

Atmavinte Niravil - 5

COMMANDMENTS OF GOD



Published by

Pastoral Ministry

Commission for Faith Formation

Archdiocese of Trivandrum, Vellayambalam

Trivandrum 695 003

First Published

May 2018

Copy right

KRLCBC

Commission for Catechetics

Design & Layout

Pastoral Ministry, Archdiocese of Trivandrum

Printing

Chackala Printers, Trivandrum

Distribution

Director

Pastoral Ministry

Archdiocese of Trivandrum

Imprimatur:

Most Rev. Dr. Soosa Pakiam, Archbishop of Trivandrum

Most Rev. Dr. Joseph Kalathiparambil, Archbishop of Verapoly

Rt. Rev. Dr. Vincent Samuel, Bishop of Neyyattinkara

Rt. Rev. Dr. Alex Vadakumthala, Bishop of Kannur

Rt. Rev. Dr. Stephen Athipozhiyil, Bishop of Alleppy

Rt. Rev. Dr. Stanley Roman, Bishop of Quilon

Rt. Rev. Dr. Varghese Chakkalakkal, Bishop of Calicut

Rt. Rev. Dr. Joseph Kariyil, Bishop of Kochi

Rt. Rev. Dr. Sebastian Thekkathecheril, Bishop of Vijayapuram

Rt. Rev. Dr. Selvester Ponnumuthan, Bishop of Punalur

Rt. Rev. Dr. Joseph Karikassery, Bishop of Kottapuram

Rt. Rev. Dr. Peter Abir Antonisamy, Bishop of Sultanpet

Rt. Rev. Dr. Christudas R., Auxiliary Bishop of Trivandrum

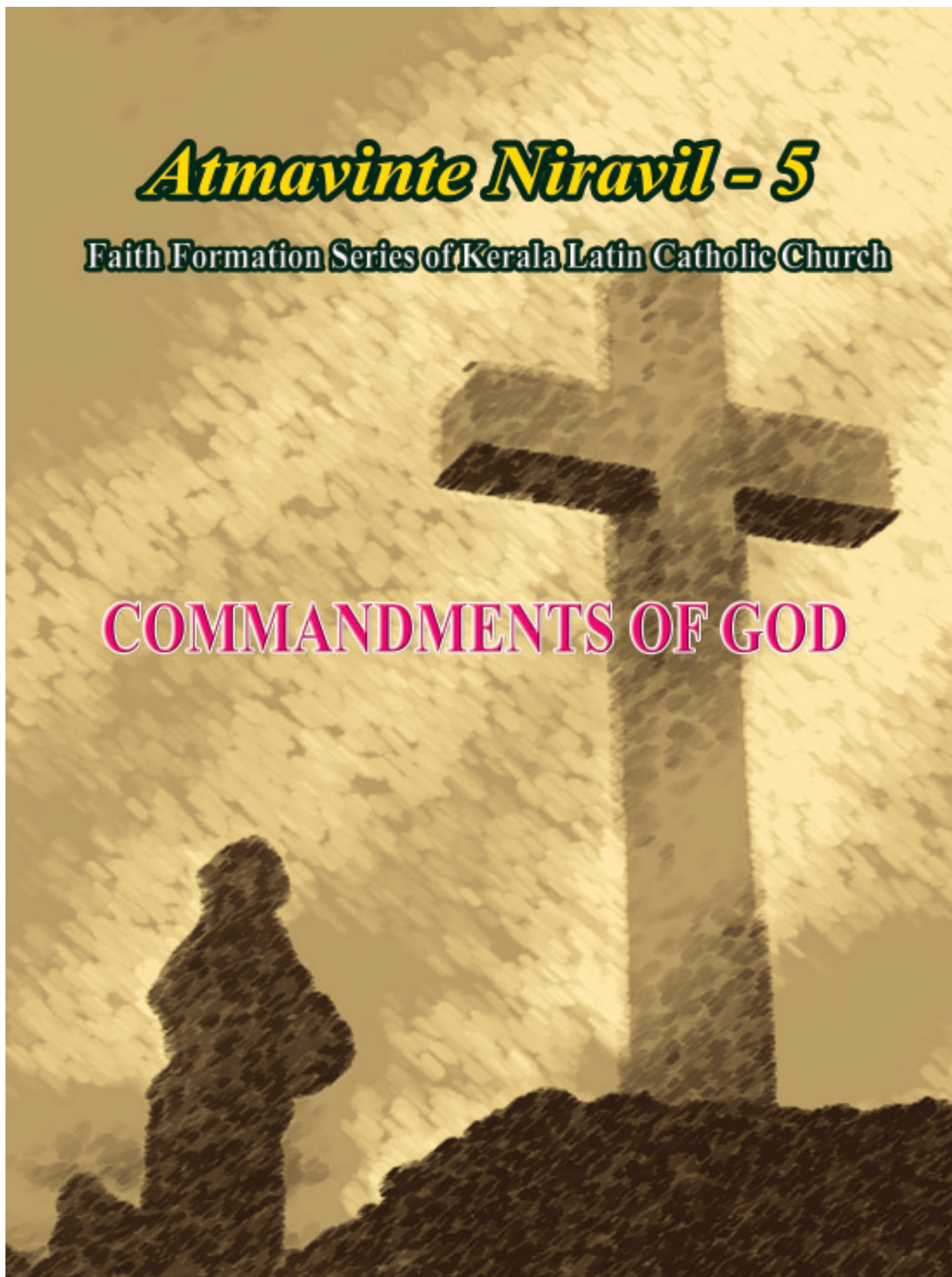
Rt. Rev. Dr. James Anaparambil, Coadjutor Bishop of Alleppy



Atmavinte Niravil - 5

Faith Formation Series of Kerala Latin Catholic Church

COMMANDMENTS OF GOD



MESSAGE



Preserving perpetually fresh the command of our Lord Jesus Christ to his apostles “*go into the world and proclaim the good news to the whole creation*” (Mk 16:15), the Church always holds in high esteem the Faith Formation, the essential element in the process of evangelization, as a means to keep alive the proclamation and transmission of the Word of God to the future generation.

Emphasizing the significance of catechetical ministry, St. John Paul II in his Apostolic Exhortation *Catechesi Tradendae*, exhorts: “*Quite early on, the name Catechesis was given to the totality of the Church’s efforts to make disciples, to help people believe that Jesus is the Son of God so that believing they might have life in his name and to educate and instruct them in this life, thus building up the Body of Christ*” (CT 1). Catechesis enables the faithful to inculcate God’s grace in their day today lives, to experience the invisible power of God through the celebration of the sacraments within the community and to bear witness to it with self-denial.

Noting the prime and vital role of the catechism texts in the Faith Formation process, KRLCBC’s (Kerala Regional Latin Catholic Bishops Council) Commission for Catechetical took a bold step in forming these texts in vernacular language from standard I to XII in the year 2007. The content presentation of these texts are noteworthy and needs to be appreciated; its presentation is simple and elegant and uses modern teaching techniques. Care has been taken to depict true beliefs along with the inclusion of the history of the Latin Catholic Church and the special characteristics of the sacraments. Sensing the need of the modern epoch, these texts are now translated into English, which further widens the scope of these texts. I pen down my sincere appreciation to the catechetical departments of Archdiocese of Trivandrum and Diocese of Calicut for initiating this venture. I also take this opportunity to congratulate Rev. Dr. Laurence Culas, Rev. Fr. Gracious Tony Nevez and Rev. Fr. Muthappan Appoli and their colleagues who helped in translation, correction, DTP and page layout.

I extend my good wishes to all the children who desire to deepen their faith through faith formation. ‘May you like Jesus grow and become strong, be filled with wisdom and the favour of God be upon you’ (cf. Luke 2:40). Let God’s light shine upon each one of you!

Trivandrum
1st May 2018
Feast of St. Joseph the Worker

Archbishop Soosa Pakiam M.
President, KRLCBC
Archbishop of Trivandrum





DEDICATION

All those who believe in Christ are constantly called to deepen their faith through faith formation, the essential phenomenon that molds a mature faith and enables the faithful to proclaim vigorously. Faith formation is indeed the prime and vital mission of the Church and therefore it is an essential moment in the process of evangelization (cf. *General Directory for Catechesis* 63; *Catechesi Tradendae* 18).

None in this cosmos remain as individual entities but as part and parcel of communities. As we are commissioned by Jesus “to go into the world and proclaim the good news to the whole creation” (Mark 16:15), we just cannot ignore our mission of being the proclaimers and protagonists of the Kingdom of God, which is based on truth and justice. As the members of Christ’s community we are obliged to live an exemplary life according to the Gospel.

Faith formation text books play a vibrant role in the formation of faith in the lives of faithful. Taking into consideration the significance of text books in faith formation, KRLCBC (Kerala Regional Latin Catholic Bishops Council), Commission for Bible and Catechesis did a wonderful work of creating text books in vernacular language from class 1 to XII. Deeming it as the need of the time, the Commission translated these text books into English, which is coordinated by the catechetical departments of Archdiocese of Trivandrum and Diocese of Calicut.

At this juncture, I deem it fit to place on record my heartfelt gratitude to Rev. Dr. Laurence Culas, Rev. Fr. Gracious Tony Nevez and Rev. Fr. Muthappan Appoli for their untiring works and leading role in carrying on this translation. I also thank all the translators for their strong will power and hard work. Hoping these text books would shape the character of the students and teachers on the basis of gospel, I present these books happily for the use of everyone.

Kochi
1st May 2018
Feast of St. Joseph the Worker

Bishop Joseph Kariyil
Chairman
KRLCBC Commission for
Catechetics

MESSAGE

“To begin with, it is clear that the Church has always looked on catechesis as a sacred duty and an inalienable right. On the one hand, it is certainly a duty springing from a command given by the Lord and resting above all on those who in the new covenant receive the call to the ministry of being pastors. On the other hand, one can likewise speak of a right: from the theological point of view every baptized person, precisely the reason of being baptized, has the right to receive from the Church instruction and education enabling him or her to enter on a truly Christian life” (*Catechesi Tradendae* 14).

KRLCBC Commission for Catechesis, in its whole hearted efforts owning this mind of the Mother Church regarding catechesis, deemed it necessary to present the Catechism texts in languages more comfortable to the students. So, the translation of the current vernacular text into English and Tamil was included in the decennial plan presented in the Vallarpadam Mission Congress and BCC Convention as one of the primary objectives to be achieved. Moreover, constant plea from the part of students and their parents as well as the teachers necessitated this huge venture.

The great and praise worthy efforts invested by the Pastoral Ministry of Latin Archdiocese of Trivandrum under the direction of Rev. Dr. Laurence Culas and Rev. Fr. Muthappan Appoli and by the diocese of Calicut under the guidance of Rev. Fr. Gracious Tony Nevez towards the realization of this objective have been of immense worth. Their service to the formation of the new generation in the Latin Church of Kerala goes gratefully and proudly marked. This will go a long way to realize the specific aim of catechesis as St. Pope John Paul II says: “to develop, with God’s help, an as yet initial faith, and to advance in fullness and to nourish day by day the Christian life of the faithful young and old...Catechesis aims therefore at developing understanding of the mystery of Christ in the light of God’s word, so that the whole of a person’s humanity is impregnated by that word” (*Catechesi Tradendae* 20).

On behalf of the Chairman of the Commission for Catechetics and its members my heart overwhelms with great appreciation for and deep gratitude to all those who toiled to make this dream come true. May God bless them and reward them with the joy of seeing the new generations “to maturity to the measure of the full stature of Christ” (Eph 4:13).

Kochi
1st May 2018
Feast of St. Joseph, the Worker

Rev. Dr. Joy Puthenveetil
Secretary
KRLCBC Commission for
Catechetics

GRATITUDE

The word Catechesis, derived from the Greek word '*katekheis*' means 'echo;' implying that as catechists, we echo the teachings of Christ and of the apostles. Catechism texts, playing a vital and inevitable role throughout the faith formation process, must be biblically, theologically and doctrinally reliable and infallible; thus enabling us to proclaim with Jesus, "*My teaching is not mine but his who sent me*" (John 7:16).

KRLCBC (Kerala Regional Latin Catholic Bishops Council), Commission for Catechetics was authorized to consolidate the contents and to formulate catechism texts for the usage of the faithful of Latin Catholic Dioceses in Kerala. The principal task of this commission was to review and evaluate the biblical and theological contents and doctrinal accuracy of the texts for children and youth; as a result of which catechism texts for standard 1 to 12 was formulated in Malayalam and implemented for usage since 2007. Taking into consideration, the dire need of the modern era, now these texts are translated into English for further usage.

With appreciation, we place on record our sincere gratitude to Archbishop Soosa Pakiam M., the President of KRLCBC and Bishop Joseph Kariyil, the Chairman, KRLCBC Commission for Bible and Catechetics and Rev. Dr. Joy Puthenveetil, Secretary, KRLCBC Commission for Catechetics. We are indebted to the translators for their competence and hard work, especially Mrs. Reshma Ann Rollin for the translation of this text. We are also very thankful to all those who corrected the texts. A special thanks to Mrs. Reena Shabu, Mrs. Sahayamary Delvan, Ms. Francisca T and Mrs. Sophi Godfrey for DTP work, page layout and graphics and to Chackala printers.

Bringing all the nation to Jesus and assisting everyone to have a personal relationship with him will take place only when we, the faithful deepen our faith through faith formation, have a very personal relationship with him, which in turn strengthens us to proclaim genuinely the message of the Gospel with joy and courage; and thus attracting the entire people to him. Let the light of Jesus reflect through these texts and let everyone who use this text be enlightened by his divine light.

Trivandrum and Calicut
1st May 2018
Feast of St Joseph the Worker

Rev. Dr. Laurence Culas
Rev. Fr. Gracious Tony Nevez
Rev. Fr. Muthappan Appoli



CONTENTS

| | | |
|-----|-------------------------------------|----|
| 1. | COMMANDMENTS: THE WAY TO LIFE | 7 |
| 2. | ONE GOD | 15 |
| 3. | HOLY IS THE NAME OF GOD | 21 |
| 4. | DAY OF THE LORD | 28 |
| 5. | FAMILY: THE TEMPLE OF GOD | 34 |
| 6. | VALUE OF LIFE | 40 |
| 7. | OUR BODY- THE TEMPLE OF GOD | 45 |
| 8. | ON THE PATH OF TRUTH | 50 |
| 9. | SPEAK THE TRUTH | 54 |
| 10. | PURITY OF MARRIAGE | 60 |
| 11. | EARN YOUR LIVING | 65 |
| 12. | COMMANDMENT OF LOVE | 73 |
| | ST PIUS X | 79 |

Chapter I

COMMANDMENTS- THE WAY TO LIFE

Laws help us to take our life forward and to lead us to our goals in life.



Be good, do good



Do not commit wrong deeds

The common truths stated above form the basis of all laws.
It is the duty and responsibility of a person to follow the laws.

Caring for the sick is an act of mercy. But what do you think about
the act of scribbling on walls?

In the society, we have written laws as well as some unwritten laws which
are traditionally passed on to us.

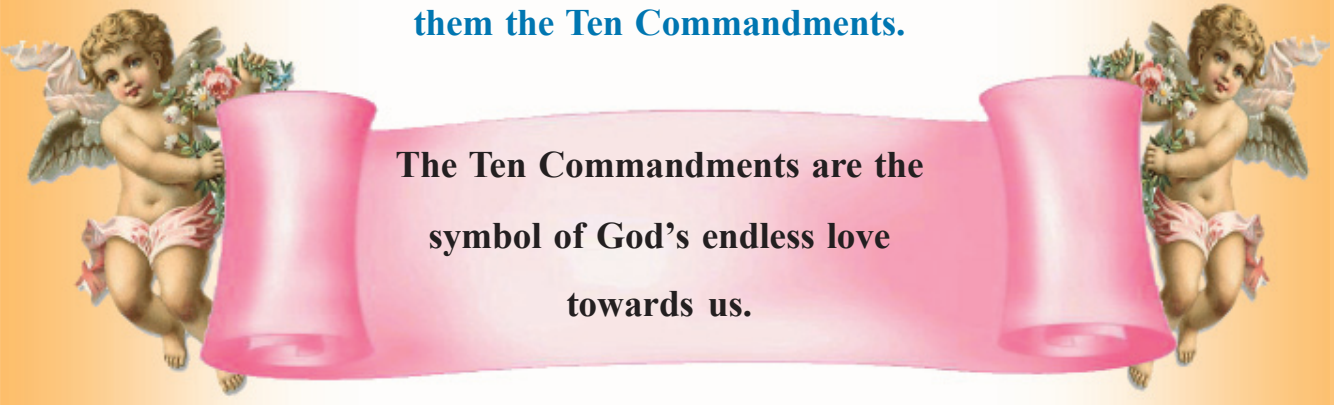
For example, paying taxes is a written law.

Cleanliness is an unwritten law.

Laws are widely divided into two – natural laws
and laws of the nation.

Besides these laws, we as Christians are bound to follow God's
commandments and the laws of the Church.

**God made a covenant with Israel and gave
them the Ten Commandments.**

Two cherubs with wings and pink dresses are holding a large, horizontal pink banner. The banner has a slight 3D effect with a darker pink shadow on its right side. The text on the banner is in a bold, black, serif font.

**The Ten Commandments are the
symbol of God's endless love
towards us.**

The Ten Commandments

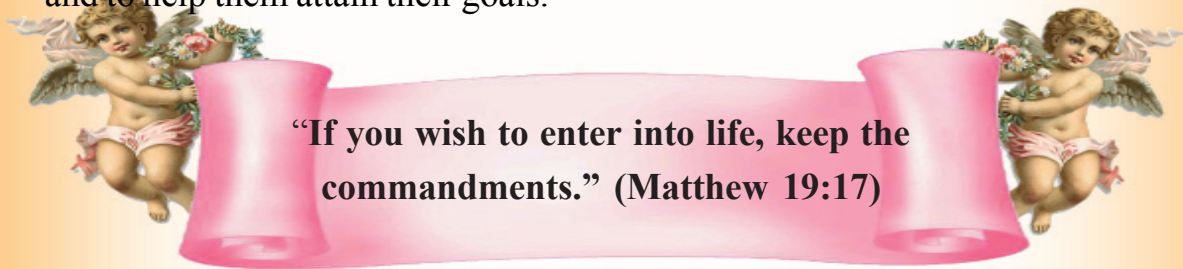
- 1. I am the Lord your God;
You shall have no other gods before me.**
- 2. You shall not use the name of the Lord your God in vain.**
- 3. Remember to keep holy the Lord's Day.**
- 4. Honour your father and your mother.**
- 5. You shall not kill.**
- 6. You shall not commit adultery.**
- 7. You shall not steal.**
- 8. You shall not bear false witness against
your neighbour.**
- 9. You shall not covet your neighbour's wife.**
- 10. You shall not covet your neighbour's goods.**

**“If you obey my voice and keep my covenant you
shall be my treasured possession out of
all the peoples.” (Exodus 19:5)**

This verse sums up the covenant between God and Israel.
The people agreed, in unison, to follow all that the
Lord commanded them to do. (Exodus 19:8)

By this covenant, God became the God of Israel and Israel became God's own people. For the people of Israel, the Ten Commandments became a beacon for their lives, pledged with the covenant.

God gave them these laws so as to guide them in their life's journey and to help them attain their goals.



Disobeying God's commandments and moving away from God's grace is called sin.



Among the Ten Commandments, the first three commandments tell us about the relationship people should have with God. The next seven commandments indicate the kind of relationship people should share with their fellow human beings.

Commandments indicating the relationship between God and man.

| | |
|----|--|
| 1. | I am the Lord your God; You shall have no other gods before me. |
| 2. | |
| 3. | |
| | |
| | |

Commandments indicating the relationship between God and man.

4. Honour your father and your mother.

5.

6.

7.

8.

9.

10.

These commandments, given by God Himself, are for the progress and welfare of the entire human race.

Love is the essence of all these commandments.



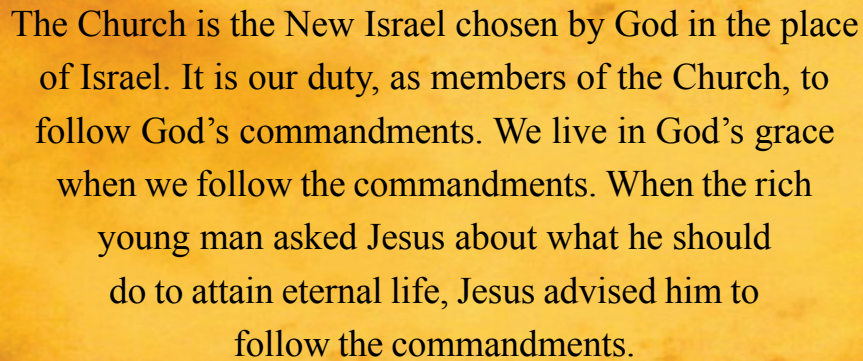
**Failing to do good which you
were capable of doing is also a sin.**



The commandments ask us to love God and our fellow human beings.

The essence of the Ten Commandments can be summarized in the following two commandments:

1. Love God above everything else.
2. Love your neighbour as yourself.



The Church is the New Israel chosen by God in the place of Israel. It is our duty, as members of the Church, to follow God's commandments. We live in God's grace when we follow the commandments. When the rich young man asked Jesus about what he should do to attain eternal life, Jesus advised him to follow the commandments.

Let's Find the Answers

1. What is the basis of all rules?
2. What did God do before giving the Ten Commandments to Israel?
3. What do the Ten Commandments indicate?
4. What is sin?
5. What do we attain when we live according to the commandments?

Discuss:

1. The need to follow laws.
2. The reason why God's commandments were given to us.

Evaluate the actions given below and find out which commandment is violated through them:

- * John does not go for Sunday mass. He goes out to play instead.
- * Martha does not respect elders.
- * Matthew uses foul language.
- * Ruth swears by God's name.
- * Andrew has many pencils but he refuses to share them with his friend, who does not have even a single pencil.

Can you list some laws we have to follow?

At Home

At School

In the Society

Song

God of mercy gave us
Ten Commandments
To lead human race,
To life eternal.

Son of God summed up
Ten Commandments into two.
Love God first and also
Love your neighbour



Act of Faith

My God, I believe in You and all that Your Church teaches, because You have said it and your word is true.

Amen.

Let's Remember the Word of God

“You should love the Lord your God with all your heart, and with all your soul and with all your mind. You shall love your neighbour as yourself.” (Matthew 22:37-39)

Let us Pray

Ever loving God, help me to follow your commandments sincerely and happily.

Let us by heart

“In all your works give primary place for Kingdom of God and love of God. Remain in love for one another. Before you teach others practice it in your life.”
(St. Bernadine of Vienna)

Chapter II

ONE GOD

King Ahab once ruled over Israel. He turned to idolatry and worshipped Baal. But Elijah, the prophet of the true God opposed King Ahab and there arose a dispute between the two. Elijah decided to prove that the God of Israel was the One True God. Elijah challenged the priests of Baal in the following manner: Take two oxen, cut them into two pieces and place it on the altar; the God who answers the prayer by sending fire, will be acknowledged as the true God.(cf. 1 Kings 18:30-40)



The priests of Baal accepted Elijah's challenge and prepared the altar and the sacrifice. Then, they prayed to Baal from dawn to dusk, to send fire. But nothing happened.

Then, Elijah made an altar with stones and prayed thus: "O Lord, God of Abraham, Isaac and Israel, let it be known this day that you are God in Israel."
(1 Kings 18:36)

"Then the fire of the Lord fell and consumed the burnt offering ... When all the people saw it, they fell on their faces and said, "The Lord indeed is God; the Lord indeed is God." (1 Kings 18:38-40)

Israel worshipped and believed in the One True God. They worshipped the God who freed them from the land of slavery, saved them from all perils and even lived with them.

God, who is the Father, the Son, and the Holy Spirit, is the One True God. We believe in one God and we should worship Him alone.

Jesus instructs us on how to love and worship our God:

"You shall love the Lord your God with all your heart and with all your strength and with all your mind." (Lk 10:27)



What the First Commandment demands from us:

Believe in God, trust in Him and love Him above everything else.

Place God above everything else, including individuals and other elements of creation and worship Him alone.

Fulfil all promises that you have made to him.

Show respect for people, places, pilgrimage centers and sacred objects consecrated to God.

Practise and follow only those rituals and rites which are in accordance with our faith.

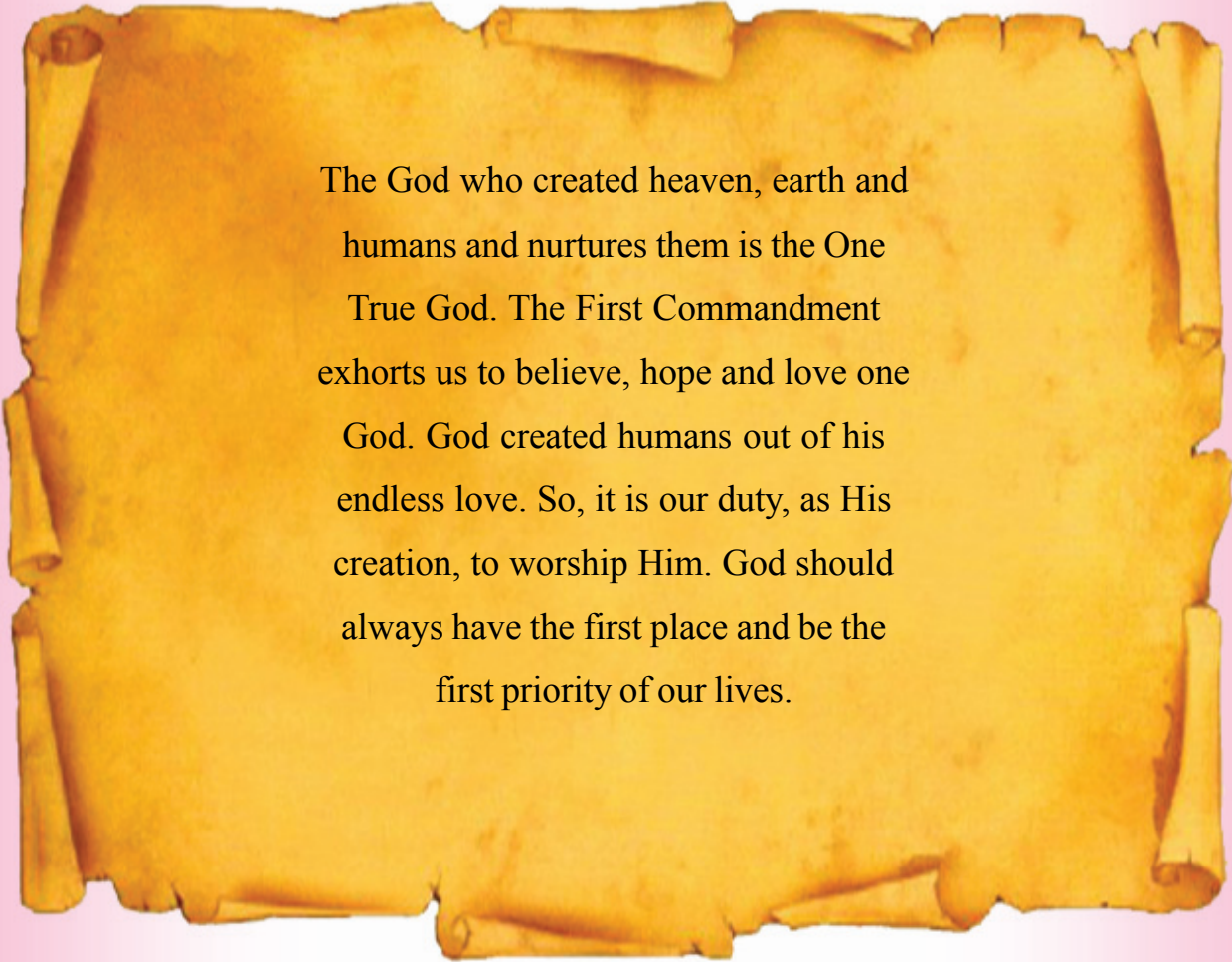
Evil practices like atheism, idolatry, sorcery, superstitions, witchcraft, black mass etc. insult God, inviting His wrath.

So, we should stay away from such practices.



Worship is for God alone. We do not worship saints; they are only considered intercessors for us before God Almighty. The saints faithfully lived the Paschal Mystery of Christ and attained success. They led an exemplary life on this earth by fulfilling the will of God and by showing great affection to all those around them while on this earth. The Church has given us saints as models, to inspire us to do the same.

**We place the Blessed Virgin Mary above all other saints,
as Mary is the Mother of God.**



The God who created heaven, earth and
humans and nurtures them is the One
True God. The First Commandment
exhorts us to believe, hope and love one
God. God created humans out of his
endless love. So, it is our duty, as His
creation, to worship Him. God should
always have the first place and be the
first priority of our lives.

Present the incident where Elijah proved that the God of Israel is the true
God

(1 Kings 18:20-40)

through any one of the ways suggested below:

Story Telling /Skit /Painting /Story Writing/Poem

Write down five things you can do to grow in the belief
of the One True God

1.

2.

3.

4.

5.

Let's Find the Answers.

1. What was Elijah's Prayer?
2. What is the difference between worship and intercession?
3. What does the First Commandment ask us to do?
4. What did Jesus teach about the love of God and worship?
5. Why did the Church give us saints?

Song

Oh, let us love with a whole heart,
The one and only true God.
Oh, let us trust in Him alone
Offer Him praise and worship.



O, let us sing and worship the Father,
Creator of heaven and earth.
O let us thank Him for everything
Mighty is the Lord our God!



Let's Remember the Word of God.

“I am the Lord your God; you shall have no other gods
before me.” (Exodus 20:2-3)



Let Us Pray

God our Father, give us the blessing
to worship you alone.

Let us By heart

“The entire universe obeys those who
love God with all their hearts.”
(St. Anthony of Padua)

Chapter III

HOLY IS THE NAME OF GOD

Once, Prophet Isaiah had a vision. He saw the Lord sitting on a high and lofty throne. Seraphs, each of whom had six wings stood around him. They loudly exclaimed: “Holy, holy, holy is the Lord of hosts; the whole earth is full of his glory.” (Isaiah 6:3) It became evident to the prophet that the name of the Lord, who was the creator of heaven and earth and the master of everything, was holy and that he himself, being a mere mortal, was a sinner.



Moses, the leader of the Israelites once asked the Lord: “What should I tell the people of Israel if they ask me your name?” The Lord revealed His name to Moses thus:

**“I AM WHO I AM. Thus you shall say to the Israelites:
I AM has sent me to you.” (Exodus 3:14)**



God further said to Moses:

**“Thus you shall say to the Israelites, The Lord, the God of your
ancestors, the God of Abraham, the God of Isaac and the God of
Jacob, has sent me to you. This is my name
forever” (Exodus 3:15).**

The people of Israel began to worship the Lord, calling Him YAHWEH – “the one who is,” according to what God had revealed to Moses. This is because they thought that man, who had unclean lips, was unworthy to utter the name of the Lord. So, they worshipped Him and referred to Him by other names.

The second commandment reminds us that God’s name is holy and our responsibility is to glorify His name. When we praise God’s name and call upon His name, we are led to holiness and salvation.

“There is no other name under heaven given among mortals by which we must be saved.” (Acts of the Apostles 4:12)

Prayer and praise in the name of the Lord is essential for our spiritual growth.

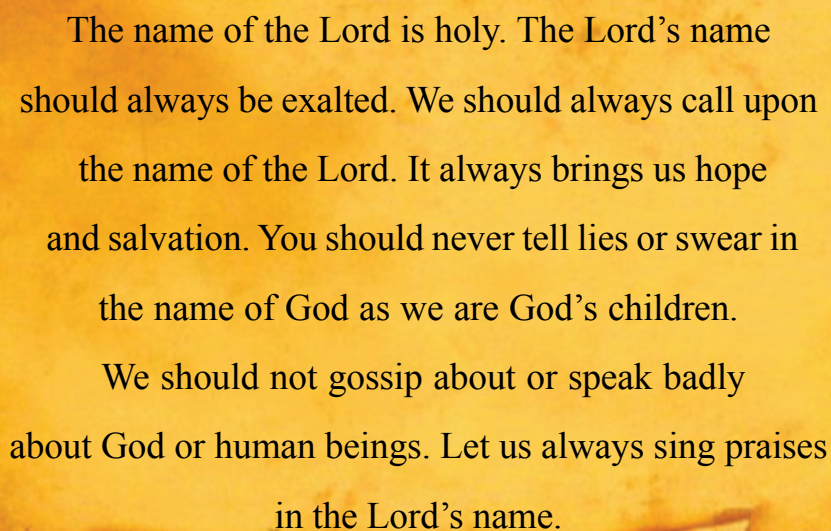
Peter said to the man who was lame from birth: “In the name of Jesus Christ of Nazareth, stand up and walk.” (Acts 3:6)

What does the Second Commandment tells us:

- ✦ The name of the Lord is worthy of praise. Whenever you use the Lord’s name, use it only with a sense of devotion and respect.
- ✦ The name of God indicates the presence of God Himself.
- ✦ Glorify the Lord’s name, always.
- ✦ Never use the Lord’s name in vain. “But I say to you, do not swear at all.”(Matthew 5:34)

- ✦ Jesus prayed to God the Father, referring to Him as ‘Abba Father’.
- ✦ You should not tell lies after making a promise in the name of God.
- ✦ “If you ask anything of the Father in my name, He will give it to you.”
(John 16:23)

God Himself should be honoured, so are individuals and objects consecrated to Him. We should always speak of the Blessed Virgin Mary and the Saints with respect. We should respect priests and nuns. The church, prayer halls, the altar, offerings and all other holy objects should be treated with devotion, care and respect.



The name of the Lord is holy. The Lord’s name should always be exalted. We should always call upon the name of the Lord. It always brings us hope and salvation. You should never tell lies or swear in the name of God as we are God’s children. We should not gossip about or speak badly about God or human beings. Let us always sing praises in the Lord’s name.

Search and Find

Read the names given below carefully. They are the new names which God gave certain individuals. Find out their old names:

Abraham

Sarah

Israel

Peter

Paul

Matthew

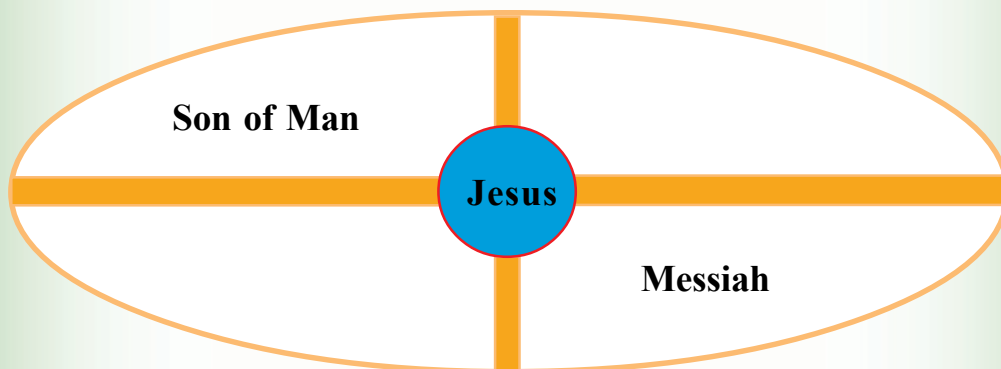
Complete the list given below:

The Saint who influenced you the most.

How did he/she influence you

| |
|---|
| The teacher who influenced you the most |
| |
| How did he/she influence you |
| |

Find out the names by which Jesus was referred to from the New Testament:



Let's Find the Answers

1. What was the vision that Prophet Isaiah had?
2. What made the Israelites refer to God as 'Yahweh'?
3. What does God demand from us through the Second Commandment?
4. How did God reveal Himself to Moses?
5. Why is it that we should not use the name of God in vain?

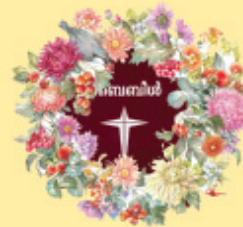


Song

Holy is the name of God
Everlasting in your glory
Heavenly choirs are singing
Holy Holy is your name of God
Praise Him who reigns
Heavenly hosts are praising Him
Lift up your hearts and praise him
The everlasting supreme God.

Let's Remember the Word of God.

“Let them praise the name of the Lord,
for His name alone is exalted.”
(Psalms 148:13)



Let Us Pray

Oh, God! Let your name
be exalted. Praise be to the Father, Son
and the Holy Spirit !



Let us by heart

“Yes, from the age of three I have never refused our
good God anything.” (St. Theresa of Lisieux)

Act of Hope

My God, I hope in You, for grace and for glory,
because of your promises, Your mercy and
Your power. Amen.

Chapter IV

THE DAY OF THE LORD



God made a covenant at Mount Sinai with Israel by which He promised to be present with them all the time.

The people of Israel had kept aside a day to worship God. They referred to that day as the 'Sabbath'. God completed His work of creation in six days. We read in the Book of Genesis that God took rest on the seventh day and this forms the basis of the Sabbath .(Gen 2:2-3)

“Remember the Sabbath day and keep it holy. Six days you shall labour and do all your work. But the seventh day is a Sabbath to the Lord your God; you shall not do any work -you, your son or your daughter, your male or female slave, your livestock, or the alien resident in your towns” (Exodus 20:8-10).

The Jewish people strictly observed the Sabbath; they did not allow anyone to do any work on Sabbath days. The strict enforcement of this law had made life difficult to a great extent.

But Jesus adjusted all these laws for the welfare of humankind. He said:

“The Sabbath was made for humankind, and not humankind for the Sabbath” (Mark 2:27).

Instead of the Jews’ Sabbath day, the Early Christian communities observed Sunday as a holy day. On Sunday, which was the first day of the week, they gathered along with the apostles to listen to the Word of God and to take part in the *agape* by which they commemorated and celebrated the Death and Resurrection of Jesus Christ. All that belonged to them was considered to be common property and they divided their belongings and property equally among themselves (cf. Acts of the Apostles 2:45).



By celebrating the Lord's Day, we:

Observe the Paschal Mystery-
the Life, Death and Resurrection of Jesus Christ.

Worship God.

Reconcile with God and our brothers and sisters.

Take part in the Catechetical process.

Listen to and understand the Word of God.

Keep aside time and money for others.

Take part in the activities of pious associations.

Engage in doing good deeds.

The attitude we should have while taking part in the Holy Mass:

“When you are offering your gift at the altar, if you remember that your brother or sister has something against you, leave your gift there before the altar and go; first be reconciled with to your brother or sister and then come and offer your gift” (Matthew 5:23-24).

When you participate in the Eucharistic celebration:

Participate in the Holy Eucharist after receiving the Sacrament of Confession.

Take part in the Holy Eucharist with great devotion and full concentration.

Receive Holy Communion.



We observe Sunday as the Lord's Day.
It is a day of worship and rest and so we
should keep it holy. Thus, this day helps us
to develop a strong bond with God and also
to strengthen our relationship with
our family and the society.

How can we keep our Sunday observance holy?

List a few ideas:

Participate in the Holy Eucharist with devotion.

Be punctual in attending Catechism class.

Complete the puzzle



Discuss:

The Lord's Day is the day of communion.

Let's Find the Answers.

1. What is the basis for observing the Sabbath?
2. How did the Jews observe the Sabbath?
3. What did the early Christians do instead of observing the Jews' Sabbath?
4. What are we actually doing while we participate in the Sunday Mass?
5. What should be our attitude while celebrating the Holy Eucharist?



Song

Come together, come together!
To celebrate the Paschal Mystery,
To share the Word of God in bliss,
We come together on Sundays.

Come together, come together!
To do holy deeds and godly deeds,
To thank the Lord for His mercy,
We come together on Sundays.

Let us Remember the Word of God

“How lovely is your dwelling place, O Lord of
Hosts!” (Psalms 84:1).



Let us Pray

Lord our God, helps us to keep Sunday holy by
participating in the Holy Eucharistic celebration with
devotion, faithfully attending the catechism class
and by doing deeds which show our love for each
other.



Let us by heart

“My Lord and my God, take away from me
whatever distances me from you. Give me
everything that brings me closer to you”
(St. Nicholas Bari).

Chapter V

FAMILY : THE TEMPLE OF GOD



Take a look at this family photo and list out the members of the family.

God gave Eve as wife to Adam; this is the world's first family. God is the founder of this family.

A family is the basic unit of the Church and society.

Parents are the representatives of God in the family. God leads and protects us through them.

By loving and respecting them, we glorify God.

The father is the master of the family and the mother is its mistress. The children are the family's promising future, the beloved of their parents.

The love and unity between the parents and the children make the familial bonds sacred.

**Let us see the sacrifices that
our parents make for us:**

- ✦ Gives birth to and raises children.
- ✦ Loves and takes care of them.
- ✦ Makes them grow in God's love and goodness.

Just as we, the children of God, love and respect God, we should also respect and love our parents and elders.

“Children, obey parents in the Lord, for this is right” (Ephesians 6:1).

God commanded through Moses that we should respect our parents:

“Honour your father and your mother as the Lord your God commanded you, so that your days may be long and that it may go well with you in the land that the Lord your God is giving you” (Deut 5:16).

We should respect and love our grandparents just as we love our parents. We should serve them and pray with them. Jesus sacrificed himself for our salvation.

Just like that, our parents sacrifice themselves for our growth and prosperity. The bonds of the family become sacred when the family members live, making sacrifices for each other. The sacrifice and love within a family is the result of the prayers and offerings made in the Church. Thus, the family becomes a temple of God.

I respect my parents by:

Being submissive through obedience.

By helping in work.

.....

.....

.....

.....

.....

**The Holy Family is the best model for
our family.**



An ideal family consists of parents who love their children and children who obey their parents. To make our family like the Holy Family, we should love and respect one another, recite the family prayer everyday and eat together.

Discuss Sirach 3:1-16 and summarize it.

Prepare a Note:

The happiest moments you shared with your family.

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

Let's Find the Answers

1. Who is the founder of the family?
2. Which is the basic unit of the Church and the society?
3. Why is it said that we glorify God by respecting our parents?
4. What makes a family holy?
5. How does a family become the temple of God?

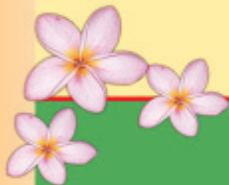


Song

God made the family
Parents are God's representatives.
Love unites the family.
Sacrifice is the golden rule.
Good families are God's temples.
They echo psalms and prayers.
They live in love and respect.
Holy Family is their shining star.

Let us Remember the Word of God

“Those who honour their father atone for sins
and those who respect their mother are like those
who lay up treasure” (Sirach 3:3-4).



Let us Pray

O Jesus, who gave us loving parents
and teachers, protect
them always.



Let us by heart

“When I look up to heaven, the world seems boring for me”
(St. Ignatius of Loyola).

Act of Love

My God, because You are so good, I love You
with all my heart and for your sake, I love my
neighbour as myself. Amen.

Chapter VI

THE VALUE OF LIFE



God created this beautiful universe and the human being is its crowning glory.
God created the human being in His image and likeness.

“The Lord God formed man from the dust of the ground and breathed into his nostrils the breath of life and the man became a living being”(Genesis 2:7).

“Surely you know that you are God’s temple and that God’s Spirit lives in you!” (1 Corinthians 3:16).

God gives and owns life; only he has the right over life. We are duty bound to protect the life which has been given to us by God. We should not destroy human life.

Killing is a sin; injuring a person is also equally sinful.



Life is precious

- * We should respect and protect human life.
- * Murder is a cruel deed through which life is destroyed. When person takes his own life, it is known as suicide; this is also a grave sin.
- * We should not let bad habits like drinking alcohol, taking drugs and smoking destroy our lives.
- * We should learn to respect and protect the lives of all human beings.
- * We should protect all living beings.
- * Character assassination is a grave sin by which we speak or do things which can damage a person’s reputation.

“Sinners are overtaken through their lips; by them the reviler and the arrogant are tripped up.” (Sirach 23:8)

The Heavenly Father gave life to all the living beings and humans in this Universe. We are supposed to protect life. The life of God is within us and hence when we humans love and take care of each other, we are actually glorifying God. Being the children of God the Father, we are siblings as well. “Those who say ‘I love God,’ and hate their brothers or sisters are liars” (1 John 4:20)

Create a Collage

Collect pictures and news articles on the various efforts to protect human life and create a collage.

List out the tendencies which can bring about the loss of life:

Fighting with each other



What can be done to establish peace:

Respect each other



Let's Find the Answers:

1. How did God create man?
2. Who has the right over life?
3. How should we protect our precious life?
4. What should be done to protect life?
5. How does suicide become a sin?

Song

God is the giver of life
Life is a loving gift of God
Life is the greatest gift on Earth
God alone is the creator of life

Duty of humankind is to protect life
Saving life is the noblest deed
Protecting life is our duty on earth
Alas! Destroying life is a mortal sin





Let us Remember the Word of God

“If you are angry with a brother or sister, you will be liable to judgment” (Matthew 5:22).



Let us pray

Loving Father, we thank you for the life you have given us. Bless us so that we may grow in spiritual life.



Let us by heart

“I was not created for this world, but for eternity
and for eternity, not for this world, I will live”
(St. Stanislaus).

The Memorare

Remember, O Most Gracious Virgin Mary, that never was it known that anyone, who fled to your protection, implored your help or sought your intercession was left unaided. Inspired by this confidence we fly to you, O Virgin of Virgins, Our Mother! To you do I come, before you I stand, sinful and sorrowful. O Mother of the Word Incarnate! Despise not my petitions, but in your mercy hear and answer me. Amen.

Chapter VII

OUR BODY: THE TEMPLE OF GOD

God created the universe and the whole of creation with the verse “Let there be” (cf. Genesis 1:3). God saw that all that he created was good (Genesis 1:39).

However, God did not create humans like He created the rest of the universe. God created the human:

- ♦ **From dust**
- ♦ **In his own image and likeness**
- ♦ **Gave him life with His own breath**
- ♦ **Gave him dominion over the earth and all living creatures**

Man, created in God’s image and likeness is the crown of all creation. The Spirit of God dwells within man, who was created when God breathed life into him.

“Surely you know that you are God’s temple and that God’s spirit lives in you! ... God’s temple is holy and you yourselves are his temple” (1 Corinthians 3:16-17).



Our body is holy because of God’s presence within us. We should be aware of the Divine presence of God within our body.



The organs of our body should radiate God's holiness. As our body is the temple of God, we can praise God by keeping our body holy.

“Don't you know that your body is the temple of the Holy Spirit, who lives in you and who was given to you by God? You do not belong to yourselves but to God; he bought you for a price. So use your bodies for God's glory” (1 Corinthians 6:19-20).

The Son of God accepted the human body. By ascending into heaven with the body, he sanctified the human body and glorified it.

God is love. God created us, as His own children, giving us the capacity to love and be loved.

God created humans as man and woman. God gave humans sexuality for the completion of love and for giving birth to children. The basis of sexuality is to be a man or a woman. Hence, humans love and share with each other. By sharing themselves with each other, a husband and wife give birth to children. Men and women are created in such a way that they are prepared for procreation. God has given humans the capacity to give birth to children and the growth and development of his organs.

Sexuality is the gift of God. It is the duty of parents to give birth to children through sexual activity. By performing this duty, parents keep the promise they made to God and the Church during their marriage. Thus, sexuality is a sacred act.

God has given us the ability to have sex and we should use this ability wisely. By using this ability according to God's will, we are able to maintain our sexual integrity.

Sexuality should be solely within a marital relationship. Sex outside marriage is against the will of God. This is a violation of the Sixth Commandment.

“Avoid immorality...
the man who commits sexual immorality sins against his own body.”
(1 Corinthians 6:18)

To grow in sexual purity:

Dress modestly.

Avoid bad company and immoral conversations.

Avoid bad movies and books.

Engage in good hobbies and enrich your creativity.

Read the Bible and pray.

Read the life history of saints.

Take the advice of elders.

Our body is the temple of God. We should respect our body. Sexuality is the gift of God. We should use the ability of sexuality only according to God's will. We should constantly pray and persevere to preserve our sexual integrity.

What can be done to preserve sexual integrity?

Take the advice of elders.



**Read the life history of St. Maria Goretti and
discuss the need to preserve
our sexual integrity.**

Let's Find the Answers:

1. How did God create humans?
2. How can we praise God with our body?
3. Why did God give humans the ability of sexuality?
4. How can we live in sexual integrity?
5. How is the Sixth commandment violated?



Song

O God, it's your breath
That gave me life.

O God, it's your love
That gave me my soul.

O God, it's your supreme gift
That gave me shape.

O God, you're my only love
And my everlasting abode.

Let us Remember the Word of God

“Surely you know that you are God’s temple
and that God’s spirit lives in you!”

(1 Corinthians 3:16)



Let us Pray

God, we understand that our body is the
temple of God. Strengthen us to keep our
body holy by preserving our
sexual integrity.



Let us by heart

“Death comes to the soul when God abandons
it, just as death comes to the body when
the soul departs.” (St. Augustine)

Chapter VIII

ON THE PATH OF TRUTH



How beautiful is this universe created by God! Do we not enjoy the glory of the rising sun? The chirping of birds, the beauty of flowers and rivers, hills, mountains and everything else... God has arranged them all perfectly in their places.

God is the rightful owner of life. He has given a law and order to everything; He has established a relationship between all living beings. The co-existence between living beings is the principle on which the universe is able to function smoothly.

The various components of creation should depend on each other. Each of them has a function of its own, and when they are not able to perform this function, it affects the order and functioning of the universe as well.

Humans being the best of God's creation should love one another and uphold the values of mercy, justice and equality; we should not take possession of other goods. We should also protect and take care of other living beings.

The virtue of justice reminds us to protect and safeguard this right and perform the duties of a neighbour.

Let us live in virtue and sincerity

We should not acquire other's goods or money without their permission.

Do not destroy other's things.

Do not travel in buses or trains without tickets.

Do not steal goods which are kept for sale in shops.

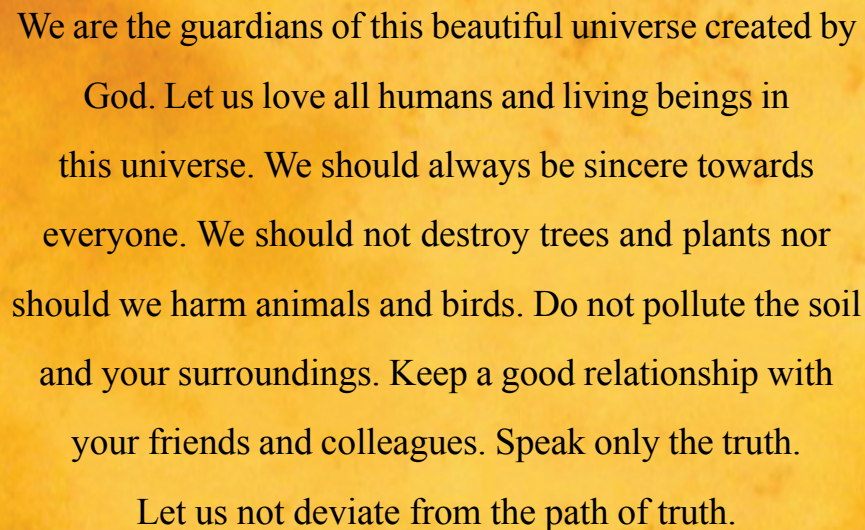
Do not steal or tell lies.

Do not copy during the examinations.

If you have been asked to take care of something,
return it dutifully.

If you find something which had been lost, acknowledge it.





We are the guardians of this beautiful universe created by God. Let us love all humans and living beings in this universe. We should always be sincere towards everyone. We should not destroy trees and plants nor should we harm animals and birds. Do not pollute the soil and your surroundings. Keep a good relationship with your friends and colleagues. Speak only the truth. Let us not deviate from the path of truth.

Let us Sing and Praise

Recite Psalm 15 in the form of a poem in class.

Help financially backward students who find it difficult to buy their books and think of ways to help them.

Let's Find the Answers

1. How is it possible for the order of the universe to exist?
2. How is the order of the universe disturbed?
3. What does the virtue of justice demand from us?
4. What is the relationship that God and humans have with the universe?
5. What should we do to walk in the path of truth?



Song

Universe is a gift of God!
Lovely flowers, green pastures,
Dancing trees and singing birds
All proclaim God's mercy.

Nature, keep it for the future.
Save this beautiful gift of God!
Let truth, honesty, justice and equality
Fill the whole universe!



Let us Remember the Word of God

"Day to day pours forth speech and night
to night declares knowledge. There is no speech,
nor are there words; their voice is not heard;
yet their voice goes out through all the earth"
(Psalm 19:2-4).

Let us Pray

O gentle breeze, O mighty ocean,
let us praise the Lord! O rain,
O wandering cloud, let us praise the Lord!



Let us by heart

"All of us can attain to Christian virtue and
holiness, no matter in what condition in life we
live and no matter what our life work may be."
(St. Francis De Sales)

Chapter IX

SPEAK THE TRUTH

John is a student of class five. He is a brilliant student, a favourite among all his fellow students. One day, on his way to school, he found a purse on the roadside. He took the purse and opened it. It was full of money! He quickly ran to school. He felt very satisfied and relieved when he handed over the purse to the headmaster.

The headmaster found the owner of the purse and handed it to him. The next day, during the school assembly, the headmaster praised John and exhorted that his honesty should be a model for everybody. John was also given a special prize.



**God is the source of truth.
He is the supreme truth.
True is His Word.
True is His law.**



Jesus Said:

“I am the way and the truth and the life.” (John 14:6)

Being the children of God, we should be honest in our lives. God or the Supreme Truth will live with us as long as we are truthful. Speaking and acting truthfully is the best form of worship.

Susanna was a devout and extremely beautiful woman. Her parents were also just and honest. Her husband Joachim was rich and feared the Lord. One day, while she was walking with her husband along the garden, two elders were attracted towards her. On another occasion, they found her sitting by the side of the pool and they attempted to seduce her. But she was not willing to commit a sin against God's love. However, the elders testified against Susanna and condemned her to death. She called upon the Lord. The Lord worked through Prophet Daniel, saved Susanna and sentenced the two elders, who gave the false testimony, to death. (Daniel 13:1-64)

The Holy Bible calls the trustworthy and the devout persons as honest (Exodus 18:21; Hos 4:2). They are faithful to God's commandments and his covenants.



Truth is the stepping stone to success.

If we hold on to truth, we are assured of success.

Truth frees us from all kinds of slavery.

By telling lies, we hurt God and human beings and
also create unrest in the society.

**Let us take note of certain
things to live life honestly:**

Pledge to live life honestly and strive hard for it.
Do not avoid the path of truth even if it means suffering
losses or going through painful situations.
Do not tell lies or encourage others to do it.
Do not tell lies to protect your friends or to
protect others' interests.

**Let us avoid certain
things to live honestly:**

Slander

To spread false things about a person and damaging his reputation.

Gossip

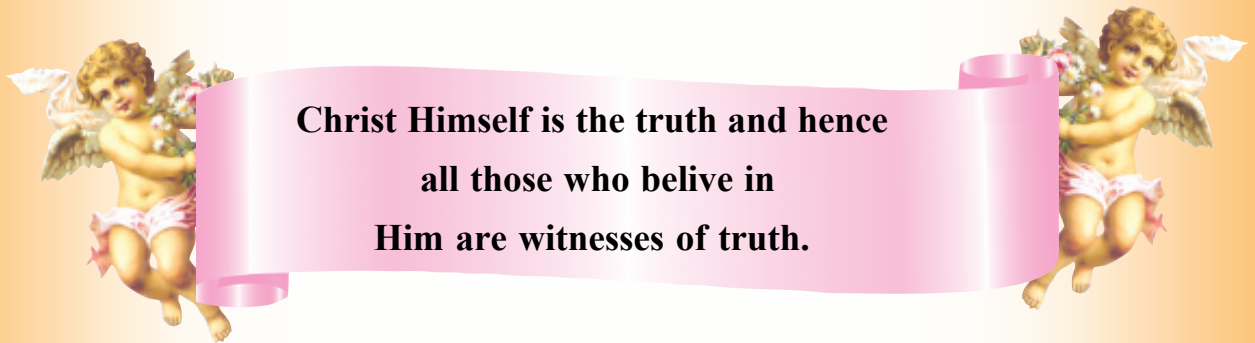
To tell a person what another person has said, adding what he/she has
not said and creating enmity and rousing fights.

Telling Lies

Hiding the truth and speaking against one's own knowledge
and conscience.

Flattery


Praising others in an exaggerated way, without sincerity to persuade
someone for one's own interest; even a person's faults are praised overtly.



“Satyameva Jayathe” is the motto of Indian Culture, which means that “Only truth shall prevail.”

To remain close to God, the embodiment of truth, I will:

| |
|----------------------------------|
| 1. Speak only the truth |
| 2. Be loving towards my friends. |
| 3. |
| 4. |
| 5. |
| |
| |

A hand holding a black quill pen, positioned at the bottom right of the form, as if writing.

Let us Find the Answers

1. What made John worthy of receiving the prize?
2. What is the best form of worship?
3. What message does the story of Susanna teach us ?
4. Who are called honest in the Bible?
5. What should we do to live an honest life?

Write the Story and the Moral

The Duck which laid Golden Eggs.

Search and Find

Find out from others about the incident mentioned in Gandhiji's autobiography when he felt very guilty for lying to his father.



Song

God is the source of truth!
God is absolute trust!
Jesus is the way, truth and life
He is the only true God!

Break the chains of slavery!
Let the truth set you free!
Blessed is the one on earth
Who holds on truth at the cost of life!

Let us Remember the Word of God

“Rid yourselves, therefore, of all malice and all guile,
insincerity, envy and all slander.”

(1 Peter 2:1)



Let us Pray

God Our Father, bless us so that we may live
without abandoning truth and to be satisfied
with what we have.



Let us by heart

“The devil seeks to make you slow in shaking off your fetters.
Look for a good confessor; he will tell you what to do.
And should you have the misfortune of falling hereafter
into any mortal sin, go immediately to confession,
even on the same day or the same night, if you can.”

(St. Alphonsus Liguori)

Chapter X

THE SANCTITY OF MARRIAGE

**In the beginning, God Created man.
He gave man a suitable partner.**

“It is not good that the man should be alone;
I will make him a helper as his partner” (Genesis 2:18).



**God founded marriage.
Jesus, the Son of God, raised
marriage to a Sacrament.**

Husband and wife who begin their family life through marriage take part, along with God, in the process of creation.

Children are born as the fruits of the parents' love and devotion to each other. Thus, giving birth to children is a sacred act.



Children are the gift of God.



Married life is a journey to holiness. A couple is duty bound to love, respect and share everything with each other in a family. The groom and his bride make certain promises before God and the Church at their wedding. Let us see the promise that they make:

**“From this day forward, for better,
for worse, for richer, for poorer,
in sickness and in health,
until death do us part.”**

God unites a man and a woman to form a family. “What God has joined together, let no one separate” (Matthew 19:6). Therefore, care should be taken so that this holy bond is not defiled.

**Love, Unity and fidelity
to each other is the
basis of marriage.**

- ♦ Jesus performed his first miracle during the wedding at Cana (cf. John 2:1-11).

- ♦ Marriage is a relationship which lasts unto death. No one should separate what God has joined; such is the unifying nature of the marital bond.
- ♦ St. Paul compares the marriage vow to the relationship between Christ and His Church. The relationship and love shared by the couple is as sacred as the bond shared between Christ and the Church.
- ♦ The couple should submit themselves to each other completely, so as to preserve the purity of marriage.
- ♦ Families are the basic units of the Church and the society.

**A husband and wife should maintain
a sense of mutual trust after
marriage. He/she should not consider
any other individual, other
than his/her partner as a husband
or wife. This is essential to maintain the
purity of marriage.**

Presentation

Read Gen 2:19-25 and present it in the class.

List the things you can do to make your family like the Holy Family.

1. Pray every day without fail.

Let's Find the Answers.

1. Who founded the Sacrament of Marriage?
2. Why is giving birth to children considered to be a sacred act?
3. In front of whom do the bride and the groom take their marriage vows?
4. What is the pledge taken by the couple during their marriage?
5. What is necessary to preserve the purity of marriage?



Song

Marriage is a sweet surrender
A profound loyalty to the life partner
A precious offering at the altar
A true sacrifice in God's presence

Remember, marriage bond stays
Until death separates couples
Till then let love and service
Enrich marital life

Let us Remember the Word of God

“Wives, be subject to your husbands as you are to the Lord... Husbands, love your wives, just as Christ loved the Church and gave himself up for her, in order to make her holy”
(Ephesians 5:22, 25-26)



Let us Pray

We pray that our parents may receive the blessing to live in unity, loyalty and love towards each other.



Let us by heart

“Mother Mary, I will never sin even if my body is broken into pieces” (St. Maria Goretti).

Chapter XI

EARN YOUR LIVING



Once, there was a man called Naboth in Israel. He inherited a beautiful vineyard from his father. Ahab, the King of Israel wanted to own this vineyard, which was next to his royal palace. But Naboth refused to part with his ancestral inheritance. Jezebel, Ahab's wife, came to know of this problem. She managed to get hold of the vineyard through a devious plot and gave the vineyard to the King. God sent prophet Elijah to King Ahab, who pronounced

God's verdict on the cruel deed committed by the King. Prophet Elijah warned that dogs would lick the king's blood and tear Queen Jezebel to pieces (1 Kings 21:1-21).

God is the owner of all worldly objects; He has entrusted us with the duty of taking care of them. We are supposed to make use of these worldly objects to fulfil our needs and also the needs of others. So, God wants us to work hard and thus lead a happy life.

To wish for more than what you deserve is nothing but greed, which is a sin. Fights over property and issues concerning the boundaries of one's properties can badly affect relationships.

The Question of Ownership

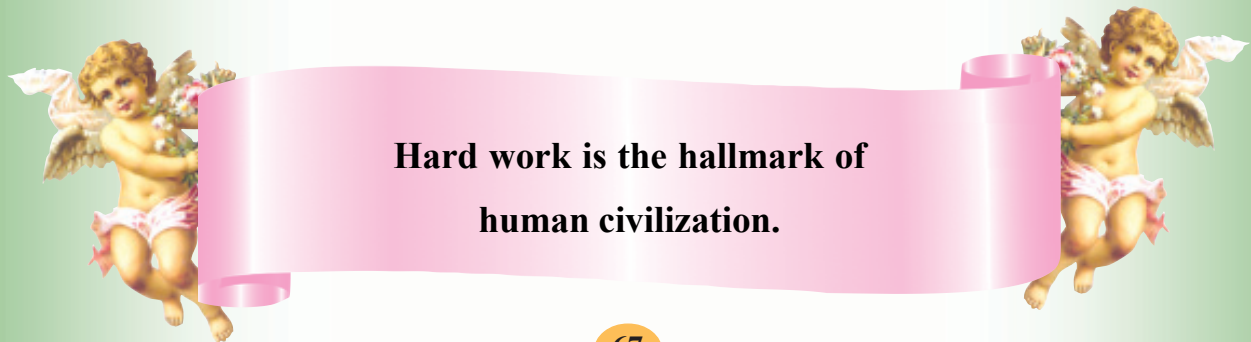
Every individual has the right to earn and make use of property. A person can inherit ancestral property from his or her parents or earn and buy land through hard work and by making use of his/her talents. All these rightly belong to humans. When a person begins to desire what belongs to others, he/she begins to tread the path of sin. Owning what does not rightly belong to you, treachery and the greed for wealth are dangerous tendencies which may make an individual take drastic steps. Without doubt, human person's greed is the root cause of all injustices and crimes committed in this world.

Through hard work, we take part in God's creation and we offer this wonderful universe as a sacred offering back to Him. Thus, work becomes worship.



Administrators, teachers, officers, farmers, fishermen and students are all engaged in doing various kinds of work. They are able to worship and thank God through the work that they do.

God has commanded us to eat by the sweat of our brow.(Genesis 3:19) We experience true happiness and satisfaction when we eat the fruits of our labour.





Boy Jesus used to help his parents in their work.



St. Joseph is the patron saint of workers.

Let us hear what St. Paul has to tell us about the importance of work:

“We were not idle when we were with you, and we did not eat anyone’s bread without paying for it; but with toil and labour we worked night and day, so that we might not burden any of you... Anyone unwilling to work should not eat.” (2 Thessalonians 3:7-10)

The whole of creation is for our own good. (Psalm 24:1)

We are mere guardians of the world. So, we should learn to respect and encourage those who toil hard.

We should handle others’ things with great care.

We should not exploit others generosity.

Do not destroy public property.

We should pay back our debts.

Above all, we should never be idle.

We should be satisfied with what we have. We should not show interest in others things.

We should avoid luxury and be prudent in the use of wealth.

We should share our things with others.

Love nature and take care of everything in nature.

Children should help their parents with household chores.

How can we help our parents?

♦ Wash your own clothes.

♦ Clean your house.

Things to take note of at school and in a public place:

Do not waste water.

Do not litter public roads.

.....

.....

.....

.....

Why does God want us to work hard and earn our living?

| |
|--|
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |
| |

Let us Find the Answers.

1. Why did God punish King Ahab?
2. How does our work become worship?
3. Who is the Patron Saint of workers?
4. What does St. Paul tell us about the greatness of work?
5. What are the things we should keep in mind while we discharge our duties as the guardians of the earth?



Song

Hardworking is part of life
A beautiful virtue to win
Even the scripture says:
“He who will not work shall not eat”

You win your daily bread
Not through laziness
Leading a simple life
Can lead one to success



Let us Remember the Word of God

“Any one unwilling to work
should not eat” (2 Thessalonians 3:10).



Let us Pray

O God, who created this beautiful universe
for us, helps us to perform our duties righteously,
to protect all creation and to praise you
through our hard work.



Let us by heart

“Do good as possible as you can”
(St. John of God).

Chapter XII

COMMANDMENT OF LOVE



Once, Mother Teresa visited a small hut in a slum along with her companions. As usual, Mother had taken with her a fistful of rice to give the poor. A thin and emaciated woman came out of a hut and Mother gave the fistful of rice to her. She took the rice, tied it to the end of her sari and she ran out. When she came back, Mother asked her, “Where did you go?” She replied: “Next to my house, there is a woman who has four children. They live in extreme poverty. I went to give half of the rice to them.” The woman’s response deeply touched Mother’s heart.

God is our Loving Father. He gave us life and protects us. God loved the world that he sacrificed His only Son so that everyone who believed in Him may have eternal life. (John 3:16)

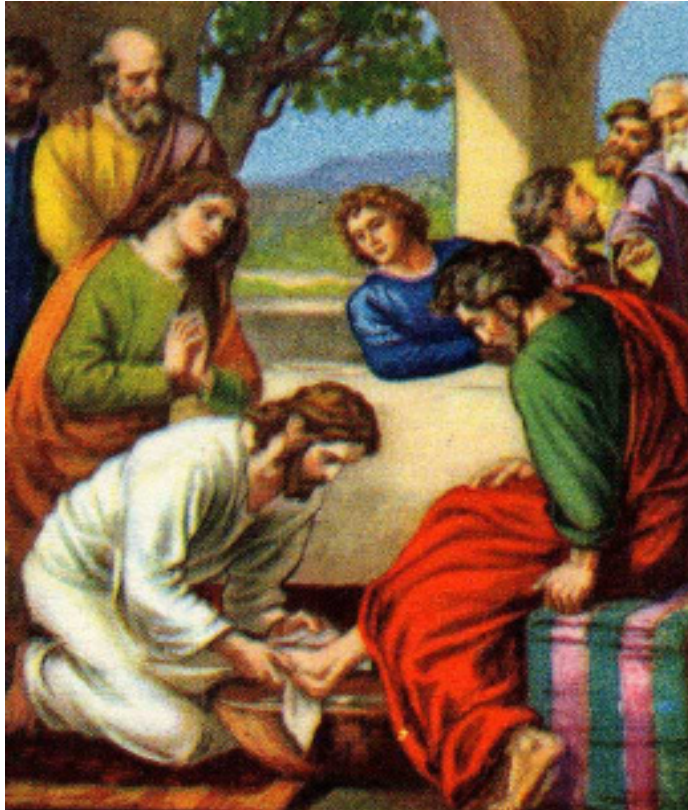
God created us so that we may know Him, love Him and serve Him. We should love and worship Him above all. “You shall love the Lord your God with all your hearts and with all your Soul, and with all your mind, and with all your Strength.” (Mark 12:30)

God is the Father of all humankind and we are all brother and sisters. Thus, we are bound to love one another.

“You shall love your neighbour as yourself.” (Mark 12:31)



Given below is a picture from the Lord's Last Supper with his disciples. "He got up from the table, took off his outer robe and tied a towel around himself. Then, he poured water into a basin and began to wash the disciples' feet and to wipe them with the towel that was tied around him." (John 13:4-5)



"After he had washed their feet, had put on his robe and had returned to the table, he said to them, 'Do you know what I have done to you? You call me Teacher and Lord and you are right, for that is what I am. So if I, your Lord and Teacher, have washed your feet, you also ought to wash one another's feet.'" (John 13:12-15)

We have received this Commandment from Christ:

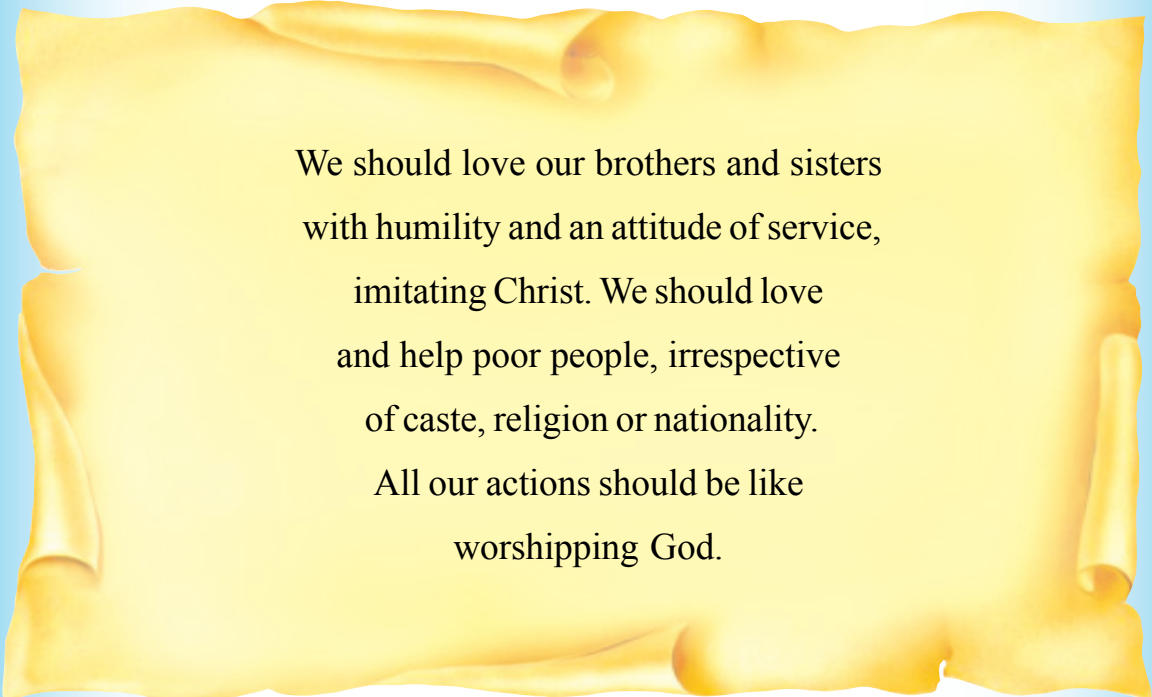
"Those who love God must love their brothers and sisters also."

(1 John 4:2)

God sent us into the world to be prophets of love. Love demands humility and sacrifice. Love is selfless and love without action is meaningless. Love makes man like God.

There is no meaning in loving only those who love us. Love for one's enemies is the zenith of Christ's love.

- Jesus loved even those who betrayed and denied him.
- Jesus loved even those who tortured and crucified him.
- Jesus prayed for his enemies.
- Jesus' love brings everyone closer to God.
- This love made sacrifices to serve others.



We should love our brothers and sisters
with humility and an attitude of service,
imitating Christ. We should love
and help poor people, irrespective
of caste, religion or nationality.
All our actions should be like
worshipping God.



**Just like we love ourselves, we
should love others too. One who hates
oneself cannot love others.**



Present the parable of the Good Samaritan as a skit. (cf. Luke 10:25-37)

Let us Find the Answers

1. What did the woman tell Mother Teresa?
2. What example did Jesus give his disciples?
3. What is the zenith of Christ's love?
4. Where did Jesus show love for his enemies?
5. Which is the greatest commandment?



Song

Jesus taught us to love!
He taught us to forgive
He taught us the mighty lesson -
Love that washes the feet

When we carry others' sorrows and burdens,
When we help the sick and suffering,
When we do good to others,
We become Jesus' disciples.

Let us Remember the Word of God

"Just as you did it one of the least of these
who are members of my family, you
did it to me." (Matthew 25:40)



Let us Pray

O God, help us to love you above
everything else and to love our
neighbours as ourselves.



Let us by heart

"Get rid of jealousy that kills love towards
brothers and sisters." (St. Vincent De Paul)

ST. PIUS X



“To restore all things to Christ, in order that Christ may be all in all” was the motto of this 258th successor of Peter. And succeed in his Endeavour he certainly did! For there was no aspect of the Church in which he did not enter, to discern, direct, determine, relaunch – the Liturgy, the Sacraments, catechesis, homiletics, Biblical study, Canon Law, sacred art and music, the social apostolate, priestly formation, matters ecclesiastical, whatever.

Born Giuseppe Melchior Sarto on 2 June 1835 to Giovanni Battista and Margherita Sanson Sarto at Riese in the diocese of Treviso, Italy, Pius X was the epitome of simplicity and humility, yet firm and decisive. His extraordinary intellectual endowments, high moral character, and solid piety evidenced from early youth, won him laurels during his seminary training at Padua- “...in discipline second to none, of greatest ability, endowed with a very good memory and most promising.”

Ordained on 18 September 1858 at the cathedral in Castelfranco, he spent 9 years as Curate in Tombolo and then 8 as pastor in Salzano, striving to be “all things to all”, ever available to every parishioner, administering the sacraments, preaching simply yet forcefully, attending to the sick, both on the sick-bed and in the confessional, living his priesthood to the hilt. His favourite task was instructing little children in the Faith, ever conscious that “by the Catechism the soil is prepared for the seed of God.”

On 28 November 1875, Fr Sarto was named Canon of the Cathedral of Treviso and Chancellor of the Diocese. Consecrated Bishop of Mantua on 16 November 1884, his manifold achievements as pastor of souls and reformer of the clergy earned him the Cardinalate on 12 June 1893 and the Patriarchate of Venice three days later. Noted for his charity, this peasant Cardinal took the keenest interest in the fate of the working classes, the peasant and the proletariat, and was thus instrumental in drawing away many workers from the atheistic Socialist Trade Union.

The long fruitful pontificate of Pope Leo XIII having ended with his demise on 20 July 1903, Cardinal Sarto was elected Pope on 4 August. Accepting rather reluctantly, the coronation took place in St Peter’s five days later. His very first encyclical, *E Supremi Apostolatus Cathedra* (4 October 1903), together with his allocution to the Sacred College of Cardinals (9 November 1903) set the tone for his pontificate.

Himself gaining his strength, his spirit of gentleness and warmth for people from the source of all gifts, namely, the spirit of Jesus, he urged the reception of frequent and even daily Holy Communion for all in the state of sanctifying grace and directed that children be allowed the same privilege on reaching the age of reason. In a series of 14 pontifical pronouncements, Pius X exposed and, in the process, destroyed the cancerous growth of Modernism, which in its hard-core conviction was a denial of the sovereignty of God and the supernatural order.

His realization that self-sacrifice was the very basis of holiness is what saw him through his responsibilities all through life. But it was the hostilities of World War I that saddened him to death on 20 August 1914. He was beatified by Pope Pius XII on 3 June 1951 and canonized by him on 29 May 1954.