



Consecration in Truth®

# Family Catechesis™

## Structure

### Family or Adult Catechesis Time

1. Weekly Topic and Question Coverage
2. Opening Prayer
3. Recitation of Memory Verse
4. Discussion and Sharing on *The Apostolate's Family Catechism*
  - 4.1 *The Apostolate's Family Catechism Commentaries with Cardinal Arinze*
  - 4.2 Question and Answer from *The Apostolate's Family Catechism*
  - 4.3 Discussion using Doctrine-Moral-Worship Exercises and Thought Provokers
5. Closing Prayer

### Supplemental Activities

1. Liturgical Calendar
2. Scripture Memory Verse
3. Optional Family Activity



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 26A**  
**The Sacrament of Matrimony (Questions 226-229)**

**The Apostolate's Family Catechism™**

**Opening Prayer (5 min.)**

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

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

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

**Discussion and Sharing on**

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

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 226-228** (7 min.) **and/or Q# 229** (7½ min.). Discuss.
- Read **Q# 226-229** aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.
- Discuss the "Doctrine, Moral, Worship Exercises" at the end of **Q# 228** and the "Thought Provokers" related to **Q# 226-229** at the end of **Chapter 64**.

**Closing Prayer (10 min.)**

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

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



**Liturgical Calendar**

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



**Scripture Memory Verse**

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

**Mark 10:6-9**

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



**Optional Family Activity**

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

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

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

Discuss what you learned about the Sacrament of Matrimony by performing or watching these skits.

## Weekly Topic and Question Coverage

- Indicates the topic covered by the *Discussion Guide* and the questions covered from *The Apostolate's Family Catechism*.
- The *Discussion Guide* reference number indicates the sequence and cycle.

### Discussion Guide 26A

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

## Opening Prayer

- Sets sacred mood for the participants.
- Allows participants to focus on the activity that is to happen.
- Facilitates proclamation of the Word of God and Scripture study (Lectio Divina).
- **Family Catechesis Time – Once a Week:** Dad welcomes everyone to their “Family Catechesis Time”. Mom reads the upcoming Sunday’s Gospel. Dad ends with an *Our Father, Hail Mary and Glory Be*.
- **Family Catechesis Time – Through out the Week:** Always open with a prayer. Dad welcomes everyone to their “Family Catechesis Time”. He proceeds with a spontaneous prayer asking the Holy Spirit for guidance and ends with an *Our Father, Hail Mary and Glory Be*. Any of the Sunday readings can be incorporated in the opening prayers throughout the week.
- **Adult Catechesis Time:** Coordinator welcomes everyone. If there is a Music Leader, the formation night can begin with some songs of praise. Then, the Coordinator reads the upcoming Sunday’s Gospel and ends with an *Our Father, Hail Mary and Glory Be*.

### Opening Prayer (5 min.)

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

## Liturgical Calendar

- Connects the family and the formation participants to the Scriptures and the life of the Church.
- This information should be filled-out before the formation time. The information can be found on [www.familyland.org](http://www.familyland.org) under the *Family Catechesis* section.
- **Family Catechesis Time – Once a Week:** Mom can announce the season and the significant feast days for the week.

### Liturgical Calendar

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

- **Family Catechesis Time – Through out the Week:** Schedule some time before Sunday Mass when the family can gather to read the three Sunday Readings. Family members can take turns in reading them. They can also be incorporated in the opening prayers throughout the week.
- **Adult Catechesis Time:** The Coordinator can announce the season and the significant feast days for the week.

### Recitation of Memory Verse

- Review of previous week's Scripture Memory Verse.
- A parent invites the family to recite the memory verse or to look it up in their bibles and to read it together.
- Recite the previous week's memory verse once during the week.
- For Adult Catechesis, the Coordinator may choose to read the memory verse as a review of the previous week's theme.

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

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

### The Apostolate's Family Catechism Commentaries with Cardinal Arinze

- Provides an overview of the topic for the week and a springboard for discussion.
- Lists the questions to be watched and the time duration.
- Cardinal Arinze's video and audio commentaries are available for free download at [www.familyland.org](http://www.familyland.org).
- The summary of the video content is available on [www.familyland.org](http://www.familyland.org).
- **Family Catechesis Time – Once a Week:** The family can watch one or all of the video segments listed. Afterwards, they discuss what they learned from the video. Dad can summarize the content at the end.
- **Family Catechesis Time – Through out the Week:** The family can watch the video in smaller segments throughout the week. They can also listen to the audio version when the family travels during the week. After each viewing or listening, the family shares what they learned from Cardinal Arinze. Dad can summarize the content at the end.
- **Adult Catechesis Time:** The group watches all the segments indicated in the *Discussion Guide*. Discussion will be done when they break into small groups.

#### Discussion and Sharing on *The Apostolate's Family Catechism* (40 min.)

- Announce the topic and questions to be covered.
- Watch Commentaries with Cardinal Arinze video **Q# 226-228** (7 min.) **and/or Q# 229** (7½ min.). Discuss.

## Questions and Answers from *The Apostolate's Family Catechism*

- The Apostolate's Family Catechism features 304 questions and answers covering the Creed, Sacraments, Prayer and the Ten Commandments.
- Provides a complete, faithful yet simple presentation of doctrine.
- Theological illustrations and diagrams help explain the concepts particularly to younger children.
- Each question and answer is followed by quotes from Sacred Scripture, the *Catechism of the Catholic Church*, and Papal and other Church documents for in-depth study.
- The Family Wisdom Library, at the end of each chapter, provides cross-references that open the window to other Church documents and the extensive video library of the Family Apostolate, with new papal documents cross-referenced online.
- **Family Catechesis Time:** For continuity purposes, try to go through all the questions and answers in one day.
  1. Dad reads aloud one question and answer set at a time.
  2. Ask the family members to share what they understood or learned or what sparked their interest. Discuss the main points of the answers provided in the Family Catechism.
  3. Point out the theological illustrations related to each question. Ask the children what they understood from the illustration or diagram or what touched their hearts. Read the captions at the bottom of each illustration or diagram.
  4. Read the Scripture quote. Another member of the family can read the quote.
  5. It is important that during this time the discussion remains focused on the text of the Family Catechism.
- **Adult Catechesis Time:** When used in adult formation, the large group breaks into smaller groups for discussion. A facilitator will lead each group.
  1. Facilitator reads aloud one question and answer set at a time. Each person in the group can also take turn reading a question and answer set.
  2. Ask the participants to share what they understood or learned or what sparked their interest. Discuss the main points of the answers provided in the Family Catechism.
  3. Point out the theological illustrations related to each question. Ask them what they understood from the illustration or diagram. Read the captions at the bottom of each illustration or diagram.
  4. Discuss the answers provided by Cardinal Arinze. The facilitator can provide a summary of the video content.

### Discussion and Sharing on *The Apostolate's Family Catechism* (40 min.)

- Read Q# 226-229 aloud and discuss the answers. Point out the illustrations and diagrams and allow family members to explain them. Read the captions on the illustrations. Read the Scripture quotes.

5. Read the quotes from Scripture.

- **Additional Formation:** Adults and older children can learn more about the topic covered each week by reading the quotes from the *Catechism of the Catholic Church*, Vatican II, papal documents and the other related cross-references indicated in *The Apostolate's Family Catechism* and by watching or listening to the corresponding commentaries of Cardinal Arinze on those cross-references. The video and audio commentaries of Cardinal Arinze on the cross-references to *The Apostolate's Family Catechism* are available online for free at [www.familyland.org](http://www.familyland.org). This is optional and can be done on their own time.

### Doctrine-Moral-Worship Exercises and Thought Provokers

- *Doctrine-Moral-Worship Exercises* follow each question or group of questions. They provide a review of the concepts and their practical applications.
- *Thought Provokers* expound on the faith concepts.
- Discuss some or all of the *Doctrine-Moral-Worship Exercises* and *Thought Provokers* related to the questions covered.
- After everyone has shared, read aloud the answers to the *Doctrine-Moral-Worship Exercises* and the *Thought Provokers* found in the appendix of *The Apostolate's Family Catechism*.
- Activities suggested under the *Doctrine-Moral-Worship Exercises* can be done during the "Family or Adult Catechesis Time" or at another time.

#### Discussion and Sharing on *The Apostolate's Family Catechism* (40 min.)

- Discuss the "Doctrine, Moral, Worship Exercises" at the end of **Q# 228** and the "Thought Provokers" related to **Q# 226-229** at the end of **Chapter 64**.

### Closing Prayer

- Summarizes the lessons learned into prayer.
- Develops facility for mental or spontaneous prayer.
- **Family Catechesis Time:** Mom leads the family through the indicated closing prayer exercises in the *Discussion Guide*. If the family is doing their "Family Catechesis Time" on several days, they can do the suggested closing prayer on the day that they discuss the questions and answers from *The Apostolate's Family Catechism*. On the other days, they can just close with a spontaneous prayer of thanksgiving and petition.
- **Adult Catechesis Time:** Coordinator goes through the closing prayer exercises with the entire group. Before dismissing the group, he encourages the participants:

#### Closing Prayer (10 min.)

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

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

1. To read the additional cross-references indicated in the Family Wisdom Library corresponding to the questions they have studied.
2. To review the upcoming Sunday Mass readings.
3. To go through the *Discussion Guide* or at least do the Family Activity with their respective families.

### Scripture Memory Verse

- Correlates the concepts learned with Scripture.
- Take turns reciting or reading the verse at family meals.
- Give each family member a copy of the verse for the week. Encourage everyone to memorize them. Give the younger children a small portion of the verse to remember (e.g. key word)
- Post the Scripture verse in the family room or kitchen for everyone to see.

#### Scripture Memory Verse

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

#### Mark 10:6-9

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

### Optional Family Activity

- Practical and fun applications of concepts learned that the family can do together.
- Aimed at improving relationship with God, with each other and with the community.
- Strengthens family unity by bringing the family together.
- Helps develop traditions that could define family identity and values.
- Provides a witness to the children of the importance of the faith in one’s life.
- The activities can be done as part of the “Family Catechesis Time” or at a more convenient time during the week.
- Sunday would be a recommended day for the family activities to help focus this day on God and the family.
- The family can do all or some of the activities.

#### Optional Family Activity

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

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

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

Discuss what you learned about the Sacrament of Matrimony by performing or watching these skits.