesh. What therefore God has joined together, let not man put asunder.



#### Family Activity

Form two teams to create skits based on the following verses about marriage:

1. Genesis 2:18, 21-24
2. Ephesians 5:25-26

Perform the skits for one another and conclude by reading the verse(s) that you portrayed.

Discuss what you learned about the sacrament of matrimony by performing or watching these skits.



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## Discussion Guide 27A

### What Prayer Is (Questions 262-265)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Mark 10:6-9** But from the beginning of creation, 'God made them male and female. For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.' So they are no longer two but one flesh. What therefore God has joined together, let not man put asunder.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 262-265** (10 min.). Discuss.
- Read **Q# 262-265** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" and the "Thought Provokers" related to **Q# 262-265** at the end of **Chapter 73**.

##### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Chapter 73** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### James 5:16

The prayer of a righteous man has great power in its effects.



#### Family Activity

##### Bible Lookup Race

Everyone who plays needs his own non-indexed bible. Make a score chart listing each person's name and room after it to record 14 scores. Copy and cut up the verses on prayer (back of page) and put them in a container. A designated person draws a verse and announces it. The others race to find it in their bibles.

Using a watch with a second hand, the designated person records the time for each to find the verse. The first to find each verse gets to read it. Others are to listen attentively.

Pair up the smaller kids with the bigger kids.



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## Verses on Prayer for Bible Lookup Race

James 5:16  
1Peter 3:11-12  
Matthew 6:6  
1Thessalonians 5:17  
Matthew 18:19-20  
Psalm 25:1  
1 Corinthians 14:15  
Luke 21:36  
Hebrews 4:16  
Revelation 8:4  
Acts 2:42  
2 Maccabees 12:44-45  
1Timothy 2:1-2  
Matthew 7:7



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## Discussion Guide 28A

### The Moral Life of Christians (Questions 269-270, 272-273)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**James 5:16** The prayer of a righteous man has great power in its effects.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 269-270, 272-273** (3 ½ min.). Discuss.
- Read **Q# 269-270, 272-273** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 269-270, 272-273** at the end of **Chapter 76**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their petitions at this time.

End by praying the **Q# 273** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### John 14:15

"If you love me, you will keep my commandments."



#### Family Activity

##### Bible Lookup Race Part 2

Set up the contest just as for Session 28A, but form teams. Draw from a container bible verses provided on page 2. Record on the score sheet the time it takes for each contestant to find the verse.

When all verses have been looked up and read, add up team scores. The team with the lowest score is the winner.



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## Verses on Doing the Will of God for Bible Lookup Race

Matthew 22:37-40  
1 Thessalonians 4:7  
John 14:24  
Ephesians 5:1-2  
1 Thessalonians 4:3-4  
Matthew 12:50  
John 14:15  
Matthew 5:48  
1 John 3:2-3  
Sirach 17:11  
Deuteronomy 5:6-21  
John 14:26  
1 John 3:19-22  
Sirach 17:8  
Romans 2:14-15  
Exodus 20:1-17  
Matthew 7:21





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Discussion Guide 29A

## Greatest Commandment (Questions 276-277)

### The Apostolate's Family Catechism™

#### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

#### Recitation of Memory Verse (5 min.)

**John 14:15** "If you love me, you will keep my commandments."

#### Discussion and Sharing on

#### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 276-277** (4 min.). Discuss.
- Read **Q# 276-277** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" at the end of **Q# 277** and the "Thought Provokers" related to **Q# 276-277** at the end of **Chapter 77**.

#### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Q# 277** Summary Prayer.



### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



### Scripture Memory Verse

*Take turns reciting or reading at family meals*

#### Mark 12:30-31

"You shall love the Lord your God with all your heart, and with all your soul, and with all your mind and with all your strength... You shall love your neighbor as yourself."



### Family Activity

#### Building Family Love

Begin this game by praying and asking God to open eyes and hearts to see what He sees.

Put all family members' names in a container and draw one out. The one whose name is drawn then draws another name. Now the first person is to tell the second person all the ways he sees God's love in him or her. When done, the second person is up. Repeat the process. When all names are drawn, the last person tells the first person how he sees God's love in him. The game is over. God is love!



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## Discussion Guide 30A

### Our Duties Toward God and Neighbor (Questions 281-282)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Mark 12:30-31** "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind and with all your strength... You shall love your neighbor as yourself."

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 281-282** (5 min.). Discuss.
- Read **Q# 281-282** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" at the end of **Q# 281-282** and the "Thought Provokers" related to **Q# 281-282** at the end of **Chapter 78**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their prayers of thanksgiving at this time.

End by praying the **Q# 281** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### **1 John 2:17**

He who does the will of God abides for ever.



#### Family Activity

- Play the "Good Deeds Guessing Game" (Age 8 and up. Pair up smaller kids with the bigger kids). Cut apart the second list of Commandments, Works of Mercy, etc. Store separate categories in envelopes or baggies. Choose two teams. Start with one category. Teams alternate and teammates take turns. The one who is "it" draws, and then tries to convey the message by acting it out (no words) to his teammates who work from the master list and get three guesses. Score 3 points on first guess, 2 on second, 1 on third. Move on to another category. When everyone gets good (in weeks to come) put all categories together for drawing. Now the one who is "it" announces the category, then goes.
- In one of your dinner meals, go around the table and ask each person to thank the Lord for a blessing received during the past week. It is recommended to make this a family tradition during a weekend meal.
- Ask each of the children to go through their clothes and toys and choose the ones they would like to give away to others. As a family, go to either Goodwill or St. Vincent de Paul Society or to other charitable organizations and donate the items.



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# Family Catechesis™

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## Good Deeds Guessing Game – Master List

Category: Ten Commandments

I am the Lord your God, you shall have no other gods before me.

Category: Ten Commandments

You shall not take the Name of the Lord your God in vain.

Category: Ten Commandments

Remember to keep holy the Lord's Day.

Category: Ten Commandments

Honor your father and your mother.

Category: Ten Commandments

You shall not kill.

Category: Ten Commandments

You shall not commit adultery.

Category: Ten Commandments

You shall not steal.

Category: Ten Commandments

You shall not lie.



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## Family Catechesis™

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Category: Ten Commandments

You shall not covet your neighbor's wife.

Category: Ten Commandments

You shall not covet your neighbor's goods.

---

Category: Beatitudes

Blessed are the poor in spirit, for theirs is the Kingdom of heaven.

Category: Beatitudes

Blessed are the meek, for they shall inherit the earth.

Category: Beatitudes

Blessed are those who mourn, for they shall be comforted.

Category: Beatitudes

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Category: Beatitudes

Blessed are the merciful, for they shall obtain mercy.

Category: Beatitudes

Blessed are the pure in heart, for they shall see God.

Category: Beatitudes

Blessed are the peacemakers, for they shall be called sons of God.



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## Family Catechesis™

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### Category: Beatitudes

Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of heaven. Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for men so persecuted the prophets who were before you.

---

Category: Corporal Works of Mercy  
Feed the hungry

Category: Corporal Works of Mercy  
Give drink to the thirsty

Category: Corporal Works of Mercy  
Clothe the naked

Category: Corporal Works of Mercy  
Shelter the homeless

Category: Corporal Works of Mercy  
Visit the sick

Category: Corporal Works of Mercy  
Visit the imprisoned



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Category: Corporal Works of Mercy  
Bury the dead

---

Category: Spiritual Works of Mercy  
Counsel the doubtful

Category: Spiritual Works of Mercy  
Instruct the ignorant

Category: Spiritual Works of Mercy  
Convert the sinner

Category: Spiritual Works of Mercy  
Comfort the sorrowful

Category: Spiritual Works of Mercy  
Forgive injuries

Category: Spiritual Works of Mercy  
Bear wrongs patiently

Category: Spiritual Works of Mercy  
Pray for the living and the dead

---



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Category: Virtues

Faith (can't use any form of "believe")

Category: Virtues

Hope (can't use any form of "trust")

Category: Virtues

Charity

Category: Virtues

Prudence (can't use any form of "wisdom")

Category: Virtues

Temperance (can't use "moderation")

Category: Virtues

Fortitude (can't use "courage")

Category: Virtues

Justice (can't use any form of "right")

---

Category: Precepts of the Church

Attend Mass on Sundays and on holy days of obligation. Avoid work or activity that could impede the sanctification of these days.



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## *Family Catechesis™*

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Category: Precepts of the Church

Confess your sins at least once a year.

Category: Precepts of the Church

Receive Jesus in the Holy Eucharist at least during the Easter season.

Category: Precepts of the Church

Observe the days of fasting and abstinence.

Category: Precepts of the Church

Help to provide for the needs of the Church.





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## Family Catechesis™

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### Good Deeds Guessing Game - Cutups

Category: Ten Commandments

I am the Lord your God, you shall have no other gods before me.

Category: Ten Commandments

You shall not take the Name of the Lord your God in vain.

Category: Ten Commandments

Remember to keep holy the Lord's Day.

Category: Ten Commandments

Honor your father and your mother.

Category: Ten Commandments

You shall not kill.

Category: Ten Commandments

You shall not commit adultery.

Category: Ten Commandments

You shall not steal.

Category: Ten Commandments

You shall not lie.

Category: Ten Commandments

You shall not covet your neighbor's wife.



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*Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.*

Category: Ten Commandments

You shall not covet your neighbor's goods.

---

Category: Beatitudes

Blessed are the poor in spirit, for theirs is the Kingdom of heaven.

Category: Beatitudes

Blessed are the meek, for they shall inherit the earth.

Category: Beatitudes

Blessed are those who mourn, for they shall be comforted.

Category: Beatitudes

Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.

Category: Beatitudes

Blessed are the merciful, for they shall obtain mercy.

Category: Beatitudes

Blessed are the pure in heart, for they shall see God.

Category: Beatitudes

Blessed are the peacemakers, for they shall be called sons of God.



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## Family Catechesis™

*Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.*

Category: Beatitudes

Blessed are those who are persecuted for righteousness' sake, for theirs is the Kingdom of heaven. Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven, for men so persecuted the prophets who were before you.

---

Category: Corporal Works of Mercy  
Feed the hungry

Category: Corporal Works of Mercy  
Give drink to the thirsty

Category: Corporal Works of Mercy  
Clothe the naked

Category: Corporal Works of Mercy  
Shelter the homeless

Category: Corporal Works of Mercy  
Visit the sick

Category: Corporal Works of Mercy  
Visit the imprisoned



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## Family Catechesis™

*Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.*

Category: Corporal Works of Mercy  
Bury the dead

---

Category: Spiritual Works of Mercy  
Counsel the doubtful

Category: Spiritual Works of Mercy  
Instruct the ignorant

Category: Spiritual Works of Mercy  
Convert the sinner

Category: Spiritual Works of Mercy  
Comfort the sorrowful

Category: Spiritual Works of Mercy  
Forgive injuries

Category: Spiritual Works of Mercy  
Bear wrongs patiently

Category: Spiritual Works of Mercy  
Pray for the living and the dead

---



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## *Family Catechesis™*

*Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.*

Category: Virtues

Faith (can't use any form of "believe")

Category: Virtues

Hope (can't use any form of "trust")

Category: Virtues

Charity

Category: Virtues

Prudence (can't use any form of "wisdom")

Category: Virtues

Temperance (can't use "moderation")

Category: Virtues

Fortitude (can't use "courage")

Category: Virtues

Justice (can't use any form of "right")

---

Category: Precepts of the Church

Attend Mass on Sundays and on holy days of obligation. Avoid work or activity that could impede the sanctification of these days.



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## *Family Catechesis™*

*Educates adults in the truths of the faith and empowers them to lead their families in learning and living the faith. Taught by Roman Curia Cardinal Francis Arinze.*

Category: Precepts of the Church

Confess your sins at least once a year.

Category: Precepts of the Church

Receive Jesus in the Holy Eucharist at least during the Easter season.

Category: Precepts of the Church

Observe the days of fasting and abstinence.

Category: Precepts of the Church

Help to provide for the needs of the Church.



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## Discussion Guide 31A

### Kindness in Thought and Truthfulness (Questions 286, 290)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**1 John 2:17** He who does the will of God abides for ever.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 286 and 290** (5 min.). Discuss.
- Read **Q# 286 and 290** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" at the end of **Q# 286 and 290** and the "Thought Provokers" related to **Q# 286 and 290** at the end of **Chapters 79 and 80**.

##### Closing Prayer (10 min.)

Go step by step through the Ten Steps to Mental Prayer.

End by praying the **Q# 290** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Take turns reciting or reading at family meals*

#### Ephesians 4:31-32

Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.



#### Family Activity

- **Play it again!** Play again the "Good Deeds Guessing Game." This time it will be more enjoyable because you are all getting a feel for it; and it will help impress the important lists of virtues and sins in the minds and hearts of your children.
- Provide younger children with the Holy Family Coloring book from the Apostolate. Visit [www.familyland.org](http://www.familyland.org).
- Print, frame and display a picture of the Ten Commandments in your home.



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## Discussion Guide 32A

### Four Last Things (Questions 291-295)

#### The Apostolate's Family Catechism™

##### Opening Prayer (5 min.)

Gospel Reading (see Liturgical Calendar box). Pause to reflect. When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

##### Recitation of Memory Verse (5 min.)

**Ephesians 4:31-32** Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

##### Discussion and Sharing on

##### *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 291-292** (7 ½ min.) or **Q# 293-295** (10 ½ min.). Discuss.
- Read **Q# 291-295** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the “Doctrine, Moral, Worship Exercises” and the “Thought Provokers” related to **Q# 291-295** at the end of **Chapter 81**.

##### Closing Prayer (10 min.)

Invite everyone who wishes, to express their petitions at this time.

End by praying the **Chapter 81** Summary Prayer.



#### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Upcoming Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days This Week:**  
\_\_\_\_\_  
\_\_\_\_\_



#### Scripture Memory Verse

*Look up in personal bible, copy, and memorize*

##### 1 Corinthians 2:9

What no eye has seen, nor ear heard, nor the heart of man conceived, what God has prepared for those who love him.



#### Family Activity

##### Memorial Day Observance

At this time the family can both reflect on the meaning of death and express gratitude for those who gave their lives in military service by praying for them.

Participate in a memorial ceremony provided in your community or visit the cemetery to decorate and pray at the graves of deceased loved ones.





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## Discussion Guide 25-32A Review

### The Apostolate's Family Catechism™

#### Opening Prayer (10 min.)

Lectio Divina with the Gospel Reading (see Liturgical Calendar box). When you are ready, end with an Our Father, Hail Mary and Glory Be. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

#### Discussion and Sharing on Themes of the Past 8 weeks (40 min.)

- Holy Orders (Q# 218-219)
- Anointing the Sick (Q# 222 & 224)
- Sacrament of Matrimony (Q# 226-229)
- Prayer (Q# 262-265)
- Conscience (Q# 272-273)
- Greatest Commandment (Q# 276-277)
- Ten Commandments (Q# 281)
- Beatitudes (Q# 281)
- Duties to God (Q# 281-282)
- Duties toward our Neighbor (Q# 281)
- Four Last Things (Q# 291-295)

Beginning with youngest child, ask what he knows about the Holy Orders. Then moving up in age, have each child, and finally Mom and Dad, add something to it. Repeat the process.

To guide the discussion, please refer to the *By-Heart Catechism and Scripture Review™* corresponding to the questions covered for the past 8 weeks for key concepts about the different themes.

#### Closing Prayer

Invite everyone who wishes, to express their prayer at this time.

End by praying the **Q# 281** Summary Prayer.



### Liturgical Calendar

- **Season:** \_\_\_\_\_
- **Sunday Readings:**  
**First Reading** \_\_\_\_\_  
**Second Reading** \_\_\_\_\_  
**Gospel Reading** \_\_\_\_\_
- **Significant Feast Days**  
 \_\_\_\_\_  
 \_\_\_\_\_

### Review of 8 Memory Verses Activity

To solidify memorization and to experience how God's word is "living and active," cut up copies of the verses of the past 8 weeks provided on page 2. Put them in a container for each person, each morning, to draw one, read and replace.

Instruct everyone to meditate on their verse for the day as God's special word to them for that day. At the evening meal, have each person share how their word spoke to them in the course of the day.

For little children, give them a simple phrase from their verse to repeat throughout the day. For example, "His gifts are for building up the body of Christ." or "The righteous will go into eternal life."



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## Discussion Guide 25-32A Review Memory Verses

**25) Ephesians 4:11-12** And his gifts were that some should be apostles, some prophets, some evangelists, some pastors and teachers, to equip the saints for the work of ministry, for building up the body of Christ.

**26) Mark 10:6-9** "But from the beginning of creation, 'God made them male and female. For this reason a man shall leave his father and mother and be joined to his wife, and the two shall become one flesh.' So they are no longer two but one flesh. What therefore God has joined together, let not man put asunder."

**27) James 5:16** The prayer of a righteous man has great power in its effects.

**28) John 14:15** "If you love me, you will keep my commandments."

**29) Mark 12:30-31** "You shall love the Lord your God with all your heart, and with all your soul, and with all your mind and with all your strength... You shall love your neighbor as yourself."

**30) 1 John 2:17** He who does the will of God abides for ever.

**31) Ephesians 4:31-32** Let all bitterness and wrath and anger and clamor and slander be put away from you, with all malice, and be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.

**32) 1 Corinthians 2:9** What no eye has seen, nor ear heard, nor the heart of man conceived, what God has prepared for those who love him.