



Consecration in Truth® Evangelization Program

Family Catechesis™

Discussion Guides Set B



APOSTOLATE FOR
FAMILY
CONSECRATION®

AFC.org



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 1B

More of God's Perfections (Questions 9-15)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 11 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 9-10** (9 ½ min.), and/or **Q# 11-13** (8 min.), and/or **Q# 14-15** (6 min.). Discuss.
- Read **Q# 9-15** 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# 9-15**, found at the end of **Chapters 2 and 3**.

Closing Prayer (5-10 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 prayer at this time.

End by praying the **Chapter 3** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 19:26

With God all things are possible.

Psalm 9:8-9

He judges the world with righteousness, He judges the peoples with equity. The LORD is a stronghold for the oppressed, a stronghold in times of trouble.



Optional Family Activity

Composing Psalms of Praise

Using the attributes of God - all knowing, all present, almighty, all-wise, all holy, all merciful, and all just - assign different ones to family members to write a sentence or verse describing/praising God with this quality. (Little ones can draw pictures.)

Use Psalm 9:8-9 as a model. Collect the verses and read one after the other like a Psalm. During the week, draw one each day at the table to speak/sing praise to God.



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Discussion Guide 2B

Jesus Reveals the Holy Trinity (Questions 29-31)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

Matthew 19:26 With God all things are possible.
Psalms 9:8-9 He judges the world with righteousness, he judges the peoples with equity. The LORD is a stronghold for the oppressed, a stronghold in times of trouble.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video Q# 29-31 (11 min.). Discuss.
- Read Q# 29-31 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# 29-31, found at the end of Chapters 6 and 7.

Closing Prayer (5-10 min.)

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

End by praying the **Chapter 6** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 15:26

But when the Counselor comes, whom I shall send to you from the Father, even the Spirit of truth, who proceeds from the Father, he will bear witness to me.



Optional Family Activity

Sign of the Cross Exercise

Dad, Mom or older sibling can research the history and various ways in which the Sign of the Cross, incorporating both the cross and the Trinity, is practiced. Search "sign of the cross" at <http://www.newadvent.org>.

As a family, choose a style and then practice. Practice other Signs of the Cross such as are made at the reading of the Gospel, passing a church, blessing a child or article, etc. Discuss how the various practices signify the Trinity. What do they say about the cross?



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Discussion Guide 3B

God's Presence in Created History (Questions 48-50)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 48 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.): John 15:26 But when the Counselor comes, whom I shall send to you from the Father, even the Spirit of truth, who proceeds from the Father, he will bear witness to me.

Discussion and Sharing on

***The Apostolate's Family Catechism* (40 min.)**
(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 48-50** (5 min.). Discuss.
- Read **Q# 48-50** 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# 48-50**, found at the end of **Chapter 12**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 12** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 8:22-23

We know that the whole creation has been groaning in travail together until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait for adoption as sons, the redemption of our bodies.



Optional Family Activity

Field Trip

"The form of this world is passing away" (1 Corinthians 7:31). A 750 year old Sitka Spruce, the largest in North America, was struck by lightning a few years ago and in 2007 it was toppled by a wind storm. This happened in Oregon. What has happened in your locality that indicates the transitory existence of our world? Take a field trip to some location that seems permanent but in reality is "passing away." Discuss what is permanent in this life. Discuss, nevertheless, what is our duty toward creation to care for and preserve it as much as possible.



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Discussion Guide 4B

Angelic Creation and the Fall of the Bad Angels (Questions 38-41)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

Romans 8:22-23 We know that the whole creation has been groaning in travail together until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait for adoption as sons, the redemption of our bodies.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video Q# 38-39 (6 min.), and/or Q# 40-41 (9 min.). Discuss.
- Read Q# 38-41 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# 38-41, found at the end of **Chapter 9**.

Closing Prayer (5-10 min.)

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

End by praying the **Chapter 9** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 6:10-11

Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God that you may be able to stand against the wiles of the devil.



Optional Family Activity

Armor of God Demo

Each family member chooses and acts out a piece of armor listed in Ephesians 6:14-17, explaining how he/she will use it and be protected by wearing it.

- Belt of truth
- Breastplate of righteousness
- Boots/shoes of the Gospel of peace
- Shield of faith
- Helmet of salvation
- Sword of the Spirit (the Word of God)



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Discussion Guide 5B Mortal Sin (Questions 59-60)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 59 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

Ephesians 6:10-11 Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God that you may be able to stand against the wiles of the devil.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video Q# 59-60 (14 min.). Discuss.
- Read Q# 59-60 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# 59-60, found at the end of Chapter 15.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the Q# 59 Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 6:23

For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.



Optional Family Activity

"Consequences of Sin" Field Trip

Sin has a ripple effect and hurts many others besides ourselves, just as good also has a ripple effect.

Visit a pond and throw pebbles to see just how far the ripples go.

If you have teenagers, you may want to consider illustrating mortal sin by driving by an abortion clinic or hospital that performs abortions. Use the opportunity to pray for the people involved. Point out how impure thoughts leading to impure acts have led to murder (abortion) and when legalized - to mass murder.



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Discussion Guide 6B

God's Merciful Forgiveness (Questions 65-67)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

Romans 6:23 For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video Q# **65-66** (7 min.) and/or Q# **67** (5 min.). Discuss.
- Read Q# **65-67** 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# **65-67**, found at the end of **Chapter 16**.

Closing Prayer (5-10 min.)

Invite everyone who wishes, to express at this time a prayer for a friend or someone they know.

End by praying the **Chapter 16** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

Proverbs 28:13

He who conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.



Optional Family Activity

Family Reconciliation

Go to the Sacrament of Penance as a family. Follow with a special meal to celebrate and give thanks for God's cleansing and healing won through Jesus' death. For guidelines on how to go to confession, please see Family Catechesis Supplemental Resources on www.familyland.org.

Read about the Chaplet of Divine Mercy on www.divinemercy.org. Try to say the chaplet throughout the week or on one day of the week preferably Friday.



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Discussion Guide 7B Jesus is God (Questions 74-75)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 75 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

Proverbs 28:13 He who conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video Q# 74-75 (10 ½ min.). Discuss.
- Read Q# 74-75 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# 74-75, found at the end of **Chapters 19 and 20.**

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 19** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 10:45

For the Son of Man did not come to be served but to serve, and to give His life as a ransom for many.



Optional Family Activity

Family Service Project

Choose a way(s) your family can serve and follow through, such as:

- At parish event or coffee and doughnuts
- Food distribution
- Providing lawn and/or house care
- Community service
- One another within the family

Discuss how you are coming to know Jesus better by following his example of serving.



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Discussion Guide 8B

God's Love for Man and for Mary (Questions 83, 303)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.): Mark 10:45 For the Son of Man did not come to be served but to serve, and to give His life as a ransom for many.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 83** (4 min.) and/or **Q# 303** (8 min.). Discuss.
- Read **Q# 83 and 303** 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# 83 and 303**, found at the end of **Chapters 21 and 84**.

Closing Prayer (5-10 min.)

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

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



Liturgical Calendar

Research this information in advance

- **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

Matthew 11:28-29

Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls.



Optional Family Activity

Rest in the Rosary

Pray the Mysteries of Light. Recall the mystery. Reflect on how it shows Jesus' love for you and/or His mother; Request (petition); Recite.

- Baptism in the Jordan
- Miracle at Cana
- Proclamation of the Kingdom
- Transfiguration
- Institution of the Eucharist

Refer to Appendix G of *The Apostolate's Family Catechism* on how to pray the Rosary. You may choose to read the related Scripture passages for each mystery.



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Discussion Guide 1-8B Review

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Lectio Divina, using the Gospel Reading (see Liturgical Calendar box and *Five Steps to Spiritual Reading* supplemental resource on Family Catechesis available on www.familyland.org). 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 Eight Weeks (40 min.)

- God's Perfections (Q# 9-15)
- How Jesus Reveals the Trinity (Q# 29-31)
- God's Presence in Created History (Q# 48-50)
- Angels, Good and Bad (Q# 38-41)
- Mortal Sin (Q# 59-60)
- God's Forgiveness (Q# 65-67)
- Jesus as God (Q# 74-75)
- God's Love for Man (Q# 83)
- God's Love for Mary (Q# 303)

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

To guide the discussion on the key concepts covered on the themes for the past eight weeks, please refer to the corresponding questions in the *By Heart Catechism and Scripture Review™*. (See *The Apostolate's Family Catechism* printed edition or familycatechism.com)

Closing Prayer (5-10 min.)

Invite everyone who wishes, to express their petitions at this time. End by praying the **Chapter 20 Summary Prayer**.



Liturgical Calendar

Research this information in advance

- **Season:** _____
- **Upcoming Sunday Readings:**
First Reading _____
Second Reading _____
Gospel Reading _____
- **Significant Feast Days this Week:**



Review of Memory Verses Activity

To solidify memorization and to experience how God's word is "living and active," cut up copies of the verses from the past eight weeks provided on page 2. Put them in a container. At the evening meal, every person draws one, reads and replaces.

Instruct everyone to think about their verse the following day as God's special word to them for that day. At the succeeding 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, "The LORD is a stronghold in times of trouble." or "Come to me, all who labor and are heavy laden."



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Discussion Guide 1-8B Review

Memory Verses

1) Matthew 19:26 With God all things are possible.

Psalm 9:8-9 He judges the world with righteousness, he judges the peoples with equity. The LORD is a stronghold for the oppressed, a stronghold in times of trouble.

2) John 15:26 But when the Counselor comes, whom I shall send to you from the Father, even the Spirit of truth, who proceeds from the Father, he will bear witness to me.

3) Romans 8:22-23 We know that the whole creation has been groaning in travail together until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait for adoption as sons, the redemption of our bodies.

4) Ephesians 6:10-11 Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God that you may be able to stand against the wiles of the devil.

5) Romans 6:23 For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

6) Proverbs 28:13 He who conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

7) Mark 10:45 For the Son of Man did not come to be served but to serve, and to give His life as a ransom for many.

8) Matthew 11:28-29 Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls.



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Discussion Guide 9B

Jesus Our Redeemer (Questions 86-87)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 87 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

Matthew 11:28-29 Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 86-87** (10 ½ min.). Discuss.
- Read **Q# 86-87** 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, and Worship Exercises" and the "Thought Provokers" related to **Q# 86-87**, found at the end of **Chapter 22**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *The Apostolate's Family Catechism* or additional resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 22** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 1:18-19

You know that you were ransomed from the futile ways inherited from your fathers, not with perishable things such as silver or gold, but with the precious Blood of Christ, like that of a lamb without blemish or spot.



Optional Family Activity Virtue Key Card

After prayerful reflection, let each family member write out on a small card a "futile way" of conduct and the virtue they need to practice to conquer it. Ask each family member to read their "virtue key cards" everyday during the week and to strive to practice the virtue they have written. During night prayer each day, ask them to reflect if they were successful in practicing the virtue. If they were, ask them to thank God for His help and to offer it to Him as a gift of love. If they were not, ask them to seek God's forgiveness and help and to imagine practicing the virtue in the situation where they were not successful. Soon it will be easy for them to practice the virtue desired.

Example "futile ways of conduct" and opposite virtues are: temper-gentleness, laziness-industriousness, selfishness-generosity, disobedience-obedience, pouting-joy, etc.



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Discussion Guide 10B

The Passion of Our Lord: the Crucifixion of Jesus (Questions 92-94, 96-97)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

1 Peter 1:18-19 You know that you were ransomed from the futile ways inherited from your fathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video Q# 92-94, 96-97 (9 1/2 min.). Discuss.
- Read Q# 92-94, 96-97 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# 92-94, 96-97, found at the end of Chapter 25.

Closing Prayer (5-10 min.)

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

End by praying the **Chapter 25** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

Hebrews 12:1-2

Let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross.



Optional Family Activity

Note Card to Jesus

We can bear all of our crosses more easily by doing them for Jesus and by turning our difficulties into prayer for others.

On a folded half-sheet of paper, decorate and draw a cross on the outside. On the inside left write down something that is a cross for you (something you don't like but have to do, or put up with). On the other side, write to Jesus. Tell Him you are offering this cross for someone, stating who and what you are asking for. Keep this note someplace (maybe your bible) to remind yourself of your gift.



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Discussion Guide 11B

Belief in the Resurrection and the Ascension (Questions 102-105, 110)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 102 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

1 Hebrews 12:1-2 Let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 102-103** (8 min.) and/or **Q# 104-105, 110** (9 min.). Discuss.
- Read **Q# 102-105, 110** 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# 102-105, 110**, found at the end of **Chapters 27, 28 and 30**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *The Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 28** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 Corinthians 15:54-57

"Death is swallowed up in victory. O death, where is thy victory? O death, where is thy sting?" The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.



Optional Family Activity

Cemetery Visit

Visit a cemetery. Go around looking at the graves and the inscriptions. Which inscriptions express that this person expected to live forever with Jesus? Which ones do not?

Stop and pray together for the souls of those buried in the cemetery. Pray for yourselves that you will be ready to meet Jesus when you die.

Suggested Prayer: Eternal rest grant unto them, O Lord and let perpetual light shine upon them. May they rest in peace. Amen



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Discussion Guide 12B

The Work of the Holy Spirit in the Church (Questions 119-121)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

1 Corinthians 15:54-57 "Death is swallowed up in victory. O death, where is thy victory? O death, where is thy sting?" The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 119-121** (9 ½ min.). Discuss.
- Read **Q# 119-121** 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# 119-121**, found at the end of **Chapter 33**.

Closing Prayer (5-10 min.)

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

End by praying the **Q# 121** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 14:26

The Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you.



Optional Family Activity

Fountain of Living Water

Jesus likened the Holy Spirit to a fountain of "Living Water." (John 7:37-39) Visit a fountain or water fall near you. If there is none available, a picture would work too. As your family observes the fountain or fall, discuss all the qualities it possesses and how they are like the Holy Spirit, e.g. continues to produce water, refreshing, powerful, etc.

Go to confession as a family. Let each family member ask the Holy Spirit how they can be a better child of God. Share these with each other while celebrating with a special dinner or treat.



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Discussion Guide 13B

Actual Grace (Questions 127-128)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 127 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

1 John 14:26 The Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 127-128** (5 ½ min.). Discuss.
- Read **Q# 127-128** 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# 127-128**, found at the end of **Chapters 35 and 36**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 36** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

2 Corinthians 6:1

Working together with him, then, we entreat you not to accept the grace of God in vain.



Optional Family Activity

Helpfulness Week

God helps us to "will and to do" what pleases Him through the grace He provides. (Philippians 2:13)

Let us imitate our Heavenly Father by being helpful to one another. Every day, be on the alert as to how you can lift another's load, especially those in your family. At the end of the week share with all how you were helped in your tasks and through your difficulties by other members of the family.



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Discussion Guide 14B

Seven Gifts of the Holy Spirit (Question 137)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

2 Corinthians 6:1 Working together with him, then, we entreat you not to accept the grace of God in vain.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 137** (17 min.). Discuss.
- Read **Q# 137** 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# 137**, found at the end of **Chapters 40**.

Closing Prayer (5-10 min.)

Invite everyone who wishes, to express at this time a prayer for a friend or someone they know who is in need of prayer.

End by praying **Q# 137** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

Isaiah 11:2-3

And the spirit of the Lord shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. And his delight shall be in the fear of the Lord.



Optional Family Activity

After praying to the Holy Spirit to guide you, write a prayer asking the Holy Spirit for:

- Wisdom
- Understanding
- Counsel
- Fortitude
- Knowledge
- Piety
- Fear of the Lord

Express why you need wisdom for your life, why you need understanding, etc. Share your prayers with everyone or with a partner.



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Discussion Guide 15B

Gifts of God to the Catholic Church (Questions 141-144)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 141 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

Isaiah 11:2-3 And the spirit of the Lord shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. And his delight shall be in the fear of the Lord.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 141** (19 min.) and/or **Q# 142-144** (4 min.). Discuss.
- Read **Q# 141-144** 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# 142-144**, found at the end of **Chapter 42**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *The Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 42** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 Timothy 3:15

Know how one ought to behave in the household of God, which is the church of the living God, the pillar and bulwark of the truth.

2 Timothy 3:16

All scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness.



Optional Family Activity Spiritual Bouquet

To show love and appreciation, write a thank you letter or draw a picture for your priest. Also indicate how many rosaries or special prayers you wish to offer for your pastor during the week. Give this to your pastor the next time you see him.

You can also tell him personally, after Mass, how much your family is grateful for his priesthood.



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Discussion Guide 16B

The Leaders of the Catholic Church (Questions 151-154)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

1Tim 3:15 Know how one ought to behave in the household of God, which is the church of the living God, the pillar and bulwark of the truth.

2Tim 3:16 All scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 151-152** (9 min.) and/or **Q# 153-154** (5 min.). Discuss.
- Read **Q# 151-154** 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# 151-154**, found at the end of **Chapter 44**.

Closing Prayer (5-10 min.)

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

End by praying the **Q# 151** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

Matthew 16:18

And I tell you, you are Peter, and on this rock I will build my church, and the powers of death shall not prevail against it.



Optional Family Activity

Family Movie Night

Enjoy a movie on Pope John Paul II available online, from libraries and maybe even from your parish. If you purchase it perhaps you would want to donate it to your parish library.

Offer a Sacrifice

Have the family attend an extra Mass this week and offer it for the Pope and his intentions.



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Discussion Guide 9-16B Review

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Lectio Divina, using the Gospel Reading (see Liturgical Calendar box and *Five Steps to Spiritual Reading* supplemental resource on Family Catechesis available on www.familyland.org). 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 Eight Weeks (40 min.)

- Jesus as Our Redeemer (Q# 86-87)
- Why Jesus had to Suffer for Us (Q# 92-93)
- Jesus' Crucifixion (Q# 94, 96-97)
- Death on the Cross (Q# 94, 96-97)
- Resurrection (Q# 102-105)
- Ascension (Q# 110)
- Holy Spirit's Work in the Church (Q# 119-121)
- Actual Grace (Q# 127-128)
- Seven Gifts of the Holy Spirit (Q# 137)
- What the Church does for Us (Q# 141-144)
- Leaders in the Church (Q# 151-152)
- Roles, Duties of Church Leaders (Q#153-154)

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

To guide the discussion on the key concepts covered on the themes for the past eight weeks, please refer to the corresponding questions in the *By Heart Catechism and Scripture Review™*. (See *The Apostolate's Family Catechism* printed edition or familycatechism.com)

Closing Prayer (5-10 min.)

Invite everyone who wishes, to express their petitions at this time. End by praying the **Chapter 44** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **Season:** _____
- **Upcoming Sunday Readings:**
First Reading _____
Second Reading _____
Gospel Reading _____
- **Significant Feast Days this Week:**



Review of 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 eight weeks, provided on page 2. Put them in a container. At the evening meal, every person draws one, reads and replaces.

Instruct everyone to think about their verse the following day as God's special word to them for that day. At the succeeding 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, "You were ransomed." or "All Scripture is inspired by God."



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Discussion Guide 9-16B Review

Memory Verses

9) Peter 1:18-19 You know that you were ransomed from the futile ways inherited from your fathers, not with perishable things such as silver or gold, but with the precious blood of Christ, like that of a lamb without blemish or spot.

10) Hebrews 12:1-2 Let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross.

11) Corinthians 15:54-57 "Death is swallowed up in victory. O death, where is thy victory? O death, where is thy sting?" The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.

12) John 14:26 The Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you.

13) 2 Corinthians 6:1 Working together with him, then, we entreat you not to accept the grace of God in vain.

14) Isaiah 11:2-3 And the spirit of the Lord shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. And his delight shall be in the fear of the Lord.

15) 1 Timothy 3:15 Know how one ought to behave in the household of God, which is the church of the living God, the pillar and bulwark of the truth.

2 Timothy 3:16 All scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness.

16) Matthew 16:18 And I tell you, you are Peter, and on this rock I will build my church, and the powers of death shall not prevail against it.



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Discussion Guide 17B

The Four Marks of the Catholic Church (Questions 173-181)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 179 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

Matthew 16:18 And I tell you, you are Peter, and on this rock I will build my church, and the powers of death shall not prevail against it.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 173-177** (4 min.) and/or **Q# 178-181** (7 min.). Discuss.
- Read **Q# 173-181** 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# 173-181**, found at the end of **Chapters 49, 50, 51, 52**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 52** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 10:16

And I have other sheep that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd.



Optional Family Activity

Week of Emphasis on Evangelization

Pray each day for opportunities to plant seeds of faith in your schoolmates, friends and acquaintances. Pray that you will speak with loving wisdom to open their hearts and minds to Jesus – the Way, the Truth and the Life. When the opportunity comes up, be not afraid and share your faith and love for Jesus with them. Invite them to join you for Mass or for prayer.

Share your "fish stories"* during your family dinner.

* Jesus said, "I will make you fishers of men."



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Discussion Guide 18B

Duty towards the Dead (Question 186)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

John 10:16 And I have other sheep that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 186** (6 ½ min). Discuss.
- Read **Q# 186** 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# 186**, found at the end of **Chapter 53**.

Closing Prayer (5-10 min.)

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

End by praying the **Q# 186** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

2 Maccabees 12:46

Because it is a holy and a wholesome thought to pray for the dead that they may be loosed from their sins.



Optional Family Activity

Praying for the Dead

Assign a deceased family member or friend to each person to pray for. During family or bedtime prayer, each should pray for his/her person and also ask this deceased person to pray for a personal need. Continue this throughout the week.

Make prayer for the deceased a permanent practice.

Sample Prayer: Eternal rest grant to ____ O Lord. May Your perpetual light shine on _____. May their soul and the souls of all faithful departed rest in peace.



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Discussion Guide 19B

The Purpose of the Sacraments (Questions 195-197)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 196 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

2 Maccabees 12:46 Because it is a holy and a wholesome thought to pray for the dead that they may be loosed from their sins.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 195-197** (10 min). Discuss.
- Read **Q# 195-197** 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# 195-197**, found at the end of **Chapter 56**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *The Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 56** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 6:51

I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.



Optional Family Activity

Adoration of the Blessed Sacrament

Spend a Holy Hour as a family before the Blessed Sacrament. During this time, plan to pray the rosary, read Scripture and speak personally to Our Lord present in the displayed host.

Begin: Jesus, I know you are physically present here in the host waiting for me to share my inmost thoughts with you and to share yours with me. Open my spiritual ears, my mind and heart to you that I might draw close to you...



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Discussion Guide 20B

Baptism and Confirmation Part 2 (Questions 202-203)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

John 6:51 I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 202-203** (10 ½ min). Discuss.
- Read **Q# 202-203** 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# 202-203**, found at the end of **Chapters 58 and 59**.

Closing Prayer (5-10 min.)

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

End by praying the **Chapter 58** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

Acts 8:16-17

They had only been baptized in the name of the Lord Jesus. Then they laid their hands on them and they received the Holy Spirit.



Optional Family Activity

Confirmation is to Baptism as Adulthood is to Childhood

Make 2 lists on a sheet of paper entitled "Powers of an Adult" and "Powers of a Confirmed Christian." Everyone help list the things an adult does that a child can do only in a limited way or not at all. Then do the same for Confirmed Christian vs. those who have only been baptized.

Watch the video, "The Miracle of Our Lady of Fatima" and discuss how many privileges and works Our Lord and Our Lady entrusted to mere children.



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Discussion Guide 21B

Confession and Reparation for Sin (Questions 209-211)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 208 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

Acts 8:16-17 They had only been baptized in the name of the Lord Jesus. Then they laid their hands on them and they received the Holy Spirit.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 209-211** (16 min). Discuss.
- Read **Q# 209-211** 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# 209-211**, found at the end of **Chapters 60 and 61**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *The Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 60** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 20:22-23

Receive the Holy Spirit. If you forgive the sins of any, they are forgiven; if you retain the sins of any, they are retained.



Optional Family Activity

Family Reconciliation

Go to the Sacrament of Penance as a family. You may want to make a special appointment with the priest. Hand out copies of the examination of conscience (see Family Catechesis supplemental resources at www.familyland.org). Instruct all to reflect on their sins and to pray to Our Lord for true sorrow and repentance (intention of not committing again) and strength to overcome them.

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



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Discussion Guide 22B

The Eucharist: A Memorial (Question 238)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

John 20:22-23 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.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 238** (8 min). Discuss.
- Read **Q# 238** 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# 238**, found at the end of **Chapter 66**.

Closing Prayer (5-10 min.)

Invite everyone who wishes, to express a prayer for a friend or someone in need.

End by praying the **Chapter 66** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 11:23-24

The Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me."



Optional Family Activity

Family Pilgrimage

In some cultures, it is a tradition to visit the Blessed Sacrament in seven churches during a major religious feast or season to obtain special blessings.

Plan a family pilgrimage during the weekend by visiting Jesus in seven churches near your area. In each church, go as near as you can to the Tabernacle and remind the children of Jesus' presence. Ask each child to tell Jesus that they believe that He is there with them right now and to express their love for Him. Pray one Our Father, Hail Mary and Glory Be for the intentions of the Pope and your personal intentions.



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Discussion Guide 23B

The Mass: Remembrance and Sacrifice (Questions 247-249)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Q# 246 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

1 Corinthians 11:23-24 The Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me."

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 247-249** (11 min). Discuss.
- Read **Q# 247-249** 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# 247-249**, found at the end of **Chapter 69**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *The Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 69** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

Hebrews 10:10

We have been sanctified through the offering of the body of Jesus Christ once for all.



Optional Family Activity

Sacristy Tour

Schedule a tour of your parish sacristy with your pastor. Request your pastor if he or the sacristan can show your family the different sacred vessels and objects used during the Mass and explain their significance.

Invite your pastor afterwards to join you for a special treat.



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Discussion Guide 24B

The Effects of Holy Communion (Questions 253-257)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

Hebrews 10:10 We have been sanctified through the offering of the body of Jesus Christ once for all.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 253-254** (7 min) and/or **255-257** (8 ½ min). Discuss.
- Read **Q# 253-257** 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# 253-257**, found at the end of **Chapter 71**.

Closing Prayer (5-10 min.)

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

End by praying the **Q #254** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 6:57

As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.



Optional Family Activity

Spiritual Communion

We can prolong the effects of Holy Communion in our souls through frequent acts of spiritual communions. When we make an act of spiritual communion, we unite ourselves in prayer with the sacrifice of Jesus in Calvary and express our firm belief in His presence in the Eucharist. Encourage family members to make an act of spiritual communion as many times as they can each day. Post this prayer on your refrigerator door: *My Jesus, I believe that You are in the Blessed Sacrament. I love you above all things and I long for you in my soul. Since I cannot now receive you sacramentally, come at least spiritually into my heart. As though You have already come, I embrace You and unite myself entirely to You; never permit me to be separated from You.*



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Discussion Guide 17-24B Review

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Lectio Divina, using the Gospel Reading (see Liturgical Calendar box and *Five Steps to Spiritual Reading* supplemental resource on Family Catechesis available on www.familyland.org). 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 Eight Weeks (40 min.)

- Meaning of One, Holy Catholic and Apostolic (Q# 173-181)
- Duties towards the Dead (Q# 186)
- Purpose of the Sacraments (Q# 195-197)
- Relationship with God begun in Baptism (Q# 202)
- Confirmation (Q# 203)
- Confession (Q# 209)
- Reparation (Q# 210-211)
- Why We Celebrate the Eucharist (Q# 238)
- Holy Mass as Remembrance and Sacrifice (Q# 247-249)
- Effects of Holy Communion (Q# 253-257)

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

To guide the discussion on the key concepts covered on the themes for the past eight weeks, please refer to the corresponding questions in the *By Heart Catechism and Scripture Review*™. (See *The Apostolate's Family Catechism* printed edition or familycatechism.com)

Closing Prayer (5-10 min.)

Invite everyone who wishes, to express their petitions at this time. End by praying the **Chapter 71 Summary Prayer**.



Liturgical Calendar

Research this information in advance

- **Season:** _____
- **Upcoming Sunday Readings:**
First Reading _____
Second Reading _____
Gospel Reading _____
- **Significant Feast Days this Week:**



Review of 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 eight weeks provided on page 2. Put them in a container. At the evening meal, every person draws one, reads and replaces.

Instruct everyone to think about their verse the following day as God's special word to them for that day. At the succeeding 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, "There shall be one flock, one shepherd." or "He who eats me will live because of me."



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Discussion Guide 17-24B Review

Memory Verses

17) John 10:16 And I have other sheep that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd.

18) 2 Maccabees 12:46 Because it is a holy and a wholesome thought to pray for the dead that they may be loosed from their sins.

19) John 6:51 I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.

20) Acts 8:16-17 They had only been baptized in the name of the Lord Jesus. Then they laid their hands on them and they received the Holy Spirit.

21) John 20:22-23 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) 1 Corinthians 11:23-24 The Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my body which is for you. Do this in remembrance of me."

23) Hebrews 10:10 We have been sanctified through the offering of the body of Jesus Christ once for all.

24) John 6:57 As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.



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Discussion Guide 25B

Grace from the Sacrament of Holy Orders and Anointing of the Sick (Questions 220 and 223)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with Chapter 62 Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

John 6:57 As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 220 and 223** (8 min.). Discuss.
- Read **Q# 220 and 223** 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# 220 and 223**, found at the end of **Chapters 62 and 63**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Q# 220** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

2 Timothy 1:6

Hence I remind you to rekindle the gift of God that is within you through the laying on of my hands.



Optional Family Activity

Invite your pastor for dinner

Children can help with menu planning, shopping, preparation, table setting, place cards, and décor or centerpiece.

Around the table, but before the food is brought, invite your pastor to say grace. Then family members can each recite the current or a favorite Scripture verse for him. Now bring on the food and enjoy!

If the schedule does not permit it, an alternative is to take a special dinner plate to your pastor during the week.

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Discussion Guide 26B

Meaning of the Sacrament of Matrimony (Questions 230-232)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

2 Timothy 1:6 Hence I remind you to rekindle the gift of God that is within you through the laying on of my hands.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 230-232** (13 min). Discuss.
- Read **Q# 230-232** 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# 230-232**, found at the end of **Chapter 64**.

Closing Prayer (5-10 min.)

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

End by praying the **Chapter 64** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

Genesis 1:28

Be fruitful and multiply, and fill the earth and subdue it.

Mark 10:9

What therefore God has joined together, let not man put asunder.



Optional Family Activity

Sharing Wedding Pictures

Get out the wedding video and/or wedding pictures. Share them and your love story with your children.

You may wish to go back a generation and share the stories of their grandparents, also.



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Discussion Guide 27B

How We Should Pray (Questions 266-268)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with **Q# 267** Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

Genesis 1:28 Be fruitful and multiply, and fill the earth and subdue it.

Mark 10:9 What therefore God has joined together, let not man put asunder.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 266-268** (5 min). Discuss.
- Read **Q# 266-268** 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# 266-268**, found at the end of **Chapters 74 and 75**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 75** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 John 5:14-15

And this is the confidence which we have in him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have obtained the requests made of him.



Optional Family Activity

Pray the Our Father as an Outline

Pray the Our Father together phrase by phrase. State intentions related to each line, e.g. Hallowed be thy name...Please help us in this family to always speak your name with reverence. Help others recognize that you are God. Thy Kingdom Come...Help everyone to know and serve you, especially_____. Help us to enter into your kingdom of righteousness, peace and joy by trusting and obeying you, etc.

Have members to take turns praying.



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Discussion Guide 28B

Foundation and Support of Christian Morality (Question 271)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

1 John 5:14-15 And this is the confidence which we have in him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have obtained the requests made of him.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 271** (13 min). Discuss.
- Read **Q# 271** 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# 271**, found at the end of **Chapter 76**.

Closing Prayer (5-10 min.)

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

End by praying the **Q# 271** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 5:5

God's love has been poured into our hearts through the Holy Spirit which has been given to us.



Optional Family Activity

Biblical Love Story of King David's Great Grandparents: Ruth 1-4

Read the story of a loving daughter-in-law, Ruth, the great grandmother of David from whom Jesus descended. (Be sure to read and prepare ahead of time)

Have a sheet of paper or black/white board for whoever in the family first becomes aware to get up and place a mark each time an act of love is performed in the story.

How does this illustrate God's promise of blessing to the thousandth generation those who love and keep His commandments as stated in Exodus 20:6?



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Discussion Guide 29B

Man's Greatest Responsibility (Question 278-279)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

Romans 5:5 God's love has been poured into our hearts through the Holy Spirit which has been given to us.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 278-279** (6 ½ min). Discuss.
- Read **Q# 278-279** 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# 278-279**, found at the end of **Chapter 77**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 77** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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 1:14-16

As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, be holy yourselves in all your conduct; since it is written, "You shall be holy, for I am holy".



Optional Family Activity

Only by God's Spirit can we love and obey as we ought. Learn and pray often...

Holy Spirit Prayer: Pray Daily this Week

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth Your Spirit and they shall be created. And You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations, Through Christ Our Lord, Amen.



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Discussion Guide 30B

Sin Against God's Honor (Question 283)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

1 Peter 1:14-16 As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, be holy yourselves in all your conduct; since it is written, "You shall be holy, for I am holy".

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 283** (9 min). Discuss.
- Read **Q# 283** 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# 283**, found at the end of **Chapter 78**.

Closing Prayer (5-10 min.)

Invite everyone who wishes, to express at this time their prayer for a friend or someone in need.

End by praying the **Chapter 78** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

Matthew 4:10

You shall worship the Lord your God and him only shall you serve.



Optional Family Activity

Keeping the Lord's Day Holy

Many still remember when no businesses were open on Sunday. No one worked or shopped on Sunday. Church and family were the focus of the Lord's Day. How can we reclaim this holy day?

Pray for guidance as to how your family might better keep the Lord's Day holy. List your ideas and decide together any new policies. Some ideas are:

- Play only Christian music
- No shopping
- No working unless to help someone in need
- Do something as a family
- Do works of mercy



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Discussion Guide 31B

Sins Against Our Neighbor (Question 287-288)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (see Liturgical Calendar box). Pause to reflect. When you are ready, end with **Q# 288** Summary Prayer. Announce the *Liturgical Season* and the *Significant Feast Days* for the week.

Recitation of Memory Verse (2-5 min.):

Matthew 4:10 You shall worship the Lord your God and him only shall you serve.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 287-288** (7 min). Discuss.
- Read **Q# 287-288** 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# 287-288**, found at the end of **Chapter 79**.

Closing Prayer (5-10 min.)

Go step-by-step through the "Ten Steps to Mental Prayer". See Appendix of *Apostolate's Family Catechism* or supplemental resources on Family Catechesis at www.familyland.org.

End by praying the **Chapter 79** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

Titus 3:1-2

Remind them to be submissive to rulers and authorities, to be obedient, to be ready for any honest work, to speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all men.



Optional Family Activity

Scripture Look-up Contest

Cut apart verses on next page for random drawing. Contestants, be ready each with a non-tabbed Catholic Bible. A non contestant draws and reads verse reference, e.g. John 10:2. All race to find it in their Bibles and read the verse out loud. The first to find it reads the verse, while others listen. Draw another verse. Those who have won should continue to search for verses but may not be proclaimed a winner again until all have found a verse and read it.



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Proverbs 1:8 Hear, my son, your father's instruction, and reject not your mother's teaching.

✂-----

Sirach 19:7-8 Never repeat a conversation, and you will lose nothing at all. With friend or foe do not report it, and unless it would be a sin for you, do not disclose it.

✂-----

Sirach 28:13 Curse the whisperer and deceiver, for he has destroyed many who were at peace.

✂-----

Matthew 5:21-22 You have heard that it was said to the men of old, "You shall not kill; and whoever kills shall be liable to judgment." But I say to you that every one who is angry with his brother shall be liable to judgment; whoever insults his brother shall be liable to the council, and whoever says, "You fool!" shall be liable to the hell of fire.

✂-----

Matthew 5:27-28 You have heard that it was said, "You shall not commit adultery." But I say to you that every one who looks at a woman lustfully has already committed adultery with her in his heart.

✂-----

Luke 17:1-2 Temptations to sin are sure to come; but woe to him by whom they come! It would be better for him if a millstone were hung round his neck and he were cast into the sea, than that he should cause one of these little ones to sin.

✂-----

Romans 13:1 Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God.

✂-----

Romans 13:2 He who resists the authorities resists what God has appointed, and those who resist will incur judgment.

✂-----

Galatians 5:19-21 Now the works of the flesh are plain: fornication, impurity, licentiousness, idolatry, sorcery, enmity, strife, jealousy, anger, selfishness, dissension, party spirit, envy, drunkenness, carousing, and the like. I warn you, as I warned you before, that those who do such things shall not inherit the kingdom of God.

✂-----

Titus 3:1-2 Remind them to be submissive to rulers and authorities, to be obedient, to be ready for any honest work, to speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all men.

✂-----

1 Peter 2:13-14 Be subject for the Lord's sake to every human institution, whether it be to the emperor as supreme, or to governors as sent by him to punish those who do wrong and to praise those who do right.

Proverbs 1:8

Matthew 5:27-28

Titus 3:1-2

Sirach 19:7-8

Luke 17:1-2

1 Peter 2:13-14

Sirach 28:13

Romans 13:1

Matthew 5:21-22

Galatians 5:19-21



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Discussion Guide 32B

Resurrection of the Body and the Last Judgment (Question 296-298)

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Read the upcoming Sunday's Gospel (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 (2-5 min.):

Titus 3:1-2 Remind them to be submissive to rulers and authorities, to be obedient, to be ready for any honest work, to speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all men.

Discussion and Sharing on

The Apostolate's Family Catechism (40 min.)

(Refer to www.familycatechism.com or printed edition)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 296-298** (5 ½ min). Discuss.
- Read **Q# 296-298** 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# 296-298**, found at the end of **Chapters 82 and 83**.

Closing Prayer (5-10 min.)

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

End by praying the **Chapter 82** Summary Prayer.



Liturgical Calendar

Research this information in advance

- **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

Revelation 20:12

And I saw the dead, great and small, standing before the throne, and the books were opened. Also another book was opened, which is the book of life. And the dead were judged by what was written in the books, by what they had done.



Optional Family Activity

Trials in an Earthly Court

Call to find out the days court is in session in your area. Plan to attend a trial(s), ideally one(s) that will be settled by a judge. (Most are open to the public who need to follow two rules – remove hats and keep quiet.)

How did this compare with what will take place in the heavenly judgment? Was the judge wise? Just? Was mercy shown? Did the punishment fit the crime?

Pray and thank God that Jesus took on Himself the punishment due for our sins.



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Discussion Guide 25-32B Review

The Apostolate's Family Catechism™

Opening Prayer (10 min.)

Lectio Divina, using the Gospel Reading (see Liturgical Calendar box and *Five Steps to Spiritual Reading* supplemental resource on Family Catechesis available on www.familyland.org). 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 Eight Weeks (40 min.)

- Grace of Holy Orders (Q# 220)
- When to Receive the Anointing of the Sick (Q# 223)
- Meaning of the Sacrament of Matrimony (Q# 230-232)
- How We Should Pray (Q# 266-268)
- How Christian Morality is Possible (Q# 271)
- Man's Greatest Responsibility (Q# 278-279)
- Sins against God's Honor (Q# 283)
- Sins against our Neighbor (Q# 287-288)
- Resurrection of the Body (Q# 296-297)
- The Last Judgment (Q# 298)

Beginning with the youngest child, ask what he knows about the **Grace of 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 on the key concepts covered on the themes for the past eight weeks, please refer to the corresponding questions in the *By Heart Catechism and Scripture Review™*. (See *The Apostolate's Family Catechism* printed edition or www.familycatechism.com)

Closing Prayer (5-10 min.)

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

End by praying the **Chapter 83 Summary Prayer**.



Liturgical Calendar

Research this information in advance

- **Season:** _____
- **Upcoming Sunday Readings:**
First Reading _____
Second Reading _____
Gospel Reading _____
- **Significant Feast Days this Week:**



Year-End Activity

Enthronement of the Holy Family

Congratulations! Your family has finished one year of catechesis together. We hope that this program has deepened your knowledge of the beauty of our Faith and has drawn you to a greater love for Our Lord, Our Lady, and the saints. We also hope that it has brought you closer to one another.

As a year-end activity, we propose that you enthrone the Holy Family in your home. By enthroning the Holy Family in a prominent place in your home, you are dedicating your family to the Sacred Heart of Jesus and the Immaculate Heart of Mary in union with St. Joseph. You are acknowledging the Lordship of Jesus over your family and are entrusting your affairs to the intercession of the Blessed Virgin Mary and St. Joseph. You are also committing to strive to imitate the Holy Family's virtues in your daily life and allowing the Holy Family to empower your family as instruments in advancing Christ's reign in other families. This is a powerful sacramental. Watch for an outpouring of graces.

For materials and procedures please visit www.familyland.org. Go to the section "Consecration to the Holy Family" and the subsection "Enthronement of the Holy Family". There are materials available for free download.

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Memory Verses, Year B

1) Matthew 19:26 With God all things are possible.

Psalms 9:8-9 He judges the world with righteousness, He judges the peoples with equity. The LORD is a stronghold for the oppressed, a stronghold in times of trouble.

2) John 15:26 But when the Counselor comes, whom I shall send to you from the Father, even the Spirit of Truth, who proceeds from the Father, he will bear witness to me.

3) Romans 8:22-23 We know that the whole creation has been groaning in travail together until now; and not only the creation, but we ourselves, who have the first fruits of the Spirit, groan inwardly as we wait for adoption as sons, the redemption of our bodies.

4) Ephesians 6:10-11 Finally, be strong in the Lord and in the strength of his might. Put on the whole armor of God that you may be able to stand against the wiles of the devil.

5) Romans 6:23 For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

6) Proverbs 28:13 He who conceals his transgressions will not prosper, but he who confesses and forsakes them will obtain mercy.

7) Mark 10:45 For the Son of Man did not come to be served but to serve, and to give his life as a ransom for many.

8) Matthew 11:28-29 Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and lowly in heart, and you will find rest for your souls.

9) Peter 1:18-19 You know that you were ransomed from the futile ways inherited from your fathers, not with perishable things such as silver or gold, but with the Precious Blood of Christ, like that of a lamb without blemish or spot.

10) Hebrews 12:1-2 Let us run with perseverance the race that is set before us, looking to Jesus the pioneer and perfecter of our faith, who for the joy that was set before him endured the cross.

11) Corinthians 15:54-57 "Death is swallowed up in victory. O death, where is thy victory? O death, where is thy sting?" The sting of death is sin, and the power of sin is the law. But thanks be to God, who gives us the victory through our Lord Jesus Christ.

12) John 14:26 The Counselor, the Holy Spirit, whom the Father will send in my name, he will teach you all things, and bring to your remembrance all that I have said to you.

13) 2 Corinthians 6:1 Working together with him, then, we entreat you not to accept the grace of God in vain.

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14) Isaiah 11:2-3 And the spirit of the Lord shall rest upon him, the spirit of wisdom and understanding, the spirit of counsel and might, the spirit of knowledge and the fear of the Lord. And his delight shall be in the fear of the Lord.

15) 1 Timothy 3:15 Know how one ought to behave in the household of God, which is the church of the living God, the pillar and bulwark of the truth.

2 Timothy 3:16 All scripture is inspired by God and profitable for teaching, for reproof, for correction, and for training in righteousness.

16) Matthew 16:18 And I tell you, you are Peter, and on this rock I will build my church, and the powers of death shall not prevail against it.

17) John 10:16 And I have other sheep that are not of this fold; I must bring them also, and they will heed my voice. So there shall be one flock, one shepherd.

18) 2 Maccabees 12:46 Because it is a holy and a wholesome thought to pray for the dead that they may be loosed from their sins.

19) John 6:51 I am the living bread which came down from heaven; if any one eats of this bread, he will live for ever; and the bread which I shall give for the life of the world is my flesh.

20) Acts 8:16-17 They had only been baptized in the name of the Lord Jesus. Then they laid their hands on them and they received the Holy Spirit.

21) John 20:22-23 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) 1 Corinthians 11:23-24 The Lord Jesus on the night when he was betrayed took bread, and when he had given thanks, he broke it, and said, "This is my Body which is for you. Do this in remembrance of me."

23) Hebrews 10:10 We have been sanctified through the offering of the Body of Jesus Christ once for all.

24) John 6:57 As the living Father sent me, and I live because of the Father, so he who eats me will live because of me.

25) 2 Timothy 1:6 Hence I remind you to rekindle the gift of God that is within you through the laying on of my hands.

26) Genesis 1:28 Be fruitful and multiply, and fill the earth and subdue it.

Mark 10:9 What therefore God has joined together, let not man put asunder.

27) 1 John 5:14-15 And this is the confidence which we have in him, that if we ask anything according to his will he hears us. And if we know that he hears us in whatever we ask, we know that we have obtained the requests made of him.

28) Romans 5:5 God's love has been poured into our hearts through the Holy Spirit which has been given to us.

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29) 1 Peter 1:14-16 As obedient children, do not be conformed to the passions of your former ignorance, but as he who called you is holy, be holy yourselves in all your conduct; since it is written, "You shall be holy, for I am holy."

30) Matthew 4:10 You shall worship the Lord your God and him only shall you serve.

31) Titus 3:1-2 Remind them to be submissive to rulers and authorities, to be obedient, to be ready for any honest work, to speak evil of no one, to avoid quarreling, to be gentle, and to show perfect courtesy toward all men.

32) Revelation 20:12 And I saw the dead, great and small, standing before the throne, and the books were opened. Also another book was opened, which is the book of life. And the dead were judged by what was written in the books, by what they had done.