

## **Basic Catholic Teachings Grade 4**

### **1. Who is God? (Chapter 1)**

God is the all-powerful, all-wise, all-loving being who created everything.

### **2. What are Angels? (Chapter 1)**

Angels are servants and messengers of God. They are purely spiritual beings having no body.

### **3. What is your Soul? (Chapter 1)**

The spiritual and immortal gift from God that gives us life.

### **4. What gift did God give us that allows us to choose between right and wrong? (Chapter 1)**

Free will.

### **5. What are some of the things that happened to Adam and Eve because of their sin? (Chapter 1)**

1. They had to work.
2. They would die.
3. They lost grace.
4. They had to leave paradise.
5. They would suffer.
6. They lost Heaven.

### **6. What did God promise Adam and Eve after they sinned? (Chapter 1)**

A Savior (a Redeemer) to open the Gates of Heaven.

### **7. How did God form you? (Chapter 1)**

In His own image and likeness.

**8. What is a human person? (Chapter 1)**

Someone with a body and a soul.

**9. What are the two main powers of our souls and what do we do with each of them? (Chapter 1)**

1. A mind (we can think)
2. Free Will (we can choose)

**10. Who did God ask to build the Ark? (Chapter 3)**

Noah

**11. What did God promise Noah and what was the sign of the Covenant Promise? (Chapter 3)**

God promised to never again flood all the earth. The sign of the Covenant is the rainbow.

**12. What is a covenant? (Chapter 3)**

1. An act of merciful love between God and His people.
2. A promise to continue,
3. Expressed in words and actions.

**13. What do we call the four books of the New Testament in which we learn about Jesus' life and teachings? (Review)**

The Gospels

**14. Why did God make you? (Review)**

God made me to know Him, to love Him, and to serve Him in this life so that I can be happy with Him in Heaven.

**15. Name the 12 Apostles. (2-P's, 5 J's, A, B, M, S, T) (Review)**

1. Peter
2. Phillip
3. James (the Greater)
4. James (the Less)
5. Jude
6. Judas
7. John
8. Andrew
9. Bartholomew
10. Matthew
11. Simon
12. Thomas

**16. Name the Theological Virtues. (Review)**

1. Faith
2. Hope
3. Charity (love)

**17. What did Moses receive from God on Mount Sinai? (Chapter 10)**

The Ten Commandments

**18. Name the Ten Commandments. (Chapter 10)**

1. I am the Lord your God, you shall not have false 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.
4. Honor your 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.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

**19. What three things were kept within and carried in the Ark of the Covenant? (Chapter 13)**

1. The 10 Commandments (Word of God)
2. Rod of Aaron (Sign of Priesthood)
3. The Manna (Bread from Heaven)

**20. Name 5 Covenants God made in the Old Testament. (Chapter 13)**

1. Adam (Marriage)
2. Noah (A family)
3. Abraham (A tribe)
4. Moses (12 tribes)
5. David (A kingdom)

**21. Where was Jesus born? (Chapter 15)**

Bethlehem

**22. What are the two natures of Jesus Christ? (Chapter 15)**

He is True God and True Man. (One Divine person with 2 distinct natures)

**23. What is Heaven? (Chapter 16)**

Heaven is eternal life and happiness with God. There is love of God, love of others, love of self.

**24. What do the first three commandments help us to do? (Chapter 17)**

Grow in our relationship with God.

**25. What is prayer? (Chapter 17)**

A conversation with God.

**26. What is a miracle? (Chapter 20)**

A miracle is a supernatural sign or wonder, brought about by God, signifying His glory and the salvation of mankind.

**27. Name the 8 Beatitudes: (Chapter 20)**

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are the meek, for they shall inherit the earth.
3. Blessed are those who mourn, for they shall be comforted.
4. Blessed are those who hunger and thirst for justice, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure in heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called children of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven.

**28. What is Lent? (Review)**

Lent is the time we prepare for the joy of Easter.

**29. What good works are we, as Images of God, to do at all times but especially during Lent. (Review)**

1. Prayer
2. Fasting
3. Almsgiving

**30. What is the Resurrection? (Chapter 21)**

Jesus rose from the dead on Easter Sunday, three days after He died on the cross.

**31. Name the 7 Corporal Works of Mercy. (Chapter 21)**

1. Feed the hungry.
2. Give drink to the thirsty.
3. Shelter the homeless.
4. Visit the sick.
5. Visit the imprisoned.
6. Give alms to the poor.
7. Bury the dead.

**32. Name the 7 Spiritual Works of Mercy. (Chapter 21)**

1. Instruct the ignorant.
2. Admonish the sinner.
3. Counsel the doubtful.
4. Comfort the sorrowful.
5. Forgive all injuries.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

**33. What happened on Easter Sunday? (Chapter 21)**

Jesus Christ rose from the dead.

**34. When are we obliged to go to the Holy Sacrifice of the Mass?  
(Chapter 22)**

Every Sunday and Holy Day of Obligation.

**35. What are the Holy Days of Obligation? (Chapter 22)**

1. January 1 (Mary, Mother of God)
2. 40 days after Easter (Ascension)
3. August 15 (Assumption of Mary)
4. November 1 (All Saints Day)
5. December 8 (Immaculate Conception)
6. December 25 (Christmas)

**36. What are the two main parts of the Mass? (Chapter 22)**

1. Liturgy of the Word.
2. Liturgy of the Eucharist.

**37. What is the Eucharist? (Chapter 23)**

The Body, Blood, Soul and Divinity of Jesus Christ under the appearance of bread and wine.

**38. On Holy Thursday, what was Jesus celebrating with His Apostles at the Last Supper? (Chapter 23)**

A Passover meal.

**39. Give the 3 part definition of the term Transubstantiation. (Chapter 23)**

1. A change in the substance of bread and wine
2. Into the Body, Blood, Soul and Divinity of Jesus
3. While under the appearance of bread and wine.

**40. During the Mass, at what moment does the bread and wine change into the Body, Blood, Soul and Divinity of Jesus Christ? (Chapter 23)**

The Consecration

**41. What things are necessary for the worthy reception of Holy Communion?  
(Chapter 23)**

1. Be free from mortal sin (be in the state of grace)
2. Fast from food and drink for one hour.

**42. What part of us helps us to use our free will to make good choices?  
(Chapter 24)**

Our consciences.

**43. What is sin? (Chapter 24)**

Sin is an offense against God.

**44. What is original sin? (Chapter 24)**

The sin committed by Adam and Eve that we all inherited.

**45. What is Actual Sin? (Chapter 24)**

The sins that we commit ourselves.

**46. What are the two types of Actual Sin? (Chapter 24)**

1. Venial
2. Mortal

**47. What is a mortal sin? (Chapter 24)**

A mortal sin is a very serious sin. It completely breaks our relationship with God and we lose sanctifying grace.

**48. What is a venial sin? (Chapter 24)**

A venial sin is a less serious sin. It damages our relationship with God.



**49. Name the 7 capital sins. (Chapter 24)**

1. Pride
2. Covetousness
3. Envy
4. Anger
5. Gluttony
6. Lust
7. Sloth

**50. What are the three names for the sacrament of Confession? (Chapter 25)**

1. Confession
2. Reconciliation
3. Penance

**51. What are the 6 steps to going to Confession? (Chapter 25)**

1. Examine your conscience before you go.
2. **Make** the Sign of the Cross.
3. **Say** "Bless me Father for I have sinned it has been \_\_\_\_ since my last Confession."
4. **Say** your sins and then say, "For these and all my sins I am truly sorry."
5. **Say** an Act of Contrition and **accept** your penance.
6. **Receive** absolution and do your penance.

**52. How many persons are there in God? (Chapter 26)**

There are three persons in one God.

**53. What do we call the mystery of three persons in one God? (Chapter 26)**

The Blessed Trinity.

**54. Name the three persons of the Blessed Trinity. (Chapter 26)**

1. God the Father
2. God the Son
3. God the Holy Spirit

**55. What prayer do we say at Mass to express our faith in God and in the teachings of the Church? (Chapter 27)**

The Creed.

**56. Name the 5 Precepts of the Church. (Chapter 27)**

1. Attend Mass on Sundays and Holy Days of Obligation.
2. Confess sins at least once a year.
3. Receive Holy Communion at least once a year during the Easter season.
4. Observe the days of fast and abstinence.
5. Provide for the needs of the Church.

**57. Who or what is the Mystical Body of Christ? (Chapter 27)**

The Church (Christ is the head, we are the body)

**58. What are the three offices of Jesus? (Chapter 27)**

1. Priest
2. Prophet
3. King

**59. Who founded the Catholic Church? (Chapter 27)**

Jesus Christ

**60. Who was the first Pope? (Chapter 27)**

Peter

**61. Who did Jesus make the chief “shepherds” of His Church? (Magisterium) (Chapter 27)**

1. The Pope (the successor of Peter) and
2. The Bishops in union with him (the successors of the Apostles).

**62. Can error enter the teachings of the Church? (Chapter 27)**

No! Error cannot enter the teaching of the Church on matters of Faith and Morals.

**63. What is grace? (Chapter 28)**

God's life in us.

**64. What is a sacrament? (Chapter 28)**

1. An outward sign
2. Instituted by Christ
3. Where we meet Him and
4. He gives us grace.

**65. What are the two signs that a sacrament is made up of? (Chapter 28)**

1. Matter: something we can see, hear, touch or smell.
2. Form: the words.

**66. What are the 7 sacraments? (Chapter 28)**

1. Baptism
2. Eucharist
3. Confirmation
4. Reconciliation
5. Anointing of the sick
6. Holy orders
7. Matrimony

**67. What is the Immaculate Conception? (Chapter 29)**

Mary did not inherit Original Sin.

**68. What is the Assumption? (Chapter 29)**

Mary was taken up to Heaven body and soul.

**69. What is Hell? (Chapter 30)**

Hell is eternal suffering and separation from God. There is no love of God, no love of others, no love of self.

**70. What is death? (Chapter 30)**

The separation of Body and Soul.

**71. What is the Particular Judgment? (Chapter 30)**

The Particular judgment is when Jesus will privately judge our soul at the moment of death.

1. If we have **no sin** we go to Heaven.
2. If we have **venial sins** we go to Purgatory.
3. If we have any **mortal sin** we go to Hell.

**72. What is purgatory? (Chapter 30)**

A place of suffering and temporary separation from God, where a person is made able to go to Heaven.

**73. What is the General Judgment? (Chapter 30)**

The General Judgment will be the final judgment by Christ passed publicly on all people at the end of the world when our bodies will be reunited with our souls and our final destination will be announced.

Prayers	1	2	3	4	5	6	7	8
Sign of the Cross	M	R	R	R	R	R	R	R
Our Father	M	R	R	R	R	R	R	R
Hail Mary	M	R	R	R	R	R	R	R
Angel of God	M	R	R	R	R	R	R	R
St. Michael Prayer	E	M	R	R	R	R	R	R
The Memorare	E	E	E	M	R	R	R	R
Grace Before Meals	M	R	R	R	R	R	R	R
Morning Offering	E	M	R	R	R	R	R	R
Act of Contrition	E	E	M	R	R	R	R	R
The Rosary	E	E	M	R	R	R	R	R
Glory Be	E	E	M	R	R	R	R	R
Apostles Creed	E	E	E	M	R	R	R	R
Act of Faith (short version)	E	E	E	M	R	R	R	R
Act of Hope (short version)	E	E	E	M	R	R	R	R
Act of Love (short version)	E	E	E	M	R	R	R	R
Stations of the Cross	E	E	E	M	R	R	R	R
Hail Holy Queen	E	E	E	E	M	R	R	R
Nicene Creed	E	E	E	E	E	E	E	M
Prayer of St Francis	E	E	E	M	R	R	R	R
Magnificat	E	E	E	E	E	E	M	R
Angelus	E	E	E	E	M	R	R	R
Come Holy Spirit	E	E	E	E	E	E	M	R
Chaplet of Divine Mercy	E	E	E	E	E	M	R	R
Prayer for Souls in Purgatory	E	E	E	E	E	E	E	M
Eternal Rest	E	E	E	E	E	M	R	R
Anima Christi	E	E	E	E	E	E	M	R

R=Review E=Encourage M=Memorize

### **The Sign of the Cross**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen

### **Hail Mary**

Hail Mary, full of grace, the Lord is with thee. Blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen

### **Our Father**

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 against us; and lead us not into temptation, but deliver us from evil. Amen

### **Grace Before Meals**

Bless us, O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ Our Lord. Amen

### **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning is now and ever shall be, world without end. Amen

### **Angel of God**

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

### **St. Michael Prayer**

Saint Michael the archangel, defend us in battle. Be our protection against the wickedness and snares of the devil. May God rebuke him we humbly pray; and do thou, O prince of the Heavenly Host, by the power of God, cast into hell Satan and all the evil spirits who prowl about the world seeking the ruin of souls. Amen.

### **The Memorare**

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful, O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

### **The Morning Offering**

O Jesus, through the Immaculate Heart of Mary, I offer You all my prayers, works, joys and sufferings of this day, for the intentions of Your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, in reparation for my sins, and for the conversion of all sinners, in union with the Holy Sacrifice of the Mass throughout the world. Amen.

### **The Apostles Creed**

I believe in God, the Father Almighty, Creator of Heaven and earth; and in Jesus Christ, His only Son, Our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried. He descended into Hell; the third day he rose again from the dead. He ascended into Heaven, and is seated at the right hand of God, the Father Almighty. From there He shall come to judge the living and the dead.

I believe in the Holy Spirit, the Holy Catholic Church, the Communion of Saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen

### **The Magnificat**

My soul magnifies the Lord,  
my spirit rejoices in God my Savior  
for he has looked with favor on his lowly servant.  
From this day all generations will call me blessed:  
the Almighty has done great things for me,  
and holy is his Name.  
He has mercy on those who fear him  
in every generation.  
He has shown the strength of his arm,  
he has scattered the proud in their conceit.  
He has cast down the mighty from their thrones,  
and has lifted up the lowly.  
He has filled the hungry with good things,  
and the rich he has sent away empty.  
He has come to the help of his servant Israel  
for he remembered his promise of mercy,  
the promise he made to our fathers,  
to Abraham and his children forever.

### **Act of Contrition**

My God, I am sorry for my sins with all my heart. In choosing to do wrong and failing to do good, I have sinned against You whom I should love above all things. I firmly intend, with Your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Amen

## **Angelus**

P: The Angel of the Lord declared unto Mary  
R: And she conceived of the Holy Spirit. (Hail Mary)  
P: Behold the handmaid of the Lord  
R: Be it done unto me according to your word. (Hail Mary)  
P: And the Word was made flesh  
R: And dwelt among us. (Hail Mary)

Let us pray: Pour forth we beseech you O Lord Your 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 the glory of His resurrection through the same Christ our Lord. Amen.

## **The Most Holy Rosary**

### **Joyful Mysteries**

Annunciation  
Visitation  
Birth of Jesus  
Presentation  
Finding of Jesus in the Temple

### **Sorrowful Mysteries**

Agony in the Garden  
Scourging at the Pillar  
Crowning with Thorns  
Jesus carries His Cross  
Crucifixion

### **Glorious Mysteries**

Resurrection  
Ascension  
Descent of the Holy Spirit  
Assumption of Mary  
Coronation of Mary

### **Luminous Mysteries**

Jesus' Baptism in the Jordan  
Wedding feast at Cana  
Jesus' Proclamation of the Kingdom of God  
The Transfiguration  
The institution of the Holy Eucharist



### **Hail Holy Queen**

Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this vale of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving O sweet Virgin 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: O God, whose only-begotten Son, by his Life, Death and resurrection, has purchased for us the rewards of eternal life; grant, we beseech you, that, meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen

### **Stations of the Cross**

1<sup>st</sup> Station: Jesus is condemned to death.

2<sup>nd</sup> Station: Jesus carries His cross.

3<sup>rd</sup> Station: Jesus falls the first time.

4<sup>th</sup> Station: Jesus meets His mother.

5<sup>th</sup> Station: Simon of Cyrene helps Jesus to carry His cross.

6<sup>th</sup> Station: Veronica wipes the face of Jesus.

7<sup>th</sup> Station: Jesus falls the second time.

8<sup>th</sup> Station: Jesus meets the women of Jerusalem

9<sup>th</sup> Station: Jesus falls a third time.

10<sup>th</sup> Station: Jesus' clothes are taken away.

11<sup>th</sup> Station: Jesus is nailed to the cross.

12<sup>th</sup> Station: Jesus dies on the cross.

13<sup>th</sup> Station: The body of Jesus is taken down from the cross.

14<sup>th</sup> Station: Jesus is laid in the tomb.

### **Act of Faith (short version)**

Oh my God, I believe in You and in all that You teach through Your Holy Church, because Your Word is true.

### **Act of Hope (short version)**

Oh my God, I hope in You for all the graces that I need for my eternal salvation and for heaven itself, because You are infinitely powerful, good and merciful and because You are faithful to Your word.

### **Act of Love (short version)**

O my God, I love you above all things, because You are infinitely good, and for Your sake I love my neighbor as myself.

### **Prayer of St. Francis**

Lord, make me an instrument of Your peace. Where there is hatred, let me sow love; Where there is injury, pardon; Where there is doubt, faith; Where there is despair, hope; Where there is darkness, light; Where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, To be understood as to understand, To be loved as to love; For it is in giving that we receive; It is in pardoning that we are pardoned; It is in dying to self that we are born to eternal life.

### **Nicene Creed**

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; Through him all things were made.

For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became a man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried and rose again on the third day in accordance with the Scriptures.

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

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, Who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic, and apostolic Church.

I confess one baptism for the forgiveness of sins

and I look forward to the resurrection

of the dead and the life of the world to come. Amen.

### **Come Holy Spirit**

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

Let us pray:

O God, who have taught the hearts of the faithful by the light of the Holy Spirit, grant that in the same Spirit we may be truly wise and ever rejoice in his consolation.

Through Christ our Lord. Amen

### **Anima Christi**

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds hide me.

Suffer me not to be separated from Thee.

From the malignant enemy, defend me.

At the hour of my death, call me.

And bid me come to Thee,

That with thy saints I may praise Thee.

Forever and ever.

Amen.

### **Prayer for Souls in Purgatory**

Eternal Father, I offer Thee the Most Precious Blood of Thy Divine Son, Jesus, in union with the Masses said throughout the world today, for all the Holy Souls in Purgatory, for sinners everywhere, for sinners in the universal church, those in my own home and within my family. Amen.

### **Eternal Rest Prayer**

Eternal rest grant unto them, O Lord, and let perpetual light shine upon them. May their souls and all the souls of the faithful departed, through the mercy of God, rest in peace.

Amen

## **Chaplet of Divine Mercy**

### **Opening Prayers**

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world.

O Fount of Life, unfathomable Divine Mercy,  
envelop the whole world and empty yourself out upon us.

### ***Repeat three times:***

O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us, I trust in you!

### **Our Father**

### **Hail Mary**

### **The Apostles' Creed**

#### **For each of the five decades**

*On each "Our Father" bead of the rosary, pray:*

V. Eternal Father, I offer you the Body and Blood, soul and divinity of your dearly beloved Son,  
our Lord Jesus Christ,

R. in atonement for our sins and those of the whole world.

*On each of the 10 "Hail Mary" beads, pray:*

V. For the sake of his sorrowful Passion,  
R. have mercy on us and on the whole world.

### **Conclusion *Repeat three times:***

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

### **Closing Prayer**

Eternal God, in whom mercy is endless and the treasury of compassion inexhaustible, look kindly upon us and increase your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to your holy will, which is Love and Mercy itself. Amen.