

Catholicism

Grade 6

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The National Anthem of Sri Lanka

Sri Lanka Matha

Apa Sri Lanka Namu Namu Namu Namu Matha

Sundara siri barinee, surendi athi sobamana Lanka

Dhanya dhanaya neka mal palaturu piri jaya bhoomiya ramya

Apa hata sepa siri setha sadana jeewanaye matha

Piliganu mena apa bhakthi pooja Namu Namu Matha

Apa Sri Lanka Namu Namu Namu Namu Matha

Oba we apa vidya

Obamaya apa sathya

Oba we apa shakthi

Apa hada thula bhakthi

Oba apa aloke

Apage anuprane

Oba apa jeevana we

Apa mukthiya oba we

Nava jeewana demine, nithina apa pubudukaran matha

Gnana veerya vadawamina regena yanu mana jaya bhoomi kara

Eka mavakage daru kela bevina

Yamu yamu vee nopama

Prema vada sema bheda durerada

Namu, Namu Matha

Apa Sri Lanka Namu Namu Namu Namu Matha

Foreword

With the continuous advancement of the world, the education sector too is transformed. Therefore, if we require the creation of a student community who could confront the future challenges successfully, our learning teaching process must constantly utilize effective approaches. It is our responsibility to disseminate the knowledge of the new world while assisting to create global citizens with good values. Our department is actively engaged in producing learning tools with the great aim of contributing to enlighten the minds of the children of the country.

A textbook is a repository of knowledge. At times, it takes us to a world of entertainment while developing our critical thinking faculties. It promotes our hidden potentials. In the coming years, the memories related to these textbooks will bring you happiness. While making the maximum use of this valuable learning tool, you must essentially access other useful knowledge spaces too. I wish that you would gain the ability to enlighten the future as citizens with knowledge and values by using this textbook.

I would like to bestow my sincere thanks on the panels of writers, editors and reviewers as well as on the staff of the Educational Publications Department for the contribution made on this endeavor.

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1

The Holy Bible



Picture 1.1 - Holy Bible

Sister - Brother, Do you know the book that is translated into the most number of languages in the world?

Brother - O, Yes I know, it is the Bible.

Sister - Oh! don't say like that. The Bible is a **Sacred Book**. It is the most **Sacred Book** for us Catholics. We should speak of it as the **Holy Bible**. The **Word of God** is found there. Therefore we must use it with great respect. We must take it and give it with both hands.

Brother - Then sister, don't we keep it on the book shelf?

Sister - Yes brother, we shouldn't put any other book on the Holy Bible. We should keep it in a clean special place with a vase of flowers and a lighted lamp. Let us also use it like that.

Brother - How is it sister, that the Holy Bible is such a big book?

Sister - All information regarding the history of Salvation is found in the Holy Bible. It is a library in itself, brother. There are 73 books in the Holy Bible. It is divided into two parts. The **Old Testament** and the **New Testament**.

Brother - Why is it, that the Holy Bible is in two parts sister?

Sister - The period before the birth of Jesus Christ is explained in the Old Testament. In the New Testament we find about the life of Jesus Christ and first Christian Church. In the Old Testament it is also recorded about the historical incidents about God and how God's revelation was revealed through the patriarchs and prophets. There are 46 books in the Old Testament. In the New Testament we see how God's revelation was brought into fullness through Jesus Christ. It also shows us that salvation of the whole human race brought to us through Jesus Christ. There are 27 books in the New Testament.

Brother - Then the Holy Bible is a very valuable book, isn't it sister?

Sister - Yes, It is not only one book a library of books. The **Holy Bible is the foundation of our faith, hope and also our Christian life**. It took more than 1000 years for many Bible writers to compose it. Therefore there should be a **Holy Bible** in every home.

The Holy Bible

Old Testament

Genesis
Exodus
Leviticus
Numbers
Deuteronomy
Joshua
Judges
Ruth
1 Samuel
2 Samuel
1 Kings
2 Kings
1 Chronicles
2 Chronicles
Ezra
Nehemiah
Esther
1 Maccabees
2 Maccabees
Job
Psalms
Proverbs
Ecclesiastes
the Song of Solomon
The Wisdom of Solomon
Sirach (Ecclesiasticus)
Isaiah

New Testament

Jeremiah
Lamentations
Baruch
Ezekiel
Daniel
Hosea
Joel
Amos
Obadiah
Jonah
Micah
Nahum
Habakkuk
Zephaniah
Haggai
Zechariah
Malachi
Tobit
Judith
The Gospel according to St. Mathew
The Gospel according to St. Mark
The Gospel according to St. Luke
The Gospel according to St. John
The Acts of the Apostles
The letter to the Romans
The First letter to the Corinthians
The Second letter to the Corinthians
The letter to the Galatians
The letter to the Ephesians
The letter to the Philippians
The letter to the Colossians
First letter to the Thessalonians
The Second letter to the Thessalonians
The First letter to Timothy
The Second letter to Timothy
The letter to Titus
The letter to Philemon
The letter to Hebrews
The letter of James
The First letter of Peter
The Second letter of Peter
The First letter of John
The Second letter of John
The Third letter of John
The letter of Jude
Book of Revelation

Activity

1. Name the Two parts of the Holy Bible
2. Name four books of the Old Testament
3. Name the four Gospels of the New Testament
4. Turn to the Book of Genesis in the Holy Bible and read the introduction at the beginning

Project

- Prepare a suitable place in your home to place the Holy Bible respectfully.
- Get into the habit of reading a passage from the Holy Bible during your family prayer.



For Life

Let us instill the word of God into our mind. Let us believe respect and live according to the word of God.

2

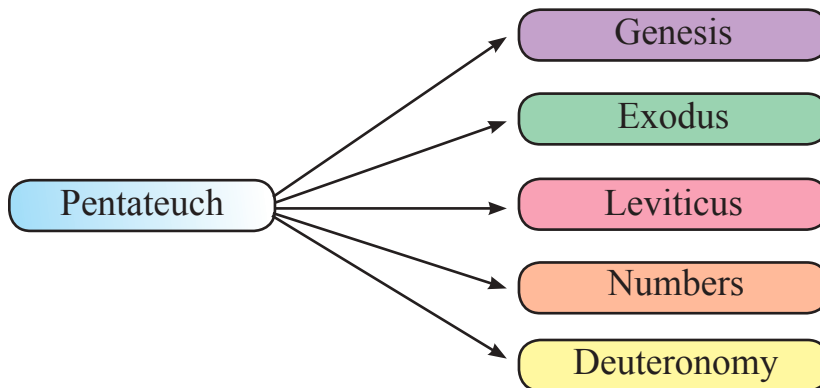
Pentateuch

The first five books of the Holy Bible are known as the Pentateuch. Many names are used for the Pentateuch.

- ★ Torah
- ★ The Torah of Moses
- ★ The Law
- ★ The Law of Moses

In Hebrew the Pentateuch is called “Torah”

These are the five books of the Pentateuch



The Book of Genesis

This is the first book of the Holy Bible. We learn from this book, how God created man, because of His infinite love and mercy; how God choose the people of Israel to save fallen man; how God fulfilled the promises made to our forefathers. Let us read the lesson attentively and try to understand how much God loves each one of us and how we too must love each other in the same way.

The contents of the book of Genesis in brief:

- ★ Creation of man and the universe by God
- ★ The first sin of Adam and Eve
- ★ The story of Cain and Abel
- ★ Noah and the Great Flood
- ★ The Tower of Babel
- ★ How the Patriarchs, Abraham, Isaac, Jacob and Joseph placed their faith in God.

The book of Exodus

This is the second book of the Holy Bible. In this book the central theme of the history of Israel is explained as the escape of God's people from the slavery of Egypt to the Promised Land under the leadership of Moses. This book also explains how the Israelites experienced God's love and protection in the wilderness. Through the Covenant of Sinai, God gave them the "Ten Commandments" and accepted them as his own people.



Picture 2.1 - Exodus

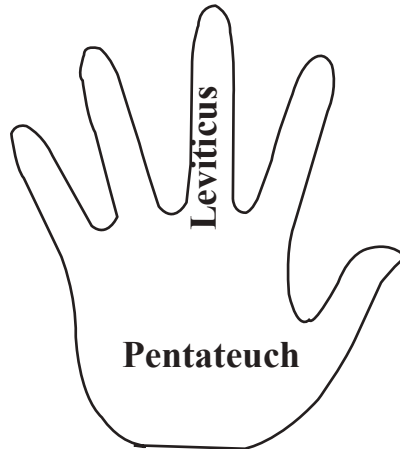
The content of the book of Exodus in brief

- ★ The oppression of the Israelites by king Pharaoh
- ★ God saves the Israelites from the slavery of King Pharaoh in Egypt and brings them back to the promised land
- ★ Receiving the Ten Commandments on Mount Sinai
- ★ Mission of Moses.

God invites all of us to experience the love, care and protection as the Israelites experienced in the wilderness. Let us remember that we too must love God tenderly.

Activity

- ① Draw this diagram in your exercise book and complete it



- ② i. Mention **five** books of the Holy Bible other than the Pentateuch.
- ii Turn to the book of Genesis in the Holy Bible and read the introduction and write it in **five** sentences.
- iii Turn to the book of Exodus in the Holy Bible and read its introduction and write it in **five** sentences.



For Life

Praise God who created all things.

3

The Four Gospels

Out of 27 books of the New Testament the first four books are called the “Gospels”. They are named after the author who wrote them. Each author, using his own point of view, wrote about Jesus’ birth, His mission and teachings, and about His death and resurrection. These four Gospels; written by four Evangelists about the life of Jesus, are the focal point of all the Scriptures.

1. Gospel of Matthew written by St. Mathew.
2. Gospel of Mark written by St. Mark.
3. Gospel of Luke written by St. Luke.
4. Gospel of John written by St. John.

1. Gospel of Matthew



Picture 3.1 - St. Mathew

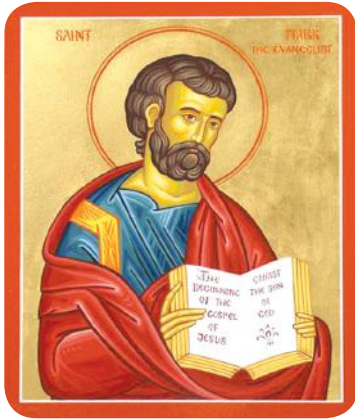


Picture 3.2 - Symbol man

St. Matthew was one of the 12 apostles of Jesus. He was a tax collector before he was called by Jesus. After he was called by Jesus, he became one of the faithful disciples of Jesus and experienced Him in many ways. He wrote his Gospel to prove that Jesus was the Messiah who

was expected by the Jews. He also showed how most of the Prophecies were fulfilled in Jesus. He begins his Gospel with the Genealogy of Jesus. The symbol of his Gospel is a figure of a man.

2. Gospel of Mark



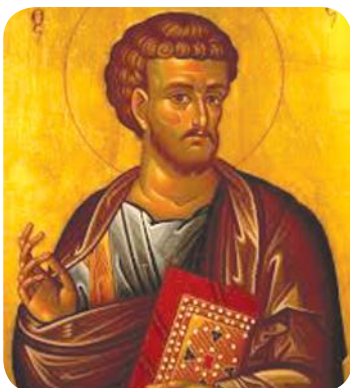
Picture 3.3 - St. Mark



Picture 3.4- Symbol Lion

Mark was not an apostle of Jesus. He was a disciple of St. Peter. He was also known as John Mark. He had been a translator for Peter. Therefore we can think that he received information about Jesus from St. Peter. He begins his Gospel with the preaching of John de Baptist. The symbol of this Gospel is a lion. Because he preached in a powerful voice M.K. 1:3

3. Gospel of St. Luke



Picture 3.5 - St. Luke

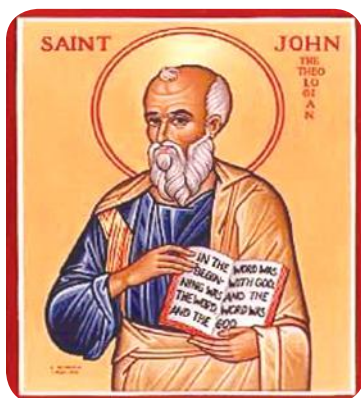


Picture 3.6 - Symbol bull

St. Luke was not an apostle of Jesus. He was a Physician, a historian and a painter. The only 'Gentile' who wrote a gospel was St. Luke. He had been with St. Paul in his missionary journeys. He has written his gospel after gathering information from various sources. We come across some hymns of praise, prayers and also information regarding some pious ladies.

In His Gospel he proves that Jesus Christ is the Saviour of the whole human race and not only of the Jews. He begins his gospel with the sacrifice of Zechariah. Bull was a sacrificial offering at that time. Therefore his symbol is a bull (ox)

4. Gospel of St. John



Picture 3.7 - St. John



Picture 3.8 - Symbol Eagle

St. John was an apostle of Jesus. His brother great St. James was also an apostle of Jesus. Before the call of Jesus they were fishermen. Sebadee and Salome were their parents. Mother Mary was a cousin of Salome. So both those apostles were cousins of Jesus. His teachings are very deep and unfathomable beyond human understanding. Therefore the symbol for this Gospel is an eagle. John himself said that the purpose of his Gospel was: "These things are written that you may believe that Jesus Christ is the Son of God and by believing Christ's coming, you may have eternal life".

Christ's coming into this world is Good News. Because by Jesus' coming into this world the whole human race was saved.

Activity

- ① Fill in the blank.
(St. Mark, St. Luke, St. Mathew, bull, lion, St. John, St. James)
1. St. is a physician.
 2. The first gospel found in the New Testament, is the Gospel of St. Who is an apostle of Jesus.
 3. The symbol of St. Mark's Gospel is
 4. The eagle is the symbol of St. Gospel.
 5. St. John the Evangelist is the brother of
- ② How can you be a Good News to others in the following incidents.
- i To a friend in your class who is very sad.
 - ii To your friend in your class who finds the science lesson very hard.
 - iii To your mother and to your brothers and sisters when your father is away in a foreign Country.

Project

- Read the introduction of each of the four Gospels. Make a booklet containing the summary of the four introductions



For life

Always try to be a Good News to everyone.

4

Creation of the World



Picture 4.1 - God's Creation

God is the creator of this world. God created this wonderful world in all its richness, diversity and order, because of His infinite love for us. Therefore we should love the whole of God's creation. In the book of Genesis it is recorded how God created this world, by the power of his Word. Let us read some of those passages in the Holy Bible.

Day and Night

The earth was a formless, void and **darkness** covered face of the deep, while a wind from God swept over the face of the waters. Then God said, “**Let there be light**”. And there was **light**. And God saw that the light was good and God separated the light from the darkness. God called the light **Day**, and the darkness he called **Night**. And there was evening and there was morning, **the first day**.

Genesis 1:2-5

Water and Sky

And God said, “Let there be a dome in the midst of the waters, and let it separate the waters from the dome. So God made the dome and separated the **waters** that were under the dome from the waters that were above the dome. And it was so. God called the dome **Sky**. And there was evening and there was morning, **the second day**.

Genesis 1:6-8

Earth and Trees

And God said “ Let the waters under the sky be gathered together into one place, and let the dry land appear” And it was so. God called the **dry land** Earth, and the waters that were gathered together he called Seas. And God saw that it was good. Then God said, “Let the earth put forth **vegetation**; plants yielding seeds, and fruit trees of every kind on earth that bear fruit with the seed in it.” And it was so. The earth brought forth vegetation, plants yielding seeds of every kind, and trees of every kind bearing fruits with the seed in it. And God saw that it was good. And there was evening, and there was morning, **the third day**.

Genesis 1:9-13

Sun, Moon and the Star

God made the to great lights, the **Greater light** to rule the day and the **lesser light** to rule the night and **the stars**. God set them in the dome of the sky to give light upon the earth to rule over the day and over the night, and to separate the light from the darkness and God saw that it was good. and there was evening and there was morning and **the fourth day**

Genesis 1:16-19

Birds and fish

So God created the great **sea monsters** and every living creature that moves of every kind, with which the **waters swarm**, and every winged **bird** of every kind. And God saw it was good. God blessed them saying “Be fruitful and multiply and fill the waters in the seas and let birds multiply on earth. And there was evening and there was morning **the fifth day**.”

Genesis 1:21-23

From the above passages in the book of Genesis in the Holy Bible we can understand that God created the world in six days. Psalm 104 of the Holy Bible clearly tells us that all the creations in the world are the work of God. When God created the world he was very much concerned about the needs of human beings and man can find in God’s creation whatever is necessary for him for his day to day life. God gave him also a beautiful environment.

Man is the summit of the Creator’s work. Let us be determined always

The living creatures and man

And God said” Let the earth bring forth living **creatures** of every kind **cattle** and **creeping things** and **wild animals** of the earth of every kind.” And it was so. God made the wild animals of the earth of every kind, and the cattle of every kind, and every thing that creeps upon the ground of every kind. And God saw that it was good.

Then God said, “Let us make humankind in our image, according to our likeness and let them have dominion over the fish of the sea, and over the birds of the air and over the cattle and over all the wild animals of the earth and over every creeping things that creeps upon the earth.” So God created humankind in his image in the image of God he created them, male and female he created them, ...that was **the sixth day**.”

Genesis 1:24-27

to appreciate God’s creations. Let us praise and thank God for the wonderful gift of creation that He has given to us.

Activity

- ① Complete the table below.

| Day | Creations |
|-----------------|-----------|
| 1 st | |
| 2 nd | |
| 3 rd | |
| 4 th | |
| 5 th | |
| 6 th | |

- ② On which day did God create man?
- ③ Write a hymn that you know that praises God's creation
- ④ Look at the picture. How lovely is God's creation?
Read 8-13 verses of Psalm 104 in the Holy Bible and write a poem in appreciation of God's beautiful creation.



Picture 4.2 - one of God's creations

- ⑤ Read 14-18 and 33-34 verses of Psalm 104 and write a prayer to thank God for giving us such a wonderful environment that is suitable for us in every way.
- ⑥ Read the verses 19 – 30 of Psalm 104 and draw a picture depicting the ideas in it.



For life

Let us appreciate God's creation

Let us love the animals and trees.

Let us make our home and school charming and beautiful.

Let us with awe and admiration praise and thank God our Father for his wonderful work of creation.

5

God's Various Creations



Picture 5.1 - A park

1. God blessed them and said, 'Be fruitful and multiply and fill the earth and subdue it and have dominion over it.
2. God said' See I have given you every plant yielding seeds and every tree with seed in its fruit you shall have them for food.
3. The Lord God took the man and put him in the garden of Eden to till it and keep it.
4. Out of all the things that God created man is the summit of the creators work filled with goodness and love; let us protect our human dignity.
5. Birds of the air flying in the sky and butterflies of beautiful hues flutter their wings and colourful fish swim in the water. All these add beauty to God's wonderful creation. Yes, we thank thee Lord for everything and we care and preserve your glorious creation.

6. Water generates electricity, water in the sea gives us salt, that gives flavor to our foods. Medicinal plants supply us with medicine for our sicknesses and the good God has blessed us abundantly through his creation.
7. Rivers, lakes, streams and waterfalls give us water to make fertile the farms and gardens. Let us keep the water clean and pure for drinking, bathing and washing.
8. Let us collect the waste matter that decays, separate it from non-decaying matter and make manur  for our home gardens.
9. Let us grow flowers, vegetables and fruit trees and make our home school and church gardens colourful and pleasant to live in.
10. Father, Mother, Brother and Sister, let all of us unite, care for and protect the environment to make this world more beautiful.



Picture 5.2 - Adam and Eve

Now let us see what God said to our first parents, Adam and Eve.

God blessed them and said to them ‘ Be fruitful and multiply and fill the earth and subdue it, and have dominion over the fish of the sea and over the birds of the air and over every living thing that moves upon the earth. God said see, I have given you every plant yielding seeds that is upon the face of all the earth, and every tree with seeds in its fruit, you shall have them for food’

The Lord took the man and put him in the garden of Eden to till it and keep it.

Genesis 1:28-29 & 2:15

The above scripture passage show us some of the responsibilities that God gave man because God loves him so much.

1. To beget children
2. To spread all over the earth.
3. Have dominion over the fish of the sea and birds of the air to look after them for their human needs.
4. To till the earth
5. To use the fruits of the earth for their food

God made man the master of the earth to care to protect and to develop the earth, so that he can make use of it. That is our responsibility. But today man has been unable to protect God’s creation.

Eg: Pollution of environment, destruction of forests use of polythene, pollution of air and water, not having a proper and regular way of putting away the garbage and waste matter.

It is very necessary to protect and develop the natural resources which God, has placed in the earth. These are the free gifts that we have received from God. Let us give thanks to God, the creator of so many various things for the use of man.

Activity

- ① Questions.
 1. Write two responsibilities that God gave man.
 2. Name the garden in which God placed Adam and Eve.
 3. Write three benefits that man has from God's creation.
 4. Mention 5 creations of God that we must protect.
 5. Write three messages that you get from this lesson.
- ② Write 5 ways that you can use to keep your home and school clean.
- ③ Write five steps that you can take to make beautiful your environment.

Project

- To make a wall hanger, write and prepare articles, picture stories, poems, dialogues, essays, and prayers.
 1. The benefits' that man has from God's creation.
 2. How to develop the creation.
 3. How to protect the creations.
 4. Prayers to thank God for his marvellous creation.



For Life

- ★ Let us put garbage in its proper place
- ★ Make less use of polythene.
- ★ Use water sparingly.
- ★ Plant useful plants in your home garden
- ★ Thank God always for giving us such wonderful gifts through his creation.

6 God's Greatest Creation



Picture 6.1 - Robo

I was born in a laboratory many years ago. I did not come out of a mother's womb to see the light of this world. I have neither parents nor brothers nor sisters. I was made by some clever group of engineers. People use me for their various needs, holding responsibilities in Medical Science and Bio Science, deflating bombs, going to the moon and going to the places where man cannot reach and to gather information. These are some of the duties that I have to perform. But of these works are done according to

my own decision. I am able to act according to the data installed in me by human beings. Though I perform a lot of wonderful acts. I cannot be compared to a human being. I have no mind, no intelligence; neither do I have a heart. Yet, man is not like me. Man is one of God's noblest creations. He is a sublime being. I am nothing compared with man. Man is a living being. He received that life by the divine breath of God. I am an instrument activated by others. I who spoke to you so far is a Robot.

Why man's dignity is greater than any of the other creations

1. Likeness to God's image

Then God said, “ Let us make humankind in our **image**, according to our **likeness**. and let them have dominion over the fish of the sea, and over the cattle, and over all the wild animals of the earth and over every creeping thing that creeps upon the earth. So God created humankind in His **image**.

Genesis 1:26

God created man in His own image and likeness. Only man can have partnership in God's divine life. God gave man authority over the whole of created things. Man can discover the earth explore it, make use of it; care for it and develop it. Only man has partnership with God in creating. From all these we can see that man is above and greater than all other created things.

2. Then God formed man and breathed into his nostrils the breath of life.

“Then the Lord God formed man from the dust of the ground and breathed into his nostrils the **breath of life**”

Genesis 2:7

Man who was formed from the dust of the earth, became a living being, because God breathed His breath of life into man. God did not do this when He created animals. Hence, man is highest of God's creations.

3. God proclaiming that the day man was created was “ very good”

“God saw everything that he had made and indeed it was **very good**”

Genesis 1:31

God who said, "it was good", after creating all the other creations, said " it was very good " after creating man. God's creation became complete after He had created man. This shows that man has dominion over all other creations, and all these were created for the benefit of man.

4. Man gave a name to all the beasts.

‘The man **gave name** to all the cattle and to the birds of the air, and to every animal of the field’.

Genesis 2:20

It was the man who gave a name to all the beasts and birds of every kind. Through this, it shows that man has power over all the animals, birds and all that God created.

Diversity of man and respecting each other

Man is the summit of the Creator’s work. We are all not the same. Each one is unique. Each one's talents, likes and dislikes, capabilities, colour of the skin, shape and everything is different. In our country, we have four or more nationalities; Sinhala, Tamil, Muslims and Burghers. They belong to four different religions, Buddhist, Hindus, Islam, Catholic, Christians and others. Our level of intelligence is different. We are different as males and females.

Besides, our capabilities are different and varied. The differences between those capabilities are shown in the pictures below.



Picture 6.2 - Various talents of man

According to God's plan the whole human race displays various types of talents and capabilities. Because of this quality the value of God's creation is increased. We need each others' assistance. We all have God's image and likeness within us. Hence we should respect each other. Whether we are male or female in that difference we have to respect each other. Whether we belong to different nationalities or different religions or whether we speak different languages we must respect each other and live in peace and harmony with each other.

Activity

- ① Fill in the blanks.
very good, breath of life, image, cattle, dust.
 - i. God saw everything that he created and saw that it was
 - ii. The man gave names to all and to the birds of the air and every animal in the field.
 - iii. Then the Lord God formed man from the of the earth.
 - iv. God created man according to His
 - v. The Lord God formed man from the dust of the earth and breathed into his nostrils the.....
- ② Give 3 reasons to show that man is above and greater than all the other created things.
- ③ Read the Hymn Number 105 from the Philip Neri Hymn book and write three messages you get by reading this hymn
- ④ Give 3 ways by which you can show respect and live in peace and harmony with others at home, in school and in society.



For Life

- ❖ Let us respect each other.
- ❖ Let us appreciate all.
- ❖ Let us care for all in the same manner.
- ❖ Let us listen to other peoples views and ideas.
- ❖ Let us work in peace and harmony.

7

The Birth of Jesus Christ



Picture 7.1 - The Birth of Jesus Christs

Peter : We can hear the cry of a baby.

Anthony : Whose sound is it?

Mother Mary: I will tell you whose sound it is. One day I was in my home when the Angel Gabriel came to me" sent by God.'

Angel : "Greetings, favoured one! The Lord is with you"

Mother Mary: I was much troubled then

Angel : “Do not be afraid, Mary, for you have found favour with God and now you will conceive in your womb and bear a Son, and you will name him Jesus”

Mother Mary: How can this be, since I am a virgin?

Angel : “The Holy Spirit will come upon you and the power of the Most high will overshadow you; Therefore the child to be born will be holy; He will be called Son of God. And now, your relative Elizabeth in her old age has also conceived a Son and this is the sixth month for her who was said to be barren. For nothing is impossible for God.”

Mother Mary: “Here am I, the servant of the Lord; let it be with me according to your word.” So I bowed my head to the will of God.

Peter : So, was Joseph willing to accept you?

Mother Mary: No, an angel of the Lord appeared to him in a dream and said to him that I have conceived a child by the power of the Holy Spirit. I will bear a Son and you are to name him ‘Jesus’, for he will save his people from their sins. All this has taken place to fulfill what has been said by the prophet Isaiah’ He also bowed his head to the will of God.

Anthony : Then, where was Jesus born?

Mother Mary : That’s a long story. In those days a decree went out from Emperor Augustus that all the people in his kingdom should be registered.

Drum beaters: Listen! Listen! Emperor Augustus has issued a decree to all his people, all of you people go to your, birth place and get yourself registered for the Census.

Mother Mary: Because Joseph and I were descendants of David, we went from the town of Nazareth in Galilee to Judea to the city of David, called Bethlehem. When we were there it was time for me to deliver the baby. It was getting dark. Joseph went about looking for a place for the two of us to stay the night.

Joseph : "Is it possible for the two of us to stay the night here?"

The Inn keeper : I do not think that there is room in any of the inns in this city. Your wife seems to be in a very serious condition. If you like, you can spend the night in our stable.

Joseph : Thank you very much.'

Peter : So did you give birth to your baby in a stable?

Mother Mary: Yes, I bowed my head to the will of God and gave birth to my first born Son and wrapped him in bands of cloth and laid him in a manger. In that region there were shepherds living in the fields keeping watch over their flocks by night. An angel of the Lord appeared to them.

Angel : "Do not be afraid; for see, I am bringing you good news of great joy for all people. To you is born this day in the city of David a Saviour who is the Messiah, the Lord. There will be a sign for you, you will find a child wrapped in bands of cloth lying in a manger.

A shepherd : There, the angels are singing and praising God. Let us go at once now itself to Bethlehem to worship him.

Anthony : So, did only the shepherds come to see Baby Jesus?

Mother Mary: No, three wise men came from the East for they have seen a star in the sky. They came to Jerusalem and went to king Herod's palace.

- The wise men : “Where is the child who has been born, king of the Jews? We saw his star in the eastern sky and came to worship him”
- King Herod : “ I do not know anything about this. I will see about it.(He told the kings attendants) “Ask all the chief priests and scribes to gather together”.
- Chief Priest : “Your Majesty, why did you call us?
- King Herod : “Where is Jesus born? “
- Chief Priest : Your Majesty, he is born in Bethlehem in Judea.
- King Herod : “How do you know it?”
- A Chief Priest : “It is written in the book of the Prophets”
- King Herod : (He called the three wise men secretly) Go and find out about the child and let me know about him. I too must go and pay homage to him.
- The first wise man : “There’s the star! that we saw in the East. It stopped over the manger.”
- The second wise man : “Let us go with our gifts and pay homage to him.” They opened their treasure chests and offered him gold, frankincense and myrrh'
- Anthony : “Did the three kings go and tell king Herod about the child? ”
- Mother Mary : “No, In a dream God told them not to go to Herod, but to go to their country on a different route.
- Peter and Anthony : We too like always to do God’s will like you, dear Mother Mary.
- Mother Mary : I will pray for you before God, so that you will be able to do God’s will always.

Jesus is named

After eight days had passed, it was time to circumcise the child; and he was called Jesus, the name given by the angel before he was conceived in the womb.

Luke 2:21

Jesus is presented in the Temple

When the time came for their purification according to the law of Moses, they brought him up to Jerusalem to present him to the Lord (as it is written in the law of the Lord, "Every first born male shall be designated as holy to the Lord") and they offered a sacrifice according to what is stated in the law of the Lord, "a pair of turtle doves or two young pigeons."

Luke 2:22-24

The above Bible passages present some of the Jews' religious and national customs.

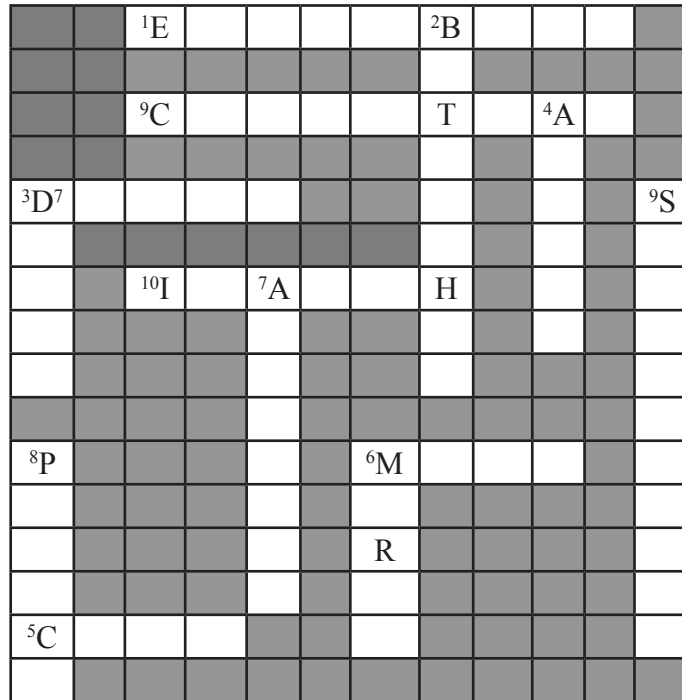
- ❖ Circumcision on the eight day.
- ❖ Naming of the child.
- ❖ Purification rite
- ❖ Offering the first born child to the Lord.

Mary and Joseph fulfilled all the religious and National customs of the Jewish people.

In society today many people do not respect the religious and national customs. The Holy Family gives us an example of being faithful to those customs. The Infant Jesus was circumcised after eight days of his birth. The name 'Jesus' given by the angel was given to the baby. According to the law of Moses when the time came for the purification, the infant Jesus was taken to the temple of Jerusalem by Mary and Joseph.

From this we can understand that we too must obey and respect the religious and national customs of our country.

Read Luke 2:1-24 and Mathew 2:1-12 and the christmas play and write the answers



Across

1. Cousin of Mary's name is
5. This is made in Catholic homes during christmas season
6. Angel Gabriel announced to
7. Emperor used this to announce the
9. On the 25th December we celebrate
10. A prophet who announced the birth of Jesus

Down

2. The city that Jesus was born
3. The genealogy that Joseph belong to
4. The song of praise was sung by
5. The wise men offered to Jesus
7. The name of the emperor who ordered the census
8. The place where the wise men went
9. The one who brings gifts to the children on Christmas day

Activity

1. Write **two** instances where the Holy Family respected religious and national customs.
2. Mention **three** steps that you can take to build up good will and solidarity in your class.
3. Write three good activities that you can do with your family on Christmas day.
4. Make a Christmas Card depicting your own ideas.



For Life

- ❖ Let us respect religious and national customs.
- ❖ Let us help and support the helpless.
- ❖ Let us behave respectfully in religious places.
- ❖ Let us make a crib in our home during Christmas time.

8

The Childhood of Jesus Christ

Child Jesus going to the Temple of Jerusalem

Every year the parents of Jesus, went to Jerusalem for the festival Passover, according to the custom of the Jews. And when Jesus was twelve years old they went up as usual for the festival. When the festival was over and they started to return, the child Jesus stayed behind in Jerusalem, but his parents did not know it.

Then they started to look for him among their relatives and friends. When they did not find him, they returned to Jerusalem to search for him. After three days they found him in the temple sitting among the teachers, listening to them and asking them questions.



Picture 8.1 - Child Jesus going to Temple of Jerusalem

Mother Mary : “ Child, why have you treated us like this? Look, your father and I have been searching for you in great anxiety”

Child Jesus : “Why were you searching for me? Did you not know that I must be in my Father’s house?”

But they did not understand what he said to them. His mother treasured all these things in her heart.

Jesus, the Son of God came to this world to fulfill God's plan of Salvation. Even from his childhood he was always ready to fulfill God's will. We, the children of God, have received an invitation to make God known to the people of the world. In response to that invitation we are all bound to make God known to the world even from our childhood. To do this we have to follow the example of the child Jesus

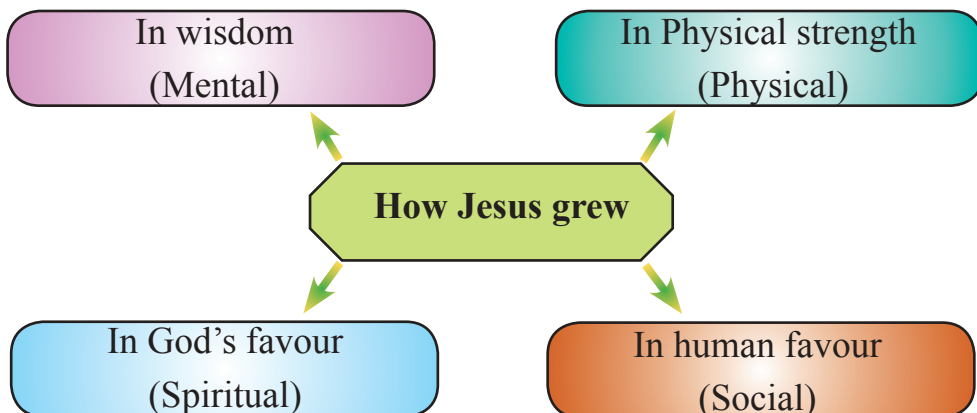
Mary and Joseph who went in search of the child Jesus who stayed behind in the temple of Jerusalem gave a good example to the parents that they should be more alert about their children.

The growth of Jesus

St. Luke in his Gospel tells us how Jesus grew in his childhood

Then he went down with them and came to Nazareth, and was obedient to them. His mother treasured all these things in her heart. And Jesus increased in wisdom and in years, and in divine and human favor.

(Luke 2:51-52)



St. Luke tells us that from his early childhood Jesus did God's will and he increased in wisdom and grace. As a child he was in the temple sitting among the teachers listening to them and asking them questions. And all who heard him were amazed at his understanding and at his answers. From all these incidents we can understand how Jesus grew in wisdom and grace. Though he was the Son of God, Jesus was always obedient to his parents, and helped them in their daily tasks in the house. So he grew in physical strength.

Jesus together with his parents, Mary and Joseph prayed to his heavenly Father and was always busy with religious duties.

eg. The parents of Jesus took him to the temple of Jerusalem to be offered to God.

When Jesus was twelve years old they took him to the temple of Jerusalem for the Passover festival. Jesus helped his parents and others and always respected the laws of the society. So everybody was pleased with him. So, as St. Luke says, Jesus increased in favour with God and men. St. Luke has summed up Jesus' personality development in that sentence; that Jesus increased in wisdom and in

years and in divine and human favour.

Like Jesus we too must grow in personality. We must grow mentally, physically, spiritually and socially. To grow mentally we must study well and read good books and magazine and try to get information from various sources and be knowledgeable and intelligent. To be physically strong we must eat nourishing food, do physical exercises and play games and also take rest. To grow spiritually we must spend sometime with God daily in prayer; perform religious exercises. We must participate in the Holy Mass on Sundays.

We can grow socially when we live in harmony with everybody at home, in school, in the parish and in the village or town. Taking the Child Jesus as our example let us try to help your parents at home, take part in Sramadana and other common work in school and in the village, and participate in the work of the parish. Doing things in whatever way, we can grow socially. Then we, like Jesus will increase in mind and body, and spiritually and socially.

Activity

- ① Mention two ways that you grow
 - i. Mentally
 - ii. Physically
 - iii. Spiritually
 - iv. Socially
- ② Mention three good qualities that you should cultivate.
- ③ For which feast did the twelve year old Child Jesus go to the Temple of Jerusalem.
- ④ Why did the twelve year old Child Jesus remain in the Temple of Jerusalem.
- ⑤ "Why were you searching for me?" Did you not know that "I must be in my Fathers' house?" what is the message you get from this answer that Jesus gave?
- ⑥ Write three examples that you can learn from the life of Child Jesus.



For life

- ❖ Always take the Child Jesus as your example.
- ❖ Accept the advice that your elders give you for your own good. Try to behave accordingly.
- ❖ Be enthusiastic to read the Bible picture stories about the Child Jesus.

9 The Sacraments

Every Sacrament is an encounter with the Risen Lord. So then a Sacrament is a visible sign, signifying the gift of God's grace instituted by Jesus Christ. Almost all the Sacraments are given in a liturgical service.

Accordingly, there are four characteristic marks in a Sacrament. We can explain these four characteristics taking for example the Sacrament of the Holy Eucharist.

1. A visible sign - hosts and wine
2. The gift of grace - receiving the body and blood of Jesus Christ
3. Instituted by Christ - At the Last Supper on Holy Thursday by Jesus Christ.
4. The liturgical Service - The Holy Sacrifice of the Mass.

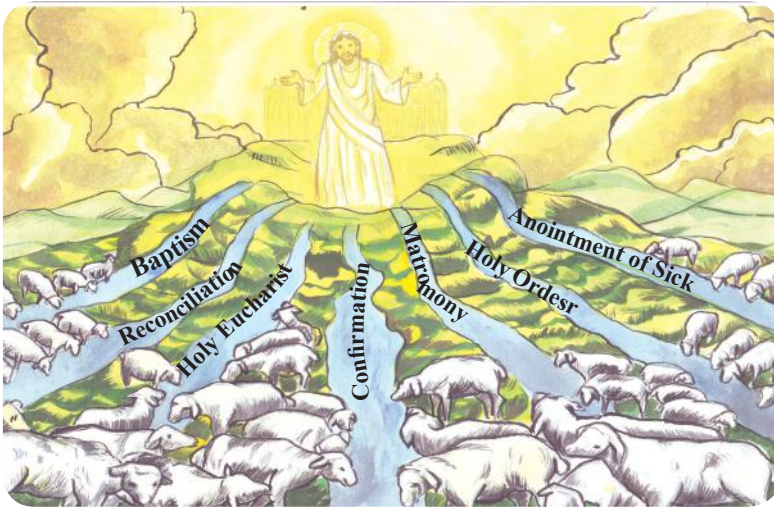


Picture 9.1 - Holy Eucharist in a monstrance

When we receive the Holy Eucharist we receive the Body and Blood of Jesus. By receiving the body and blood of Christ we believe that our spiritual life is nourished. That is the gift of grace that we receive inwardly. Jesus instituted the Holy Eucharist at the Last Supper on Holy Thursday. The bread and wine that Jesus used at the Last Supper are visible signs of the Sacrament of

the Holy Eucharist. The bread and wine are transformed into Jesus' body and blood during the Holy Sacrifice of the Mass. That is the liturgical service for the Sacrament of the Holy Eucharist.

There are seven Sacraments, the picture below shows the Seven Sacraments.

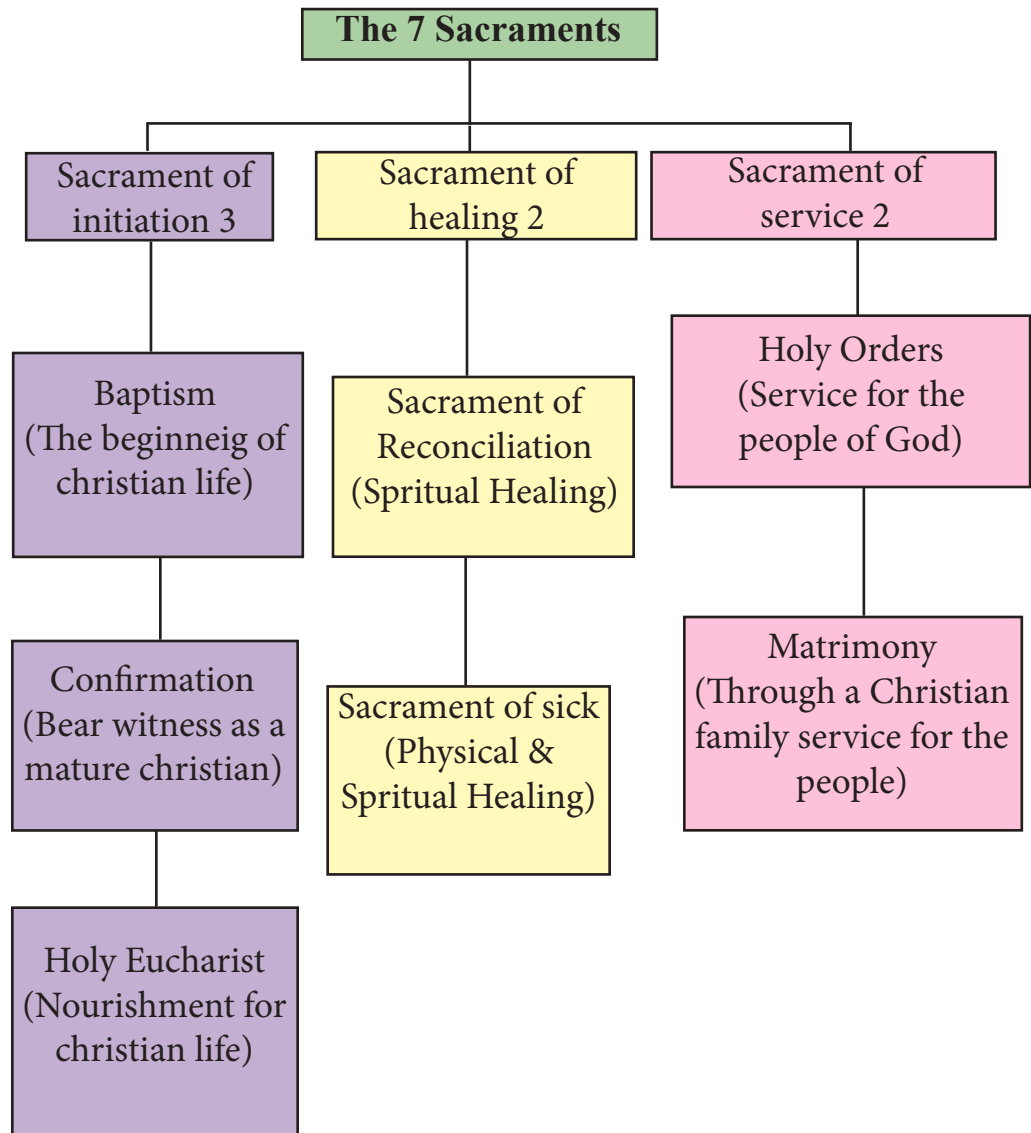


Picture 9.2 - The seven sacraments where we meet Risen Christ

The Seven Sacraments touch all the stages and all the important moments of Christian Life.

- ★ Birth - Baptism
- ★ Nourishment - Holy Eucharist
- ★ Adult hood - Confirmation
- ★ Vocation - Matrimony/Holy Orders
- ★ Healing - Reconciliation and Sacrament of the sick

There is thus a resemblance between the stages of the natural life and the stages of the spiritual life' Through the Sacraments Jesus Christ gives us grace. We should receive them with our own free will and with a good knowledge and understanding about the Sacrament we receive. All those who are baptised should receive the other Sacraments at the proper age and at the suitable time. We can categorise the Seven Sacraments as follows:



These three Sacraments can be received only once

1. Baptism
2. Confirmation
3. Holy Orders

①



Picture 9.3 - Baptism

②



Picture 9.4 - Confirmation

③



Picture 9.5 - Holy Order

These Sacraments imprint an indelible mark on the soul. The graces and benefits that one receives from each Sacrament is found on the next page.

| The Sacrament | Graces we receive |
|----------------|---|
| Baptism | We become children of God. Our sins are forgiven. We are born to a new life in the Holy Spirit. |
| Reconciliation | Our sins are forgiven, Our friendship with God is renewed. |
| Holy Eucharist | Jesus feeds us with his own body and blood as nourishment and food for our spiritual life. |

| | |
|-----------------------|--|
| Confirmation | We become mature Christians. We become true witnesses to Christ. |
| Matrimony | God's strength and grace to fulfill the responsibilities of married life. To raise children for the kingdom of God and educate them and bring them up as good Catholic children. |
| Holy Order | Jesus instituted the priesthood to continue the mission that he entrusted to the apostles. For the sake of ministering to the body of Christ on earth, Jesus calls certain young men to his service and gives them the help of the Spirit, |
| Anointing of the Sick | It comforts us. We obtain spiritual healing, peace of mind and sometimes health of the body. |

Activity

Write answers to the following questions.

1. What is a Sacrament?
2. What are the Sacraments that you have received so far.
3. Mark on a chart the time that you have to receive the Sacraments of Initiation.
4. Write two bits of advice
 - to a friend who does not attend Sunday Mass or
 - to a friend who has not received his First Holy Communion or
 - to a friend who does not receive the Sacrament of Reconciliation.

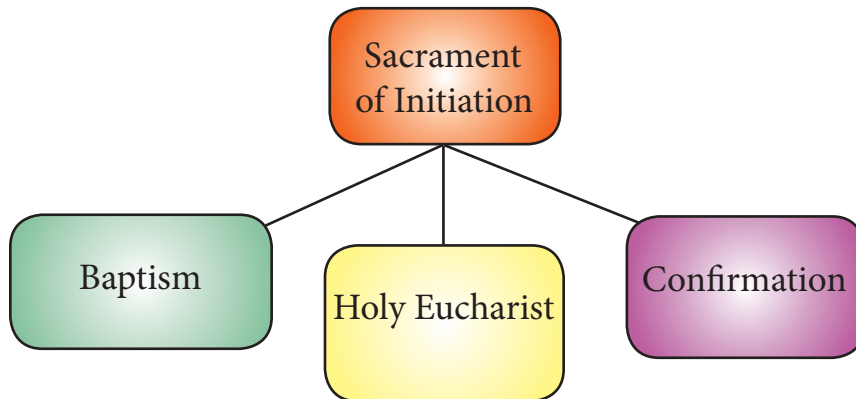


For life

Receive the Sacraments at the correct age and at the proper time

10

Sacraments of Initiation

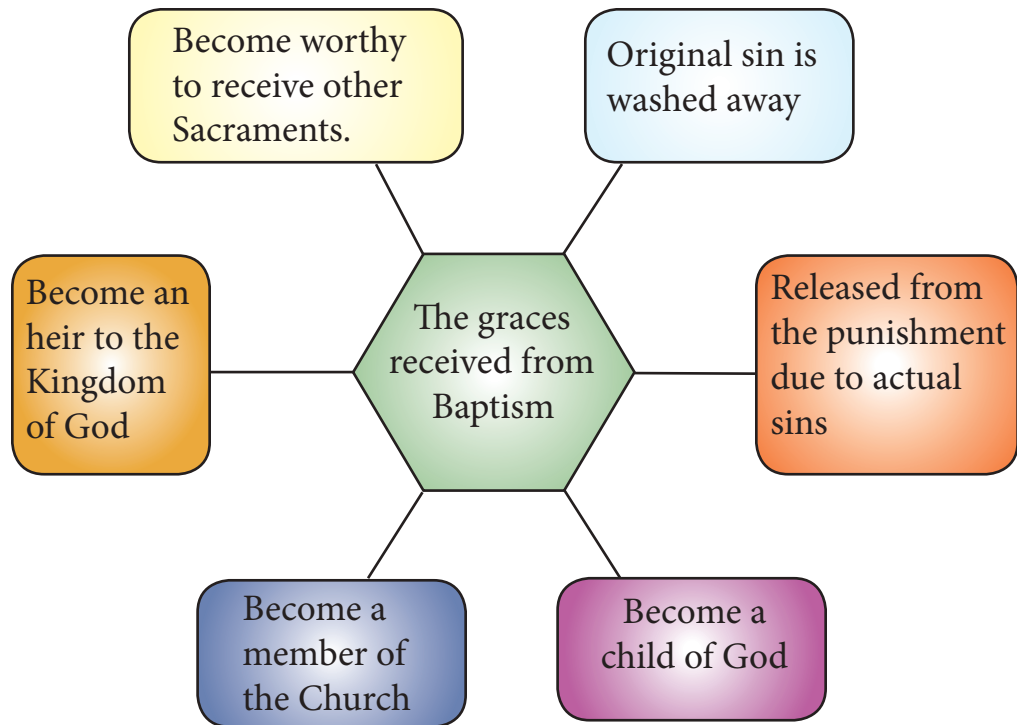


1. Baptism



Picture 10. 1 - Jesus receiving Baptism at the river Jordan

Baptism is a sacrament that we can receive only once. An indelible mark of "God's Child" is imprinted in the soul of the one who receives the Sacrament of Baptism.



The Symbols used during Baptism



Picture 10.2 - Pouring water

1. Water

Water symbolises dying to sin and rising to a new life.

2. White Garment

White garment symbolises putting on Christ and keeping it pure and spotless all throughout life.



Picture 10.3 - Putting on white garment



Picture 10.4 - Lighting the Paschal candle

4. Anointing with Chrism

Symbolises coming of the Holy Spirit upon the Baptized



Picture 10.5 - Anointing with Chrism

2. Confirmation

On the day of the Pentecost

The disciples were all together in one place. Suddenly there came a sound like the rush of a violent wind , and it filled the entire house where they were sitting.

Parted tongues of fire appeared among them. These rested on each of the apostles. All of them were filled with the Holy Spirit and began to speak in diverse tongues as the Spirit gave them the ability.

Now there were devout Jews from every nation under heaven living in Jerusalem, and at this sound the crowd gathered was bewildered, because each one heard them speaking in their native language. On Pentecost Sunday, they were all filled with the Holy Spirit and on hearing the apostle Peter's sermon, three thousand people were baptised and they became Christians.

The Holy Spirit descended upon the Apostles on Pentecost Sunday. In the same way the Holy Spirit will descend upon all those who receive the Sacrament of Confirmation. We must pray and implore the blessings of the Holy Spirit before we begin our work, our studies or any other activity. The Holy Spirit will enlighten us, give us power and his strength to do everything well. The reception of the Sacrament of the Confirmation is necessary for the completion of the baptismal grace. By the Sacrament of Confirmation, the baptized are more perfectly bound to the Church and are enriched with a special strength of the Holy Spirit. They become mature Christians and bear witness to Christ by word and deed.

3. Holy Eucharist



Picture 10.6 - The Last Supper

Then he took a loaf of bread and after he had given thanks, he broke it and gave it to them saying "This is my body which is given for you. Do this in remembrance of me"
(Luke 22:19)

By the words that Jesus uttered at the Last Supper Jesus instituted the Sacrament of the Holy Eucharist. The Sacraments of Initiation come to completion when receiving the Sacrament of the Holy Eucharist.

The Eucharistic Miracle of Lanciano, Italy



Picture 10.7 - Holy Eucharist

Time of the miracle - In the year 700 A.D.

The place of the miracle - In Italy, in a monastery named after St. Longinus (The Roman soldier who pierced the side of Jesus)

The miracle - A priest monk who had doubts about the change of bread and wine into the body and blood of Christ, had just spoken the solemn words of consecration, when the host was suddenly changed into a circle of flesh and the wine was transformed into visible blood.

Result of the Scientific test in 1574

In February 1574 Monsignor Rodrigues verified in the presence of reputable witnesses that the combined weight of the five pellets of frozen blood was equal to the individual weight of any of them, a fact that was later memorized by being kept in a marble tablet in 1636. This place is still located in the Church.

The result of the medical scientific experiments in March 4th 1971 by Professor Linoli

- The flesh was identified as muscular tissue of the human heart.
- The blood and the flesh were found to belong to the same blood group AB positive.

- The blood contained the minerals that is found in human new and fresh blood. Minerals such as Calcium, and of Proteins.
- No preservative was found inserted to keep it always fresh and new.
- Though the flesh and blood were exposed to the influence of the physical atmosphere for nearly 12 centuries no sign of decay is noticed.

The findings of 1970 experiments

After Scientific experiments done by the Naza Institute, it was revealed that the blood in the Holy Shroud of Turin and the blood in the piece of flesh in the Lanciano miracle, belong to the same group of blood. The blood group is AB Positive

So we have enough of evidence to prove that Jesus is really and truly present in the Holy Eucharist. Hence we must receive Jesus regularly with faith, love and with due reverence. By receiving Holy Communion our spiritual life is nourished and we receive grace upon grace.

Activity

1. How do you develop the new life you have received from Baptism?
2. Write five things that you learnt from the incidents that happened on Pentecost Sunday.

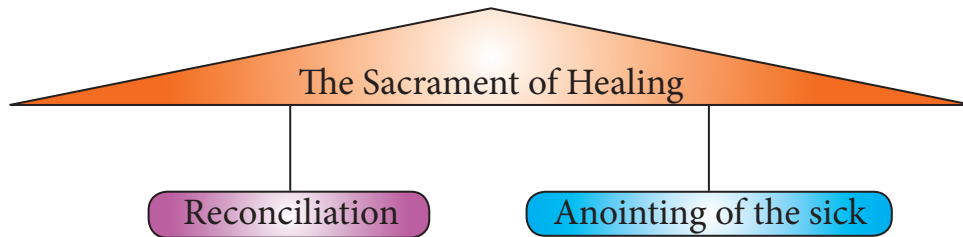


For life

Whenever possible I go to the Eucharistic Sacrifice and receive Holy Communion.

11

The Sacraments of Healing



Through these two Sacraments one receives spiritual, physical and mental healing.

The Sacrament of Reconciliation



Picture 11.1 - Jesus forgives the sinful women

The Sacrament of Reconciliation or Penance is the Sacrament instituted by Jesus Christ for the forgiveness of sins committed by a person after his Baptism.

A person, who due to serious sin, loses his state of grace. God's friendship is Reconciled and brought back to God's friendship by the Sacrament of reconciliation.

Institution of the Sacrament of Reconciliation

After his resurrection, on the evening of Easter Sunday he appeared to his apostles and saying the words of the Holy Scripture stated below gave them the power to forgive sins to his apostles and instituted the Sacrament of Reconciliation.

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

(John 20:22-23)



Picture 11.2 - Making Confession

Graces received through the Sacrament of Reconciliation

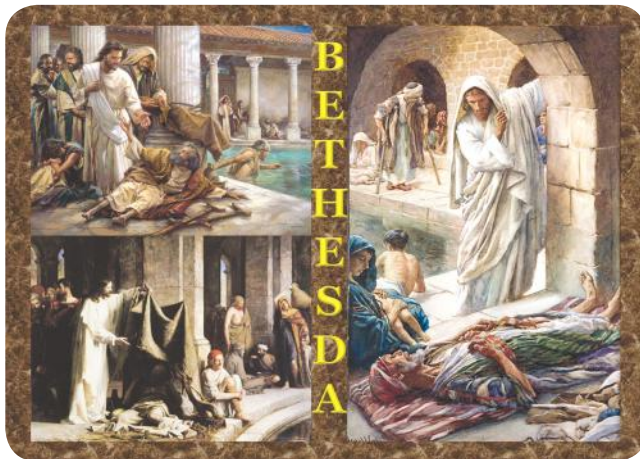
- * Jesus forgives our sins
- * He removes eternal punishment
- * We regain sanctifying grace
- * We receive the strength to avoid sin
- * We are reconciled to God and to our neighbour

Confession is essential for those who have fallen into mortal sin after baptism. If we fall into mortal sin we should immediately beg God's forgiveness by an act of contrition and approach the confessional at the earliest. Even if we are not in mortal sin, it is advisable to make one's confession from time to time, for our venial sins. When we do so, we obtain forgiveness for our sins and gain strength to avoid sin.

In order to make a good confession there are five things we need to do

1. Examine your conscience
2. Be sorry for your sins
3. Make a firm resolution not to sin again
4. Confess your sins to a priest
5. Do the penance given by the priest

Sacrament of Anointing of the sick



Picture 11.3 - Healing the paralytic at the pool of Bethesda

When we become physically weak and come close to death we need a lot of spiritual strength. The Sacrament of the anointing of the sick brings us both spiritual and physical strength at this crucial hour.

Graces received through the Sacrament of anointing of the sick

- ★ It gives spiritual and physical strength to the sick person
- ★ Forgiveness of sins
- ★ Become a sharer of Christ's suffering
- ★ Sometimes by the healing power of this sacrament sick persons get healed.
- ★ Removes the fear of death.

When do we receive the Sacrament of anointing

- ★ When somebody is seriously ill.
- ★ Before a serious operation
- ★ After a serious accident
- ★ When somebody is at the last moment of his life

Preparing the place for the anointing of the sick.



Picture 11.4 - place prepared for anointing of the Sick

When the Sacrament of Anointing of the sick is given in your home prepare the place as it is shown in the picture.

If there is a very sick or an aged Catholic person in your neighbourhood inform the parish priest, and make arrangements for that person to receive the Sacrament of the Anointing of the sick. It is very good if you can make that person receive Holy Communion from time to time. Whenever possible give them a chance of making their confession and pray for them.

Activity

Fill in the blanks.

1. “If you they are”
2. by doing that you can have a change in your life.

Answer the questions

1. Mention instances that you should receive the Sacrament of the Anointing of the sick.
2. Write three duties you can perform regarding a very sick person in your neighbourhood



For Life
**When you commit a serious sin
make a good confession**

12

The Sacraments of Service

Jesus Christ instituted two sacraments for this purpose

1. Holy Orders (Priesthood) Jesus Christ instituted the Sacrament of Holy Order to continue the mission entrusted to the apostles until the end of the world.
2. Holy Matrimony It is a contract between a man and a women with the intention of procreating children and accepting responsibility before God to build up a good Christian family. God endorses this promise, blesses this union and grants abundant graces to fulfill the obligations of family life. Catholic marriage is a contract and also a sacrament.

These two Sacraments build up God's people. The priest fulfils it in the parish and the parents fulfill it in the home by cultivating a good environment in the parish and at home they perform their duties by doing their service and obligations as promised on the day of their ordination and marriage.

Priesthood



Picture 12.1 - Offering Holy Mass

Lord Jesus Christ on Holy Thursday saying the following words instituted the Sacrament of the Holy Eucharist.

“ Then he took a loaf of bread and when he had given thanks, he broke it, and gave it to them, saying, “This is my body which is given for you. Do this in remembrance of me ”
(Luke 22:19)

The Sacrament that was instituted by Jesus Christ at the last supper is continuously commemorated everyday by the priests by offering the Holy Sacrifice of the Mass. The Sacrament of Holy Orders imprints an indelible mark on the soul of the priest. Therefore they can receive this sacrament of Holy Orders only once in a life time.

The services of the Priests.

- Preaching the Word of God
- To be a true shepherd
- Offering the Holy Sacrifice of the Mass
- Administer the Sacraments.
- A priest acts as a mediator between God and man
- He offers to God the prayers and adoration of the people of God.
- He obtains God’s mercy and blessings on the people.
- He blesses the people
- He conducts the Daham Pasala
- He teaches the religion
- He conducts funeral services
- He Visits homes and Families
- He helps the poor.

It is our duty to help the priests to do their various responsible tasks. Hence let us help the priests in whatever way we are able. The pictures below show us a few such instances.



Picture 12.2 - Serving Mass



Picture 12.3 - Reading the Word of God or prayers of the faithful



Picture - 12.4 Singing in the choir



Picture 12.5 - Doing Sramadana

Holy Matrimony



Picture 12.6 - Celebrating the Sacrament of Matrimony

Institution of the Sacrament of Matrimony

The marriage was instituted by God at the beginning of the world.

Then the Lord said “ It is not good that the man should be alone. I will make him a helper as his partner”

(Genesis 2:19)

But from the beginning of creation, God made them male and female. For this reason, man shall leave his father and mother and be joined to his wife, and the two shall become one flesh. Therefore what God has joined together, let no one separate.

(Mark 10: 6-9)

Duties and responsibilities of children towards their parents

| | |
|-----------------|--|
| Sirach 3:12-16 | <ul style="list-style-type: none">• My child, help your father in his old age.• Do not grieve him as long as he lives.• Even if his mind fails, be patient with him.• Do not despise him• Do not make your mother angry. |
| Sirach 7:27-28 | <ul style="list-style-type: none">• With all your heart honour your father.• Do not forget the birth pains of your mother.• Remember that it was of your parents you were born. How can you repay what they have given to you |
| Colossians 3:20 | <ul style="list-style-type: none">• Children obey your parents in everything |
| Ephesians 6:1-2 | <ul style="list-style-type: none">• Children obey your parents in the Lord• Honour your father and mother |



Picture 12.7 - Paying homage to the parents

Look at this picture. You can see two children paying homage to their parents. We too must pay our respect to our parents. They have given their whole life for us. Therefore we must help them whenever we can. As students we must do our studies well so that they will be happy. We must always behave well at home, so that there will be peace at home, because they gave us life, they fed us with good food. They spent for our education. They lead us to God by helping us to do our religious duties. They always make us go on the right path by their good example.

Activity

1. Prepare a report on the Institution of the Holy Eucharist and the services rendered by the priest to the people.
2. Make a poster stating the duties and responsibilities of children in the family.



For Life
Obey your parents and
your parish priests.

13

Ten Commandments



Picture 13.1 - Handing over the Commandments on Mount Sinai

This picture shows us how God gave the Ten Commandments on Mount Sinai. Before he received these Ten Commandments Moses prayed for forty days.

By giving these Ten Commandments, God wanted to guide us and to lead us to live a good life. The primary teaching of Christianity is to love the neighbour which is based on the love of God.

Ten Commandments

First three Commandments

- 1. You shall not have strange Gods before me.**
- 2. You shall not take the name of the Lord your God in vain**
- 3. Remember to keep holy the Lord's day**

Other seven Commandments

- 4. Honour you father and your mother**
- 5. You shall not kill**
- 6. You shall not commit adultery**
- 7. You shall not steal**
- 8. You shall not bear false witness against your neighbour**
- 9. You shall not covet your neighbour's wife**
- 10. You shall not covet your neighbour's goods**

These Commandments, teach and guide us to become a Moral and Lawful person

| Commandments | The Messages we get |
|--------------------|--|
| First Commandment | This Commandment obliges us, to worship only the Triune God. |
| Second Commandment | Do not swear without a serious and valid reason. Avoid swearing falsely; cursing of holy things that are dedicated to God |
| Third Commandment | This Commandment obliges us to worship God on Sundays and the days of obligation. These days should be observed as days of rest, and we should participate in the Holy Mass fully trying to avoid wrong acts and to keep the day holy. |

| | |
|---------------------|--|
| Fourth Commandment | Honour and respect the parents who are the representatives of God, and we should also respect the teachers, elders, church leaders and the leaders of the country too. |
| Fifth Commandment | Should respect the physical and spiritual wellbeing of the neighbour and live with him a peaceful life, and also we should be concerned about our body's health too. |
| Sixth Commandment | We are expected to be modest and pure in our words, looks and actions. |
| Seventh Commandment | We should cultivate a habit of protecting others' goods not to take other's belongings and to respect their rights |
| Eighth Commandment | To speak the truth always |
| Ninth Commandment | Not to have any relationship with a married person. |
| Tenth Commandment | This Commandment obliges us to be content with what you have and be happy with the well being of others |

The above chart, gives us a guidance to live a life, according to the Ten Commandments.

Activity

With the Ten Commandments in order, and make a Creative Module out of that.



For Life

Remember all the sins you did throughout the day and ask forgiveness from God and make a promise, not to commit those sins again.



Picture 14.1

Shadrach, Meshach, and Abednego were in the furnace without burning.

A long time ago, there was a great powerful king named Nebuchadnezzar of Babylonia. He was a King, who did not believe in the God of Israel, but believed in other mythical pagan gods.

Once he asked his servants to make a golden statue and set it up at the plain of Dura, in the province of Babylon. Then the King gave orders to all his citizens to worship that statue, and he also

declared, if anyone who does not bow down and worship the statue, he will immediately be thrown in to a blazing furnace.

But there were three brothers, Shadrach, Meshach and Abednego who were Jews, loved and worshiped whole heartedly the one and only God. These three brothers refused to worship the golden statue of king Nebuchadnezzar. Then king Nebuchadnezzar lost

his temper and ordered his men to heat the furnace seven times hotter than usual, and throw these brothers into the blazing furnace and kill them. Those who took them into the furnace were killed by the flames which came out of the furnace but none of these three brothers got hurt with fire, not even a single hair of theirs was burnt. The king and the others who were around there, saw those three brothers walking in the midst of the furnace.

(Daniel 3)

Today we are worshipping the same God who rescued them from the fire. At the same time we are directed to adore God alone, by the first Commandment. This is a good guidance to those who give their worship to trees, statues, models of animals and other different things, in the present society.

We should offer our supreme worship to God. The same God who rescued Shadrach, Meshach and Abednego will stay with us, and protect us from all evil then we can be sure that we are receiving the holy power of God, to overcome from all the challenges we are facing in our life.

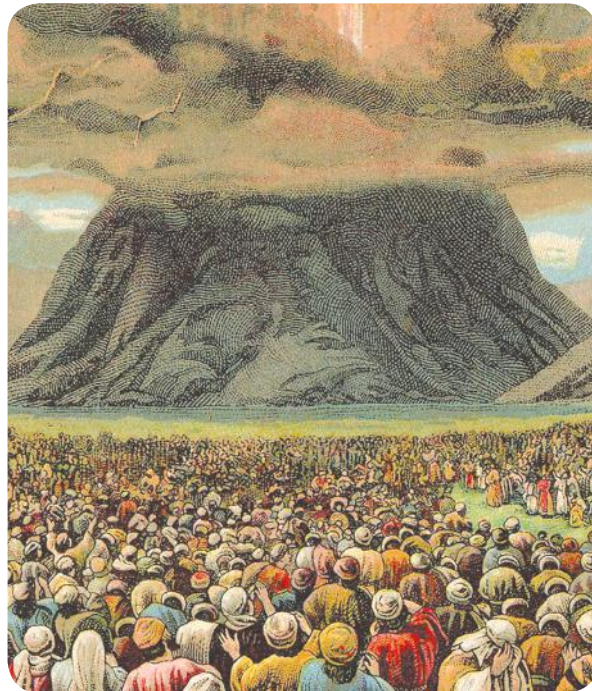
There are three commands of God which directs us to worship God alone, out of them two are :

1. Thou shalt worship God alone
2. Thou shalt not take the name of the Lord your God in vain

We will turn our attention to these two Commandments, which are mentioned in the book of Deuteronomy

"worship no God, but me. Do not make for yourselves images of anything in heaven or on earth or in the water under the earth. Do not bow down to any idol or worship it "Do not use my name for evil purposes for I the Lord your God, will punish anyone who misuses my name.

(Deut. 5:7-9,11)



Picture 14.2 - People who adore their God alone.

We, who are Christians should observe these commandments of God which is in the sacred scriptures By doing that we can offer our selves and love to the supreme God. Therefore we will keep the first and second commandments in our minds.

I
**"you shall
 worship
 the Lord
 your God"**

II
**"You shall not
 take the name
 of your God
 in vain"**

Let us consider 'Do' and 'Donts' according to the first and the second commandments

| Commandments | What we should do | What we should not do |
|-------------------|--|--|
| First Commandment | <ul style="list-style-type: none"> • Adore God alone, and offer Him supreme worship. Pray everyday, by praising and worshipping God, before starting any work. • Keep trusting in God the Father in every challenge in life. • Be faithful to God the Father, until we die. | <ul style="list-style-type: none"> • Adoring or worshipping a person or a thing. • Believing in other gods. • Idol worshipping. • Idolatrous practices like, amulets, charms, spells, charmed oils and threads. • Belief in auspicious times, light reading, signs of good and bad times. • participating in the practices of non-Christian religions. |

| Commandments | What we should do | What we should not do |
|--------------------|---|--|
| Second Commandment | <ul style="list-style-type: none"> • Always tell the truth. • Proclaim the truth, after swearing at the courts. | <ul style="list-style-type: none"> • Taking the name of God, to swear <p>Swearing at the courts and proclaim falsely.</p> |

We learned, from the verses 5:7-8 of the book of Deuteronomy, that we should not adore any person or a thing and consider God as the Father.

The statues of saints help us to pray. Those images help us to bring that relevant person into our minds. But saints can only pray for us. Because they intercede before God, we pray or make promises in front of statues.

God the Father is the only one who can and who is providing all our needs. At the same time, saints are giving a valuable example to us, for our Journey towards heaven. Because of that, all the pious devotions, we are doing towards saints should be done, only to give them honour or respect.

Also doing rituals and observing beliefs of non-christian religions, making oaths and worshipping are sins against the second commandment. In the Holy Scripture it is written, that the idolatrous practices and idol worshipping are abomination to the Lord.

The Lord God who is protecting you and me, had protected our forefathers and the people of God since the beginning of the world and in the past. That was wonderfully explained in the several places in the Holy Scripture, especially the book of '**Exodus**' is one of the best example for that. We can be sure as it was in the past even today. God the Father is protecting you and me.

Therefore we should

- Adore God alone and offer Him Supreme worship.
- Use the name of God with due reverence and respect
- Live our lives pleasing to God

Through the life of righteousness with praise and worship we will experience God's graces flowing towards us as a river that never goes dry. If you try, you can also enjoy this wonderful experience.

Activity

- (1) Read this texts given below and indicate in the bracket, whether they are right "✓" or wrong "x"
- i Should worship God alone. ()
 - ii Light reading is wrong, during the troublesome times of life ()
 - iii Respecting other religions is a good christian virtue ()
 - iv The first commandment is, "Thou shall not use, the name of God in vain" ()
 - v The first commandment cannot be fulfilled by believing in other Gods. ()
 - vi At any moment, we can swear in the name of God. ()
 - vii When there is a small child in the house, should write the slogan - "Balagiri" is not today but tomarow. ()
 - viii Can make a promise or a vow at a non christian place, before our examination. ()

- (2) Make a poster, which is 'for' and 'against', the first and the second commandments.
- (3) Write a song on first and the second commandments which explains the value and also the 'dos' and 'dents' and then sing the song



For Life

- * Every morning as you wake up, pray for a few moment in silence
- * Believe in the most powerful and Almighty God, Who loves and protects you, more than on the superstitious beliefs, such as the sound of a gecko, the cry of an owl and flapping the ear of a dog, which are beliefs in society.

15

Keep Sunday Holy



Picture 15.1 - Parishoners, Participating the Holy Eucharist

Let us sing this Hymn.

- 1 Lord created sky and earth
All the animals and the trees
He made man for his glory
Let's sing and worship his glory

Chorus :

Come and enter into the house of God
Singing and praising his glory
Lord our God loved us all
Let us thank him for His goodness.

- 2 Saved us from sin - by his cross
Eternal happiness brought into our lives
Let us celebrate that great sacrifice
Singing and worshipping with reverance

Tune Edlewise

From the hymn.

- 1 Where do you have to enter according to that invitation?
- 2 What kind of task, were you asked to do by that invitation?
- 3 Give two reasons why we should sing and play instruments to worship God ?
- 4 What kind of inheritance has Jesus brought us through his sacrifice on the cross.
- 5 What is the day, that the parish community must gather together to praise, thank and worship God.

Observe the sabbath and keep it holy. You have six days in which to do your work, but the seventh day is a day of rest dedicated to me. On that day no one is to work neither you, your children, your slaves, your animals, nor the foreigners who live in your country. In six days I the Lord made the earth, the sky, the sea and everything in them, but on the seventh day I rested. That is why I, the Lord, blessed the sabbath and made it holy.

Exodus. 20:8-11

Keep holy the sunday and other days of obligation

According to this commandment, we are obliged to participate in the Holy Mass, on all Sundays and on the days of obligation, which is demanded by the Catholic Church. Therefore it is important to know about the days of obligation.

The days observed as days of obligation in Sri Lanka

- 1 All Sundays of the year
- 2 January 01 - Feast of Mary, Mother of God
- 3 August 15 - Feast of the Assumption of Mother Mary
- 4 December 08 - Feast of the Immaculate Conception of Mother Mary
- 5 December 25 - Christmas Day

We commemorate the Paschal Mystery, specially on Sundays. It is the **suffering death** and **resurrection** of Jesus Christ, for the atonement of the sins of all mankind. Jesus shed His blood and brought us forgiveness for our sins, and the inheritance of the kingdom of heaven, through his infinite sacrifice.

Because of the forgiveness we have received, we must participate in the Sunday Holy Mass joyfully as one parish family, united in one mind.

God loved us so much, sent his only Son, to bring victory over death. Therefore we all must thank, praise and worship God our Father and Jesus Christ, who gave his life to redeem us. It is the main objective of the Sunday Mass.

God expects us to live a holy and righteous life. Therefore let us see the ways in which we can express our gratitude to God our Father, who created us and provides us everything for our lives.

- ★ We must actively participate in the Eucharistic celebration on Sunday.
- ★ We must attend Daham Pasala (Sunday School) to deepen our knowledge about God.
- ★ Find time to grow in unity within the family (eg. praying together, taking meals together)
- ★ Join with different associations, or confraternities. which give spiritual sustenance and do voluntary services in the parish.
- ★ Taking friends to attend and participate in the Sunday Mass.
- ★ Visiting the sick
- ★ helping the poor

The work, we should not do on sabbath day

1. Missing Holy Mass
2. Attending to tuition classes or going on field trips without attending Sunday Holy Mass and Daham pasala.
3. Doing work, on Sunday to earn money.
4. Talking, running, playing and joking inside the church.
5. Attending Mass in dresses with immodest styles.

You have to remember that the holiness, you should keep, will be destroyed by engaging in unnecessary work on Sunday and on the days of Obligation.

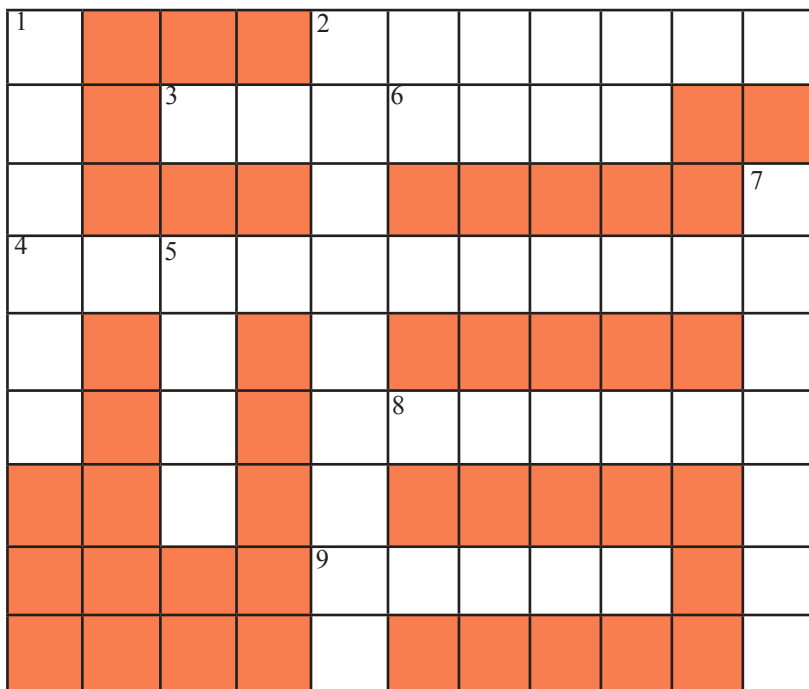
When you observe the Sunday and other days with righteous and in a holy way surely you can be a child

who is pleasing to God.

Then you can receive. His mercy and blessing, greatly into your lives - your life becomes filled with God's grace and joy. Because of that, you have to try always to be holy and righteous person.

Activity

(1) Fill this cross word puzzle



Clues

Down :

1. One of the books in the Bible, which tells us to observe the Sabbath day and to keep it Holy.
2. Parishoners gather as a at church on Sunday
5. We should spend especially on Sunday
7. Sunday is also called by this name

Across :

2. This way of living is pleasing to God.
3. It is good to help these people.
4. This is the place, where we develop our knowledge on God.
6. We should work on six days, and take on seventh day
8. Jesus was victorious over this.
9. We were demanded to keep holy the Sunday, by this commandment.

(2) Answer the questions :

1. Name the days of obligation and the other important feasts which we celebrate to honour Mother Mary
4. What is the special incident we are commemorating on Sunday ?
5. How we should live, to receive the blessings and graces of God the Father ?

(3) Draw and complete the chart given below. in your exercise book

| What we should do on Sabbath day | What we should not do on Sabbath day |
|----------------------------------|--------------------------------------|
| 1 | 1 |
| 2 | 2 |
| 3 | 3 |
| 4 | 4 |
| 5 | 5 |



For Life

- ★ We have to recite prayers loudly.
- ★ We have to use a book, for the prayers we cannot say them by memory.
- ★ Use a hymnal.
- ★ Keep our hands joined and eyes closed when we pray.
- ★ Should not look around.
- ★ Should not crack jokes.
- ★ Relevant postures should be shown.

16

Neighbourly Love



Picture16.1 - Happy Family

We all like to live in unity and happily with different people, who are in our families, school and in our society. When we respect each other only, can we experience a life filled with joy and happiness. At the same time, we should learn to treat everybody with good manner and respect their dignity. Let us

find ways and means of how the teaching of the Commandments help us to make our society happy.

There are seven commandments which teach us to love our neighbour. They are from the 4th to the 10th commandment.

Fourth Commandment - Honour your Parents

"Honour your father and your mother, that you may have a long life in the land, which the Lord, your God is giving you"

(Ex 20:12)

"Children, obey your parents in every thing for this is pleasing to the Lord"

(Col. 3:20)

Fifth Commandment - You Shall not Kill

"Thou shall not kill"

(Exodus 20/13)

You have heard, that it was said to your ancestors "you shall not kill, and whoever kills, is liable to judgement"

(Mat 5:21)

Sixth Commandment - You shall not commit adultery

"You shall not commit adultery"

(Exodus 20:14)

"Do you not know, that your body is a temple of the Holy Spirit within you, whom you have from God, and that you are not your own?

For you have been purchased at a price. Therefore, glorify God in your body."

(1Corinthians 6:19-20)

Seventh Commandment - You shall not steal

"you shall not steal"

(Exodus 20:15)

"Thieves nor the greedy, nor drunkards
nor slanderers nor robbers will inherit
the kingdom of God.

(1 Cor 6:10)

Eight Commandment - You shall not bear false witness against your neighbour

"You shall not bear false witness
against your neighbour"

(Exodus 20:16)

"Therefore put away falsehood,
speak the truth, each one to his
neighbour, for we are members of
one another"

(Ephesians 4:25)

Ninth Commandment - You shall not covet your neighbour's wife

"you shall not covet your
neighbour's wife".....

(Ex 20:17)

Ten Commandment - You shall not covet your neighbour's goods

"you shall not covet your neighbour's house, you shall not covet his male or female slave, or his ox or ass, or anything else that belongs to him"

(Exodus 20:17)

If we build our lives according to the commandments given above, the society we are living in, could be a place of peace and joy, where all can live with neither fear nor suspicion. Because of that, it is good to find what we should or should not do, when we practice the commandments of love

| Commandment | What we should do | What we should not do |
|---|--|--|
| Fourth Commandment <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: 0 auto;"> Honour Your Father & Mother </div> | <ul style="list-style-type: none"> ★ Honour the parents elders and the Leaders. ★ Accept the advice of parents and elders ★ Pray for parents and elders ★ Be kind and love. your parents | <ul style="list-style-type: none"> ★ Disobey the parents ★ Arguing with anger and hatred, with elders ★ Making elders, sad and unhappy. ★ Doing things to hurt elders and mocking them |

| | | |
|---|---|---|
| <p>Fifth Commandment</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>You shall not kill</p> </div> | <ul style="list-style-type: none"> ★ Respect every life as a great gift of God. ★ rescue and protect the lives of others as yours. ★ take due medication for physical health. | <ul style="list-style-type: none"> ★ Commit suicide. ★ Harm or destory another's body or life. ★ Spread false stories and gossip. ★ Destroy the good name of others |
| <p>Sixth and Ninth Commandment</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>You shall not kill</p> </div> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>You shall not covet your neighbour's wife</p> </div> | <ul style="list-style-type: none"> ★ Should work and realize that the marriage is a holy and blessed way of life, which was given by God. ★ Not to provoke others to sin, by wearing immodest dresses. ★ work for peace and joy of marriage life in the family | <ul style="list-style-type: none"> ★ Reading bad books and watching immoral films and pictures. ★ becoming a slave of desires. |
| <p>Seventh and Tenth Commandment</p> <div style="border: 1px solid black; padding: 5px; margin: 10px auto; width: fit-content;"> <p>You shall not steal.</p> </div> | <ul style="list-style-type: none"> ★ Respect and protect what other's possess. ★ Be just in sales and purchases. ★ Duly pay the debts, which were borrowed | <ul style="list-style-type: none"> ★ Stealing. ★ Hoard money and possessions stingily |

| | | |
|---|--|--|
| <p>Seventh and Tenth Commandment</p> <p>You shall not covet your neighbour's goods</p> | <p>★ Pay the remuneration what they deserve, in justice.</p> | <p>★ Taking or acquiring things, unjustly.</p> <p>★ damaging or destroying the property of others.</p> <p>★ destroying the public property.</p> <p>★ working in fraudulent ways.</p> |
| <p>Eight Commandment</p> <p>You shall not bear false witness against your neighbour</p> | <p>★ Speak the truth always.</p> <p>★ Be truthful as God the Father.</p> | <p>★ Telling lies.</p> <p>★ Giving unjust judgement.</p> <p>★ Accusing falsely.</p> <p>★ Putting one's own fault on others.</p> <p>★ Hiding the truth for one's own benefit.</p> |

Sing the Hymn, given below

Chorus :

Who are those in habit in the Lords tent
They are those who walking in the Lord's tent
Who are those who come to your holy hill
They are those who keep their own feet on God's hill

1. Those who have no bitter thoughts in their hearts
Those who work towards justice and peace
Those who always speak what is true
Those Who do not speak ill of others
2. Those who do not do evil to their brothers
Those who do not despise the names of other
Those who move away from all wrong habits
Those who give their lives for what is good and true
3. Those who do not give money on interest
Those who do not take bribes and trample others unjustly
Those who do not let the poor and needy suffer
Those who do not falsely accuse innocent folk

4. Those who send away the ill treaters
 Those who respect and honour the God's people
 Those who do not forget the promises what they made
 They are the most fortunate and blessed people

Activities

- (1) Write down the relevant commandment within the bracket, which is explained by each phrase.

| phrase | Commandment |
|--|-------------|
| i. Those who always speak what is true | (.....) |
| ii. Those who do not take bribes and trample others | (.....) |
| iii. Those who do not despise the name of others | (.....) |
| iv. Those who do not falsely accuse innocent folk | (.....) |
| v. Those who respect and protect others' possession | (.....) |
| vi. Those who respect and honour leaders | (.....) |
| vii. Those who wear their clothes modestly | (.....) |
| viii. Those who work for peace and joy in their family | (.....) |

- (2) Find the following quotations from the Holy Bible and write them down in order in your exercise book and name the relevant Commandment in front of each quotation.

- i. Exodus 20:12, 20:13, 20:14, 20:15, 20:16, 20:17
- ii. Leviticus 19:11
- iii. Matthew 5:21
- iv. Colossians 3:20
- v. 1 Corinthians 6:10, 6:18
- vi. Ephesians 4:25



For Life

Live a righteous life



Picture 17.1 - Jesus who sacrificed His life on the cross

Let's sing this Hymn

Chorus Love one another
 Warm as brotherly love
 Live a life of unity
 Enjoy peace in the Lord

- 1 Eager to show respect to others more than to you
 Respect your neighbours leaving your proud thoughts
 work hard with courage and do not ever be lazy
 Serve the Lord God with a heart full of great devotion
- 2 In your happy days be joyful without being proud
 In your troublesome days be patient without being discouraged
 Do not ever forget the constant prayer to God
 Lend your helping hand to all those who need your love.

- 3 Spread the God's peace among those who are persecuting you
If someone does you wrong do not repay him with a wrong
Be happy with a smile when there is laughter and joy
Be concerned of their pain and weep with those who are
weeping among you

Read the hymn and make two separate lists, (i) the good things that you should add to your life. (ii) the bad things that you should keep away from your life.

Among those points, some say to forgive our enemies and for those who persecute us. Let us inquire about the scripture passage, which tells us, how we should love our enemies.

"You have heard that it was said an eye for an eye, and a tooth for a tooth. But now I tell you, do not take revenge on someone who does wrong to you, if any one slaps you, on your right cheek, let him slap your left cheek too. and if someone takes you to court to sue you for your shirt, let him have your coat as well, and if one of the occupation troops, forces to carry his pack one kilometre, carry it two kilometres. When someone asks you for something, give it to him, when someone wants to borrow something lend it.
(Mathew 5:38-41)

There is no difficulty to love those who love us. But it is difficult to love those who harm and persecute us. But the above scripture passages tell us, that we should forgive our enemies. It clearly says that we should not take revenge at all.

All receive God's love, blessings and mercy. He loves all of us, very much. Jesus taught us that we must love our enemies, as our Heavenly Father does.

"you have heard that it was said, love your friends, hate your enemies. But now I tell you, love your enemies and pray for those who persecute you, so that you may become the sons of your Father in Heaven. For he makes his sun to shine on bad and good people alike, and gives rain to those who do good and to those who do evil. Why should God reward you, if you love only the people who love you ? Even the tax collectors do that ! And if you speak only to your friends, have you done anything out of the ordinary? Even the pagans do that ! You must be perfect - just as your Father in Heaven is perfect.

(Matthew 5:43-48)

According to the above teaching, the enemy who harms us should be loved by us whole heartedly. God our loving Father, loves the good and the bad equally. Therefore, we also should love our friends as well as our enemies, as our Heavenly Father does. Loving enemies is a difficult task. But Jesus forgave those who mocked and insulted Him during the whole of His life. Finally they put Him to death by conspiracy.

Jesus said "Forgive them Father! They do not know what they are doing."

(Luke 23:34)

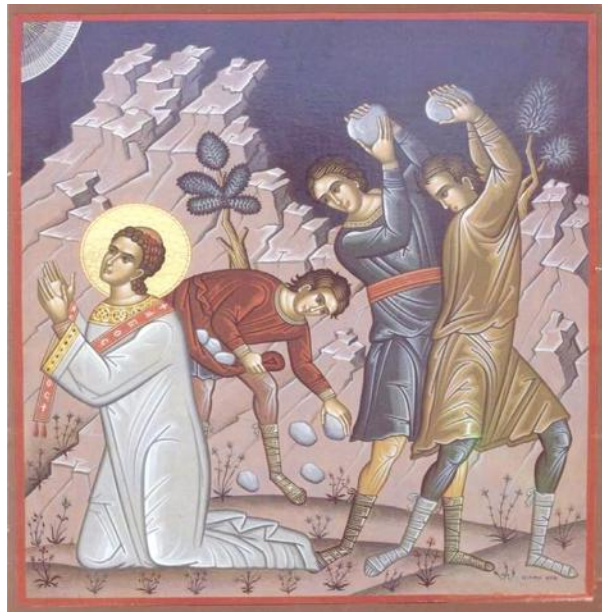
Can you remember, when did Jesus say these words? An event, where Jesus was hanging on the cross with wounds, at the moment he was sentenced to a shameful death forgetting everything, Jesus forgave whole heartedly those who mocked Him and drank wine to celebrate their victory. It was the great moment of great love, revealed to the whole world

Let us find out about some people who forgive their enemies like Jesus Christ.

Saint Stephen

Have you heard about St. Stephen, who was a follower of Jesus Christ, and how he forgave his enemies.

It states in the Holy Scripture. (Acts. 7:54-60) St. Stephen took the responsibility, and came forward to preach the true doctrine to the Jewish World. Because of that, he had to face persecution.



Picture 17.3 - Stoning and killing St. Stephen

'They kept on stoning Stephen, as he called out to the Lord, "Lord Jesus receive my spirit" Lord! Do not remember this sin against them" he said this and died.'

(Acts 7:59-60)

Pope John Paul II

Pope John Paul II, forgave his assassinator. That attempt was done by a person name Ali Agqua. He failed in his attempt, and the Pope was saved. But Ali was a sentenced and put into the jail. Pope John Paul II who visited Ali Agqua at his prison cell, hugged him with love, and forgave him whole heartedly.



Picture 17.4 - Pope John Paul II forgives Ail Agqua

Following the way that Jesus showed, Pope John Paul showed the world, how we should love our enemies. Try yourself to forgive your enemies. Try to become a child pleasing to God by forgiving your enemies.

Always remember the example that Jesus gave

by forgiving his enemies. Surely you can also become a blessed child. By forgiving you can experience a new life, filled with love.

Activity

- (1) Fill in the blanks by the choosing the correct word.
(Pray, forgive, sun to shine, enemies, revenge, give it)
1. Do not take from those who are against you.
 2. If someone asks you something to him.
 3.for those who persecute you.
 4. Heavenly Father make his on bad and good people.
 5. Love your
 6. them Father, they do not know what they do.
2. Write a short prayer
- Asking God's blessings for those who hurt and harm you.
 - Asking the power of the Holy spirit to inspire them to change their hearts and help them to come out of their wrong path.



For life

Pray everyday, asking God's blessings, for your friends and enemies.

The Catholics who live in every country of the world, are members of the Catholic Church. It is the bounden duty and the responsibility of the church leaders, to guide these members in the correct path, according to God's word.

Apart from the Ten Commandments, the law which the church has set, to guide the people on the correct path is named as the Precepts of the Church. There are five Precepts:

They are -:

1. Attend mass on Sundays and Holy days of obligation.
2. Receive the Sacrament of Reconciliation, at least once a year.
3. Receive Holy Communion at least once, during the Easter season
4. Observe the days of fasting and abstinence, established by the church
5. Provide for the needs of the church.

1. Attend Mass on Sunday and Holy days of obligation.

As people of God, the sacrifice we are offering to God is Holy Mass. It is a bounden duty and an obligation of the people of God, to attend Holy Mass on Sunday and on the days of obligation.

To fulfill this obligation, it is necessary, that they should participate in the Holy Mass fully. It means, they should give active

participation, from the entrance hymn to the final hymn, of the Mass

When we are participating in the Mass actively, it is good to refrain from unnecessary chatting which obstruct the concentration. Therefore we must participate at the Holy Mass whole heartedly. For that we should join in prayers,

hymns and the responses for the community prayers.

This obligation does not bind for persons who are seriously ill, living far away from a church, engage in essential services, and similar circumstances. Otherwise all Christians, who are above seven years of age, should observe this precept. However, those who are

released from this obligation, should try to attend a prayer service, other devotion or engage in private prayer.

We should not consider the Sunday obligation as a burden imposed on us. It is the expression of our love and gratitude to God for his loving kindness, showed towards us

2. Receive the Sacrament of Reconciliation at least once a year

We commit sins in the society we are living in. We sin with our knowledge, wilfully, or we sin through ignorance.

Because of our failures, wrong doings and sinful life, we break our relationships with God, our own brothers, sisters and our neighbours. Sometimes we may break our fellowship with others.

When we commit a mortal sin or a grievous fault, we must receive forgiveness, by going to confession. Because of that, the obligation of confession at least once a year, should be fulfilled by us.

Even if we don't have a mortal sin to confess, it is necessary to go to Confession at least once a year.

3. Receive Holy Communion at least once during the Easter season

Because of the people's fear to receive Holy communion, this precept was introduced, in the past. But today our Holy mother Church teaches us to receive Holy communion at every Eucharistic

Celebration and also the Church says: if we want to receive the full benefits the blessings of the Holy Mass, we have to receive Holy Communion during that same Mass.

4. Observe the days of fasting and abstinence, established by the Church

★ Abstinence

Abstinence means, abstain from eating meat of the creatures who are living on the earth, on the days prescribed by the Church. Those days are

- Ash wednesday
- Good friday
- All Fridays of the year

★ Fasting

Fasting here implies, taking only one full meal a day. Other two meals can be omitted or a light diet could be taken for the other two meals. The church establishes these days:

- As penance for our sins
- To train us to mortify our senses
- To make us imitate Christ, who was fasting for forty days in the desert.

The church strongly encourages us to fast and to engage in acts of alms giving of the food we collect from our fasting. The church teaches us to share that meal with a person who needs food. Therefore, giving alms is the main objective of fasting

Fasting binds only those Catholics who have completed 18 years of age and under 60 years of age. But all are encouraged to fast voluntarily.

Every although Ash Wednesday and Good Friday are recommended by the Church as the days of fasting, Catholics can fast on any other day voluntarily.

5. You shall help to provide for the needs of the church.

To maintain the stability of an institution or an organization, it is common, that the members contribute something for its maintenance. In the same way this precept of the Catholic Church asks its members to give of their help to provide for the needs of the

church according to their ability.

Maintaining the churches, providing the material needs of the clergy and for the different charitable works of the parish, these contributions help.

Activity

1. Name the **five** precepts of the church.
2. Write **three** things you can do to participate in the Holy Mass actively.
3. Write separately (a) the days of abstinence & (b) the days of fasting.
4. Describe what is fasting?
5. What are the forbidden days for a catholic marriage?



For Life

- ★ Let us participate at the Holy Mass fully on Sundays and the days of obligation
- ★ We go to the Sacrament of Reconciliation at least once a year
- ★ Let us fast on the recommended days.

19

Prayer

(Damian was in the Intensive Care Unit. One day his parents were called by the chief Doctor.)

Father : Doctor Why did you call us.

Doctor : Come, Come sit down. I asked you to come to speak about Damian, his condition is not good. As doctors, we did our best.

Mother : Oh,.... God! Our only son.

Doctor : Don't get upset, I can understand your situation. If Damian can show us any good response within the next twentyfour hours, we can do something and make your son live. That is what I wanted to convey to you.

Father : Lets get together and pray. I can trust in God, He will never give any pain or sorrow to us (they left the doctor, and started to pray without ceasing and a few hours later, the Doctor came towards them with a smile.)

Doctor : Good news! It's a miracle, now we can do something and make your son live.

Father : Thanks be to God! I believed our prayers will be heard by Him. (turns towards mother) when we return home, the first things we will take our son to the church.

Mother : Yes..... yes even I thought. We shall do it that way. We will pray with our son more than other days.

Prayer is an important part of our christian life As the bark is attached to the tree, prayer also should be attached and be a part of our christian life.

Prayer is

Lifting up of our minds and hearts to God in worship, praise and thanksgiving and asking God for our daily needs.

(C.F.C 291)

Prayer is a personal conversation with God being bound with love. Therefore with great devotion and concentration, we should pray to God. It is not necessary to have a set of memorized words to do this. It is more profitable to speak to God with our thoughts, that turned in to words, that come from the depths of our hearts.

There are four kinds of prayer.

1. Praise
2. Thanksgiving
3. Pleading for forgiveness
4. Pleading for graces and blessings.

(C.F.C 293)

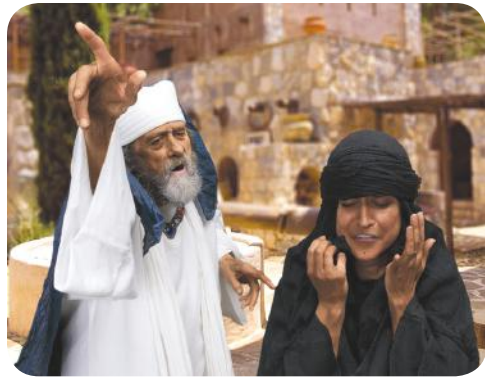
We christians, always try to engage in prayer to maintain a good relationship with God. When we pray, we praise, thank, ask for forgiveness for our sins and plead for graces and blessings from God.

Through parables, Christ taught and showed us how much more the Father in heaven gives good things to those who ask Him; therefore, He advises us to pray to God, without getting discouraged.



Picture 19.1

The parable of the friend who came at mid night
(Luke 11:5-8)



Picture 19.2

The parable of the unjust judge
(Luke 18:1-8)

- Open your Holy Bible and read the above mentioned parables.

Parable of the pharisee and the tax collector.

Jesus told this parable, to people who were sure of their own goodness and despised everybody else. "Once there were two men, who went up to the temple to pray. One was a Pharisee, the other a tax collector.

"The Pharisee stood apart by himself and prayed, I thank you God, that I am not greedy, dishonest or an adulterer like everybody else. I thank you that I am not like that tax collector over there. I fast two days a week and I give you a tenth of all my income".

"But the tax collector stood at a distance, and would not even raise his face to heaven, but beat his breast and said 'God have pity on me' a sinner!" "I tell you" said Jesus, the tax collector and not the Pharisee, was in the right with God when he went home. For everyone who makes himself great, will be humble and every one who humbles himself will be made great.

Luke 18:9-14

When we pray

- We should not boast about ourselves, because God knows us very well.
- We should not compare ourselves with others.
- We should not despise others.
- We should accept our sins and our failures.
- We should pray humbly'

From the parable of the Pharisee and the Tax collector the above advice was shown to us, by Jesus.

When we pray, as Christians we use different postures. They are raising our hands, joining hands and keeping them in front of our chest, worship by keeping hands on the forehead etc. Through these postures, we extend our devotion and humility to God, and also show our praises which belongs to Him.

Therefore, when we pray we should be concerned about using the correct postures, and offer our praises always to God.

Activity

- 1) What is the meaning of prayer'?
- 2) Name the **four** kinds of prayer.
- 3) Write **two** examples, from each of the parable given below
 - The friend who came at midnight
 - The unjust Judge
 - The Pharisee and the Tax collector.



For Life

"Ask you will receive seek and you will find" We will pray daily, by taking these words of our Lord in to our minds.



Picture 20.1 - Jesus Praying in Gethsamony

After his last supper, Jesus went out to the Mount of Olives, with his disciples. Jesus knew, 'Judas', the one who shared everything with Him, will betray Him the next moment, and hand him over to the chief priests. Jesus will have to undergo much suffering. Grief and anguish overcame Him and troubled him. He knelt down and prayed to his Father.

Father, if you will, take this cup of suffering away from me. Not my will, however, but your will be done

(Luke 22:42)

Prayer was a most important feature in the life of Jesus, when He was in sorrow, pain, loneliness and facing unsolved problems. Jesus found the answers through prayer. In that way, He was able to develop a strong relationship with God the Father. Even in His ministry, which was assigned to Him by the Father, Jesus was able to fulfill the task, through his constant prayer.

Some of the events where Jesus prayed.

★ At the time of his Baptism

Jesus **prayed**, after he was baptized

(Luke 3:21)

★ Before he healed many diseases

Jesus went away to lonely places where he **prayed**.

(Luke 5:16)

Before he chose his disciples.

At that time, Jesus went up a hill, to **pray** and spent the whole night there, **praying to God**'

(Luke 6:12)

Before Peters declaration about Jesus.

When Jesus was **praying**, the disciples came out to him. "Who do the crowds say, "I am"

(Luke 9:18)

★ Before his transfiguration

Jesus took Peter, John and James with him, and went up a hill to **pray**

(Luke 9:28)

Before teaching the 'Lords Prayer'

One day Jesus was **praying** in a certain place. When he had finished, one of his disciples said to him, "Lord, teach us to **pray**"

(Luke 11:1)

On the cross, Jesus prayed and said

"Forgive them Father,
They don't know what
they are doing"

(Luke 23:34)

"Father ! Into your
hands, I commend my
spirit"

(Luke 23:46)

As christians we should practice the wonderful example which Jesus gave us to show the value of prayer.

Human life survives on the respiratory system. If any difficulty occurs to this system, we have to bid farewell and get ready for our last journey. Similarly, prayer life is also very essential to our christian life.

Through that prayer life, we can

see God's will for us and at the same time, we can satisfy and fulfill our needs with God's blessings.

When we separate ourselves from our prayer life, we have also to separate from God. Then we become weak spiritually and ruin our christian values. Hence, let us pray daily to keep and secure our prayer life as a very essential part of our life.

In our daily prayers;

1. We can make use of spontaneous prayers, which we formulate according to our needs.
2. We can recite the different prayers which were introduced by the church.

Common prayers which we use frequently.

★ As you wake up in the morning;

Morning prayer.

God our Heavenly Father, who created and reigns over everthing, I thank you for the gifts and help, which I have received through your mercy and specially for preventing me from death last night. Today I promise you, that I will spend this day without disobeying any of your commandments and I offer all my thoughts, words and deeds, to you, therefore protect my body and soul, let me live in faith and according to your holy will and inherit your heavenly kingdom through your mercy. Amen

Through this prayer - We are

- ★ Thanking the heavenly Father for keeping us away from death and all evil the night before.
- ★ Promising God the Father, to live according to his commandments and do good, in our thoughts, words and deeds on the new day He has given us.
- ★ Asking God to protect our life, during this day and night.

Before going to school or starting a journey; Prayer to guardian Angel



picture 20.2 - Guardian Angel

Angel of God, my guardian dear,
to whom God's love commits me here,
ever this day be at my side
to watch, to guard to rule to guide
me. Amen.

Through this prayer

- ★ Since we have given ourselves into the protection of our guardian angel, we ask to secure our lives from all evil and in all dangers.

Before and After meal ; Grace before meals

Bless us, O Lord, and these
your gifts, which we are about
to receive from your bounty,
through Christ our Lord!
Amen. (Recite the Lord's
prayer).



picture 20.3 - Saying Grace before meals

Grace after meals

We give you thanks almighty God, for all the gifts which we have received from your bounty. Help those who helped us give life for the living and peace for the dead ' Amen (Recite "Hail Mary")

Through these two prayers

- ★ Thanking God for the meal received, through his mercy.
- ★ Asking God to bless the meal and the people who eat the meal.
- ★ Asking to bless and protect the people, who prepared the food.
- ★ Praying to protect the living beings.
- ★ Asking God to give Eternal Rest to the dead.

Before studying or a special task;

Prayer to the Holy spirit



picture 20.4 - Praying

V. Come Holy Spirit, fill the hearts of the faithfully.

R. And kindle in them the fire of thy love.

V. Send forth thy spirit and they shall be created .

R. And thou shall renew the face of the earth .

Let us pray

O God, who by the light of the Holy spirit didst instruct the hearts of the faithful; grant that by the gift of the same holy spirit, We may be always truly wise and ever rejoice in his divine consolation, through Christ our Lord Amen.

Through this prayer

- ★ The believers of the Holy spirit praying to him to fulfill them, with His gifts.
- ★ Asking his courage to understand every thing correctly.
- ★ Pleading to feed us with his graces and make all of us, the inheritors of a joyous life.

Before going to sleep|

Night Prayer



picture 20.5 - Saying the night prayer.

Jesus, our Lord and our redeemer who saved all mankind, forgive my sins, which I had done today. During this night time, save me from the sudden death, bad dreams and temptations of satan. With your mercy, help me to wake up, without having any uneasiness to my body and to my life to praise you, for your glory Amen.

Through this prayer

- ★ Pleading forgiveness from Jesus, for the sins we had done during the day, from morning till night.
- ★ Asking Jesus to protect us, during the night time from the death, bad dreams and the temptations of satan.
- ★ Asking to give us the ability to thank Jesus by waking up after a peaceful sleep.

During our prayer time, if we use these common prayers frequently, we should be careful to memorize them correctly and recite them with great devotion.

Activity

- 1 Write four instances where Jesus prayed
- 2 Mention five instances, where you pray daily
3. Memorize the above mentioned common prayers and recite them in front of your teacher



For Life

Gathered together as a family, let us offer our thanks to our Heavenly Father, who provides for our physical and spiritual sustenance.

21

The Lord's Prayer



Picture 21.1 - Jesus teaches the Apostles the 'Our Father'

One day Jesus was praying in a certain place. when he had finished, one of his disciples said to him, "Lord, teach us to pray, just as John taught his disciples. He listened to their pleading and said "When you pray, say this" and taught them the Lord's prayer.

As this prayer was taught and handed to us by our Lord Jesus, we name this as the "LORD'S PRAYER". At the same time we name it as, 'Our Father' too. This prayer that Jesus taught, was:

Our Father who art in heaven hallowed be thy name Thy kingdom come, Thy will be done on earth, as it is in heaven. Give us this day our daily bread And forgive us our trespasses As we forgive those who trespass againsts us. And lead us not into temptation. But deliver us from evil.

According to the "Lords Prayer", we find some important topics which should be in a prayer. They are:

| Characteristic of Prayer | Lord's Prayer |
|---------------------------------------|---|
| Praise | Hallowed be thy name ! |
| Divine Worship | Thy kingdom come ! Thy will be done on earth, as it is in heaven ! |
| Petition | Give us this day our daily bread |
| Repentance | Forgive us our trespasses, as we forgive those who trespass against us. |
| Giving ourselves to Divine Providence | Lead us not into temptation but deliver us from evil. |

In the Lord's prayer, our heavenly Father is addressed not as "My Father", but as "Our Father". When we say "Our Father" we can see, there is a communitarian aspect in it. Because of that, this prayer is used more in the Church in her Liturgical services. The best example for that is the Eucharistic Celebration; but most of the time, we use the Lord's prayer in our personal prayer.

Normally, when we pray, we keep

our hands joined, but when we say the Lord's prayer, we do not use the common posture. Instead, Mother Church invites us to spread out and raise our hands.

We must recite the Lord's prayer with this posture.

In the Lord's prayer there are three acts of praise and four petitions of physical and spiritual needs.

1. Act of Praise

- (1) Hallowed be Thy name** • We praise the Holy Name of God, who created every thing.

- (2) **Thy kingdom come** • The final hope of every christian is to enter the kingdom of God. Our wish in this life is, to establish the kingdom of God on Earth,
- (3) **Thy will be done on earth, as it is in heaven**
- The will of God reigns not only in heaven, but also on earth. That is our wish.

2. Petitions of physical and spiritual needs.

- (1) **Give us this day our daily bread**
- As God provided 'Manna' to the people of Israel, in their flight from Eygpt to the promised land, we too ask God to provide us with our daily bread. We also ask God to give us our spiritual sustenance through the word of God, and the Holy Eucharist.
- (2) **Forgive us our trespasses as we forgive those who trespass against us.**
- We should forgive others their wrongdoings and negligence against us. God will also forgive us in the same measure. That is are prayer in this petition.
- (3) **Lead us not into temptation**
- We ask God to keep us away from all actions forbidden by the ten commandments.
- (4) **Deliver us from evil**
- We ask God to protect us from all physical and spiritual dangers.

Through these praise intentions and the petitions of spiritual and physical needs, we offer our heart's praise and honour to God our Father. At the same time, we make a wish to establish his kingdom on earth, where justice. prevails. We also ask God's guidance, to understand in the correct way and to go on the path of righteousness, with physical and spiritual strength.

The Lord's prayer, taught by Jesus

- ★ Should be learnt correctly
- ★ Should be recited with correct postures
- ★ Should be recited not only in memory, but also understand the meaning of the words
- ★ Should be recited from the depths of our hearts
- ★ Should be recited in our daily prayers.

Should be recited by us Christians in our daily Prayers.

Activity

1. The Lord's prayer,
(i) was taught by whom ?
(ii) to whom ?
2. Fill the chart given below, with the help of the Lord's prayer.

| Characteristics of a prayer | The Lord's prayer phrase |
|-----------------------------------|--------------------------|
| 1 Praise | 1 |
| 2 worship | 2 |
| 3 Petition | 3 |
| 4 Repentance | 4 |
| 5 Entrusting to divine providence | 5 |

3. Write down the three prayers of praise and the four petitions for spiritual and physical wellbeing, found in the Lord's prayer.



For Life

Let us call our God the father with the prayer that Jesus taught.

Therefore we should:-

- Memorize the Lord's Prayer.
- Recite meaningfully and with correct posture.



Picture 22.1 - Appearance of Mother Mary to father
Dominic Gusman

Appearance of Mother Mary to Father Dominic Gusman

In the beginning of the 13th century, there were many conspiracies and various powers acting against the Christians who lived in Italy and Southern France. Their faith was attacked. A Spanish Priest, Father Dominic Gusman, was sad at this pathetic situation. He

prayed and made sacrifices for three days asking God to change this situation. It was in a place near Toulouse. At the end of the third day, Mother Mary appeared to him carrying a rosary in her hand and with two angels, and said to Dominic.

Mother Mary : Dominic what is the weapon that the Holy Trinity is using to reform the world ?

Dominic : Oh! Mother Mary, in the plan of salvation, you have a place near your Son, so you know about it, better than I do.

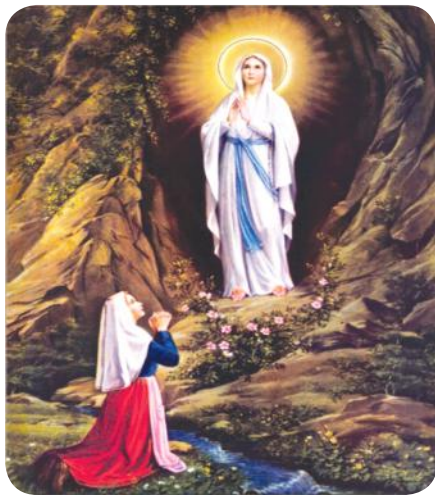
Mother Mary : Reachout to the hardhearted people and win them over with the power of my rosary.

Mother Mary's appearance at Fatima

Francis and Jacintha, two siblings, and another cousin, Lucy lived in Fatima in Spain. These children had to look after the flocks, which belonged to their families. One Sunday the 13th of May in 1917, while they were watching the flocks, suddenly the whole place was illumined with a great light. The children who feared this incident wanted to leave the place, but on a nearby oak bush, they saw a beautiful woman. She is sitting and looking at them. She had a rosary in her hand, and said, "Do not be afraid, I will not do any harm to you" Lucy the cousin, was bold enough to question her, "Where did you come from?" "I came from Heaven" she revealed to Lucy. Finally the Lady asked them to intercede for the sinners of the world and pray, to change their hearts. Before she disappeared. she said "Say the rosary, say it correctly."



Picture 22.2 - Apparition Fatima



Picture22.3 - Apparition Lourdes

Apparition at Lourdes.

In 11th of February 1858, a young girl called Bernadette, her sister and a friend, went to the woods, which was situated near a little brook, flowing in the town of Lourdes. When Bernadette removed one of her shoes to wade across, the river, a peculiar stir of wind caused her to look up, towards Massabielle a

mound of rock. that served as a town dump.

In a little grotto, aglow with golden light, there stood a lovely young lady. It was a strange experience for Bernadette. She said, "The Lady looked at me for sometime, bowed and smiled at me quite graciously. She gave a sign and asked me to come closer. A mysterious weakness came over me, I forgot where I was, I closed my eyes, again I opened them, the lady was there looking at me. For a moment, we looked at each other in silence. I fumbled for my rosary from the pocket and knelt down. At that moment, the young lady held up a rosary of her own. When I recited the rosary, gradually her rosary slipped away from her hand. The next moment, with a cloud, she disappeared into the Grotto." (From the book "The collection of Apparitions-by the Father Joseph Jayasuriya)

Eachtime when Mother Mary appeared, she pleaded to each and every person, to recite the Holy Rosary. When we recite the holy rosary we say "Hail Mary". It has three parts.

1. The first part of this prayer is based on the Annunciation story. (Luke 1:26-38) "Hail Mary full of grace, the Lord is with thee, blessed art thou among women, and Blessed is the fruit, of thy womb Jesus".
2. The second part of Hail Mary is based on the The greetings of Elezabeth when our Lady visited her after the annunciation (Luke 1:42)
3. "Holy Mary Mother of God, pray for us sinners, now and at the hour of our death" - Amen.

"I am the hand maid of the Lord be it done unto me according to thy word" by saying this, Mother Mary accepted the will of God, and lived a life to do God's will always until the end; because of her great contribution to the salvation plan, she was called "blessed" and crowned as the Mother of the Church.

- Several Feasts of Mother Mary, are celebrating during the Liturgical year.

- Eg:
- Feast of Mary Mother of God - (01st of January)
 - Feast of the Assumption of Mother Mary - (15th of August)
 - Feast of the Immaculate Conception of Mother Mary - (08th of December)
- Several prayers, hymns, popular devotions give priority and honour to Mother Mary.
 - Several Churches have been dedicated to Mother Mary' (some as shrines) and celebrate the Feasts annually. Eg. Our Lady of Lanka, Our Lady of Matara, Our Lady of Perpetual Help

Even among the saints, the highest honour is given to Mother Mary so we must give our heartfelt gratitude, honour and respect to Mother Mary in every moment at our life.

Activity

1. What is the name of prayer which based on the announcement of the Angel Gabriel to Mother Mary.
2. Name three Feasts of Mother Mary
3. Mention three Churches, dedicated to Mother Mary



For Life

By saying the Rosary daily, and making sacrifices, I will save the souls of others.

Prayer is a friendly and loving conversation we have with God. To have this conversation there are two methods:

1. Using a prayer that we have memorized
2. Using our own formulated prayer

We can express our own feelings which come from the heart to God, through prayers we have learnt by heart or made on our own. Thus we can improve our relationship with God. It paves the way for a deep life of prayer.

The formal prayers given by the Church are very useful for us, until we get used to our own form of prayers. There are many benefits from these prayers:

- We will learn how to say our prayers.
- We will get guidance to formulate our own prayers.
- All can recite them aloud during common prayers.
- We can use them also in our personal prayers.

The Creed, Angelus, Regina Coeli (Easter Season) Act of Contrition, are some of the common prayers we say. If we use these common prayers, we have to memorize them correctly. When we recite these prayers, it is important to:

- be together as a community
- Saying them aloud
- Very Clearly

- At the correct speed
- With deep faith
- Using correct postures
- It is important to say our prayers with concentration.

The Apostle's Creed

- There are 12 primary tenets of the Catholic Faith which we must believe in the Apostles Creed.
- It is a summary of our faith
- This prayer is a profession of our faith.



Picture 23.1

1. I believe in one God the Father almighty, Creator of heaven and earth



Picture 23.2

2. And in Jesus Christ His, only Son our Lord



Picture 23.3

3. He was conceived by the Holy Spirit and was born of the Virgin Mary.



Picture 23.4

4. He suffered under Pontius Pilate, was crucified, died and was buried.



Picture 23.5

5. He descended into hell, the third day He rose again from the dead.



Picture 23.6

6. He ascended into heaven and is seated at the right hand of God the Father almighty.



Picture 23.7

7. He will come again to judge the living and the dead.



Picture 23.8

8. I believe in the Holy Spirit.



Picture 23.9

9. The Holy Catholic Church
the Communion of Saints.



Picture 23.10

10. The forgiveness of sins.



Picture 23.11

11. The resurrection of the body



Picture 23.12

12. And life everlasting Amen.

The Angelus

- The Son of God, who took the form of a man and was conceived in the womb of Mother Mary is remembered by this prayer.
- This prayer is said daily, at 5.30 a.m., 12.00 noon and 6.30 p.m



Picture 23.13 The Annunciation

The Angel of the Lord declared unto Mary. And she conceived by the Holy Spirit.

Hail Mary

Behold the handmaid of the Lord. Be it done unto me according to thy Word

Hail Mary

And the word was made flesh. And dwelt among us.

Hail Mary

V. Pray for us O Holy Mother of God

R. That we may be made worthy of the promises of Christ

Let us pray

Pour forth, we beseech thee, O Lord thy grace into our hearts, that we, to whom the Incarnation of Christ, Thy Son, was made known by the message of an angel, may by His passion and cross be brought to the glory of His Resurrection, Through the same Christ our Lord Amen.

(Glory be to the Father thrice)

Regina Caeli

- This prayer reminds us about the Resurrection of Jesus
- This prayer is said during the Easter Season, starting from Holy Saturday until the Eve of Pentecost. Instead of the Angelus, the Regina Caeli is said during the Easter season.

| | |
|--------------------------------------|----------|
| Rejoice O Queen of Heaven | Alleluia |
| For He whom thou has merited to bear | Alleluia |
| Has risen as he said | Alleluia |
| Pray for us to God | Alleluia |
| Rejoice and be glad, O Virgin Mary | Alleluia |
| For the Lord has truly risen | Alleluia |

Let us pray

O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to make glad the whole world, grant we beseech Thee, that through His Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord Amen.

Act of Contrition

- In this prayer we ask pardon and forgiveness from God, for all our sins specially by not responding to His infinite Love.
- This is the prayer we say before, we receive absolution for our sins, during Confession.



Picture 23.14 - Making the Sacrament of Reconciliation

O my God, I am exceedingly sorry for having offended Thee, because Thou art infinitely good and infinitely to be loved that sin displeases Thee. Pardon me through the merits of Jesus Christ. I am firmly resolved with the assistance of the holy grace never more to offend Thee, to avoid all occasions of sin and to live better for the time to come. Amen.

In our daily prayers, we use these common prayers to address our Heavenly Father

Activities

1. Write two benefits you can get by using the common prayers.
2. Write one specific point, which rises from each of these prayers, given below.
 - The Apostle's Creed
 - The Act of Contrition
 - The Regina Caeli
3. Mention five other common prayers, except these prayers



For Life

Let us praise each day which begins with the golden Rays of the Sun and ends up with the softness of the Moon, let us pray each day with common prayers, to God our Father.

Recognizing the different forms of Prayer

Prayer is to lift up our hearts and minds to God, in praising, worshipping and thanking and asking our needs from Him. Prayer is a loving and friendly conversation, we have with God. Spontaneous prayer which comes from our heart, is more meaningful and fruitful than the prayers we say by memory.

We must pray to God, at different moments, for the creation, what is seen and unseen. For that we must know the different forms of prayers.

1. Prayer of Praise - the prayer we say to Praise God.
Eg. The Eucharistic prayer of the Holy Mass
2. Prayer of Thanks giving - prayers to thank God for spritual and temporal benefits.
3. Prayer of asking for forgiveness - prayers asking God's Mercy to forgive our sins.
4. Prayer of Petition - presting our material and spiritual needs and asking God to help us.

It is our duty to respect God to praise Him, We and all that belongs to us proclaims God's glory. Hence we must praise and thank Him.

Likewise, that we should show our gratitude and thank God for the creation, our parents and all things we have received.

Very often we do wrong and offend God. For all these things, we must ask pardon and forgiveness from God.

We must also ask God for the things that we need. God knows, what we want. When we ask things from him it shows that we place our trust and hope in God.

We must pray for others too, but when we pray, we should wish that God's will be done in us, when we ask something from God. He gives only what is good for us.

The Book of Psalms is the prayer book of the Old Testament. All forms of prayers, mentioned above are included in those psalms. Here are some examples. We can imitate them, to learn how we should pray

i. A prayer to praise God (Psalm 150)

"Praise the Lord !

Praise God in his Temple !

Praise his strength in heaven

Praise him for the mighty things he has done

Praise his supreme greatness

Praise him with Trumpets

Praise him with harp and lyre"

ii. A prayer to thank God (Psalm 92)

How good it is to give thanks to you, O Lord,

To sing in your honour, O Most High God,

To proclaim your constant love every morning

And your faithfulness every night

iii. A prayer to ask Forgiveness (Psalm 51)

Be merciful to me, O God, - Because of your constant love

Because of your great mercy - wipe away my sins!

Wash away all my evil - and make me clean from my sin!

I recognize my faults;

I am always conscious of my sins

I have sinned only against you - only against you

And what you consider evil

iv. A prayer of petition (psalm 5)

Listen to my words, O Lord,
 And hear my sighs,
Listen to my cry for help,
 My God and King
I pray to you, O Lord;
 You hear my voice in the morning;
At sunrise I offer my prayers
 And wait for your answer

★ Open your Bibles and read the entire psalms, mentioned above.

Activity

1. Name the **four** forms of prayers.
2. Prepare some prayers, which are suitable for the following occasions:
 - i. Prayers of the faithful - to be said at First Friday Mass.
 - ii. A prayer of pardon and asking forgiveness for spoiling a friend's name.
 - iii. A prayer of Thanksgiving which can be said on your Birthday.



For Life

Make it a habit to say a prayer to God, before starting your work.

Let us prepare ourselves for a meditation

- i. Close your eyes
- ii. Be aware and listen attentively to all the sounds around you.
- iii. Listen to the sounds that are near you.
- iv. Become aware of your breathing.
- v. Become aware that when we breath in, we inhale good qualities
- vi. Imagine while you are breathing out, you are ejecting all the impurities... and negative feelings away from you.
- vii. Now let us express our love to our God who gives us the gift of life.
- viii. Listen to the sounds of the birds in the morning..... the sound of the wind rustling in the trees and meditate on them.
- ix. Among all creation, you are the supreme creation. Listen to this song about it:

It is our Parents who tell us about the Love of God

(tune come home)

Listen to me my darling - I am your loving mum.
 Listen to me my darling - I am your loving dad.
 There is a hidden person - who loves you secretly
 He is the one who gave us to you - and gave you to us.
 Chorus : Son, that is our God the Father
 Another name for love// That is God our Father

Little children who are sent into this world - are similar to you
because of His love for mankind - still there as before
Therefore my dearest darling - spread your love around the world
Then you can make him happy - more than everything

Tiny tots you are like flowers - blooming only for God
darling son we pick those flowers - only to offer to our God
offer your life, your precious life to your loving God
you can make him happy – by offering your precious life.

from – CD “Am I precious like this”

Dearest Son, dearest daughter, whoever you are or however you are, you are precious like a diamond to your father and to your mother. Even though the baby Lemur (Una hapuluwa) is ugly to others, Lemur's mother appreciates her baby, more than anything else. In the same way, you are precious to your mother, what ever you do or how you stay. Your father also loves you so much. You know your mother and father, who loves you so much. You can see how much they love you. But there is a person, whom you cannot see or do not know, but loves you immensely. He is your loving Father God.

“It’s amazing! how does God love you? You do not know this.

“There are many answers, to this question. In a beautiful world full of trees, water, fruits, animals, God created you as a beautiful child, gave you loving parents, because God loves you.

“In all your troubles even without your knowledge, the one who comes to help you is God our Father. It is your duty to make a person happy, who has helped you. It is also a good thing. The best way you can make God the Father happy is, to love others in the the way that God the Father loves you. It will make Him happy. If you can love and obey your parents always. God the Father will be happier. Likewise think about others. Help them as you

can. Give your help to those who need your support. Pray for those who need your prayers. God the Father will be happy about you, more and more.

- x. Return to the awareness of your breathing.
- xi. Listen to the sounds, you hear, from your background.
- xii. Gradually open your eyes and feel a new life.

Activities

1. Name three ways in which you can express your love, to your mother and father, for the love they have given you.
2. Whenever you feel like disobeying your parents, take a firm step to call Jesus and talk with Him. Write what you said to Him.
3. Do not forget to make a good Confession, after you did something wrong with your friends.



For Life

Learn to meditate daily and on special occasions in your life.

Except Pictures 1.1, 9.2, 10.2, 10.3, 10.4, 10.5, 11.4, 12.6, 12.7 Other pictures were obtained from the internet