



ON THE PATH OF SALVATION
**THE CHURCH:
BODY OF CHRIST AND
PEOPLE OF GOD**

GRADE 8

**TEACHERS GUIDE
QUESTIONS & ANSWERS
BIBLIOGRAPHY**

For Teachers & Parents: How to use this book?



Prayer: The teacher and students recite the given prayer together. Following this, the students take a moment of silence, allowing the Lord to open a window for personal insights.

Driving Questions: The teacher asks the question after the story of each lesson and listens to response of the students.



Activities within the Lesson: Students learn by doing. They assimilate the content by contributing. Activities are meant for that & to be done within the class.

Exit Ticket Questions: Exit ticket questions are to quickly check students' understanding at the end of a lesson. They help the teacher see what students learned, and whether the learning intention was achieved.



Word of God & Reflection: Each lesson has a Bible verse and a short reflection to help students listen to God's Word for diving more into the theme of the lesson.

My Resolution Cartoon: Each lesson includes a "My Resolution" cartoon to help students reflect on the main message and choose one small way to live it out. Read the cartoon, think about its meaning, and make a personal resolution that guides the daily life.



Check Your Understanding: There are direct and application questions in this section. Direct questions are easy for students to answer. Application questions require more high order thinking skills (analyse, evaluate and create). Hence, teachers are to use both direct and application questions in proportion for assessing the children.

My Syro-Malabar Chrch: Each lesson includes a "My Syro-Malabar Church" section to help students learn the history, identity, and traditions of our Church. These show that our faith is part of a long, living story rooted in St. Thomas and carried through generations.



Audio-Visual Aids-Songs and Video Links: Some lessons include songs and video links to help students understand the theme more clearly. Use the QR codes at the end of each lesson to listen or watch. The songs make learning joyful, and the videos explain the topic in a simple and inspiring way. Scan, learn, and let these tools bring each lesson to life.

Introduction

The purpose of this document is to offer a comprehensive guide for Catechism teachers on effectively approaching the activities and questions presented in each chapter of the textbook. In particular, teachers are to use this document to access answers for all the **Activities**, and **Check Your Understanding** sections. Additionally, this guide will offer teachers the opportunity to gain a pre-lesson understanding of the chapter with the **Learning intention** and **Success Criteria** sections that will capture the core of what will be taught and learnt.

The guide will be formatted in this manner for each lesson:

1. Learning Intention

The learning intention is, as the name suggests, the aim of the chapter's teachings – that is, what the student's key takeaway should be. This learning intention should form the base of how the teacher approaches teaching that chapter..

For example,

Learning Intention

The Church is holy because it belongs to God, is sanctified by Jesus, and is continually being renewed by the Holy Spirit. Like Leo's broken guitar, the Church is not perfect on the outside, but God lovingly restores and tunes it from within. Jesus, the true Lamb of God, makes us holy through His sacrifice, and He gives us powerful ways to grow in holiness: the Word of God, the Sacraments, prayer, fasting, abstinence, sacramentals, and our vocations. Even though we are weak and sinful, God keeps calling us to deeper conversion, helping us become more like Him day by day. As we grow in purity and faithfulness, the whole Church becomes more radiant with God's grace, shining like a stained-glass window filled with His light.

As seen above, this portion of each chapter's guide clearly outlines what the student is expected to confidently know, and therefore, what the teacher is expected to wholly impart by the end of the lesson.

2. Success Criteria

The success criteria provide actionable goals for the student's learning and for a teacher, it will create a framework of the main objectives achieved by teaching that lesson. Each criterion will be framed in a manner that explains what specific insight the student should gain.

For example,

Students will be able to:

- Explain why the Church is holy even though its members are imperfect.
- Describe how Jesus, the Lamb of God, sanctifies the Church through His sacrifice. Identify the main ways God helps us grow in holiness:
 - > The Word of God
 - > The Sacraments (especially Holy Qurbana and Reconciliation) Prayer, fasting, and abstinence
 - > Sacramentals
 - > Our vocations
- Understand that holiness is both a gift from God and a daily calling.
- Explain how the “Broken Guitar” story shows that holiness is not about being perfect, but about being **made new** by God.

3. Activity

The answers for each activity in every lesson are provided. Provide these answers to the students after they complete their attempt at doing the activity.

In the case where the activity is a discussion and answers will vary, a sample answer may be provided. In activities requiring reading or reflecting, teachers are still encouraged to prompt a brief discussion if time permits.

4. Exit Ticket Questions

The purpose of exit ticket questions is to quickly check students’ understanding at the end of a lesson. They help the teacher see what students learned, and whether the learning intention was achieved. Exit ticket questions encourage students to reflect on their own learning.

5. Word of God and Reflection

Each lesson has a Bible verse and a short reflection to help students listen to God’s Word before diving into the theme. These reflections show how Scripture speaks to real moments in our lives. Take a moment to read, pause, and let God’s Word guide our heart as we finish each lesson.

6. My Resolution Cartoon

Each lesson includes a unique “My Resolution” cartoon; a simple, creative way to express the heart of the lesson in a student-friendly style. These cartoons help students to reflect on the main theme and think about how it applies to your own life.

After reading the cartoon, take a moment to pause, reflect, and make a personal resolution.

What is God inviting you to do?

How can you live this lesson today?

Let the cartoon speak to the students’ hearts; and let the resolution they take shape their journey of faith.

7. Check your Understanding

The answers for the Check your Understanding section at the conclusion of each chapter is provided. Provide these answers to the students after they complete their attempt at answering the questions.

Some answers can be directly taken from the textbook, but some will require higher order individual thinking from the students. In this case, the answers will inevitably vary but it is recommended that teachers ensure the answer in the guide is still provided to establish a set standard of response.

8. My Syro- Malabar Church

Each lesson in this book includes a short section called “My Syro-Malabar Church.” These notes are designed to help students understand the rich history, identity, and living traditions of the Syro-Malabar Church.

This section helps students see that our faith is part of a much bigger story. It connects what they learn in the lesson to the real journey of our own Church: its struggles, its growth, its unique liturgy, and its deep roots in Indian culture. By learning these small pieces of history, students discover how our Church has remained faithful to Jesus across centuries, how it has protected its traditions, and how it continues to serve people all over the world today.

These help students to now our Church, love your Church, and take pride in belonging to a community that is ancient, apostolic, and alive in the Holy Spirit.

These short reflections will remind you that we are not just learning ideas, we are stepping into a heritage that began with St. Thomas and continues through each one of us.

9. Songs - Audio visual aid

Some lessons in this book include original songs written especially for the students. These songs capture the main theme of each lesson and are meant to be sung together as a class. Music helps us remember, reflect, and celebrate our faith in a joyful way.

At the end of each lesson, there is a QR code that links to the song. Feel free to listen, sing along, and make it part of your prayer and learning.

These songs are gifts for the students,
to help God's message stay in your heart,
to bring your class together in unity,
and to make learning faith a joyful experience.

Sing boldly, sing joyfully, and let the message of each lesson come alive through music!

10. Audio visual aid – Talks and video links

Some lessons in this book include QR codes that link to short videos from trusted Catholic speakers, preachers, and teachers. These videos were chosen carefully because they explain the themes of each lesson in a simple, powerful, and inspiring way.

By watching them, you will hear real voices from the Church today, priests, bishops, saints, and Catholic communicators, who help us understand our faith more deeply. These videos are not extra work; they are valuable tools that make the lesson clearer, richer, and easier to remember.

Whenever you see a QR code at the end of a lesson, take a moment to scan it. Listen, watch, and let the message strengthen your understanding.

The more you engage, the more confident you will feel answering questions and living out your faith.

Use the videos. Learn from them. Let them guide you.

They are here to help you.

LESSON

01

CHURCH: The people Chosen by God

Learning Intention

The Church is not just a building, but a people chosen and gathered by God. This story begins with Abraham under the stars, trusting God's promise to form a great family of faith. God continued this plan through Isaac, Jacob, Moses, and the Israelites, shaping them into a holy nation called Kahal or Ecclesia, a people called together for His purpose.

Even when Israel failed, God remained faithful and promised a new covenant written on hearts, fulfilled in Jesus through His sacrifice and the gift of His Body and Blood. Today, the Church is that new people; called, loved, and sent by God to be a sign of His salvation in the world. As St. Peter teaches, we are "a chosen race, a royal priesthood, a holy nation," part of God's ongoing mission to bring His love, holiness, and light wherever we go.

Success Criteria

Students will be able to:

- ▷ Understand that the Church is not just a building, but a community of people chosen by God.
- ▷ Recognise how God's plan began with Abraham and continued through Israel, fulfilled in Jesus through the New Covenant.
- ▷ Explain the meaning of Kahal / Ecclesia (assembly called by God) and its role in forming God's people.
- ▷ Understand that through Baptism and the New Covenant, we are part of God's chosen family today.
- ▷ Value our identity as a chosen race, royal priesthood, and holy nation called to live with love and purpose.
- ▷ Understand that we belong to the Syro-Malabar Catholic Church have been chosen to live differently, to love deeply, and to show God's goodness in our school, friendships, parish, and everyday life. We are called to continue God's mission of salvation.



Activity 1: God's Covenant Journey with His People: Fill in the Blanks.

Abraham's Call (Genesis 12)

Key Event: Abraham *leaves* his homeland in obedience to God's call. **God's Action:** God promises Abraham *land*, countless *descendants*, and His *blessing*.

(*blessing, leaves, land, descendants*)

Isaac & Jacob

Key Event: Isaac is born as the *promised* child. Jacob, Isaac's son, is later renamed *Israel* after wrestling with God. **God's Action:** God *reaffirms* His covenant, ensuring it continues through the *generations*.

(*Israel, promised, generations, reaffirms*)

Jacob's Journey to Egypt (Genesis 46)

Key Event: Facing *famine*, Jacob and his family move to *Egypt* at Joseph's invitation. **God's Action:** God *protects* and *multiplies* His people in a foreign land, fulfilling His promise of *growth*.

(*protects, growth, famine, multiplies, Egypt*)

Israel in Egypt

Key Event: The family of Israel settles in Egypt; they grow in number but eventually become *enslaved*. **God's Action:** God allows *growth*, even in *hardship*, preparing for His *deliverance*.

(*deliverance, growth, enslaved, hardship*)

Moses Called (Exodus 3)

Key Event: God appears to Moses in the *burning bush*. **God's Action:** God reveals His plan to *rescue* His people from Egypt and lead them to *freedom*.

(*rescue, burning bush, freedom*)

Exodus & Sinai

Key Event: Israel escapes Egypt; God makes a covenant with them at *Mount Sinai*. **God's Action:** God forms Israel into His *holy* people, giving them His *law* and guidance.

(*law, Mount Sinai, holy*)



Activity 2: Read the metaphor and the prompt, then discuss your thoughts in groups.

Answers can vary.

Metaphor: God called Israel like a shepherd calls his sheep. Even when they were lost, they came together when they heard His voice. Ecclesia means God's people gathered because He called them.

Probable Discussion Outcomes:

- ◆ I understand that the Church is God's chosen people, gathered by His call.
- ◆ I recognise that many voices compete for my attention today, but God's voice is gentle and guiding.

- ◆ I know that prayer, Word of God, sacraments, and the Holy Catholic Church help me hear God's call clearly.
- ◆ I realise that God calls me back even when I feel lost or distracted.
- ◆ I commit to listening more intentionally and following Him with trust.

Personal Reflection:

- ◆ Who do I listen to most in my daily life?
- ◆ What helps me hear God's voice clearly?
- ◆ How can I make space for God's call in my day?



Exit Ticket Questions:

1. If the Church was chosen by God for a purpose, what do you think that purpose is?
So that the Church can become the living sign, the sacrament of salvation for the whole world, across all time.
2. What are the three essential elements of "ecclesia" (or "kahal") as revealed in the Church?
 1. *Called by God*
 2. *Gathered for Worship and Covenant*
 3. *Formed as God's Own People*



Check your understanding:

1. What does it mean that the Church is the sacrament of salvation?
 - A. It performs rituals for individuals only.
 - B. *It is a visible sign of God's saving work for all people.*
 - C. It is a building where people gather.
 - D. It only applies to Catholics
2. What does Ecclesia mean, and why is it important for understanding who we are as God's people?

*Hebrew word **Kahal** and the Greek word **Ecclesia** both mean "assembly", but a very specific one: a community called together by God for His divine purpose.*

In God's choice of Israel, "Ecclesia" reveals three key truths

Called by God: *Israel did not choose themselves; they were summoned into a covenant relationship by the Lord.*

Gathered for Worship and Covenant: *Their calling was to worship the one true God and live by His commandments.*

Formed as God's Own People: *They were to be a living sign of His presence, a holy nation reflecting His love and justice.*

So, when we speak of Ecclesia, we mean far more than a crowd. It is a people shaped by God's call, united for His glory, and sent to live His covenant, ready to welcome the promised Savior.

3. How does knowing you were chosen “before the foundation of the world” change the way you see your life?

God's love for us is not an afterthought but part of His eternal plan. Even before the world was created, He chose us in Christ to live in holiness and love. Our worth is not based on what we do but on God's gracious choice. Knowing this should inspire us to live each day with gratitude and a desire to walk faithfully with Him.

4. “You are a chosen race, a royal priesthood, a holy nation, God's own people.” said Apostle St Peter about the church. Reflecting on these words, describe what makes the Church different from any other group or community.

This means you are not just part of a crowd; you are part of a calling. You have been chosen to live differently, to love deeply, and to show God's goodness in your school, friendships, parish, and everyday life. You are called to continue God's mission of salvation.

Or

St. Peter reminds us that the Church is not just another community, but God's own people, chosen with love and purpose. To be a “royal priesthood” and “holy nation” means we are set apart to live in holiness, to carry God's light into the world, and to serve others with compassion. Our identity is rooted not in what we achieve, but in God's gracious choice. This truth calls us to gratitude and challenges us to live each day as witnesses of His goodness, in our families, friendships, schools, and parishes. Being part of the Church means embracing a mission bigger than ourselves: to continue God's mission of salvation with faith and joy.

Let Us Sing:

We Are Chosen

*We're not just a crowd, we're called by name,
God's love burns bright like Sinai's flame.
Jesus built the Church, strong as a rock,
To share His grace on every block.
We're His people, chosen and known,
A holy nation, His very own.*

Chorus:

*We are chosen, we belong,
God's love makes our spirits strong.
Shining bright, we walk His way,
Together in His light each day.*



LESSON

02

CHURCH: The community of the Redeemed

Learning Intention

Redemption means being set free from sin and belonging to God. Israel's escape from slavery in Egypt was a preview of the greater freedom Jesus would bring through His death and resurrection. Jesus is the Lamb of God who saves us, not because we are perfect, but because of His mercy.

The Church is the community of the redeemed, made one through Baptism, strengthened by the Word of God, and nourished by the Sacraments. As members of this family, we are called to live with faith, repentance, and love, showing the world the power of redemption. The Church remains in the world as a sign and instrument of salvation, guiding every soul toward eternal life.

Success Criteria

Students will be able to:

- ▷ Understand that redemption means being set free from sin through Jesus' sacrifice and resurrection.
- ▷ Understand how the f Israel's journey from slavery to freedom foreshadows the redemption Jesus brings.
- ▷ Explain that the Church is the community of the redeemed, formed by Baptism and nourished by Word and Sacraments.
- ▷ Understand that salvation is a gift of God's mercy, not earned by human effort, and is offered to all.
- ▷ Understand how the Church proclaims the Word and administers the Sacraments as signs of redemption.
- ▷ Value their belonging to the Church as a sign and instrument of God's saving love in the world.
- ▷ Apply this teaching by living as a redeemed person, turning to God in repentance, showing love, and sharing faith in daily life.



Activity 1: Redemption Imagery: Old Testament vs New Testament.

This chart shows how God's plan of redemption was revealed in the Old Testament and fulfilled in the New Testament through Christ. Fill in the blanks and discuss what do these connections show us about God's plan for salvation?

| Old Testament Imagery | New Testament Fulfillment |
|---|---|
| Israel <i>enslaved</i> in Egypt, crying out for <i>freedom</i> . (enslaved, freedom) | Humanity <i>enslaved</i> to sin, in need of <i>salvation</i> . (enslaved, salvation) |
| <i>Moses</i> and <i>Aaron</i> are sent to confront Pharaoh. (Moses, Aaron) | <i>Jesus</i> is sent by the <i>Father</i> to confront sin and death. (Jesus, Father) |
| A <i>Passover</i> lamb's blood on <i>doorposts</i> saved Israelite homes from death. (Passover, doorposts) | <i>Jesus</i> , the Lamb of God, sheds His <i>blood</i> to save all humanity from eternal death. (Jesus, blood) |
| God makes a <i>covenant</i> with Israel at <i>Sinai</i> , giving the Law. (covenant, Sinai) | Jesus establishes a new <i>Covenant</i> in His <i>blood</i> , giving the Commandment of <i>Love</i> . (Covenant, blood, Love) |
| Israel formed into a <i>nation</i> , God's <i>chosen</i> people. (nation, chosen) | The <i>Church</i> formed as the <i>Body</i> of Christ, redeemed and sent into the world as God's chosen people. (Church, Body) |



Exit Ticket Questions:

- Who did God send to save humanity from sin, and how does this connect to the story of Israel?
 - God sent Jesus Christ to save humanity from sin.
 - This connects to Israel's story because just as God redeemed Israel from slavery in Egypt through the blood of the Passover lamb and the covenant at Sinai, Jesus is the Lamb of God who sheds His blood and establishes a new covenant, redeeming all people from the slavery of sin.
- In one sentence, explain how the Church helps people experience God's salvation.

The Church helps people experience God's salvation by proclaiming His Word and celebrating the Sacraments, which make Christ's redeeming work present and real in our lives.



Check your understanding:

1. What does it mean to be “redeemed”?

Redemption is not about being perfect; it's about receiving and responding to God's gift of love. Baptism is the first and fundamental response, making us members of the Church.

Living redeemed means praying honestly, turning your heart back to God in repentance, believing in Jesus as your Saviour, and showing His love in daily life. This is the path of redemption: real faith, real change, and real love.

As St. Paul writes, “The Gospel is the power of God for salvation to everyone who has faith” (Romans 1:16). When we live this faith, we begin to experience the true power of redemption.

2. How is freedom from sin similar to Israel's freedom from slavery?

The Israelites were enslaved in Egypt, crying out for deliverance. God saved them through the blood of the Passover lamb and led them into freedom and covenant at Sinai. In the same way, humanity is enslaved to sin and in need of salvation. “For Israel, redemption meant not only being set free from Egypt, but also becoming God's chosen people, called to walk with Him and belong to His flock.” Likewise, Jesus redeems us so we are no longer slaves to sin but belong to God's family.

3. Which two ways does the Church act as a sacrament of redemption?

➤ **By Proclaiming the Word of God**

The Church shares the Gospel through preaching and teaching, inviting people to faith, repentance, and conversion. Jesus said, “Whoever hears my word and believes... has eternal life” (John 5:24). St. Paul adds, “Faith comes from hearing the message” (Romans 10:17). By believing the Word, we enter into the redemption offered through Jesus' death and resurrection.

➤ **By Administering the Sacraments**

Jesus instituted the Sacraments as the means of receiving forgiveness of sins and eternal life. Through the sacraments, we don't just hear about salvation, we experience it. These are not empty symbols; they accomplish what they signify: forgiving sins, uniting us with Christ, and filling us with divine life. In this way, the Church gives us real access to the gift of redemption.

4. What did the Israelites have to do with the lamb's blood during Passover? How does it foreshadow Jesus, the Lamb of God, who sheds His blood to save all humanity?

On the night of the first Passover, the Israelites “marked their doors with the blood of a Passover lamb. That night, the destroyer passed over their homes” (Exodus 12). This act saved them from death and led them out of slavery. This points to Christ: “Jesus, the Lamb of God, sheds His blood to save all humanity from eternal death.” The lamb's blood on the doorposts foreshadowed the cross where Jesus' blood was poured out to redeem the world.

5. What does it mean to belong to the Church, the community of the redeemed and how do we begin that journey of redemption?

Belonging to the Church means being part of the community redeemed by Christ's blood. “Redemption is not about being perfect; it's about receiving and responding to God's gift of love.” We begin this journey through Baptism, which “is the first and fundamental response, making

us members of the Church.” From there, living redeemed means daily repentance, faith in Jesus, and showing His love in action: “real faith, real change, and real love.”

6. How does knowing Jesus carried your sins change the way you see yourself?

The chapter tells the story of Kaitlin and the chains, reminding us that Jesus says: “I know the weight of shame. I have felt the silence of betrayal... I know you because I chose to.” Knowing that Jesus bore my chains on the cross, I can see myself not as condemned but as freed. St Paul’s words in the chapter underline this hope: “The Gospel is the power of God for salvation to everyone who has faith” (Romans 1:16). This means I can live with dignity, hope, and courage, knowing my identity is in Christ’s redeeming love.

Let Us Sing:

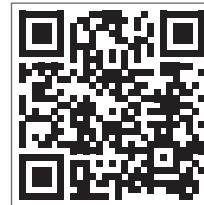
Redeemed by His Love

*Jesus came to set us free,
From sin and shame, He rescued me.
On the cross, He took our place,
Now we live in endless grace.*

*He rose again, the grave’s undone,
Victory through God’s own Son.
We walk in light, no need to fear,
His love is strong, His voice is near.*

Chorus:

*We are redeemed, we are restored,
Saved by the blood of Christ our Lord!
He gives us hope, He makes us new,
Forever loved, forever true!*



LESSON

03

CHURCH: The Community of Believers

Learning Intention

Baptism is the moment we enter the Church and begin our journey of faith. From that day on, God helps us grow through prayer and the sacraments, which strengthen us in His love. Our faith is our response to God, because He calls us, loves us, and reveals Himself to us.

The Church is not just a building or a set of rules. It is a living community of people who believe in Jesus, proclaim Him as Lord and Savior, and follow His Word. This community grows when we pray together, listen to God's Word, receive the sacraments, and live with love and fellowship.

By Baptism, we become part of this community. From then on, we are called to let God's Word guide us, to repent when we fall, and to stay close to Jesus through the sacraments. This is how we grow together as one body in Christ.

Success Criteria

Students will understand that:

- ▷ Jesus founded the Church and built it on Peter's faith.
- ▷ The Church is a community of believers who confess that Jesus is the Messiah and the Son of the living God.
- ▷ Faith is our response to God's loving call.
- ▷ Listening to God's Word should lead to repentance and a renewed life.
- ▷ Through Baptism we become children of God and members of the Church.
- ▷ The sacraments help us grow and stay strong in our faith.
- ▷ Proclaiming Jesus brings joy.
- ▷ Reading and sharing God's Word is important for our spiritual growth.
- ▷ Avoiding harmful choices and temptations helps us live as true followers of Jesus.



Activity 1: Can you find the elements that identify Christian faith in the below passage?

1. Peter was responding to Jesus' call: Faith is man's *response* (*seonpres*) to God's call.
2. Peter believed in what God the Father revealed to him: Faith means believing in what God *reveals* (*vealsre*).
3. Peter believed in Jesus as God's Son even though he did not fully understand: Faith means believing even when something is not fully *intelligible* (*intelgiblel*).
4. Peter had a special relationship with Jesus, different from others around him, a loving surrender to Jesus: You do not need a *crowd* (*crwod*) to be a follower of Jesus; just love and courage.
5. Abraham and Mother Mary trusted God even when things seemed impossible: Faith means trusting that God's Word will happen, even if it is *unintelligible* (*unigibleintell*) for the human mind.



Activity 2: Can you find the elements that identify Christian faith in the below passage?

Fill in the Bible verse to understand how a believer can be identified.

(hoped, seen, confess, the Lord, heart, raised)

- † “Now faith is the assurance of things *hoped* for, the conviction of things not *seen*,” (Heb 11:1).
- † “If you *confess* with your lips that Jesus is *the Lord* and believe in your *heart* that God *raised* him from the dead, you will be saved” (Rom 10:9).



Activity 3: Match & Learn

Below are the 12 Articles of Faith. The sentences have been jumbled—can you number them in the correct order (1–12).

- † 8 I believe in the Holy Spirit.
- † 4 He suffered under Pontius Pilate, was crucified, died, and was buried.
- † 6 He ascended into heaven and is seated at the right hand of God the Father Almighty.
- † 9 I believe in the holy Catholic Church.
- † 7 From there, He will come again to judge the living and the dead.
- † 1 I believe in God, the Father Almighty, Creator of heaven and earth.

- † **10** The Communion of Saints.
- † **5** He descended into hell. On the third day He rose again from the dead.
- † **12** I believe in the life everlasting.
- † **2** And in Jesus Christ, His only Son, our Lord.
- † **11** The forgiveness of sins , the resurrection of the body.
- † **3** Who was conceived by the power of the Holy Spirit and born of the Virgin Mary.



Activity 4: Discussion Question

What factors do you think helped the early followers of Jesus grow from a small gathering into a strong, united, and widespread community?

Consider what might have inspired others to join them and stay committed even during difficult times.

Answer can vary

The early followers of Jesus grew from a small group into a strong and united community because their faith in God was real and powerful. They trusted God completely, just like Peter, Abraham, and Mother Mary, and this helped them stay brave even when life was hard.

- *They truly believed in God and loved Him with all their heart. This gave them courage and hope.*
- *They shared the same core beliefs, like the ones in the Apostles' Creed, which kept them united.*
- *They cared for one another, helped the poor, forgave others, and lived with kindness. People saw their love and wanted to join them.*
- *They were guided by the Holy Spirit, and Holy Spirit gave them strength to keep going.*
- *Their leaders shared real stories about Jesus, which inspired others to believe too.*

In summary:

People joined the early Church because they saw a community filled with love, unity, courage, and deep faith in God, and they wanted to be part of it.



Activity 5: Discovering Catholic Unity Around the World

The Catholic Church is universal, meaning that despite differences in culture, language, and traditions, there are core beliefs and practices that unite Catholics everywhere. Below is a list of items. Tick (✓) all the ones that you believe are commonly shared across the universal Catholic Church.

| | | |
|---------------------------|----------------------|---|
| <i>Creed ✓</i> | <i>The Bible ✓</i> | <i>Priority to Charity ✓</i> |
| Food | Language | Nationality |
| <i>Seven Sacraments ✓</i> | <i>Mother Mary ✓</i> | <i>Priesthood and consecrated life ✓</i> |
| Clothes | Church Architecture | <i>Belief in eternal life the second coming of Christ ✓</i> |



Exit Ticket Questions:

- Today I learned that faith is a response of *God's call*.
Faith is a response of man to God's call — a loving surrender of our mind, heart, and will to Him (see Activity 1: "Faith is man's response to God's call").
- I discovered that the Church is a community of people who
The Church is a community of people who believe and confess that Jesus is the Messiah, the Son of the living God and live united in one faith and one baptism (cf. Mt 16:16–19; CCC 752).
- Peter said, "You are the Messiah, the Son of the living God." Why was this statement important for the beginning of the Church?
Peter's confession of faith was the foundation on which Jesus built His Church. The chapter explains: "From that day, the disciples understood something new: the Church is born from faith in Jesus as the Son of God. And all who confess this faith belong to His community, His family." Without this profession, the Church would not have its core identity.
- What is one quality of faith (gift, response, trust, surrender, or God's strength) that stood out to you today? Why?

Answer can vary.

Example reflection: The quality of trust stood out to me. Just like Abraham and Mother Mary trusted God when things seemed impossible, faith means trusting that God's Word will happen even when it seems "unintelligible for the human mind." This inspires me to rely on God's strength instead of my own.



Check your understanding:

- What is the Church?
The Church is not just a building or an organisation; it is a living community of believers. Jesus founded it on Peter's confession: "You are the Messiah, the Son of the living God" (Mt16:16–19). The Church is the Eucharistic assembly, the local parish, and the universal body of Christ (CCC 752). At its heart, the Church is the people of God, redeemed by Christ's blood, united in one faith and one baptism.

2. What are the five key qualities of Christian faith?

From Activity 1:

I. Faith is man's response to God's call.

II. Faith means believing in what God reveals.

III. Faith means believing even when something is not fully intelligible.

IV. Faith is a loving surrender to Jesus—it doesn't require a crowd, just love and courage.

V. Faith means trusting that God's Word will happen, even when it seems unintelligible to the human mind.

3. How did the early Church grow?

The early Church grew through three main ways:

➤ *Proclamation of the Gospel – “How can they believe in one they have not heard of? And how can they hear without someone preaching?” (Romans 10:14). Preaching brought people to faith.*

➤ *Conversion of hearts – Jesus said: “Repent and believe in the Good News” Repentance transformed their lives.*

➤ *Unity among believers – “All who believed were together and had all things in common”, Their love and unity attracted others to join.*

4. Proclamation of the Gospel lead to the growth of the Church. Moreover, it is a command from the Lord. Bring out a working plan to share your faith to one of your non-believing friends in your school.

Answers can vary.

A working plan could be:

➤ *Pray for my friend each day.*

➤ *Witness by example – show honesty, kindness, and forgiveness.*

➤ *Share your faith – speak about my faith when it connects to real-life experiences.*

➤ *Invite them to youth activities, Holy Qurbana, or church events.*

➤ *Listen respectfully – answer their questions with patience, without forcing belief.*

5. Ongoing conversion of heart is important in fostering relationships. Explain from your experience the importance of repentance and the way it helped you to improve your bonding in friendship, family or among siblings.

Repentance is more than saying sorry—it is a change of mind and heart (metanoia). The chapter explains: “Conversion is not just about external actions—it is a radical transformation of the mind and heart.” In my own life, when I have apologised sincerely after an argument with a sibling or a friend, it restored trust and deepened our bond. Repentance humbles us and helps relationships grow stronger through forgiveness and love.

Let Us Sing:

I believe

[Verse 1]

*I believe in light unending
In the hands that shaped the stars
In the voice that spoke creation
Holding all within its arms*

[Chorus]

*Bound by mercy Love And grace
Every tear and sin erased
In this faith we stand as one
Till the rising of the Son*

[Verse 2]

*I believe in hope unbroken
In the Word that walked the land
In the Lamb who bore our burdens
Carving freedom with His hands*

[Prechorus]

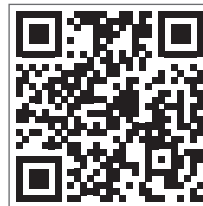
*Through the fire
Through the stone
We are never left alone*

[Chorus]

*Bound by mercy Love And grace
Every tear and sin erased
In this faith we stand as one
Till the rising of the Son*

[Bridge]

*Oh the Spirit
Breath of glory
Moves like rivers
Sings like flame
Fills the earth with holy story
Calls the lost back to His name*



LESSON

04

CHURCH: The Community Led by the Spirit

Learning Intention

The Church is a community born and guided by the Holy Spirit. At Pentecost, the Spirit filled the disciples with courage and wisdom, and ever since, He has led the Church in its mission. The Spirit strengthens His people in the sacraments, inspires Scripture and Church leaders, and gives courage in times of persecution.

Through the seven gifts and twelve fruits, the Spirit helps Christians make good choices, grow in holiness, and show love in action. The Church is the Temple of the Holy Spirit, alive and united in faith and morals. Just as wind lifts a kite, the Spirit lifts our faith, guiding us to become holy and loving members of God's family.

Success Criteria

Students will be able to:

- ▷ Understand that the Holy Spirit is the life and guide of the Church, just as wind lifts a kite.
- ▷ Recognise how the Spirit came at Pentecost and continues to strengthen, inspire, and lead believers.
- ▷ Explain how the Holy Spirit works through the sacraments, Scripture, and Church leadership to build up the community of faith.
- ▷ Identify the gifts and fruits of the Holy Spirit and how they help us live holy and loving lives.
- ▷ Understand that the Church is the Temple of the Holy Spirit, alive and transformed by His presence.
- ▷ Apply this teaching by listening to the Holy Spirit in prayer, making good choices, and serving in my parish community.



Activity 1: Read and Discuss.

Read, discuss and find out how the Holy Spirit helped Stephen when he was at the door of persecution?

Stephen was a firm believer in Jesus, empowered and guided by the Holy Spirit in his life and ministry (Acts 6:5). This filling of the Holy Spirit enabled him to perform miracles, speak about Jesus with wisdom and courage. But one day, when he spoke about Jesus, people got angry and enraged at him.

“But filled with the Holy Spirit, he gazed into heaven and saw the glory of God and Jesus standing at the right hand of God. “Look,” he said, “I see the heavens opened and the Son of Man standing at the right hand of God!” But they covered their ears, and with a loud shout all rushed together against him. Then they dragged him out of the city and began to stone him; and the witnesses laid their coats at the feet of a young man named Saul. While they were stoning Stephen, he prayed, “Lord Jesus, receive my spirit.” Then he knelt down and cried out in a loud voice, “Lord, do not hold this sin against them.” When he had said this, he died” (Acts 7: 54-60).

Answer can vary.

When Stephen faced persecution, Holy Spirit continued to strengthen him.

At the moment of greatest danger:

- *The Holy Spirit opened Stephen’s eyes to see a vision of heaven.*
- *He saw the glory of God and Jesus standing at the right hand of the Father, which gave him courage and peace.*
- *Even while being attacked, the Holy Spirit helped him pray with trust, saying, “Lord Jesus, receive my spirit.”*
- *Filled with God’s love, he even prayed for his enemies: “Lord, do not hold this sin against them.”*

Stephen’s response shows that the Holy Spirit gives us strength, peace, forgiveness, and courage even in the hardest moments. His faith became a powerful witness to everyone around him, including Saul, who later became St. Paul.



Activity 2: How do we Receive the Holy spirit Through the Sacraments?

Fill in the blanks with the correct words from the box.

strength, forgiveness, serve, married couples, family, nourish, healing

1. In Baptism, we become part of God’s family, and His Spirit fills our hearts.
2. In Confirmation, the Holy Spirit gives us strength to share and live our faith.
3. In the Eucharist, we receive Jesus in Holy Communion, and the Spirit helps to nourish our souls.

4. In Reconciliation, when we say sorry for our sins, the Spirit helps us feel God's love and *forgiveness*.
5. In the Anointing of the Sick, the Spirit brings *healing*, comfort, and strength when we are sick.
6. In Holy Orders, the Spirit helps priests and deacons *serve* God's people with the Lord's duties.
7. In Matrimony, the Spirit blesses *married couples*, helping them love, respect, and care for each other.



Exit Ticket Questions:

1. Name one way the Holy Spirit guided the early Church in the Acts of the Apostles.
Throughout the early Church the Holy Spirit provided wisdom, strength, and courage to the apostles. When they faced persecution, the Spirit helped them endure; when disagreements arose, the Spirit guided their discussions and decisions. Throughout the Book of Acts, we see the Holy Spirit actively leading the apostles (Acts 10:19-20; Acts 13:4).
2. Which sacrament do you think most helps you feel the presence of the Holy Spirit? Why?
In Confirmation, the Holy Spirit gives us strength to share and live our faith.



Check your understanding:

1. What event marked the beginning of the apostles being guided by the Holy Spirit?
The Pentecost marked the beginning. On that day, "a sound like the blowing of a violent wind" filled the house, "tongues of fire" came to rest on each disciple, and they were all filled with the Holy Spirit (Acts 2:1-4). From then on, the apostles were strengthened to be witnesses to the ends of the earth.
2. How did the Holy Spirit help the apostles when they faced persecution?
The Spirit gave them wisdom, courage, and endurance. For example, Stephen, "filled with the Holy Spirit, gazed into heaven and saw the glory of God and Jesus standing at the right hand of God" (Acts 7:55). Even while being stoned, the Spirit helped him forgive his persecutors and remain faithful.
3. How do we receive the Holy Spirit through the Sacrament of Reconciliation?
In Reconciliation, when we confess our sins and repent, the Holy Spirit helps us feel God's love and forgiveness, healing our hearts and restoring our relationship with God and the Church.
4. What is one sign that shows the Church is the temple of the Holy Spirit?
➤ **We know the Father and the Son:** *St Paul says that we are able to call God as "Abba, Father" because the Holy Spirit lives in us. In the letter to Corinthians, he witnesses that only through the Holy Spirit can anyone truly say, "Jesus is Lord." As members of the Church, we do that every day. The Spirit dwells in the Church and in the hearts of the faithful as in a temple.*

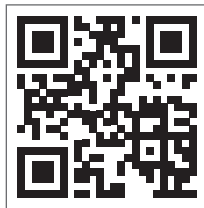
- ***The Church is alive, healed and transformed:*** *The Holy Spirit present in the sacraments transforms our hearts and minds, helping us to overcome sin, grow in virtue, and become more like Christ.*
- ***Universality of Faith and Morals:*** *The whole Church from the bishops to the most ordinary lay person among the faithful, they display a universal agreement on matters of faith and morals across the world.*

5. How can you be a witness to the Holy Spirit in your parish or family?

I can be a witness by serving in parish activities, helping those in need, and showing love and forgiveness in my family. Like the apostles, I can rely on the Spirit's gifts & fruits of courage, patience, kindness etc to live my faith in daily life.

Let Us Watch:

Aid to the Church in Need-Our Mission



LESSON

05

CHURCH: The Body of Christ

Learning Intention

Saul once persecuted Christians until Jesus appeared to him, showing that hurting the Church means hurting Christ Himself. From then on, Saul (Paul) taught that the Church is Christ's Body: Jesus is the Head, and we are its members.

Jesus nourishes His Church through the Word, Sacraments, and Fellowship, keeping His promise to always be with us. Each person has unique gifts and ministries, all working together to strengthen the Church.

To love Jesus is to love His Church, because they cannot be separated. The Church is where our faith comes alive, where Jesus teaches, heals, and sends us out on mission.

Success Criteria

Students will understand that:

- ▷ Church is the Body of Christ, with Jesus as the Head and we all as its members.
- ▷ Recognise how Jesus nourishes the Church through His Word, Sacraments, and Fellowship.
- ▷ Appreciate the diversity of ministries and gifts in the Church, and how each person's role strengthens the whole community or all our gifts and ministries are important for building up the Church
- ▷ Realise that to love Jesus is to love His Church, since they cannot be separated.



Activity 1:

Think of one special talent you have, how can it help the Church and others grow in faith?

Answer can vary.



Exit Ticket Questions:

1. Everything you do for the Church shows your love for God. Do you agree? Why or why not?

Answer can vary.

I agree that everything we do for the Church shows our love for God, because the Church is the Body of Christ. When I help the Church, I'm really helping Jesus Himself. The Church is where Jesus teaches us, heals us, and sends us out on mission. It's the place where my faith comes alive. So, when I listen to God's Word, receive the Sacraments, serve others, or use my gifts to build up the community, I'm showing love not just to people, but to Jesus who is present in His Church. Loving the Church is one of the ways I show that I love Him.

2. Which part of the Body of Christ do you feel called to be, and why?

Answer can vary.

I feel called to be the hands of the Body of Christ, because I want to help others and show kindness through my actions. Just like hands reach out, comfort, and serve, I believe God is inviting me to use my gifts to care for people in need, support my Church, and make a difference in my community. Being the hands means doing something real to share God's love, and that's how I want to live my faith.



Check your understanding:

1. What helped St. Paul realise that the Church is not just a group of believers, but the actual Body of Christ?

When Jesus spoke to Saul, He did not say, "Why are you hurting My followers?" He said, "Why are you persecuting Me?" In that moment, Jesus gave Saul (later Paul) a powerful insight: the Church is not just a group of people, it is the Body of Christ.

Later, Paul explained it like this: Just as a human body has many parts, hands, feet, eyes; each with its own role, so too in the Church we are all different, yet we belong to one body. Jesus is the Head, and we are the members. From Him we receive strength, direction, and life.

2. In what ways is Jesus actively present and alive in the Church today?

Jesus is actively present and alive in the Church in many powerful ways. He speaks to us through the Word of God, guiding our hearts and minds. He strengthens and feeds us through the Sacraments, especially the Eucharist. And He surrounds us with love through fellowship, as we gather, share, and serve one another.

The Church is not just a building, it's the Body of Christ, and we are its living members. That means Jesus is working through us! He teaches us, heals us, and sends us out on mission. When we love the Church, we love Jesus, because He is truly present in His people

3. As members of Christ's Body, how are we called to use the unique gifts God has given us for the good of the whole?

As members of Christ's Body, we are called to use the unique gifts God has given us to help others and build up the Church. Just like each part of a body has a special job, eyes to see, hands to help, feet to move, each of us has a role in the Church.

Some can teach, some serve, some lead, some comfort, and some pray. No gift is too small. When we use our gifts with love, the Church becomes stronger, and God's love shines more brightly in the world. We don't just belong to the Church; we help it grow and come alive.

4. How would you explain to a friend who invites you to a lively worship concert, asking you to skip Holy Qurbana and catechism, that Jesus cannot be separated from His Church?

I'd say, "Thanks for the invite, it sounds like a great concert! But I can't skip Holy Qurbana and catechism, because that's where I meet Jesus in a deeper way. The Church isn't just part of my faith, it's where my faith comes alive. Jesus is truly present in His Church, through His Word, the Sacraments, and the people gathered in love. He teaches me, heals me, and sends me out from there. To love Jesus means loving His Church, because He lives in it. So if I want to find Jesus, I look to the Church, He's there!"

Let Us Learn:

The Millennial Saint Carlos Acutis



LESSON

06

CHURCH: The Priestly People

Learning Intention

In the Old Testament, priests offered sacrifices for the people, but Jesus became the eternal High Priest, offering Himself once and for all. Through baptism, every Christian shares in His priesthood (the common priesthood) by offering prayers, work, and daily life to God. Some are specially chosen for the ministerial priesthood, serving the Church through the sacraments and pastoral care.

At the Holy Qurbana, we join Jesus in His perfect sacrifice, the greatest act of love and worship. As God's priestly people, we are called to live holy lives, serve others, and make every moment an offering to Him.

Success Criteria

Students will be able to:

- ▷ Understand that Jesus is the eternal High Priest who offers Himself as the perfect sacrifice.
- ▷ Recognise the difference between the common priesthood (shared by all the baptized) and the ministerial priesthood
- ▷ Understand that every Christian is called to live as a priestly people by offering prayers, daily life, and service to God.
- ▷ Value the Holy Qurbana as the highest act of worship, where heaven and earth unite in Christ's offering.
- ▷ Apply this teaching in studies, family life, and service as spiritual sacrifices to God.



Activity 1:

Read each Bible verse or Catechism quote carefully. They give you a clue to fill in the blanks on how the eternal priesthood is realised in Jesus using the words in the bank.

(Heavenly, Perfect, Himself, Eternal, True)

† “The sacrifice of Christ is unique; it completes and surpasses all other sacrifices” (CCC 613).
“He has appeared once for all... to put away sin by the sacrifice of himself” (Heb 9:26).

Jesus offers Himself as the perfect Sacrifice.

† Jesus entered not the earthly temple, but heaven itself. “Christ’s priesthood is unique... he entered the sanctuary once for all” (CCC 1545).

Jesus enters the Heavenly Sanctuary.

† His priesthood doesn’t end, it’s forever: “You are a priest forever, according to the order of Melchizedek” (Heb 5:6; Ps 110:4).

His Priesthood is Eternal.

† Jesus enables us to worship “in spirit and truth” (Jn 4:23). Through his priesthood, we share in offering spiritual sacrifices. “Let us offer to God acceptable worship... through Jesus Christ” (Heb 12:28; cf. CCC 1141).

Jesus opens the Way for True Worship. ?



Activity 2:

Read the passage about the Royal Priesthood and the Ministerial Priesthood. Then complete the chart below by writing how each one serves the Church. Use your own words.

| Royal(Common) Priesthood | Ministerial Priesthood |
|---|--|
| ◆ <i>Every baptised person shares in this priesthood.</i> | ◆ <i>Only some are specially chosen and ordained by God.</i> |
| ◆ <i>Serves the Church by living a holy life and offering daily prayers, work, studies, joys, and struggles to God.</i> | ◆ <i>Serves the Church by celebrating the Holy Qurbana and the sacraments.</i> |
| ◆ <i>Offers “spiritual sacrifices” by giving their whole life to God with love and faith.</i> | ◆ <i>Leads the community in worship and guides people to grow in holiness.</i> |
| ◆ <i>Unites personal sacrifices with Jesus’ sacrifice during the Holy Qurbana.</i> | ◆ <i>Acts in the name of Christ to teach, sanctify, and shepherd the Church.</i> |
| ◆ <i>Lives out this calling in family, school, parish, and community life.</i> | ◆ <i>Provides pastoral care, preaching, confession, and spiritual leadership.</i> |
| ◆ <i>Strengthens the Church through service, patience, trust in God, and everyday faithfulness.</i> | ◆ <i>Strengthens the Church through sacramental ministry and dedicated mission work.</i> |



Exit Ticket Questions:

1. How can your life be a holy offering?

My life can be a holy offering when I live with love, faith, and trust in God. Every prayer I say, every act of kindness I do, every moment of study or work, when I offer it to God, it becomes a spiritual sacrifice. Even when life is hard, I can stay patient and keep trusting Him. That too is part of my offering.

At the Holy Qurbana, I unite my daily sacrifices with Jesus' perfect sacrifice. I become part of His priestly people. Whether I'm at home, school, or church, I can live my priesthood by loving, serving, and offering every moment to God.

2. Why do you think Jesus wants us to join Him in offering the Holy Qurbana?

The Holy Qurbana is the Church's most sacred and sublime act of worship. The Holy Qurbana is not just a ritual, it is the highest act of worship, where Jesus offers Himself to the Father, and we are invited to unite our lives with His perfect sacrifice.

Jesus wants us to join Him in offering the Holy Qurbana because we are His priestly people. He is the eternal High Priest, and through Baptism, we share in His priesthood.

When we join in the Qurbana, we offer our prayers, work, joys, and even our struggles to God. Jesus doesn't want to worship alone, He wants His Church, His Body, to be part of it. By joining Him, we are sanctified, nourished, and sent out to live as witnesses of His love. It's how heaven meets earth, and how our faith becomes alive.



Check your understanding:

1. What is the difference between the common (royal) priesthood and the ministerial priesthood?

Common (Royal) Priesthood

- *Shared by every baptised person.*
- *We serve the Church by offering spiritual sacrifices, our prayers, work, studies, joys, and even our struggles.*
- *We live holy lives and unite our daily offerings with Jesus during the Holy Qurbana*
- *We help the Church through our faithfulness at home, school, and parish.*

Ministerial Priesthood

- *Given only to those specially chosen and ordained by God.*
- *Priests celebrate the Holy Qurbana, administer the sacraments, and guide the community in holiness.*
- *They lead, teach, and shepherd the Church in the name of Christ.*
- *Their mission is to help the whole Church grow in faith and holiness.*

2. How can you live out your royal priesthood at home, at school, or in your parish?

At Home

- *By helping my family with love and patience*
- *By doing family prayer and praying for my parents, siblings, and relatives*
- *By offering my chores, responsibilities, and even my struggles to God*

At School

- *By studying responsibly and doing my best*
- *By being kind, fair, and respectful to classmates and teachers*
- *By staying patient during difficult moments and offering them to God*

In My Parish

- *By participating in the Holy Qurbana with devotion*
- *By joining parish activities, choir, altar service, or youth groups*
- *By praying for my parish community and supporting those in need*

3. In the Old Testament, priests offered daily sacrifices of animals that could never fully take away sins. In your opinion, what makes Jesus' priesthood different?

In the Old Testament, priests offered animal sacrifices every day, but those sacrifices couldn't fully take away sin. They were signs pointing forward to something greater.

Jesus' priesthood is different because He is the eternal High Priest, and His sacrifice on the cross was perfect and complete. He offered Himself, once and for all, out of love. His sacrifice truly takes away sin and brings us back to God.

Jesus offered Himself once, and now He continues to intercede for us in heaven. His priesthood never ends. And through Baptism, He invites us to share in His priesthood, offering our lives to God in love and faith. That's why Jesus' priesthood is not just different, it's divine, eternal, and life-giving.

4. Fill in the blank: His priesthood doesn't end; it's forever "You are a priest forever, according to the order of Melchizedek" (Heb 5:6; Ps 110:4). His Priesthood is eternal, perfect, and unchanging.

5. Who was the first high priest in the history of Israel, chosen by God?

The first high priest in the history of Israel, chosen directly by God, was Aaron, the brother of Moses.

6. How does the Sacrament of Holy Orders change a man's relationship with Christ and with the Church?

The Sacrament of Holy Orders changes a man's relationship with Christ and the Church in a deep and permanent way. Through ordination, he is anointed and chosen by God to share in the ministerial priesthood of Jesus, the eternal High Priest. This means he no longer serves only as an ordinary member of the Church; he now acts in the name of Christ and becomes a visible sign of Christ's presence among His people.

His relationship with Christ becomes closer because he is given the mission to teach, sanctify, and lead the Church just as Jesus did. He offers the Holy Qurbana, celebrates the sacraments, and helps people grow in holiness.

His relationship with the Church also changes. He becomes a shepherd, responsible for guiding, serving, and caring for the community. The Church depends on him for spiritual leadership, sacramental life, and pastoral care.

Let Us Sing:

In His Gaze

*We were lost in broken stories, inked with pain and shame,
He walked in with quiet mercy, never asked our names.
No sermons, just his silence, no judgment in his eyes,
He saw the soul beneath the scars, and called the dead to rise.*

*He said, "You're not wasted—you're wounded, and still loved,"
And somehow in that moment, we felt the touch of God.*

(Chorus)

*In his gaze, we saw mercy, in his voice, a sacred flame,
He didn't fix our shattered hearts, he walked with all our pain.
Now the wall bears his blessing, framed in grace and light,
We remember our worth, because he saw us right.
In him, we heard God whisper, "You are still my son."*



LESSON

07

CHURCH: The Community of People That Share

Learning Intention

The story of the boy with five loaves and two fish shows that even small acts of generosity can lead to great miracles when offered to Jesus. Sharing is central to Christian life: Jesus gave His time, love, and even His life for others, and He calls His Church to do the same.

In the Holy Qurbana, we remember the greatest act of sharing; Jesus giving Himself for us. The early Christians lived like one family, sharing everything so that no one was in need. Today, the Church continues this mission through charity, service, and care for the poor, following the example of saints like St. Vincent DePaul, Mother Teresa, and Fr. Damien.

The Church is more than a place of worship, it is a living community of love and service. Every member is called to give generously, care for the vulnerable, and reflect the heart of Jesus in the world.

Success Criteria

Students will be able to:

- ▷ Understand that the Church is a community of sharing, rooted in Jesus' example of self-giving love.
- ▷ Recognise that even small acts of generosity, when offered in faith, can bring great blessings.
- ▷ Admire how the Holy Qurbana is the highest act of sharing, where Christ gives Himself to us.
- ▷ Identify how the early Christians lived as one family, sharing everything so that no one was in need.
- ▷ Understand that true security comes from God, not possessions, and that sharing prepares us for eternal life.
- ▷ Apply this teaching by practicing generosity in my own life through kindness, service, care for others in my parish church and people around me.



Activity 1: Giving as a Way of Life – Lessons from the New Testament

Fill in the blanks by unscrambling the letters in the brackets to make words.

† **Philippians 4:15-18:**

In his letter to the Philippians St Paul emphasises that giving is not merely a human act of kindness, but a spiritual (*ualirtisp*) offering that pleases God.

† **1 Corinthians 16:2:**

In this verse St Paul promotes structured generosity, reminding believers to make giving (*inggiv*) a natural part of their faith practice.

† **2 Corinthians 9:7:**

St Paul highlights the attitude behind giving in his letter to the Corinthians. He says, true generosity isn't about obligation (*obltoniga*), but about a willing and joyful heart.

† **James 2:15-17:**

St James makes a strong statement when he says, simply offering kind words to someone in need without actually helping is empty faith (*thfai*).



Activity 2: Experience Sharing

Invite the Kaikarans (Trustee) of your parish / mission to visit your class and share their personal experiences serving the church and the community. Students listen attentively and reflect on:

- † What motivated them to serve?
- † How has sharing time and effort deepened their faith?

Answers can vary.

Reflection Prompts:

- *What motivated them to serve?*
Consider the values, experiences, or moments that inspired them to take up responsibility in the Church.
- *How has sharing their time and effort deepened their faith?*
Think about how their service has strengthened their relationship with God, their love for the Church, and their sense of mission.



Exit Ticket Questions:

1. What inspired you most about the way the early Christians lived in Acts 4:32–35?

What inspired me most is how the early Christians lived like one big family. They didn't hold tightly to their possessions; they shared everything so that no one was in need. Their hearts were united, and they trusted God more than wealth. People even sold their land and gave the

money to help others. That kind of love and generosity is powerful. It shows that being part of the Church isn't just about praying; it's about caring deeply for others, living with compassion, and making sure everyone is supported. Their way of life was a true reflection of Jesus' love, and it reminds me that sharing can change lives.

2. How does the Holy Qurbana remind us of our call to share with others?

When we celebrate the Holy Qurbana, we remember the greatest act of sharing, Jesus giving himself for us. The body and blood we receive in the form of bread and wine remind us that just as Christ gave himself, we too are called to give ourselves to others in love and service.

3. Who is one person in your parish who shares his/her time and effort to serve the church?

One person in my parish who shares their time and effort to serve the Church is ----- one of our Kaikarans. He helps organise parish events, supports families in need, and always welcomes people with kindness. He attends Holy Qurbana regularly and encourages others to get involved. His service shows love, faith, and dedication, and it inspires me to do the same.

4. What is one habit you would like to develop as a natural part of living out your faith after this lesson?

One habit I'd like to develop is sharing with love, even when it's hard. I want to make generosity part of my everyday life; whether it's giving time to help someone, sharing what I have, or simply being kind to someone who feels left out. I don't want to wait until it's easy or convenient. I want to give like Jesus did; freely, joyfully, and without expecting anything in return.



Check your understanding:

1. Why do you think the Church care for the poor, the sick, and the abandoned?

The Church cares for the poor, the sick, and the abandoned because that's what Jesus did. He showed love to everyone, especially those who were hurting or left out. When the Church helps others, it continues Jesus' mission of compassion and healing.

Jesus taught us that when we care for "the least of these," we are actually serving Him (Matthew 25:40). The Church sees Christ in every person, especially those in need. By sharing time, love, and resources, the Church shows that God's love is real and active in the world.

The Church also teaches us to trust in God, not in money or possessions. When we share with others, we prepare our hearts for eternal life, just like Jesus taught.

2. What are some ways you personally can contribute to a sharing Church?

I can contribute to a sharing Church by choosing to give from my heart, just like Jesus taught. I can share my time by helping at parish events, joining youth activities, or volunteering when someone needs support. I can share my talents, whether it's altar serving, singing, reading, organising, or simply being kind to someone who feels alone.

I can also share my resources, even in small ways, by donating to those in need or supporting parish charity drives. Most importantly, I can share love and compassion every day; listening to others, including those who feel left out, and being ready to help without expecting anything back. These small acts make my parish church a true family where everyone is cared for and no one is forgotten.

3. Sharing helps us in our journey to heaven. How do you prove this from the teachings of Jesus (Matthew 25:31-46)about the last judgement?

By sharing, we prepare our hearts for the Kingdom of God. In Matthew 25:31-46 Jesus teaches that at the end of time; he will separate people like a shepherd divides sheep from goats based on how they treated others. Jesus makes it clear, our faith isn't just about what we believe, but how we live. He calls us to feed the hungry, care for the sick, welcome the strangers, and serve those in need. He will say to the righteous: "Whatever you did for the least of my brothers, you did for me." (Matthew 25:40) And to those who ignored the needy, he will say: "Whatever you did not do for one of the least of these, you did not do for me." "Then they will go away to eternal punishment, but the righteous to eternal life." (Matthew 25:45).

4. Why does sharing matter in the Church? Explain at least three compelling motivations for the Church being charitable.

Sharing matters in the Church because it is at the heart of what Jesus taught and how the first Christians lived. The Church is called to be a community where love becomes action. Three powerful motivations make charity essential.

*I. **Following Jesus' Example.** Jesus gave us His time, His love, His life, demonstrating God's unconditional love for us. By helping others, the Church shows Jesus is still among us and His compassion continues to act through His people.*

*II. **Serving Jesus in the "Least of These".** "Whatever you did for the least of my brothers, you did for me." (Matthew 25:40). This means that helping others is not just a good deed, it is a direct way of serving Jesus Himself. The Church is called to see Christ in the poor, the sick, the lonely, and the forgotten.*

*III. **Trusting in God, Not in Material Things.** Sometimes, people hold tightly to money, possessions, or social status, thinking these bring security. But Christians know true security comes from God, not wealth. For those who trust in God's promises it becomes easier to let go and share. They understand that true security comes from God, and what lasts forever are not our possessions, but our acts of love and kindness.*

4. What does the boy with five loaves of bread and two fish near Jesus and the hungry crowd tried to tell us?

The boy with the five loaves and two fishes teaches us that no gift is too small when it is given with love and faith. He didn't have much, just a simple meal meant for himself; but he was willing to share it. His generosity opened the door for Jesus to work a miracle that fed thousands.

This story reminds us that:

- ◆ Sharing begins with a willing heart, not with having a lot.*
- ◆ God can multiply even the smallest offering when we give it freely.*
- ◆ Generosity inspires miracles, not only in the Bible but in our everyday lives.*
- ◆ Faith and kindness can bless many people, even when we think we have little to offer.*

The boy shows us that when we trust Jesus and share what we have; our time, talents, or resources, God can use it to bring hope, joy, and abundance to others.

5. What lessons do we learn from the New Testament about giving as a way of life?

From the New Testament, we learn that giving is a way we are called to live. The teachings and

example of Jesus, along with the life of the early Church, show us several powerful lessons:

◆ ***True Giving Follows the Example of Jesus***

Jesus didn't simply talk about generosity; He lived it. He gave His time, His compassion, His healing, and ultimately His life. The New Testament teaches us that real giving means loving others the way Jesus loved, freely, sacrificially, and without expecting anything in return.

◆ ***Giving Means Seeing Christ in Others***

Jesus teaches, "Whatever you did for the least of my brothers, you did for me." This means every act of kindness like feeding the hungry, caring for the sick, welcoming the lonely, is a direct way of loving Jesus Himself.

◆ ***Giving Shows Our Trust in God, Not in Possessions***

The New Testament teaches us to rely on God rather than cling to wealth or comfort. When we trust God's care, it becomes easier to share what we have.

◆ ***Giving Builds a Community Where No One Is Left Behind***

Acts 4:32-35 shows the early Christians sharing everything so that no one was in need. Their generosity created a community of unity, love, and justice. The New Testament teaches that giving strengthens our parish Church and makes it a true family.

◆ ***Giving Prepares Us for Eternal Life***

Jesus teaches that at the end of time, we will be judged by how we treated others. Feeding the hungry, helping the poor, and caring for the vulnerable are not optional, but they are essential signs of a living faith. Giving shapes our hearts for the Kingdom of God.

Let Us Listen:

Why We Should Give Alms



LESSON

08

CHURCH: The Prophetic People

Learning Intention

Prophets are God's messengers who speak the truth, often in difficult times. Jesus is the greatest prophet, showing God's love and calling people back to the Father. At Pentecost, the Holy Spirit made the Church a prophetic people, giving courage to share the Good News.

Today, every Christian is called to live this mission: to be salt that preserves goodness, light that shines in darkness, and leaven that quietly transforms society. Being prophetic doesn't mean predicting the future, it means living faithfully, speaking up for justice, and showing God's love in everyday life.

Success Criteria

Students will be able to:

- ▷ Understand that Jesus is the perfect prophet, who spoke and lived the truth of God's love.
- ▷ Recognise that through Baptism and Confirmation, all Christians share in the Church's prophetic mission.
- ▷ Explain the images of salt, light, and leaven as symbols of the Church's call to transform the world.
- ▷ Realise that being prophetic means living the Gospel daily, standing up for justice, and offering hope with courage and faith.
- ▷ Apply this teaching by practicing small acts of witness in my family, school, and community.



Activity 1: Discussion

Your close friend invites you to their birthday party on a Sunday and you really want to go. But attending would mean missing Holy Qurbana and catechism. If you decide not to go, what reasons guide your choice? How does this decision help you be a prophet of your time?

Answer can vary.

If I decide not to go to the birthday party, my choice is guided by what I've learned about being part of a prophetic Church. A prophet is someone who listens to God, puts Him first, and lives in a way that shows others what truly matters. By choosing Holy Qurbana and catechism over the party, I'm showing that my relationship with God comes before my comfort or social plans.

This decision also reflects the three images Jesus gave us- salt, light, and leaven.

- *I become salt by preserving what is good: keeping Sunday holy and staying faithful to my commitments.*
- *I become light by showing my friends that faith is important and worth prioritising.*
- *I become leaven by quietly influencing others through my example, even if I don't make a big speech about it.*

Saying "no" to something I enjoy helps me grow in courage, just like the prophets who stood for truth even when it was difficult. It reminds me that being a prophet today isn't always about speaking loudly; it's about making choices that reflect God's values. By choosing worship and learning over entertainment, I witness to the truth that God comes first, and that faith shapes the way I live. This simple decision becomes a small but real way of being a prophet of my time.



Activity 2: Salt of the Earth

What's one way you can be "salt" in your school, family, or community this week? Discuss in your groups. Complete Mathew 5:13. You are the salt of the earth.

One way I can be "salt" in my school, family, or community this week is by standing up for what is right even when it's not popular. For example, if I see someone being left out or spoken to unkindly or being bullied, I can step in with kindness, include them, or speak a gentle word that brings peace. Salt adds flavour and preserves what is good, so my actions should protect goodness and bring out the best in others.

By choosing honesty, kindness, and courage, I help keep my environment from "losing its flavour." Even small actions, helping at home without being asked, encouraging a friend, or refusing to join in gossip or bullying can make a big difference. That's how I live out Jesus' words: "You are the salt of the earth." — Matthew 5:13



Exit Ticket Questions:

1. Today I have learned that prophets spoke what God wants people to hear right then, especially when they need guidance the most.
2. Christ or the Messiah means the Anointed one. Jesus is anointed by the Holy Spirit and he is a perfect expression of a prophet.
3. Baptism makes us sharers of the prophetic mission of Jesus and the Church.
4. Holy Qurbana enables us to bear witness to the Gospel and a Prophetic witnessing.



Check your understanding:

1. What do you understand by the word “prophet”? What was the role of a prophet during old testament time?

The word prophet comes from the Hebrew word “nabi”, which means someone who speaks, acts, or writes under the special guidance and inspiration of God. A prophet is like God’s messenger, someone who shares what God wants people to hear right now, especially when they need guidance or encouragement the most (CCC 64).

In the Bible, when the kings of Israel failed to lead with justice and compassion, God sent prophets to correct them. These prophets boldly spoke out when leaders went wrong, and they gave comfort and hope to people who were suffering.

God often revealed His message to prophets through visions during the day or dreams at night. A true prophet was known by whether what they said actually happened. Many prophets also spoke about future events, especially the coming of Jesus, the Savior, who would carry the sins of the world.

2. In what ways can we say that Jesus fulfilled the role of a prophet?

Jesus fits the description of a prophet. He is none other than God’s Word in the flesh. He called the world to turn from sin and return to the Father’s heart. He was put to death for it.

In Scripture, Jesus is clearly presented as a prophet. The crowds identified Him as “Jesus the prophet” (Matthew 21:11). He spoke of himself as a prophet: “No prophet is accepted in his own native place” (Luke 4:24). He foretold his passion and resurrection, just as prophets revealed God’s plans. “The Spirit of the Lord is on me, because he has anointed me to proclaim good news to the poor. He has sent me to proclaim freedom for the prisoners and recovery of sight for the blind, to set the oppressed free, to proclaim the year of the Lord’s favor.” Luke 4:18-19.

Jesus said: “I came into the world to tell the truth.” (John 18:37). And He didn’t just say it, He lived it. Jesus stood up for the poor, revealed his Father’s heart, and showed love to the outcast. That’s what it means to be prophetic - to bear witness to the truth.

3. The Church is called to be a prophet. How do you think she does her prophetic role in this challenging world in terms of Jesus's parables of salt, light and leaven?

Jesus' three powerful images, salt of the earth, light of the world, and leaven of the kingdom aren't just poetic metaphors. They're a prophetic call to action for the Church. Here's how they connect to the Church's prophetic mission.

- **Salt of the Earth (Matthew 5:13):** Salt preserves and enhances flavor. In a prophetic sense, the Church is called to preserve the truth of the Gospel and bring out the richness of God's love in a world that risks moral decay.

Like the prophets, Christians are meant to challenge corruption, stand against injustice, and add depth and meaning to life through witness and action. If salt loses its flavour, it becomes useless, just as the Church loses its prophetic edge when it blends into the world instead of transforming it.

- **Light of the World (Matthew 5:14–16):** Light reveals what's hidden and guides the way. The Church, as a prophetic people, is called to shine the light of Christ into the darkness of confusion, sin, and despair.

Prophets in Scripture illuminated God's will in dark times. Today, the Church continues that mission by praying, speaking truth, offering hope, and guiding others toward justice, peace and eternal life.

- **Leaven of the Kingdom (Matthew 13:33):** Leaven (yeast) works quietly but powerfully, transforming the whole dough. The Church's prophetic role isn't always loud, it's often hidden, humble, and transformative.

Like leaven, Christians are called to influence society from within, bringing about change through love, service, and truth. Prophets didn't always stand on mountain tops; they often worked in the margins, slowly shifting hearts and minds. If you've been baptised, you're already part of the mission

4. Your close friend invites you to their birthday party on a Sunday and you really want to go. But attending would mean missing Holy Qurbana and catechism. If you decide not to go, what reasons guide your choice? How does this decision help you be a 'light of the world' and 'salt of the earth'?

If I decide not to go to the birthday party, my choice is guided by what I've learned about being part of a prophetic Church. A prophet is someone who listens to God, puts Him first, and lives in a way that shows others what truly matters. By choosing Holy Qurbana and catechism over the party, I'm showing that my relationship with God comes before my comfort or social plans. This decision also reflects the three images Jesus gave us- salt, light, and leaven.

- *I become salt by preserving what is good: keeping Sunday holy and staying faithful to my commitments.*
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- *I become leaven by quietly influencing others through my example, even if I don't make a big speech about it.*

Saying "no" to something I enjoy helps me grow in courage, just like the prophets who stood for truth even when it was difficult. It reminds me that being a prophet today isn't always about

speaking loudly; it's about making choices that reflect God's values. By choosing worship and learning over entertainment, I witness to the truth that God comes first, and that faith shapes the way I live. This simple decision becomes a small but real way of being a prophet of my time.

5. How do you think a loving family staying united in prayer bears a prophetic witness in the Church and the world?

Our family life is one of the most important places where this mission begins. When a husband and wife love each other with faith, kindness and patience, they reflect God's love to the world. Their example helps their children grow in faith and inspires others around them. A family united in prayer and love becomes a prophetic witness to the world of their time. By staying close to God and to one another, such a family becomes a living message: that God's love is real, that holiness is possible, and that the Holy Spirit is still at work today. Their unity and prayer become a prophetic witness that inspires others to seek God and live with greater love and truth.

Let Us Listen:

The Salt of the Earth



LESSON

09

The Missionary CHURCH

Learning Intention

Jesus is sent by the Father to save the world, making Him the first missionary. Before ascending to heaven, He gave His disciples the Great Commission: “Go and make disciples of all nations.” At Pentecost, the Holy Spirit gave the apostles courage to spread the Gospel everywhere, including St. Thomas who brought the faith to India.

The Syro-Malabar Church continues this missionary spirit today, reaching communities across the world. Mission means bringing God’s love to others, while evangelisation is sharing the Good News of Jesus. Every Christian is called to be a missionary, not only by traveling far, but by living faith daily through kindness, service, and witness.

Success Criteria

Students will be able to:

- ▷ Understand that Jesus is the first missionary, sent by the Father to bring salvation.
- ▷ Recognise the Great Commission as the foundation of the Church’s missionary identity.
- ▷ Explain how the Holy Spirit empowers the Church to continue Christ’s mission across the world.
- ▷ Understand the missionary legacy of St. Thomas the Apostle and the Syro Malabar Church.
- ▷ Realise that every baptised Christian is called to be a missionary through daily acts of faith, kindness, and witness.
- ▷ Apply this teaching by living as a missionary in daily life, through kindness, service, and witness.



Activity 1: Decode the Place Names

Decode the Place Names: Students will decode the numbers using the chart to reveal the names of the places where St. Thomas founded Christian communities. Use the code chart below to find the names of the places:

Code Chart:

| | | | | | | |
|--------|--------|--------|--------|--------|--------|--------|
| A = 1 | B = 2 | C = 3 | D = 4 | E = 5 | F = 6 | G = 7 |
| H = 8 | I = 9 | J = 10 | K = 11 | L = 12 | M = 13 | N = 14 |
| O = 15 | P = 16 | Q = 17 | R = 18 | S = 19 | T = 20 | U = 21 |
| | V = 22 | W = 23 | X = 24 | Y = 25 | Z = 26 | |

I. 16 - 1 - 12 - 1 - 25 - 15 - 15 - 18

PALAYOOR

II. 11 - 15 - 20 - 20 - 1 - 11 - 1 - 22 - 21

KOTTAKAVU

III. 11 - 15 - 11 - 11 - 1 - 13 - 1 - 14 - 7 - 1 - 12 - 1 - 13

KOKKAMANGALAM

IV. 11 - 15 - 12 - 12 - 1 - 13

KOLLAM

V. 14 - 9 - 18 - 1 - 14 - 1 - 13

NIRANAM

VI. 11 - 15 - 4 - 21 - 14 - 7 - 1 - 12 - 12 - 15 - 15 - 18

KODUNGALLOOR

VII. 3 - 8 - 1 - 25 - 1 - 12 (14 - 9 - 12 - 1 - 11 - 1 - 12)

CHAYAL (NILAKAL)



Activity 2: Exploring Faith in the 10/40 Window

In this activity, each student or group will be given a belief system such as Islam, Hinduism, Buddhism, Animism, or Atheism. Their task is to find a country within the 10/40 Window where that belief is widely practiced. Then, they will mark or label that country on a physical map. Finally, they will write one or two simple facts about the country's religious background and explain why it might be challenging for Christian missionaries to work there.

| Belief System | Country | Fact |
|--|----------------------------|---|
| <p>Animism- believe that everything (like animals, rivers, and stars) has a spirit. They think that a spirit that can offer help or harm to humans. As such, spirits must either be worshiped or appeased.</p> | <p><i>Myanmar</i></p> | <p><i>Many tribal groups practice animism, believing spirits live in nature. Many tribal groups follow animistic traditions. Missionaries face challenges because many people have never heard the Gospel, and Christian mission work is often restricted or discouraged.</i></p> |
| <p>Hinduism- a spiritual path with worship of many gods, focused on rebirth and karma.</p> | <p><i>India</i></p> | <p><i>Hinduism is the major religion, with many gods and strong traditions. Hinduism is deeply rooted in culture and daily life. Missionaries may find it difficult because the region is part of the least reached areas, and many people have not encountered Jesus' message.</i></p> |
| <p>Buddhism- a way of life that seeks peace through meditation and letting go of desires.</p> | <p><i>Thailand</i></p> | <p><i>Buddhism shapes national identity. Missionaries face challenges because the Gospel is not widely known, and sharing the Christian message can be limited by cultural expectations.</i></p> |
| <p>Islam- a religion that doesn't accept Jesus as the Son of God or believe in His resurrection. In many countries where Islam is the dominant faith, there can be restrictions on religious freedom and challenges to democratic values, especially where governments enforce strict interpretations of Islamic law.</p> | <p><i>Saudi Arabia</i></p> | <p><i>Islam is the official religion, and religious laws are strictly enforced. Missionaries face challenges because Christian evangelisation is not allowed, and many people have never heard the message of Jesus.</i></p> |
| <p>Communism and secularism- deny God and in some places, religion is discouraged or even banned.</p> | <p><i>China</i></p> | <p><i>The government promotes secular or non religious values, and some religious activities are restricted. Missionaries face challenges because religious activities are restricted, and the Gospel cannot be shared openly or freely.</i></p> |



Exit Ticket Questions:

1. St Thomas, the Apostle is the father of faith of the Syro-Malabar Community.
2. The wider mission of the early Church rolled on with the outpouring of the Holy Spirit.
3. What is at the heart of the Church's mission?

Evangelisation



Check your understanding:

1. One day your father tells you that he was asked by the parish priest to teach catechism for year 8 next year. He is hesitant to take the role as he is not confident about teaching, and he has other commitments. What would be your advice to him in terms of the Great Mission Command of Jesus?

Answer can vary.

Dad, I know you feel unsure, but remember, Jesus gave us the Great Mission Command to “go and make disciples,” and He promised to be with us always. Maybe this invitation from the parish priest is Jesus gently saying, “I need you. Share My love with the next generation.” The Church is missionary by nature, and every baptised person is called to share Jesus in some way.

You don't have to be perfect to teach catechism. Just like the Apostles and St. Thomas, God gives strength through the Holy Spirit. Maybe this is a small way you can take part in the mission of the Church. If you say yes, Jesus will help you, just like He helped His first missionaries.

2. A missionary is someone who travels cross-culturally to share Jesus' message. What do you know about the first missionary to India, who gave faith and the Christ experience to our ancestors?

The first missionary to India was St. Thomas the Apostle. After receiving the Holy Spirit at Pentecost, he travelled all the way to India in 52 A.D. to share the Gospel. He began preaching in Kodungalloor in Kerala, and he established seven Christian communities, known as the Seven Churches (Ezharappallikal):

Kodungalloor, Palayoor, Paravur, Kokkamangalam, Niranam, Nilackal (Chayal) & Kollam.

St. Thomas also ordained priests and elders to guide these communities. Later, he preached in Mylapore in Tamil Nadu, where he was martyred in 72 A.D.

The Christians who received the faith from him became the Mar Thoma Christians, now known as Syro-Malabar Catholics. Because of St. Thomas' missionary courage, our ancestors received the gift of faith, and our Church continues his mission today.

3. How do you think you can be a missionary at your home in challenging situations? Develop a roadmap involving family prayer, doing chores, humility, and forgiveness.

Answer can vary.

I can be a missionary at home even in challenging situations by living like Jesus and sharing His love through simple actions. Mission doesn't always mean travelling far, it starts right where I am.

Here is my roadmap:

- **Family Prayer:** *I can help keep Jesus at the centre of our home by joining family prayer, praying for each other, and praying for missionaries. This is how I stay connected to the Holy Spirit, just like the Apostles did at Pentecost.*
- **Doing Chores:** *I can serve my family with love by doing chores without complaining. These small acts of service are part of my missionary calling, because mission includes helping, caring, and building peace at home.*
- **Humility:** *When I put others first, listen, and avoid arguing, I am living the Gospel quietly, like Ava in "The Backpack Gospel," who shared Jesus through simple actions.*
- **Forgiveness:** *When there are misunderstandings or hurt feelings, I can forgive quickly. Jesus died for our sins and sent His disciples to bring healing and unity, and I can continue that mission in my own life.*

By praying, serving, being humble, and forgiving, I am carrying Jesus' message in my home, in my school and in my community. This is how I live the mission that began with Jesus, continued through the Apostles, and now belongs to me through baptism.

4. Nearly two-thirds of the world's population do not have access to Jesus and his message of salvation. This shows us the emergency of mission. What can we do to help the Church's mission to reach out to the unreached?

Nearly two-thirds of the world still haven't heard about Jesus, and many people live in places where missionaries cannot work openly. This shows that the Church's mission is urgent. Even though we may not travel far, we can still help the Church reach the unreached.

Here's few things we can do:

- *Pray for missionaries and for the people in the 10/40 Window who have never heard the Gospel.*
- *Support mission dioceses of the Syro-Malabar Church through sacrifices, donations, or mission collections.*
- *Live like young missionaries by showing kindness, courage, and faith in our daily lives, just like Ava in "The Backpack Gospel."*
- *Speak about Jesus respectfully to friends of other religions when the opportunity comes.*
- *Share the love of Jesus through our actions, because mission is not only about preaching; it is also about living the Gospel.*
- *Ask the Holy Spirit for strength, just like the Apostles did at Pentecost, so we can be brave witnesses wherever we are.*

By praying, supporting, and living our faith boldly, we become part of the Church's mission to bring Jesus to those who have never heard His message.

5. What is the difference between mission and evangelisation?

***Mission is the overall purpose of the Church;** to bring God's love, truth, and salvation to the whole world. It includes everything the Church does: teaching, serving, healing, helping the poor, building community, and sharing Jesus.*

***Evangelisation is the heart of the mission;** it is the act of proclaiming the Good News of Jesus, inviting people to know Him, and helping them grow in faith. It includes preaching, personal witness, sharing the Gospel, and baptising people.*

So in simple words:

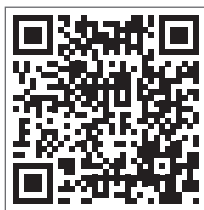
Mission = the whole movement

Evangelisation = the message at its core

Both go together, and every Christian is called to take part in them.

Let Us Watch:

Missionaries



LESSON

10

The Pilgrim CHURCH

Learning Intention

Life is a journey of faith, and the Church is a pilgrim family walking together toward heaven. Just as God guided Israel through the desert to the Promised Land, He guides us today through His Word, the Holy Qurbana, and the Commandments.

Christian life gives us a glimpse of heaven here and now, but our true home is eternal life with God. Death is not the end; it is the doorway to eternity. At judgment, each soul is shown its path: separation from God (hell), purification (purgatory), or perfect joy with Him (heaven). The pilgrim Church reminds us that every prayer, act of love, and step of faith brings us closer to our final destination: life with God forever.

Success Criteria

Students will be able to:

- ▷ Understand that the Church is a pilgrim people, journeying together toward our true home in heaven.
- ▷ Recognise how God guides and strengthens us on this journey through Holy Qurbana, Word of God, Sacraments, and Holy Spirit.
- ▷ Explain that Christian life on earth is a foretaste of heaven, lived through love, prayer, and faith.
- ▷ Understand the Catholic teaching on death, judgment, purgatory, and heaven, seeing them as steps in our pilgrimage to eternal life.
- ▷ Understand that death is not the end but the doorway to eternal life with God.
- ▷ Apply this teaching by living each day as a step in my pilgrimage, choosing faith, hope, and love in my actions.



Activity 1: How We Live a Glimpse of Heaven Every Day

This activity shows how prayer, sacraments, good choices, and sacrifices give us a glimpse of heaven each day. Match Column A with the correct meaning in Column B by drawing a line or writing the number in the box.

| A | B | |
|---|--|---|
| Prayer 1 | These (like Holy Qurbana and Reconciliation) are powerful moments where heaven touches earth. Through them, Jesus comes close to us, healing, strengthening, abiding in and transforming us. | 4 |
| Sacraments 2 | When we choose to love instead of being selfish, forgive instead of staying angry, to tell the truth over popularity or holiness over lust, we build steps toward eternity. | 1 |
| Making Good Choices 3 | When we give up something for others or stay strong in our faith even when it's hard, we grow more like Jesus. That's what heaven is: being fully united with Him. | 2 |
| Personal Sacrifices 4 | We are not just saying words, we're entering God's presence. We feel His love, peace, and joy, which are part of heaven itself. | 3 |



Activity 2: How We Live a Glimpse of Heaven Every Day

Particular (Individual) Judgment determines the soul's eternal destiny. Based on this judgment, the soul goes to one of the following: Unscramble the words to find them.

HNEVAE → HEAVEN either immediately or after purification in Purgatory.

LLEH → HELL eternal separation from God.



Exit Ticket Questions:

1. Where is our final destination in the journey of faith?

Our final destination in the journey of faith is heaven.

Heaven is our true home, the place where we will live with God forever in perfect joy, peace, and love.

2. What is the name of the judgment that happens right after we die?

Particular or Individual judgement

3. What is Purgatory?

Purgatory is for those who die in God's grace but still need purification (CCC 1030–1032). Purgatory is a place or state of purification for people who die in God's grace but are not yet perfectly ready to see God face to face. They are being made holy so they can enter the joy of heaven. We can help them through prayers, Holy Qurbana offerings, and sacrifices, just as the Church teaches.

4. Why should we pray for the departed souls?

We should pray for the departed souls because some people who die in God's grace still need purification in purgatory before they can enter heaven. Our prayers, sacrifices, and Holy Qurbana offerings can help them on their journey and bring them closer to seeing God face to face. Praying for the dead is an act of love, mercy, and hope, and it is one of our responsibilities as members of the pilgrim Church.



Check your understanding:

1. How can we live in a way that says, “I’m preparing for heaven”?

We can live in a way that says, “I’m preparing for heaven” by choosing a life of faith, love, and virtue every day. Christian life is a pilgrimage, and every good choice is a step toward our true home heaven.

Here’s how we prepare for heaven:

- **Prayer:** *When we pray, we are not just saying words — we are entering God’s presence. In prayer we experience His love, peace, and joy, which are small tastes of heaven.*
- **Sacraments:** *The sacraments, especially Holy Qurbana and Reconciliation, are moments where heaven touches earth. Through them, Jesus comes close to us, heals us, strengthens us, and transforms our hearts.*
- **Making Good Choices:** *Every time we choose love over selfishness, forgiveness over anger, truth over popularity, or holiness over temptation, we take real steps toward eternity. These choices shape our journey to heaven.*
- **Personal Sacrifices:** *When we give up something for others or stay faithful even when it is difficult, we grow more like Jesus. Becoming like Him is what prepares us for heaven, because heaven is perfect union with God.*

2. Why might someone need purification before seeing God face to face?

Someone might need purification before seeing God face to face because God is perfectly holy, and we are not always perfectly ready to stand in His presence.

Even if a person dies in God's grace, there may still be imperfections, sins, or attachments that need to be cleansed. Purgatory is where this final purification happens so that the soul can become completely holy and able to enjoy the full joy of heaven.

3. What happens to a human soul after death?

At the moment of death, our soul leaves the body and stands before God (CCC 1005). This is called individual judgment (CCC 1021–1022).

Based on how we lived our faith, love, and the choices we made, God reveals where we truly belong. At that moment, the soul sees its life laid bare before God.

There are three possible outcomes:

- *Heaven – for those who die in God's grace and are ready to be with Him forever.*
- *Purgatory – for those who die in God's grace but still need purification before entering heaven.*
- *Hell – for those who freely reject God and die in mortal sin.*

Death is not the end, but the doorway into eternity, where our soul begins its final journey toward its true home.

4. What is the role of the Holy Qurbana and the Sacraments in preparing us for eternal life?

The Holy Qurbana and the Sacraments prepare us for eternal life by helping us stay close to Jesus on our pilgrimage to heaven.

Holy Qurbana nourishes us with Jesus Himself. It strengthens our friendship with Him, fills us with grace, and gives us a taste of heaven on earth.

The Sacraments (like Reconciliation, Anointing, Confirmation, etc.) heal us, guide us, forgive our sins, and help us grow in holiness.

Through the Sacraments, heaven touches earth. They transform our hearts so we can walk faithfully with God and be ready to live with Him forever in heaven.

5. What is Particular Judgment?

At the moment of death, our soul leaves the body and stands before God (CCC 1005). This is called particular or individual judgment (CCC 1021–1022).

Based on how we lived our faith, love, and the choices we made, God reveals where we truly belong. At that moment, the soul sees its life laid bare before God.

There are three possible outcomes:

- *Heaven – for those who die in God's grace and are ready to be with Him forever.*
- *Purgatory – for those who die in God's grace but still need purification before entering heaven.*
- *Hell – for those who freely reject God and die in mortal sin.*

6. What is the Final Judgment? How is it different from Particular Judgment?

At the Final Judgment, all people will be judged corporately and publicly. According to Sacred

Scripture, this is clearly separate and distinct from the Particular Judgment. As the Catechism of the Catholic Church (CCC 1038) explains: “The resurrection of all the dead, both the just and the unjust” (Acts 24:15), will precede the Last Judgment.

At that time, “all who are in the tombs will hear the voice of the Son of Man and come out those who have done good, to the resurrection of life, and those who have done evil, to the resurrection of judgment” (John 5:28–29).

Then Christ will come. “in His glory, and all the angels with Him... Before Him will be gathered all the nations, and He will separate them one from another as a shepherd separates the sheep from the goats. He will place the sheep at His right hand, and the goats at the left... And they will go away into eternal punishment, but the righteous into eternal life” (Matthew 25:31, 32, 46).

7. Draw or describe a map of the journey from death to eternal life. What landmarks would you include?

Imagine a map that begins at the moment of death and leads toward eternal life with God. Here are the key landmarks you would include:

➤ ***The Doorway of Death***

*This is not a dark ending but a door that opens into eternity.
The soul leaves the body and begins its journey toward God.*

➤ ***The Place of Individual Judgment***

*A bright, solemn place where the soul stands before God.
Here, God reveals the truth of our life ;our faith, love, and choices.
This moment decides the soul’s next path.*

➤ ***Three Possible Roads After Judgment***

A. ***The Road to Heaven***

*A path filled with light, peace, and joy.
It leads to perfect union with God ; our true home.
This road is for those who die in God’s grace and are ready to see Him face to face.*

B. ***The Road to Purgatory***

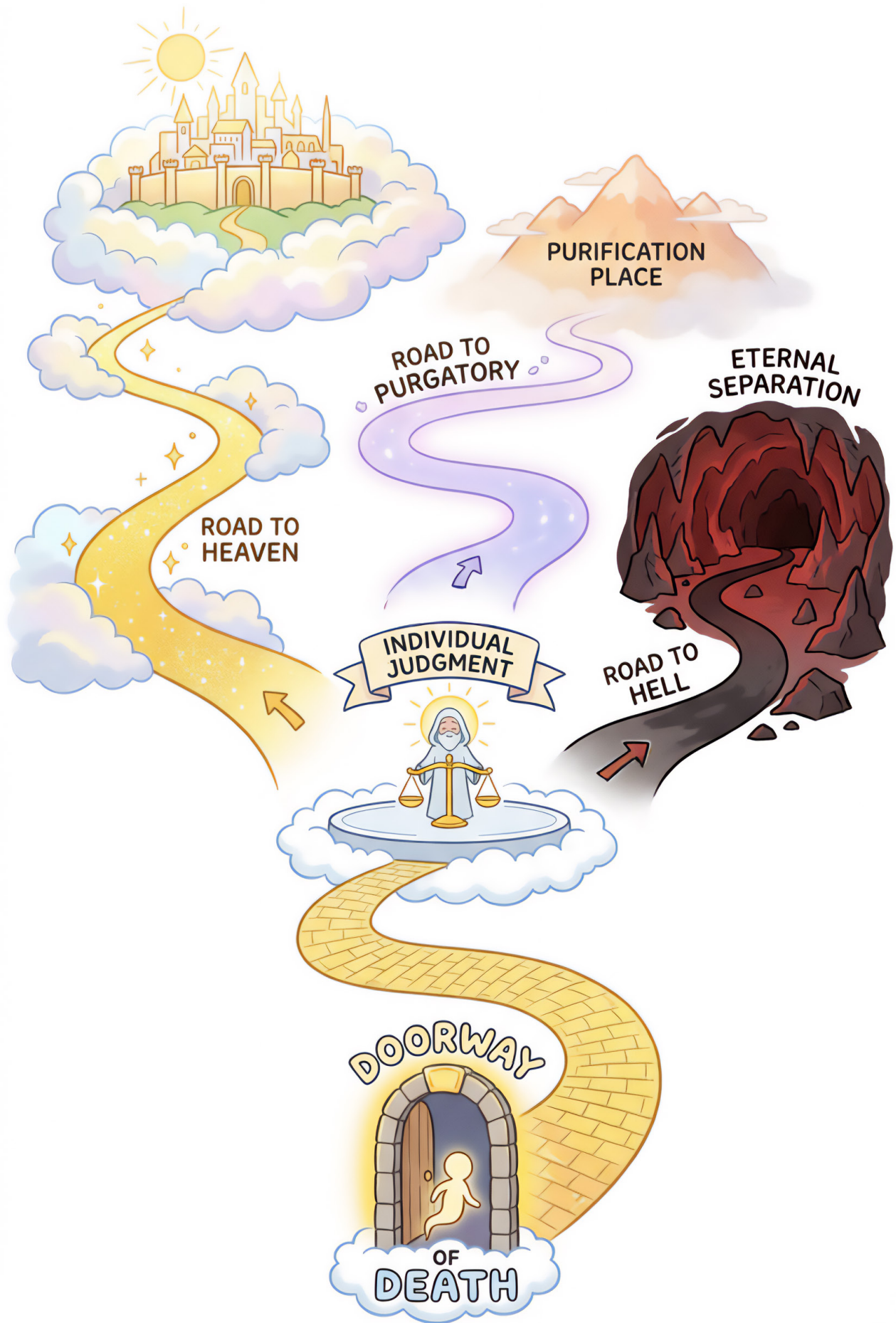
*A gentle, glowing path leading to a place of purification.
Souls here are being made perfectly holy so they can enter heaven.
Along this road, you might draw prayers rising like incense, showing how our prayers help them.*

B. ***The Road to Hell***

*A path of darkness representing eternal separation from God.
This is for those who freely reject God and die in mortal sin.*

➤ ***The Heavenly City***

*At the top of the map is Heaven, shown as a radiant city filled with light.
It is the Father’s house, the wedding feast, the heavenly Jerusalem, and the place Jesus prepared for us. This is the final destination of the pilgrim Church.*



Note for teachers: Why a General (Final) Judgement is needed?

The Final Judgment will reveal in full the justice and glory of God for all to see. This is not accomplished in each man's private and particular judgment.

Since we commit sin and do virtues as a body-soul composite, it is fitting that we be judged as a body-soul composite as well. This occurs not at our particular judgment, but at the Final Judgment.

This is not symbolic. It is the fulfillment of the Creed we proclaim in each Holy Qurbana: "I believe in the resurrection of the body."

The Church teaches that in the General Judgment, our bodies will be reunited with our souls in a glorified state (CCC 997-1004). Jesus' own resurrected body — real, tangible, and glorified — is the model of what awaits us.

References

(CCC 1020-1065)

The hope of every Christian at the end of their life is to die in a state of grace, reconciled with God and at peace with others. The Church encourages us to prepare ourselves for the hour of our death. In the ancient litany of the saints, for instance, she has us pray: "From a sudden and unforeseen death, deliver us, O Lord";588 to ask the Mother of God to intercede for us "at the hour of our death" in the Hail Mary; and to entrust ourselves to St. Joseph, the patron of a happy death. (CCC 1014)

God predestines no one to go to hell;620 for this, a willful turning away from God (a mortal sin) is necessary, and persistence in it until the end. CCC1037 Hell is not God's punishment—it's the result of freely choosing to live apart from Him.

Let Us Listen:

Heaven & Hell



LESSON

11

The CHURCH is One

Learning Intention

Jesus prayed that His followers would be one, just as He and the Father are one. The Church is united because it comes from God, was founded by Jesus, and is sustained by the Holy Spirit. From the early Christians to today, unity is shown in shared faith, sacraments, and leadership under the Pope.

Even though the Catholic Church includes many traditions, Latin, Syro-Malabar, Maronite, and others, all are fully Catholic and part of the same vine. Diversity doesn't weaken unity; it makes the Church stronger and more beautiful. As members of the Syro-Malabar Church, we share in this living tradition, connected to the universal Church and called to help others find their place on the vine of Christ.

Success Criteria

Students will be able to:

- ▷ Understand that the Church is one because of its source (God the Father), its founder (Jesus Christ), and its soul (the Holy Spirit).
- ▷ Understand Jesus' prayer for unity and how it continues to guide the Church today.
- ▷ Identify how unity is expressed in the Church through one faith, one worship (sacraments), and apostolic succession. (the Pope and bishops).
- ▷ Recognise that diversity of cultures, languages, and traditions in the Catholic Church strengthens, rather than weakens, its unity.
- ▷ Value the Syro-Malabar Church as part of the universal Catholic family, rooted in the mission of St. Thomas the Apostle.
- ▷ Apply this teaching by valuing unity in my parish, school, and family, while respecting differences.



Activity 1:

Discuss and find out whether the statements below are true or false and find out why.

- † The Church was created by a group of people who agreed on the same values. (*True or False*)- False
- † The Holy Spirit is called the “soul” of the Church. (*True or False*)- True
- † Only Latin (Roman) Catholics are truly part of the Catholic Church. (*True or False*)- False



Activity 2:

Fill in the blanks with the correct word from the box.

Word Bank: (*Pope, One, Latin, Six*)

1. The Catholic Church is made up of six ritual families.
2. The largest group is the Latin Ritual Family.
3. All 24 Churches, though different in liturgy and traditions, are united under the leadership of the Pope as one Church.



Exit Ticket Questions:

1. A Catholic tradition I want to explore more:
2. What year did St Thomas arrive in India?

AD52

3. What is one way the Catholic Church has stayed united throughout history?

One in Faith: *We believe in the same truths that the Apostles taught. This collection of teachings is called the Deposit of Faith, passed down, protected, and lived out by the Church through every generation.*

One in Worship (Sacraments): *We celebrate the same seven sacraments that Jesus gave us. Most importantly, we come together around the Eucharist, where we receive Jesus and grow closer to Him and to one another.*

One in Leadership (the Pope): *Our Church is led by the Pope and bishops, who continue the leadership first given to St. Peter and the Apostles. This unbroken line of guidance is called Apostolic Succession, and it keeps us connected to the roots of our faith*

4. What did the “One Church Express” cartoon teach you about unity in diversity?

The cartoon would teach that even though the Church has many different traditions, cultures, we are all traveling together as one family in Christ. Just like different passengers riding the

same train, the Syro-Malabar, Roman, Maronite, Chaldean, and many other Churches each keep their own customs ;but they share the same:

- Faith
- Sacraments
- Apostolic leadership

The cartoon shows that diversity doesn't divide us, but it strengthens us.

5. What is one gift or talent you believe God has given you to serve the Church?

Answers can vary.

Every person in the Church has different talents, and callings, and all of us are needed. Some lead, some teach, some pray, some serve and together we make the Church strong and united.

So, the answer can be:

- *“God has given me the gift of kindness to help others feel welcome in the Church.”*
- *“God has given me the talent of singing to praise Him during Holy Qurbana.”*
- *“God has given me the ability to help and serve others, just like the branches support the vine.”*
- *“God has given me the gift of faith so I can stay connected to Jesus and help others stay connected too.”*

Every gift strengthens the one Church, and every branch has a place on the vine.



Check your understanding:

1. The Catholic Church celebrates seven sacraments that were instituted by Christ.
2. Which sacrament is considered the “source and summit” of Christian life?
Holy Eucharist
3. Choose the right option: Apostolic succession means a) Passing down Church buildings b) Continuity in leadership from the Apostles to today’s bishops c) Having different Church traditions d) Writing new parts of the Bible.

Answer B

4. What are the three reasons the Church is considered “one”?

One in Faith: *We believe in the same truths that the Apostles taught. This collection of teachings is called the Deposit of Faith, passed down, protected, and lived out by the Church through every generation.*

One in Worship (Sacraments): *We celebrate the same seven sacraments that Jesus gave us. Most importantly, we come together around the Eucharist, where we receive Jesus and grow closer to Him and to one another.*

One in Leadership (the Pope): *Our Church is led by the Pope and bishops, who continue the leadership first given to St. Peter and the Apostles. This unbroken line of guidance is called Apostolic Succession, and it keeps us connected to the roots of our faith*

5. How do you think having the same faith, worship, and the role of Pope help the Catholic church stay united?

Same answer

6. What does it mean to say that you are part of a “living tradition” that started with St. Thomas?

It means that the faith St. Thomas the Apostle brought to India in 52 AD is still alive in you today.

Syro-Malabar Church is the direct spiritual descendant of St. Thomas’s mission ; the community he planted, nourished, and strengthened.

So being part of this “living tradition” means:

- *We belong to a faith that has been passed down from generation to generation without breaking.*
- *The same flame of faith St. Thomas lit is still burning in our hearts today.*
- *We share in the prayers, sacraments, and teachings that have been carried forward for nearly 2,000 years.*
- *We are connected to a global Church yet rooted in a unique heritage that began with an apostle.*
- *We have a responsibility to keep this tradition alive ; just as our ancestors did.*

7. In what ways do different traditions (like Syro-Malabar, Roman, Maronite) show unity in diversity?

Even though they look different, all these Churches are united in:

- *One Faith ; the same truths taught by the Apostles*
- *One Worship ;the same seven sacraments, especially the Eucharist*
- *One Leadership; all are in communion with the Pope through Apostolic Succession*
- *This shared foundation keeps them one Church.*

Each tradition has its own:

- *Liturgy*
- *Theology*
- *Spirituality*
- *Discipline*
- *Cultural expressions*

These differences don’t weaken unity, but they nurture it.

- ◆ *Syro-Malabar’s Oriental Syrian liturgy*
- ◆ *Roman (Latin) tradition’s Western heritage*
- ◆ *Maronite and Chaldean traditions rooted in ancient Eastern Christianity*

Together, they form a rich tapestry woven by the Holy Spirit.

8. What are the four characteristics of the Church?

The Church is:

- *One* → united in faith, sacraments, and apostolic leadership, even with many cultures and traditions.
- *Holy* → made holy by Jesus, guided by the Holy Spirit, and called to grow in holiness.
- *Catholic* → universal, open to all people, in every place and culture.
- *Apostolic* → built on the foundation of the Apostles and led through Apostolic Succession.

These marks show that the Church is both deeply united and beautifully diverse.

Let Us Sing:

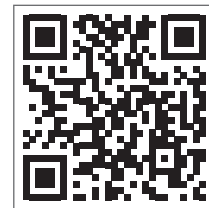
The Church is One

*The Church is one, from God it came,
Born of love, not built for fame.
Christ our founder, crucified,
Drawing all people into one family, His Body, the Church.*

*The Spirit breathes through every part,
One soul, one fire, one beating heart.
We stand in faith, the Word we keep,
Truth passed down, strong and deep.*

*One in Sacraments, grace flows wide,
In Eucharist, with Christ we abide.
Led by Peter's line, still strong,
One Church, one voice, one sacred soul.*

*Chorus We are one, in love and grace,
Bound together in holy embrace.
With Christ as our light, we rise and sing,
One Church, one hope, one risen King!*



LESSON

12

The CHURCH is Holy

Learning Intention

The Church is holy because it belongs to God, is sanctified by Jesus, and is continually being renewed by the Holy Spirit. Like Leo's broken guitar, the Church is not perfect on the outside, but God lovingly restores and tunes it from within. Jesus, the true Lamb of God, makes us holy through His sacrifice, and He gives us powerful ways to grow in holiness: the Word of God, the Sacraments, prayer, fasting, abstinence, sacramentals, and our vocations. Even though we are weak and sinful, God keeps calling us to deeper conversion, helping us become more like Him day by day. As we grow in purity and faithfulness, the whole Church becomes more radiant with God's grace, shining like a stained glass window filled with His light.

Success Criteria

Students will be able to:

- ▷ Explain why the Church is holy even though its members are imperfect.
- ▷ Describe how Jesus, the Lamb of God, sanctifies the Church through His sacrifice.
- ▷ Identify the main ways God helps us grow in holiness:
 - > The Word of God
 - > The Sacraments (especially Holy Qurbana and Reconciliation)
 - > Prayer, fasting, and abstinence
 - > Sacramentals
 - > Our vocations
- ▷ Understand that holiness is both a gift from God and a daily calling.
- ▷ Explain how the "Broken Guitar" story shows that holiness is not about being perfect, but about being made new by God.



Activity 1: Fill in the Blanks

Fill in the Blanks with clues directly from the passages.

- A. God's Word is like *fire*, it purifies us, like gold in a furnace.
- B. When we read and live the *scripture*, our hearts are changed step by step.
- C. The *Holy Qurbana* is at the heart of everything and purifies us like burning coal.
- D. The Sacrament of *reconciliation* gives us a fresh start and restores grace.
- E. *Prayer* is where we meet God face-to-face, share our struggles, and receive strength.
- F. *Fasting* and Abstinence teach us self-control and compassion.
- G. Sacramentals are sacred *signs* given by the Church to help us grow closer to God.
- H. Vocation is not just about a job—it's about responding to God's *call* in every part of life.



Activity 2: Discussion

What's one small step you could take this week to become a little more holy in your school, home, or friendships?

Answer can vary.

God's Word is alive, purifies our hearts, and helps us grow in holiness "step by step, Word by Word." Even a small moment of Scripture each day can guide my choices at school, at home, and in my friendships, helping me be kinder, more patient, and more like Jesus

1. Through the Word of God

- ◆ *"I will read one verse of Scripture each morning and try to live it during the day."*
- ◆ *"I will listen carefully to the readings at Qurbana and think about what God is saying to me."*

2. Through the Sacraments

- ◆ *"I will prepare well for Holy Qurbana and receive Jesus with love and attention."*
- ◆ *"I will make a good confession this week so God can restore me and make me new."*

3. Through Prayer

- ◆ *"I will pray for a few minutes before school, asking God to help me be kind and patient."*
- ◆ *"I will be part of my family prayer"*
- ◆ *say a short prayer whenever I feel angry or tempted to do something wrong."*

4. Through Fasting and Abstinence

- ◆ *"I will give up one snack or treat this week and offer it for someone who is struggling."*
- ◆ *"I will try to control my words and avoid complaining or gossiping."*

5. Through Sacramentals

- ◆ *“I will bless myself with holy water when I enter church and remember that God is with me.”*
- ◆ *“I will pray the Rosary or even one decade with my family this week.”*

6. Through My Vocation

- ◆ *“I will do my chores or homework without being asked, as a way of serving God.”*
- ◆ *“I will try to be more patient with my siblings and show love in small ways.”*
- ◆ *“I will be honest and respectful at school, even when it’s difficult.”*

7. Through Acts of Love

- ◆ *“I will look for one person who needs encouragement and say something kind to them.”*
- ◆ *“I will forgive someone who annoyed or hurt me, instead of holding bitterness.”ore patient, and more like Jesus.*



Exit Ticket Questions:

1. Why is the Church holy?

The Church is both holy by nature and continually being made holy. She is a people set apart by the Most High God and dedicated to His service. The Holy One dwells within her, and she is guided by the Holy Spirit. Saints throughout history, both well-known and hidden, have enriched the Church and reflected her sacred identity.

2. What does the Church give us to help us become saints?

The Church gives us many powerful means of sanctification to help us grow in holiness and become saints. These include:

- *The Word of God, which purifies, guides, and transforms our hearts.*
- *The Sacraments, especially Holy Qurbana and Reconciliation, which fill us with God’s grace and restore us when we fall.*
- *Prayer, fasting, and abstinence, which strengthen our spirit and help us resist sin.*
- *Sacramentals such as blessings, holy water, crucifixes, and devotions like the Rosary, which keep our hearts turned toward God.*
- *Our vocations: marriage, priesthood/religious life, or single/lay life where we live out holiness in daily responsibilities.*

3. Which spiritual practice helps us resist temptation?

Fasting and Abstinence teach us self-control and compassion. By giving something up, we make space for grace and learn to fight temptation. It’s also a way to make amends, not just for our own sins, but as a prayerful offering for others too.



Check your understanding:

1. Why is the Church considered holy even though her members are imperfect?

The Church is considered holy because she belongs to God, is sanctified by Jesus, and is guided by the Holy Spirit. Her holiness comes from God's presence, not from the perfection of her members. The Church is like Leo's broken guitar — marked by weakness, mistakes, and sin, yet constantly being repaired and renewed by God. Even though the people in the Church are imperfect, God keeps restoring, purifying, and making the Church holy through His grace, His Word, the Sacraments, prayer, and the work of the Holy Spirit.

2. What does it mean to say that the Church is “being made holy”?

It means that the Church, while already holy because she belongs to God, is still on a journey of becoming holier. Church is made up of ordinary people who are weak and sinful, so she constantly needs renewal, healing, and deeper conversion.

Through the Holy Spirit, God keeps purifying, restoring, and transforming the Church, just like Isaiah patiently repaired Leo's broken guitar. As each member grows in holiness through the Word of God, the Sacraments, prayer, fasting, sacramentals, and faithful living of their vocation, the whole Church becomes more radiant with God's grace.

3. Name three things the Church gives us to help us become holy. Briefly explain how each one helps.

1. ***The Word of God***

God's Word is living and powerful. It purifies our hearts, guides our choices, and helps us grow step by step into the people God wants us to be. Jesus said His Word makes us clean, and when we listen to it with faith, it transforms us from the inside.

2. ***The Sacraments***

The Sacraments are channels of God's grace.

Holy Qurbana strengthens and purifies us, filling us with the Holy Spirit.

Reconciliation restores us when we fall and gives us strength to resist sin.

Through the Sacraments, Jesus heals, renews, and sanctifies us.

3. ***Prayer, Fasting, and Abstinence***

These spiritual practices help us grow in self-control, humility, and closeness to God.

Prayer connects us to God's heart.

Fasting and abstinence teach discipline and help us fight temptation.

Together, they shape us into people who reflect God's love and holiness.

4. Compare the role of the Sacraments and the Word of God in the process of sanctification.

The Word of God Sanctifies by Teaching, Purifying, and Transforming

God's Word is alive and powerful.

Jesus says, “You have already been made clean by the word I spoke to you.”

Scripture acts like fire, purifying our hearts and burning away selfishness and sin.

When we listen, reflect, and live God's Word, it slowly shapes our thoughts, choices, and attitudes. Sanctification through the Word happens as we allow truth to guide our daily life.

In short: The Word of God sanctifies us by changing our hearts and renewing our minds.

The Sacraments Sanctify by Giving Us God's Grace Directly.

The Sacraments are channels of divine grace that touch every part of our life.

Holy Qurbana purifies us like the burning coal purified Isaiah, filling us with the Holy Spirit and fire.

Reconciliation restores us when we fall and strengthens us to resist sin.

Each Sacrament gives us real, supernatural help to grow in holiness.

In short: The Sacraments sanctify us by pouring God's grace into our souls and healing us from sin.

5. What happens when we grow in holiness? Name two ways we begin to reflect Jesus more.

Jesus said, "A good tree bears good fruit" (Matthew 7:17). As we grow in holiness, both as individuals and as a Church, we begin to reflect the life of Jesus more clearly. The saints are living proof of this, but we can also see signs of holiness in our own everyday choices

1. *Awareness that Holiness is Christ's gift to us*
2. *Choosing the fathers will in all things*
3. *Devoting myself to the glory of God*
4. *Serving our neighbour whole heartedly*

When we grow in holiness, God's grace begins to shine through us , like light through a stained-glass window. We start to reflect the life of Jesus more clearly, and "good fruit" begins to appear in our actions.

6. Name your favorite saint and explain how God's grace made him/her holy?

Answers can vary.

My favourite saint is St. Francis of Assisi.

God's grace made him holy by transforming his heart and calling him to a new way of life.

St. Francis wasn't perfect ; he began as a wealthy young man who loved comfort and attention. But when he opened his heart to God's Word and listened to Jesus' call, grace slowly changed him from the inside. Francis was "being made holy" through conversion, prayer, and obedience to God.

God's grace helped him:

- *turn away from sin and selfishness,*
- *live a life of simplicity and peace,*
- *love the poor and forgotten,*
- *and reflect Jesus' compassion everywhere he went.*

Holiness is not about being flawless ; it is about letting God restore us, shape us, and tune our lives like Leo's repaired guitar. St. Francis became holy because he cooperated with God's grace day by day.

7. What does it mean to live your vocation in a holy way?

To live your vocation in a holy way means doing the duties of your state of life faithfully, lovingly, and with God at the centre. Holiness grows when we respond to God's call in our everyday responsibilities. or single/lay life, living that vocation in a holy way means:

- *Loving others the way Jesus loves*
- *Serving with kindness and humility*
- *Being faithful to daily responsibilities*
- *Praying and seeking God's guidance*
- *Using our gifts to build up the Church*

Let Us Listen:

St Padre Peo



LESSON

13

The CHURCH is Apostolic

Learning Intention

Catholic Church is apostolic because it is founded on the apostles, built on Christ the cornerstone, and continues their mission through the Pope, bishops, priests, and all the faithful. We will explore how the apostles' witness, preaching, and lived experience of Jesus became the foundation of the Church, how this mission is handed on through apostolic succession, and how we, as members of the Syro-Malabar Church, share in this living tradition today..

Success Criteria

Students will understand that:

- ▷ Jesus chose the apostles and entrusted them with a mission: to teach, to sanctify, and to guide.
- ▷ The Church is built on the faith and witness of the apostles, especially the confessions of St Peter ("You are the Christ") and St Thomas ("My Lord and my God").
- ▷ The Pope is the successor of St. Peter and the head of the college of bishops.
- ▷ Bishops are the successors of the apostles and continue their mission in unity with the Pope.
- ▷ The Syro-Malabar Church has a unique apostolic heritage through St. Thomas, who brought the faith to India in 52 AD.
- ▷ The apostolic mission continues today in every diocese and parish, and we are called to share and protect this faith with conviction and joy.
- ▷ As members of the Catholic church stay rooted in the Catholic Church and avoid false teachings or Pentecostal influences.



Activity 1:

Tripple Mission Across Salvation History: From Israel to the Church

| Role | Old Testament | Fulfilled in Jesus | Continued by Apostles | Continued by Pope, Bishops & Priests |
|---------|--|--|---|---|
| Prophet | Spoke God's truth and <u>corrected</u> people (Hint: fixed) | Taught with <u>divine</u> authority (Hint: comes from God) | <u>Preached</u> the Gospel boldly (Hint: shared loudly) | Teach the faith through <u>homilies</u> (Hint: Sunday sermons), catechesis, and Church <u>documents</u> (Hint: official writings) |
| Priest | Offered <u>sacrifices</u> for sanctification (Hint: animals or gifts to God) | Became the eternal <u>High</u> Priest (Hint: the highest rank) | Sanctified through <u>sacraments</u> (Hint: Baptism, Eucharist, etc.) | Celebrate the <u>Eucharist</u> and other sacraments to make the Church holy (Hint: Mass meal) |
| King | Led and <u>defended</u> God's people (Hint: kept safe) | Shepherded with <u>love</u> and justice (Hint: opposite of hate) | <u>Guided</u> and protected the Church (Hint: show the way) | Lead, protect, and <u>govern</u> the Church in service and unity (Hint: rule, make decisions) |



Exit Ticket Questions:

1. The Pope is the successor of Peter and bishops the successors of other Apostles.
2. Major Arch bishop of the Syro-Malabar church is the successor of St Thomas.



Check your understanding:

1. Why is the Church called “apostolic” and not just “historical”?

The Church was born from the apostles’ encounter with Christ their lived faith, their witness, and their proclamation. From this experience arose a mission: to teach, to sanctify, and to guide, rooted in God’s plan of salvation revealed throughout the Old Testament.

This mission did not end with the apostles. Jesus entrusted it to them, and through them, it was passed on to the Pope bishops, and priests who continue to carry it forward today.

This is not just history; it is a living reality present in every diocese, parish, and pulpit. We too are part of this ongoing story, called to live and share the faith as the Apostolic Church continues its mission through the leaders and faithful of every generation.

2. Why do you think Jesus chose ordinary people (like fishermen and tax collectors) as His Apostles instead of powerful leaders of the time?

Jesus chose ordinary people because they were open, willing, and ready to follow Him, even without power or status. Their simple lives made it clear that the Church was built by God’s grace, not human strength. They allowed God’s power to shine, and their everyday experience helped them reach ordinary people everywhere. Through them, the flame of faith could be passed on , just like in “The Relay in the Rain.”

3. What are the three main roles or missions of the Church?

Church continues the mission Jesus gave to the apostles through a threefold mission:

- **To Teach:** *The Church proclaims the Gospel, preserves the apostolic faith, and guides people in the truth handed down from the apostles.*
- **To Sanctify:** *The Church helps people grow in holiness through the Sacraments, prayer, and the grace of the Holy Spirit.*
- **To Guide (or govern):** *The Church leads the faithful through the Pope and bishops, who shepherd, protect, and direct the community just as the apostles once did.*

4. Imagine you’re one of the apostles, what message would you bring to teens today?

My message would be,

“Hey, listen. I walked with Jesus , not in a magnificent way, but in the dust, in the noise, in the storms, and the laughter of real life. And here’s what I want you to know:

You were born for more than scrolling, stressing, and trying to fit in. Jesus called ordinary people like us ;fishermen, doubters, quiet dreamers ;and turned us into world-changers. Not because we were strong, but because we said yes.

So, here’s my challenge to you:

Carry the flame. When life gets stormy, don’t hide your faith. Hold it high. When afraid, be brave in Christ. When the world feels dark, be the spark of Christ. The same Jesus who sent us out is calling you now. You’re part of this apostolic story, so step out of the boat, trust Him, and let your life shine.”

5. What does it mean to be part of an “unbroken line” from Christ to now? In what ways do bishops continue the apostles’ mission?

It means that the Church’s leadership and mission have been passed down continuously from Jesus to the apostles, and from the apostles to their successors, the bishops without interruption. This is called apostolic succession. It’s like a flame passed from hand to hand, just like in “The Relay in the Rain.” The faith didn’t start with us, it was handed on, generation by generation, all the way from Christ.

Bishops are the successors of the apostles. They continue the same threefold mission:

To Teach → They proclaim the Gospel and guard the truth of the faith.

To Sanctify → They lead people to holiness through the Sacraments and prayer.

To Guide → They shepherd the Church, helping the faithful stay united and strong.

In union with the Pope (the successor of Peter), bishops carry the apostolic flame into every parish and diocese. They are living signs that the Church is still apostolic, alive, and faithful to Christ’s mission.

6. What do you understand by the Primacy of the Pope?

The Primacy of the Pope means that the Pope is the spiritual leader of the whole Catholic Church, chosen as the successor of St. Peter, whom Jesus appointed as the head of the apostles. Jesus said to Peter: “You are Peter, and on this rock I will build my Church... I will give you the keys of the Kingdom” (Matthew 16:18–19).

This shows that Peter was given a special mission to lead, guide, and protect the Church. The First Vatican Council confirmed this role as a foundational truth. The Pope leads the bishops in unity, and together they carry forward the apostolic mission of the Church.

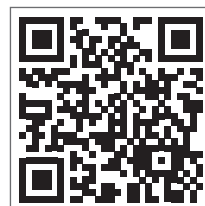
Let Us Sing:

Called and Sent

*We are the light in the dark of night,
Carrying faith with hearts so bright.
Like the apostles, bold and true,
We rise again, we follow You.
No map, no phone, just trust and grace,
We walk with courage in Your embrace.
With Jesus we stand, Apostolic and strong,
Sharing His love our whole life long.*

Chorus:

*Called and sent, we shine Your way,
Living the Gospel every day.
With love and truth, we take our stand—
Your light in every heart and land*



LESSON

14

The CHURCH is Universal

Learning Intention

The Catholic Church is called universal because she is open to all people, present in every part of the world, and carries the fullness of truth and grace given by Christ. From Pentecost onward, the Church has welcomed every language, culture, and nation, embracing diversity while remaining united through the apostles and their successors. Her universality is seen in her worldwide presence, her mission to bring salvation to all, and her ability to honour and transform every culture with the light of Christ. Through 21 Ecumenical Councils and the rich traditions of both East and West, the Church continues to stay united and faithful to Christ's teachings. As members of this universal family, we are called to love all people, share the Good News, and celebrate the beauty of every tradition within the one Body of Christ..

Success Criteria

Students understand that:

- ▷ The word Catholic means universal, open to everyone, everywhere.
- ▷ From Pentecost onward, the Church has welcomed people of every language, race, and culture. Church embraces all people, regardless of culture, race, or background.
- ▷ The Church is universal because she holds the fullness of truth and grace and is sent on a mission to all peoples. Church's universality is shown when both Eastern and Western traditions are respected and lived.
- ▷ The Church's unity is strengthened through 21 Ecumenical Councils, guided by the Holy Spirit.
- ▷ Eastern and Western traditions together reveal the full beauty of the Church's catholicity.
- ▷ The Syro-Malabar Church is part of this universal family, contributing its own rich heritage.



Activity 1: Discussion

In what ways does your parish celebrate different cultures and traditions in worship?

Our parish celebrates different cultures and traditions by welcoming people from many backgrounds and allowing their customs to enrich our worship. We use prayers, songs, and symbols from various cultures, just like Cathy's backpack in the story. Sometimes Mass is celebrated in different languages, or with music and gestures from both Eastern and Western traditions. Feast days, traditional foods, cultural dress, and devotional practices are also shared. All these expressions show that the Church is truly universal, embracing every culture while staying united in the same faith and the same Eucharist.

As children of the Church, we are called to love all people, share the Good News, and respect every culture and tradition.



Exit Ticket Questions:

1. What does “Catholic” mean about the Church?

The word “Catholic” comes from the Greek word Katholikos, which means “universal,” “open to all,” or “embracing everyone.” So when we say the Church is “Catholic,” we’re not just naming a tradition, we’re proclaiming a truth that the Church embraces all, because Christ embraces all. It is for everyone, everywhere, always- the Church is universal.

2. What does the Church teach everyone, everywhere?

Jesus came as Good News for everyone and sent the apostles to share that message with the whole world. Today, the Church continues that same mission, bringing salvation to all people, everywhere.

3. How does the Syro-Malabar Church show it is universal?

The Syro-Malabar Church shows it is universal by being fully part of the one, holy, catholic, and apostolic Church while keeping its own Eastern traditions. It celebrates the same faith, the same sacraments, and the same mission as the whole Catholic Church, but expresses them through its unique liturgy, prayers, and culture. Like one of the many “streams” flowing into the great river of the Universal Church, the Syro-Malabar Church adds its own richness while remaining united with the Pope and the other 23 Catholic Churches. Its presence across the world, from Kerala to Australia and beyond shows that the Church truly embraces every culture and every people.



Check your understanding:

1. What does the word “Catholic” mean, and where does it come from?

The word “Catholic” comes from the Greek word Katholikos, which means “universal,” “open to all,” or “embracing everyone.” So when we say the Church is “Catholic,” we’re not just naming a

tradition, we're proclaiming a truth that the Church embraces all, because Christ embraces all. It is for everyone, everywhere, always- the Church is universal.

2. According to the Catechism of the Catholic Church, in what two ways is the Church universal?
The Catechism of the Catholic Church teaches us that the Church is universal in two beautiful ways:

- 1. The Church is universal in content, she holds the fullness of truth and grace in Christ.*
- 2. The Church is universal in mission, she is sent to all peoples, in every place and time (CCC 830–831)*

3. Who was the saint who coined the phrase “Catholic Church?”

“Catholic Church” was first used in the early 100s by Saint Ignatius of Antioch.

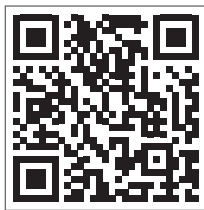
4. Why do you think it is important for Eastern and Western traditions to be honoured and shared in the Church?

It is important because the Church becomes truly universal when both Eastern and Western traditions are respected and lived. Each tradition carries its own beauty, history, prayers, and ways of expressing the same faith. When these traditions are honoured, the Church shows that she embraces all cultures, not just one. Like two streams flowing into one river, Eastern and Western traditions make the Church richer, deeper, and stronger. Together, they reveal the full catholicity of the Church and help all believers experience the one faith in many beautiful expressions.

5. Explain what the statement means - The Church includes all people and all cultured.

This statement means that the Church is universal . Church welcomes every person, from every background, language, and culture. No one is excluded. From Pentecost onward, the Church has embraced people from all nations and continues to do so today. The Church does not belong to one country or one group; it belongs to the whole world. Every culture can bring its own beauty, prayers, music, and traditions into the Church, and the Church helps transform each culture with the light of Christ. In this way, all people and all cultures find a home in the one Catholic Church.

Let Us Watch:



LESSON

15

Mary, the Mother and Model of the CHURCH

Learning Intention

Mary is the Mother and model of the Church because she shared completely in the life and mission of Jesus; from her “yes” at the Annunciation, to her faithful presence at the Cross, to her prayer with the apostles at Pentecost. Jesus entrusted her to us when He said, “Behold your mother,” giving the Church a loving and protective spiritual mother. Mary shows us how to live as true disciples through her faith, obedience, humility, and courage. The Church honours her through devotions such as the Rosary, Marian feasts, pilgrimages, fasting, and the special prayers in the Syro-Malabar tradition. Her intercession continues to guide us, always leading us closer to Jesus. In Mary, we see the Church’s perfect example of love, prayer, and trust in God.

Success Criteria

Students will understand that:

- ▷ Jesus gave Mary to us as our Mother when He said, “Behold your mother,” entrusting the whole Church to her care.
- ▷ Mary’s “yes” at the Annunciation made the Incarnation possible and began the life of the Church.
- ▷ At the Cross and at Pentecost, Mary embraced the Church as a mother and prayed for the church’s growth.
- ▷ Mary is the perfect model of faith, charity, humility, and obedience; virtues every Christian is called to imitate.
- ▷ The Church honours Mary through devotions such as the Rosary, Marian feasts, pilgrimages, fasting, and the special devotion in the Syro-Malabar tradition.
- ▷ Mary’s intercession continues today, guiding us to Jesus and helping us follow His will with courage and trust.



Activity 1:

As we reflect on her life, we discover how each moment becomes a mirror for our own discipleship. See the chart below and discuss it in groups to see how Mary's life becomes a model for the Church for each one of us to follow. Also, fill in the blanks from the words in the bracket.

(Wine, Mary, Word, servant, manger, gave birth, soul, stood, mother, son, prayer)

| Role | What did Mary do? (Fill in the blanks) | How does the Church follow |
|---|--|--|
| Receiving the Word in faith (Luke 2:6-8) | Mary listened and received God's Word. "And she <i>gave birth</i> to her firstborn, <i>son</i> . She wrapped him in cloths and placed him in a <i>manger</i> ." | Church listens and receives the Word. It is in the Church the New Testament took shape (AD 50-100). It is the Church who proclaims and gives the Word to the world. |
| Total surrender to God's will (Luke 1:38) | "I am the Lord's <i>servant</i> " Mary answered. "May it to me according to your <i>word</i> ." Mary said. | Church surrenders to God's will in all the times in total obedience to God's Law and His plan. |
| Pilgrimage of faith through trials | Then Simeon blessed them and said to <i>Mary</i> , his mother: "This child is destined to cause the falling and rising of many in Israel, and to be a sign that will be spoken against, so that the thoughts of many hearts will be revealed. And a sword will pierce your own <i>soul</i> too." (Luke 2:35) | Church journeying in hope through suffering in the world. 340 million Christians suffer persecution annually. More than 100, 000 Christians were martyred in last 10 years alone! In 2024, 4467 Christians were murdered, 4744 Christians imprisoned, and 7679 churches were attacked and over 295,000 Christians were forcibly displaced from their homes! (Data fwom Open Door World watch list). The Church's heart is pierced, yet she continues her pilgrimage of Hope. |
| Interceding at Cana | When the wine was gone, Jesus' mother said to him, "They have no more <i>wine</i> ." (John 2:3) | Through sacraments, sacramentals and other prayers, through her priests and religious, the Church intercedes before Jesus for her people. |

| Role | What did Mary do? (Fill in the blanks) | How does the Church follow |
|--|---|--|
| Standing at the foot of the Cross | Near the cross of Jesus <i>stood</i> his <i>mother</i> . (John 19:25) | The Catholic Church is the world's largest non-government provider of health and social care, operating tens of thousands of facilities globally. While exact statistics vary by year, global data from around 2010 indicated that the Church managed about 20,740 health facilities and 84,872 social protection facilities, which include homes for the elderly and destitutes. In Australia specifically, Catholic Health Australia reported supporting over 25,000 home support clients, 28,000 home care packages, and 25,000 residential aged care places in 2022. |
| Praying with the apostles at Pentecost and Assumed into heaven | They all joined together constantly in <i>prayer</i> along with the women and Mary the mother of Jesus (Acts 1:14. Revelation 12:1) | The Church leads us in prayer- the Holy Qurbana - and leads us to our heavenly home. |



Exit Ticket Questions:

1. What did Mary say to the angel at the Annunciation, and why is it important for us today?
“Behold, I am the handmaid of the Lord; let it be done to me according to your word” (Lk 1:38), made the Incarnation possible. By giving birth to Jesus, she gave flesh to the Head of the Church (cf. Col 1:18). The Catechism of the Catholic Church (CCC 963) affirms: “She is clearly the mother of the members of Christ... because she cooperated by her charity in the birth of believers in the Church.”
2. Why do we call Mary the Mother of the Church?
Mary is called the Mother of the Church because of her unique and intimate role in the mystery of salvation and her continuing presence in the life of the Church. This title, formally proclaimed by Pope Paul VI at the close of the Second Vatican Council, is deeply rooted in Scripture, Tradition, and the Church’s understanding of Mary’s spiritual motherhood.

At the foot of the Cross, Jesus said to the beloved disciple, “Behold your mother” (Jn 19:27). The Church understands this as Jesus entrusting all disciples to Mary’s maternal care. CCC 964 teaches: “This motherhood of Mary in the order of grace continues uninterruptedly... until the eternal fulfillment of all the elect.”

3. When you pray the Rosary, how do the mysteries help you reflect on the life of Jesus and the message of the Gospels?

When I pray the Rosary, the mysteries guide my mind and heart through the key moments of Jesus’ life, just as Mary lived them. Each mystery is like a window into the Gospel: the Joyful mysteries help me reflect on the Incarnation and Mary’s “yes,” the Sorrowful mysteries draw me into Jesus’ sacrifice, the Glorious mysteries remind me of His victory over death, and the Luminous mysteries show His mission and teachings. As I pray with Mary, I see Jesus more clearly—His love, His humility, His suffering, and His hope. The mysteries turn the Rosary into a journey through the Gospel, helping me grow closer to Jesus just as Mary always leads us to Him.



Check your understanding:

1. The Catechism says that by giving birth to Jesus, Mary became “mother of the members of Christ” (CCC 963). How does her “yes” at the Annunciation show care for all believers, not just herself?

Mary’s “yes” at the Annunciation was not only a personal act of obedience; it was an act of love for the whole world. By accepting God’s plan and giving birth to Jesus, she made the Incarnation possible. This means she brought into the world the One who would save all people, not just her own family or nation. Her “yes” opened the door for every believer to become part of Christ’s Body, the Church.

The Catechism teaches that because she gave birth to Jesus, she also became the mother of all who belong to Jesus. Her “yes” was a gift to every disciple who would ever follow Christ.

2. In what ways does Mary act as a spiritual mother for us today?

Mary acts as a spiritual mother today by caring for us just as she cared for Jesus and the early Church. She prays for us, just as she prayed with the apostles at Pentecost. She notices our needs, like she did at Cana, and brings them to Jesus with a mother’s love. Mary guides us by her example of faith, obedience, and trust, showing us how to follow God’s will even when life is difficult. Through devotions such as the Rosary, Marian feasts, and the special Wednesday prayers in our Syro-Malabar tradition, we experience her protection and closeness. As Jesus gave her to us from the Cross, Mary continues to walk with us, leading us gently and faithfully to her Son.

3. Why was Mary with the apostles at Pentecost, and what important event happened there?

After Jesus’ Ascension, Mary prayed with the apostles (Acts 1:14) and was present at Pentecost (Acts 2), when the Holy Spirit descended and the Church was born. CCC 965 states: “After her Son’s Ascension, Mary aided the beginnings of the Church by her prayers.

4. Write a prayer to Mother Mary in at least 60 words.

Answers can vary

Mother Mary, loving Mother of Jesus and Mother of the Church, I come to you with a trusting heart. Just as you said “yes” at the Annunciation, help me to say “yes” to God in my own life. Stand beside me as you stood beneath the Cross, giving courage when I am afraid and hope when I am discouraged. Pray for me as you prayed with the apostles, that the Holy Spirit may fill my heart with faith, charity, and obedience. Lead me always closer to Jesus, and teach me to do whatever He tells me. Amen.

5. What are the days of fasting or preparation (Nombu) for Mary’s feasts in the Syro-Malabar Church?

In the Syro-Malabar Church, two special periods of fasting (Nombu) are kept in preparation for Mary’s major feasts:

- *Fifteen days of Nombu before the Feast of the Assumption of Mary (celebrated on August 15).*
- *Eight days of Nombu before the Feast of the Nativity of Mary (celebrated on September 8).*

These days help the faithful prepare with prayer, fasting, and devotion, honouring Mary with love and gratitude.

6. How is Mary a model and intercessor for the Church? Give examples from her life to explain your answer.

Mary is a model for the Church because her whole life shows us how to follow God with faith, love, and obedience. At the Annunciation, she said “yes” to God’s plan, showing perfect trust and becoming the model of surrender for every believer. At the Cross, she remained faithful even in suffering, teaching the Church how to stand firm in love during difficult times. At Pentecost, she prayed with the apostles, showing the Church how to pray and wait for the Holy Spirit.

Mary is also an intercessor for the Church. At the wedding feast of Cana, she noticed the need and brought it to Jesus, showing her motherly care for all people. From that moment onward, the Church has turned to her in prayer, trusting that she brings our needs to her Son. Through her prayers, her example, and her constant love, Mary continues to guide and protect the Church today.

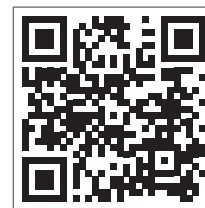
Let Us Sing:

Mary, Stay With Me

*She stood beneath the cross that day, Her heart in pain, yet she chose to stay.
She held the Son, now pierced and torn, And gave us love when hope seemed worn.*

*“Here is your mother,” Jesus said, A gift of grace as His life fled.
She walks with us through joy and strife, A guiding light in every life.*

*She whispers still, “Do what He asks,” And helps us through our hardest tasks.
O Mother Mary, strong and true, Lead us always back to Your Son.*



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● Lesson 15

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