

# First Grade



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## Introduction

Thank you for answering the call of God to be a teacher of the Faith, which involves leading children closer to Christ! Catechesis is the art of teaching the Faith in order to facilitate a personal encounter with Jesus Christ. The teaching should lead to understanding who Christ is in light of God's word (what He has revealed to us in Sacred Scripture and Sacred Tradition) in order to be changed through His grace to become more and more like Him. Transformed by the working of grace, "the Christian thus sets himself to follow Christ and learns more and more within the Church to think like Him, to judge like Him, to act in conformity with His commandments, and to hope as He invites us to" (*On Catechesis in Our Time*, Pope John Paul II, #20. Hereafter CT). "The definitive aim of catechesis is to put people not only in touch but in communion, in intimacy, with Jesus Christ: "only He can lead us to the love of the Father in the Spirit and make us share in the life of the Holy Trinity" (CT, #5).

1. How are catechists to teach in a way that leads children and young people into communion with Jesus Christ? Sacred Scripture is the driving force of all catechesis. The students need to know that the teachings are based upon God's Word. In addition, when the Word of God is spoken, grace is given. We need grace in order to receive Jesus' teaching. The *General Directory for Catechesis* (GDC), (a universal Church document promulgated by Pope John Paul II in 1997) tells us that a primary place to encounter Jesus is through the Sacred Scriptures. The Bible transmits "the very word of God..." [For this reason the Church desires that] "catechesis should be an authentic introduction to *lectio divina* (Divine Readings)," which is a way of meditating upon Scripture and applying it to one's life (GDC #127). "*Thy Word is a lamp to my feet and a light to my path.*" (Psalm 119:105).
2. An overview of Salvation History is to be presented at the beginning of each grade. Each and every teaching of the Faith that follows should be presented in light of this Story of God's Plan for us (GDC #128). This gives students the context for all the content of our catechesis. See Overview p. 19-20 and Creed, p. 6, number 1.
3. The doctrinal content of our catechesis is found in the *Catechism of the Catholic Church*, which is the "sure norm for teaching the Faith." (GDC #121) All Catholic School administrators, teachers, DRE's, CRE's, catechists and Youth Ministers should regularly utilize the Catechism when teaching the Faith (GDC, #121).
4. Holiness of life is essential in order for the catechist's teaching to bring others into intimacy with Jesus Christ. Teachers must first and foremost be witnesses. "Modern man listens more willingly to witnesses than to teachers, and if he does listen to teachers, it is because they are witnesses" (*Evangelization in the Modern World*, Pope Paul VI, #41).

In the Curriculum that follows, please note that a truth of the Faith that is being introduced will be **bolded**.

When introducing a new teaching, present a brief overview of the Truth of the Faith, helping the students to simply understand the teaching and to see how it is connected to their life.

All other teachings of the Faith, which are not bolded, were introduced in a previous grade and are to be reinforced, leading to greater understanding and integration into the students' lives.

## ***Profile of a First Grade Child***

### **Characteristics**

Children of this age are growing away from egocentric social behavior toward an awareness of other people. They are entering into peer-group activities with zeal. Now they need guidance in learning to handle playtime conflicts and to exercise the social skills needed to establish and maintain friendships.

These skills include learning to give and take and to share responsibility with peers, learning boundaries, learning to read and to write, and other related intellectual skills.

They are capable of understanding a story and can retell it from beginning to end. Some are even capable at this stage of finding hidden meaning or discovering the moral in a story.

The children's sense of self-worth is quite fragile at this stage. It is imperative that the catechist be sensitive to this fragility. When a child misbehaves, the correction in behavior should be handled in such a way that the child's emerging self-image is not damaged or hurt.

### **Faith Development Needs**

Six-year-old children, in order to develop spiritually, emotionally, physically, intellectually, and socially, need to be loved so as to love. Faith has its roots in love.

First graders need to be involved in group prayer and related religious activities. They should continue to experience times of silence in which to listen to and talk with God, to wonder, to reflect, to imagine. e.g., see the Story of Samuel (1 Samuel 3:1-10).

Six-year-olds need to be recognized, appreciated and praised as a unique individual, created in the image and likeness of God, and precious in the eyes of God. They need to experience a sense of security and belonging, which is essential to their growth.

Little children need to be taught how to share. They need to see role models from Scripture, the lives of the saints, and especially from the most familiar adults in their lives. In these models, they will begin to see that faith is to be lived out through prayer and action.

Children at this age need to appreciate others and recognize that each person is special. The value of each person comes from being created and loved by God, regardless of social status, race, physical handicaps, etc. It is important to help children learn to value others different from themselves.

Young children need to experience an atmosphere in which self-discipline can be fostered by giving them real responsibilities. Gradually, they will learn that all actions have consequences, either positive or negative.

Learning to live as Jesus wants us to will require training. The way that we make good and holy choices is through the exercise of virtue. A virtue is a good moral habit. We develop the Cardinal Virtues (moral virtues) of prudence, justice, fortitude and temperance through education, deliberate acts and perseverance in struggle. These efforts are purified and elevated by God's grace (CCC 1810).

|                           |                                                                                                                                                                           |
|---------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <u>Prudence:</u>          | Discovering our true good and choosing the right means of achieving it<br>(Simplified definition) making a right judgment                                                 |
| <u>Justice:</u>           | Giving the proper due to God and neighbor<br>Being fair                                                                                                                   |
| <u>Fortitude/Courage:</u> | Firmness in the pursuit of good<br>The courage to do what is right                                                                                                        |
| <u>Temperance:</u>        | Moderating the attraction of the pleasures of the senses that provides balance in the use of created goods<br>Acting with self discipline or self control (CCC 1803-1809) |

Example: The virtue of justice is exercised when children are fair in playing sports.  
The virtue of temperance is exercised when children take two pizza instead of five.

The catechist can help the children to choose to be good out of love for God by loving and respecting others. This will require that children be helped to develop the virtues so as to become habits in order to guide their conduct (CCC 1805-1809). According to *the Truth and Meaning of Human Sexuality, Guidelines for Education within the Family* (hereafter TM), from the age of innocence until the time of puberty, children are to be trained in friendship skills and virtuous living. Developing the virtue of temperance involves formation in self-discipline and self-control. The virtue of temperance is the foundation of the virtue of chastity, which allows us to overcome the temptation to look upon or use another person as an object for pleasure and sexual satisfaction rather than a person to be loved. The virtue of chastity also needs to be developed.

The document notes that for children in the years of innocence, “this period of tranquility and serenity must never be disturbed by unnecessary information about sex” (TM #78). Chastity is training in the “gift of the person” (CCC 2346). “Chastity is not to be understood as a repressive attitude. On the contrary, chastity should be understood rather as the purity and temporary stewardship of a precious and rich gift of love, in view of the self-giving realized in each person’s specific vocation...Chastity means the successful integration of sexuality within the person and thus the inner unity of man in his bodily and spiritual being”(TM #4). The integration of sexuality means self-mastery, in controlling desires and submitting them to love and respect as ordered to the gift of self. “The virtue of chastity blossoms in friendship” (CCC 2347).

“As in the first years of life also during childhood, parents [and teachers] should encourage a spirit of collaboration, obedience, generosity and self-denial in their children, as well as a capacity for self-reflection. In fact, a characteristic of this period of development is an attraction toward intellectual activities. Using the intellect makes it possible to acquire the strength and ability to control the surrounding situation and, before long, to control bodily instincts, so as to transform them into intellectual and rational activities” (TM #86).

“An undisciplined or spoiled child is inclined toward certain immaturity and moral weakness in future years because chastity is difficult to maintain if a person develops selfish or disordered habits and cannot behave with proper concern and respect for others. Parents [and teachers] should present objective standards of what is right and wrong, thereby creating a sure moral framework for life” (TM #86).

It is the understanding of the Catholic Church that parents are the primary educators of their children. In the Catholic Schools and Religious Education Programs, formation in chastity will be taught in the context of the moral life with a focus on the dignity of the human person. Human sexuality, which is to include formation in chastity, is the responsibility of the parents.

It is the duty of the parish to help and support parents “in fulfilling their fundamental right and duty to educate their children for love.” (TM #41-47) The Office for Catechesis & Evangelization promotes the use of *Revealed* in the home, a literature based curriculum by Ruah Woods Institute, using richly illustrated stories to delve deeper into the foundational concepts of Theology of the Body, using language all can all understand. First Grade Themes include "Creation is a Gift; Purity of Heart / Virtue, Body- Soul Unity; My Family is a Gift of God. Visit Ruah Woods at [www.ruahwoodsinsitute.org/theology-of-the-body-curriculum/theology-of-the-body-for-kids](http://www.ruahwoodsinsitute.org/theology-of-the-body-curriculum/theology-of-the-body-for-kids)

## **Implications**

To help the children move from a moral stage known as self-interest, the catechist should endeavor to awaken in them an awareness of the needs and feelings of others, inviting them to reach out to others in love and concern. Even at this early age children can tell others about Jesus and His Family. (Evangelization)

Children also require the development of the supernatural virtues of Faith, Hope and Love. Because children relate readily to the language of symbols and gestures and begin to acquire the spiritual attitudes which the gestures express, the catechist should provide frequent opportunities for them to engage in ritual: processions, offerings, praising and thanking God in prayer and song, worship of Jesus in the Blessed Sacrament. (Virtues of Faith, Love)

One way six-year-old children begin to understand who God is and what He wants is from the stories they hear. These images later become more mature concepts and feelings about God. Therefore Scripture stories which emphasize the love and providence of God and God's faithfulness should be used.

Little child tends to imitate others. Therefore, a catechist must be an exemplar, one who is conscious of God's presence in the world, in her or his life, one who is joyful, and one who is striving to follow Christ more closely.

Some children know at an early age what God calls them to be. Contact with a priest or religious as role models may encourage these vocations.

Note: The Profile of a First Grade Child, including Characteristics, Faith Development Needs and Implications was adapted from the Diocesan Curriculum, Office for Catechesis, Diocese of Sioux Falls.

## **Curriculum Guidelines**

*Theme:* God the Father calls us to a life of holiness. We live holy lives by imitating Jesus Christ. The Holy Spirit given to us at Baptism enables and strengthens us to live holy lives.

### **I. Creed – Profession of Faith**

Section one pertains to what God, Our Heavenly Father has revealed about Himself and His Plan for our salvation (saving us from sin) and sanctification (making us holy) through Jesus Christ His Son by the power of the Holy Spirit. God has acted first. Faith is our response to what God has revealed.

In First Grade, students should **review** for greater **understanding** the following truth of Faith except where a teaching is to be **introduced**. The line will be **bolded**. Scriptures that are bolded are new for this grade.

1. An overview of Salvation History should be presented in simple sentences such as the following: (See Overview / Scope p. 19-20 for the complete lesson plan on God's plan of Salvation History).
  - God loves us and created us to be united with Him.
  - Adam and Eve sinned by disobedience and separated themselves from God.
  - God the Father sent His Son, Jesus, to be our Savior.
  - Through His Death on the Cross and Resurrection from the dead, our sins were forgiven and we could now be reunited with God.
  - Jesus began the Church and gave us Sacraments to help us to be good.
  - We are united with God when we are baptized. Through receiving the Sacrament of Baptism, we become a child of God and Jesus comes to dwell in our heart. We remain close to Jesus by receiving the Sacrament of Reconciliation/Penance.
  - Our closest union with Jesus is when we receive Him in Holy Communion. We are forgiven and healed of the effects of our personal sin through the Sacrament of Reconciliation.

**Note:** Sacred Art, the words that go under the Sacred Art if displayed as a timeline on the wall, the outline and a worksheet can be downloaded from the Diocesan website:

Go to [www.dioceseoflacrosse.com/offices\\_and\\_ministries/catechesis/SalvationHistoryInArtwork](http://www.dioceseoflacrosse.com/offices_and_ministries/catechesis/SalvationHistoryInArtwork)

2. There is only one God. There are three Persons in one God: God the Father, God the Son, and God the Holy Spirit. The three Persons in one God is the Blessed Trinity. **God has no beginning and no end.** (CCC 234, 232, 237)
3. God reveals to us in Sacred Scripture that there is only one God and He is a Trinity of Persons.  
Matthew 28:16-20 Jesus said, "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..." (See Prayer Section, Sign of the Cross)
4. God is our Father Who loves us and cares for us. **God created us out of love and created the world around us. God made the angels, sun, moon, stars, flowers, animals, man and woman. We are special because we are made in the image of God. We have an immortal soul, which allows us to know and to love. God gave this to us so we would know and love Him.** (CCC 301, 759, 305, 356-357, 375)  
Genesis 1:1-31 Creation by God: God created us in His image. This means that He created us with an intellect, a will with freedom to choose good or evil and He created us to be in communion with other persons and most especially Himself.

5. God created everything out of nothing. (CCC 296-298, 338)  
 Genesis 1:1-25, 31 "Since God can create everything out of nothing, He can, also, through the Holy Spirit, give spiritual life to sinners by creating a pure heart in them" (cf. Psalm 51:12). See also Romans 4:17.

God created the heavens and the earth, animals and plants. . . God created these things to provide for us and He expects us to take care of them. (See Moral Life, number 21 and 22) .

6. God created angels as spiritual beings. Angels are God's messengers. We all have our own personal guardian angel. Our guardian angel keeps constant, watchful care over us and guides us and protects us on our journey to God in Heaven (CCC 328-329, 331-333, 336)

|                       |                                                              |
|-----------------------|--------------------------------------------------------------|
| Matthew 18:10         | Our "angels look upon the face of God."                      |
| Psalm 34:7            | "The angel of the Lord delivers all who fear God."           |
| Psalm 91:10-13        | "For God commands the angels to guard you in all your ways." |
| Psalm 103:20          | Angels are obedient to every command of God.                 |
| <b>Tobit 12:11-22</b> | <b>The angel Raphael presented their prayer before God.</b>  |

7. Jesus is the second Person of the Blessed Trinity. **Because Jesus really is the Son of God, He could tell us the truth about God. Jesus also did wonderful things called miracles: healing the sick, feeding the hungry, bringing the dead back to life and rising from the dead, which was His greatest miracle.** (CCC 443-444, 547-549, 639)

8. The Bible is a special Book where God speaks to us. We become more and more aware of God's love for us and we develop a greater love for God in Sacred Scripture.(CCC 101-104)

|               |                                                                                                                                                                                                                                                                                      |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Genesis 2:1-3 | God's resting and the Sabbath: "God's action is the model for human action. If God 'rested and was refreshed' on the seventh day, we too ought to 'rest' and should let others, especially the poor...The Sabbath brings everyday work to a halt and provides a respite" (CCC 2172). |
|---------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

The Gospels are the most important part of the Bible because they tell us about Jesus' life, teaching, and how His death and resurrection saved us from sin and united us to Himself. (CCC 125, 426)

|                   |                                                                                                                                                                                              |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Luke 1: 26-38     | The Annunciation: The Angel Gabriel announces to Mary that she will be the Mother of Jesus. Mary said, "Behold, I am the handmaid of the Lord. May it be done to me according to your word." |
| Luke 1:39-45      | The Visitation: Mary visits her cousin Elizabeth to serve her in her time of need. She was going to have a baby at a very old age.                                                           |
| Luke 2:1-20       | The Birth of Jesus: The angel said, "For today in the city of David a Savior has been born for you who is Messiah and Lord."                                                                 |
| Matthew 1:18-2:12 | The Visit of the Magi: "They prostrated themselves and did Him homage.                                                                                                                       |
| Luke 2:22-38      | Presentation of Jesus in the Temple: Jesus is consecrated to the Father and to His will.                                                                                                     |
| Luke 2:41-52      | Finding Jesus in the Temple doing the will of His Father: Jesus said, "Did you not know I had to be in My Father's house?"                                                                   |

## Passages that show Jesus' love for people

|                     |                                         |
|---------------------|-----------------------------------------|
| <b>John 6: 1-15</b> | <b>Jesus feeds five thousand people</b> |
| Matthew 19:13-15    | Jesus blesses children                  |
| Luke 5: 17-26       | Jesus heals a crippled man              |
| Luke 7:11-1         | Jesus raises a widow's son              |
| Luke 8: 40-56       | Jesus raises the daughter of Jairus     |

9. Jesus founded the Catholic Church, the Kingdom of Heaven on earth. **Jesus sent the Holy Spirit to the Apostles to help them and give them grace. The Church, like Jesus, teaches us about God. Like Jesus, the Church feeds the poor, cares for the sick, and helps us to know how to act.**  
(CCC 541-542, 731, 857)

Luke 6:12-16

**Matthew 17: 1-8**

Matthew 26:26-30

Mark 15:33-41

Mark 16:1-8

**Acts 2:1-8**

Jesus chooses the twelve Apostles

**Jesus shows His glory**

Jesus gives us the Eucharist

Jesus dies on the cross so that our sins can be forgiven

Jesus rises from the dead: Jesus overcame death by rising from the dead so that we can live with Him forever in Heaven.

**Pentecost, the coming of the Holy Spirit and the beginning of the Church**

## **II. Sacraments – Celebration of the Christian Mystery**

Section two focuses on the Sacraments. Sacraments communicate God's grace, which unites us with Him and strengthens us to remain in communion with Him. Through the Sacraments we receive sanctifying grace by which God gives us a share in His Divine Life out of love for us. We are to approach the Sacraments with expectant faith and proper dispositions so as to receive the grace that Christ intends to give. Sanctifying grace transforms our hearts and conforms us to Christ.

In First Grade, students should **review** for greater **understanding** the following Truths of Faith except where a teaching is to be **introduced** and is **bolded**. Scriptures that are bolded are new for this grade.

1. **Jesus healed people who were sick, fed people who were hungry, went to weddings, was friendly to sinners and forgave sinners.** (CCC 548-549, 545)
2. A sacrament is a sacred sign instituted by Christ to give grace. We are very close to Jesus when we receive the Sacraments. We need the Sacraments. **God gives us grace in the Sacraments. Grace is a share in God's life. God gives grace to angels and to us.** (CCC 1114, 1131, 1210-1212, 1265-1266)
3. **Grace helps us to treat people the way God wants us to (to live by His Commandments) and to say yes to God's love. When we do something wrong, we ask God and the other person we have hurt or disobeyed to forgive us. In turn, we should forgive others as God forgives us.** (CCC 1889, 2082, 2074-2075, 2838)
4. **Sunday is the Lord's Day. It is the day that Jesus rose from the dead and for this reason, we are to attend Mass and devote time to family, leisure, rest and works of charity.** At Mass, we pray to Jesus and He blesses us. (CCC 2174-2176, 2184, 2172)
5. **Jesus shows His love for us by giving Himself to us in the Holy Eucharist.** (CCC 1337)
6. The bread and wine becomes the Body and Blood of Jesus when the priest prays Jesus' words, "This is My Body. . . This is My Blood. . . Do this in remembrance of Me." The Eucharist (Holy Communion) is no longer ordinary bread. (CCC 1352, 1353)
7. Students should know the names and meanings of the following sacred vessels and sacramentals: tabernacle, holy water, chalice, paten, candle, altar, and crucifix. (CCC 1145-1148, 1182, 1383, 1668)
8. The following liturgical gestures are outward signs that reflect our inward love and respect for God: genuflection, kneeling, Sign of the Cross, folding hands for prayer, blessing ourselves with Holy Water. For example, we genuflect upon entering a Catholic Church as a sign of adoration because Jesus is truly present in the tabernacle. (CCC 1153-1155, 1208)
9. **Christmas celebrates Jesus' birth. Advent is a time of preparation for Christmas. Easter celebrates the Resurrection of Jesus from the dead. Lent is a time of preparation for the Resurrection.** (CCC 1168-1171)
10. Students should know the name(s) of the parish priest(s), the bishop and the Pope.

## **Sacrament of Baptism**

In First Grade, students should **review** for greater **understanding** the following Truths of Faith except where a teaching is to be **introduced** and is **bolded**. Scriptures that are bolded are new for this grade.

1. **The Sacrament of Baptism is the gateway to all the other Sacraments. Jesus said that we need to be baptized to go to Heaven.**  
(CCC 1213-1215, necessity: CCC 1257-1261; For catechist's reference: Baptism of desire: CCC 1258-1260, unbaptized babies who die: CCC 1261)

Genesis 7:11- 8:22 - Noah's Ark: God cleansed the earth with the floodwaters and saved Noah and his family by having them build the Ark.

John 3:1-21 **Jesus said that we enter the Kingdom of God by being baptized.**

Matthew 28:16-20 **Jesus said, "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..." (See Prayer Section, Sign of the Cross)**

Luke 3:21-22 **The Baptism of Jesus: "You are My beloved Son, with You I am well pleased.**

2. **In the Sacrament of Baptism, the Blessed Trinity comes to dwell within the person's soul, making him/her a child of God and member of His family, the Church.**  
(CCC 1265, 1267-1270)
3. **Through Baptism we receive:**
  - a. **Cleansing from original sin and forgiveness of all personal sin committed before Baptism.**
  - b. **Sanctifying grace (a share in the life of the Blessed Trinity), which makes us children of God, members of the Body of Christ, and temples of the Holy Spirit and co-heirs of the Kingdom.**
  - c. **An indelible mark on our souls (can never be repeated or removed).**  
**The Gifts necessary to live as children of God.**  
(CCC 1266) (three Theological Virtues - CCC 1813, seven Gifts of the Holy Spirit - CCC 1831) (effects: CCC 1262-1274, 1279-80)
4. **The symbols of Baptism are: baptism with water, anointing with oil of catechumens and chrism, the clothing of the white garment and the reception of the candle lit from the Easter candle.** (CCC 1234-1245)
5. **The Church gives us the rite of Baptism and its symbols: The students should be taught the Rite of Baptism and the symbols used as found in the Sacramentary.** (symbols: CCC 1234-1245)
6. **If we were baptized as infants, our parents and godparents made the Baptismal Promises for us to God. The Baptismal Promises are to be lived in our everyday life.**  
(CCC 1185, 1254, 2340)

## **Recommended Booklets**

*The Seven Sacraments*, Rev. Lawrence G. Lovasik, S.V.D. (Catholic Book Publishing Co)

*My Picture Missal*, Rev. Lawrence G. Lovasik, S.V.D. (Catholic Book Publishing Co)

*The Ten Commandments*, Rev. Lawrence G. Lovasik, S.V.D. (Catholic Book Publishing Co)

### III. Life In Christ

Section three is about how we respond to God by the way we live. As His children, we should live as God has asked. The moral life is not an arbitrary list of rules but choosing the good and staying close to Jesus. Living life as God asks us to is living a fully human life.

In First Grade, students should **review** for greater **understanding** the following Truths of Faith except where a teaching is to be **introduced and is bolded**. Scriptures that are bolded are new for this grade.

1. God is love. God reveals His love through creation. God created us with a body and a soul and loves each person completely. We are children of God, who is our loving Father. (CCC 219-221, 2083, 2086, 1701-1703)
2. Since we are created in the image and likeness of God and He loves us, He wills that we love ourselves. We show love for our soul by striving for holiness. We show love for our body by proper hygiene, by protecting it from harm and through modesty (dressing properly) and purity of mind and heart (watching and listening to good programs that do not make us feel uncomfortable). (CCC 356-357, 2521-2522, 1264, 2514)
3. Since all people are created in the image and likeness of God and He loves each person, He wills that we love all people. To love means to choose to be kind and respectful to another person. This includes being selfless instead of being selfish. Jesus wants us to treat others with kindness, to help those in need and to respect each person and their belongings. Loving and helping others brings us joy. (CCC 357, 225, 1766, 2447, 2262)
4. God gave Moses the Ten Commandments (Exodus 20: -17). The Ten Commandments are for each person to know how to live as a child of God: to love God and neighbor. **The Ten Commandments are rules or laws given to us by God to ensure our true freedom and joy in this life and for eternity.** The Holy Spirit strengthens us to be faithful to God's love by living according to the Commandments. (CCC 2056-2057, 2060-2063, 2067, 2072-2074, 1724)

#### The Ten Commandments - God's laws of love

|                |                                                                                                       |
|----------------|-------------------------------------------------------------------------------------------------------|
| Exodus 20: 2-6 | <b>The First Commandment: <i>There is only one God. You shall not have other gods besides Me.</i></b> |
| Exodus 20:7    | <b>The Second Commandment: <i>God's name is Holy. You shall not use God's name in vain.</i></b>       |
| Exodus 20:8-11 | <b>The Third Commandment: <i>Remember to keep God's day holy.</i></b>                                 |
| Exodus 20:12   | <b>The Fourth Commandment: <i>Honor your father and mother.</i></b>                                   |
| Exodus 20:13   | <b>The Fifth Commandment: <i>You shall not kill.</i></b>                                              |
| Exodus 20:14   | <b>The Sixth Commandment: <i>You shall not commit adultery.</i></b>                                   |
| Exodus 20:15   | <b>The Seventh Commandment: <i>You shall not steal.</i></b>                                           |
| Exodus 20:16   | <b>The Eighth Commandment: <i>You shall not lie.</i></b>                                              |
| Exodus 20:17   | <b>The Ninth Commandment: <i>You shall not covet your neighbor's wife.</i></b>                        |
| Exodus 20:17   | <b>The Tenth Commandment: <i>You shall not covet your neighbor's goods.</i></b>                       |
| John 14:15     | Jesus said, <b><i>"You are My friends if you do what I command you."</i></b>                          |

5. God has loved us first. The Ten Commandments are a gift from God. (Students are to memorize the Commandments and should become familiar with the major point of each commandment and understand their meaning in a manner that applies to their life.) (CCC 2057, 2061, 2083)

6. **Jesus summed up the Ten Commandments in the Two Great Commandments:**
  - a) **Love God with all your heart.**
  - b) **Love your neighbor as yourself.**
7. **We love God our Heavenly Father by praying to Him. We show Him our love by going to Mass every Sunday. At Church we worship the Blessed Trinity with the all the members of God's Family. We also show our love for God by talking about Him with respect and great love. (CCC 2083-2086, 2098, 2142-2144, 2168-2178, 2218-2220)**
8. **Jesus teaches us to be kind to others and to love them as He loves us. Jesus calls us to follow Him. Jesus and the Church help us to know how to act. We are to love our parents and obey them and others in authority cheerfully. We should share things with other children and always tell the truth. We pray each day, especially for those who need God's help: the poor, the sick, those who are unhappy, and people who do not know or love God. (CCC 544, 2214-2217, 2401, 2464, 2443-2445)**
9. **Our parents, who give us life, love and provide for us, are a very special gift from God. Playmates and classmates are meant to be our friends. Friends are also gifts from God. We are grateful to God for all the beautiful gifts He has given us. (CCC 2215)**

Note to Catechist: The heart of Catholic Social Teaching is ultimately to lead people to God. The Ten Commandments provide the foundation for Catholic Social Teaching. (CCC 2104-2105)
10. **After we participate in the Sacraments, above all the Holy Eucharist, Jesus gives us the strength to go forth to love and serve Him by loving and serving our neighbor. (CCC 1397, 1396, 1391-1395)**
11. **God desires that we share what we have been given with others:**
  - a) **Spiritual gifts - the gift of faith and knowledge about God**
  - b) **Temporal gifts - our material possessions that have been given to us by God.**

The Diocese of La Crosse is committed, in particular, to the orphanage Casa Hogar Juan Pablo II in Lurin, Peru and to the care of the Holy Cross Parish in Santa Cruz, Bolivia. (Synod Acts #184)

Project Milk and the Lenten Mite Boxes are an especially important means of providing assistance to the Casa Hogar Juan Pablo II and Holy Cross Parish and are to be faithfully promoted. (Synod Acts #188)
12. **God has given us everything. We need to show our gratitude to God by respecting and taking care of all His gifts. This is what we call stewardship. (CCC 2402, 2408)**
13. **God calls each person by name and has a special plan for his/her life (cf. Isaiah 43:1). Every Christian is called by God to be holy, to love and serve Him and his/her neighbor with the help of His grace. Each person is invited to a personal friendship with Jesus Christ. (CCC 2167, 1604)**
14. **We were created to do God's will on earth and to have interior peace and joy and so that when we die, we can live with Him in Heaven. (CCC 1023-1024)**

## IV. Christian Prayer

Prayer is an essential way we respond to God who loved us first. Prayer is necessary if we are to know God personally and to do His will. Living the Christian life is impossible without prayer.

In First Grade, students should **review** for greater **understanding** the following Truths of Faith except where a teaching is to be **introduced and is bolded**. Scriptures that are bolded are new for this grade.

1. Prayer is talking with and listening to Jesus. We are called to pray every day with our families. (CCC 2559, 2659-2660, 2565, 2615)
2. **We can pray everyday first of all by listening to Jesus and then responding in our singing and praising, telling Jesus that we love Him, that we are sorry. We can thank Him and ask Him to help us to be good.** (CCC 2644-2649, 2709)
3. **We show our love for Jesus by being devoted to His Sacred Heart. This is the devotion to the love of God, which is symbolized by the Heart of Christ.** (CCC 478)
4. God hears every prayer that we make and answers every prayer in a way that is best for us even if we do not always understand God's ways. **He is always faithful and is with us through all our joys and sorrows in life.** (CCC 2610-2616)
5. The Mass is the highest form of prayer. At the Mass, the bread and wine are changed into the Body and Blood of Jesus. The Holy Eucharist is the deepest encounter between God and us on this earth. (CCC 1374, 1391, 1324-1325, 1407)
6. We need to participate fully in mind and heart in the prayers of the Sunday Mass. Each person is called to actively participate in the Mass by praying and singing. (CCC 1071)
7. The memorization of basic prayers offers an essential support to the life of prayer. It is also important to help students savor their meaning. (CCC 2688)

Students should memorize the following prayers:

- Sign of the Cross
  - Our Father
  - Hail Mary
  - Glory Be
  - Prayer to my Guardian Angel
  - A Morning Prayer of your choice
  - A Night Prayer of your choice
  - Grace Before and After Meals
  - Words of Prayer: Alleluia; Holy, holy, holy; Glory to God; Amen, Thank-you God; I love you God; For my family, Lord hear our prayer
8. The Our Father is the prayer that Jesus taught us. (CCC 2765)  
  
Matthew 6: 9-13      Jesus said, "This is how you are to pray: Our Father..."
  9. In addition to referring to the Church as the People of God, the word "church" can also refer to a sacred building in which Christ is present in the tabernacle. The church is where members of God's family come together to worship the Lord and pray together. Believers are quiet when visiting a Catholic Church in order to show their reverence and adoration for Jesus and to keep our focus on Him, be with Him in prayer. (CCC 1181, 1180, 1185)
  10. It is appropriate to be quiet when visiting a Catholic Church because Jesus is present in the tabernacle and we want to speak to and listen to Him. We also want to show respect for those who are praying in Church by maintaining an atmosphere of prayerful silence. (CCC 1185)

11. **Children should develop a habit of personal prayer, encouraged by parents at home along with a consistent commitment of prayer in class.**
12. **The Rosary is a wonderful form of prayer by which we meditate upon the mysteries of Christ's life and ask for Mary's intercession.** (CCC 971, 2678, 2708, 1674)
13. The Stations of the Cross are a devotion we pray during Lent. These Stations follow the fourteen steps of Our Lord's intense suffering that concludes with His crucifixion, death and burial. (CCC 1674)
14. Children can learn to recite and/or sing selected communal prayers and responses of the Mass:
  - Responses to Greeting and Penitential Rite
  - Responses to the Readings and the Gospel
  - Response to Intercessions
  - Response to Preparation of Gifts and the Eucharistic Preface
  - Holy, Holy, Holy
  - Memorial Acclamation
  - Great Amen
  - Our Father
  - Response to Sign of Peace
  - Lamb of God
  - Final Blessing and Dismissal

### **Recommended Bible Stories, Prayer Books, and Other Spiritual Reading**

*Going Deeper in Prayer Initiative*, to help make prayer more personal with accompanying resources, is available here: [diolc.org/prayer](http://diolc.org/prayer).

***Saint Joseph First Children's Bible*** (Catholic Book Publishing Co)

***The Children's Bible*** (Golden Press)

***The Story of Jesus***, Lawrence G. Lovasik S.V.D. (Catholic Book Publishing Co)

***The Way of the Cross for Children*** (Catholic Book Publishing Company)

***My First Prayer Book***, Sr. Karen Cavanagh C.S.J. (Regina Press)

***My Rosary*** (Daughters of St. Paul )

***The Angels: God's Messengers and Our Helpers***, Lawrence G. Lovasik S.V.D. (Catholic Book Publishing Co)

***Stations of the Cross***, Lawrence G. Lovasik S.V.D (Catholic Book Publishing Co)

***Little Acts of Grace***, Rosemarie Gortler & Donna Piscitelli (Our Sunday Visitor)

***Everyday Graces, A Child's Book of Good Manners***, Karen Santorum (ISA Books) ***Catholic Bible Stories for Children***, Ann Ball with Julianne M. Will (Our Sunday Visitor)

### **Prayers**

#### **Grace Before Meals**

Bless us O Lord and these thy gifts, which we are about to receive from thy bounty.  
Through Christ our Lord. Amen.

## **Saints**

At First Grade, the students should **know and understand** the following Truths of Faith.

1. Mary watches over us from Heaven with much love. She is a special friend of children. Mary is the Mother of Jesus and she leads us to Him. (CCC 495)
2. God sent the angel Gabriel to ask her to be the Mother of His Son. Mary said yes to God. During the course of her earthly life, she loved God so much that she always said yes to Him. Mary never sinned. (CCC 494, 2013-2016, 867)
3. It is important to study the life of Mary because she loves Jesus with all her heart. Furthermore, Mary teaches us about Jesus our Savior. (CCC 2618)
4. A saint is a person who came to know and love God, lived a life close to Jesus and is united forever with Him in Heaven. (CCC See glossary for the definition of a saint)
5. God wants everyone to be a saint. Our greatest joy and peace are achieved in becoming a saint. (CCC 27)

### **Recommended Saints Books**

***Saints for Children*** (Daughters of St. Paul)

***Miniature Stories of the Saints***, Daniel A. Lord, S.J. (W. H. Litho Co.)

***The Children's Book of Saints***, Louis M. Savary, S.T.D. (Regina Press Malhame & Company)

***St. Francis of Assisi Coloring Book***, Mary Fabyan Windeatt (Tan Books)

***Blessed Kateri Tekakwitha Story Coloring Book***, Mary Fabyan Windeatt (Tan Books)

***Our Lady of Lourdes Coloring Book***, Mary Fabyan Windeatt (Tan Books)

***Picture Book of Saints*** (Catholic Book Publishing Company)

***Book of Saints***, Amy Welborn (Loyola Press)

## Vocabulary

At the end of First grade, students should know the meaning of the following words. Some of the words are not found in the curriculum.

|                     |                          |                                 |                            |
|---------------------|--------------------------|---------------------------------|----------------------------|
| Adam                | Advent                   | Advent candles                  | Advent wreath              |
| alleluia            | altar                    | amen                            | angels                     |
| Annunciation        | Baptism                  | baptismal font                  | Bethlehem                  |
| Bible               | believe                  | Calvary                         | Christmas                  |
| Church              | creation                 | Creator                         | cross                      |
| creatures           | crucifix                 | crucifixion                     | crucify                    |
| decade              | demon                    | disobey                         | Easter                     |
| Eve                 | Faith                    | Father                          | Finding of Jesus in Temple |
| genuflection        | God                      | Gospels                         | guardian angels            |
| Heaven              | holy                     | Holy Day                        | Holy Spirit                |
| holy water          | holy water font          | image and likeness              | Jesus                      |
| Joseph              | Kingdom of God           | Lent                            | liturgical year            |
| Liturgy of the Word | Liturgy of the Eucharist | love                            | Magi                       |
| Mary                | Mass                     | miracles                        | mystery                    |
| Nativity            | obey                     | obedient                        | paradise                   |
| prayer              | Pentecost                | Presentation of Jesus in Temple | priest                     |
| reverence           | Rosary                   | saint                           | Salvation Story            |
| sanctuary light     | sin                      | Sunday                          | tabernacle                 |
| Ten Commandments    | Visitation               |                                 |                            |

## Recommended Teacher and Parent Resources

*Diocesan Virtue Program* is available at [diolc.org/catechesis/understanding-and-living-the-virtues](http://diolc.org/catechesis/understanding-and-living-the-virtues).

### ***Raise Happy Children, Teach Them Virtues!*** (Our Sunday Visitor)

Mary Ann Budnick,

Twelve foundational virtues: obedience, sincerity, order, fortitude, perseverance, patience, industriousness, generosity, freedom, responsibility, justice and charity.

R.B. Media, Inc. 154 Dural, Springfield IL, 62704. [www.rbmediainc.com](http://www.rbmediainc.com)

### ***The Virtue Driven Life*** (Our Sunday Visitor)

Fr. Benedict Groeschel, C.F.R

(800) 348-2440, [www.osv.com](http://www.osv.com)