

"We develop trust as we interact with and get to know another person." - Cathy Duffy

Without trust, there is no relationship.

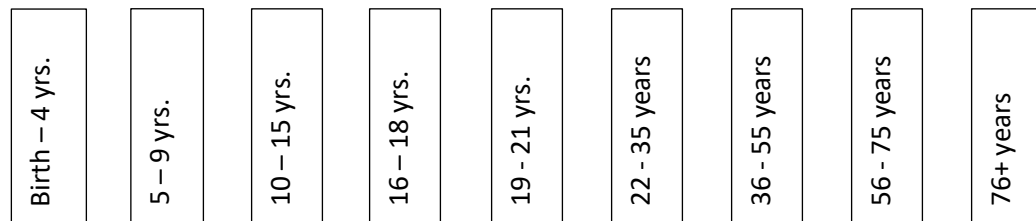
We begin our journey to become a *Dynamic Disciple* when we are baptized. Whether as an infant or a teen or as an adult, the journey always begins with our baptism where we receive the *Gifts of the Holy Spirit*¹ and God's *sanctifying grace*². We begin as a SEEKER.

SEEKERS are people who always want to know more to the point where their minds become restless. If you are a SEEKER, you are not simply curious you are defined by your curiosity. According to Cathy Duffy, seeking isn't just about observing and gaining knowledge, it's about exploring the world.

There are different ways we TRUST at different times in our lives. Infants and young children have complete TRUST in the adults around them. It is TRUST in its purest form! Perhaps that is why Jesus told us that we should become like little children in order to enter into the Kingdom of Heaven (Matthew 18:3-4)

***"TRUST in the Lord with all your heart, on your own intelligence rely not;
In all your ways be mindful of Him, and He will make straight your paths." (Proverbs 3:5-6)***

TRUST Timeline



From the very beginning of creation, God has instructed us to TRUST Him...don't eat that one tree (TRUST me, I know what is best for you.), "I make you a promise, Noah." (TRUST me, I won't do this again.); Abraham, TRUST me."; "Moses, tell them I will give them many blessings if they follow my rules." (TRUST me, I want only for your happiness.) "Mary, TRUST me.;" "Elizabeth, TRUST me.," Isaiah, TRUST me." And so on throughout the Old and New Testament and even today, the importance of TRUST cannot be stressed enough. TRUST is the foundation for all relationships. Without TRUST, there is no relationship.

Baptism to Age 4 (Begins with the family - the *Domestic Church*)

TRUST at Baptism and during infancy and toddler age is only a matter of simple words and actions. A child's natural instinct is TRUST and the words and actions of the adults in his/her life model the earliest words and actions of a *Dynamic Disciple*. Some examples include:

Catechesis

- Sign of the Cross/Holy Water (See pg)
- Praying hands (See page)
- Nighttime prayer (kneeling if possible, Guardian Angel prayer, simple blessing)
- Mealtime blessings

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- Guardian Angel nightlight
- Blessings over the child when dropped at daycare or school
- Attending Mass and teaching proper reference and why (See pg)
- Making Sign of Cross and using Holy Water
- Receiving a blessing at Communion
- Encourage your kids to create a daily quiet time habit where they learn how to grow close to God each day through Bible study (See Prayer closet pg)
- [MORE \(CLICK HERE\)](#)
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Age 5 - Ages 10: Elementary School Grades K – 5th

Sacraments of Eucharist and Reconciliation (First Holy Communion, Confession)

The family, the *Domestic Church*³, continues to be the first place where children learn to TRUST and witness discipleship in action first hand but they are now exposed to other people, children, cultures, beliefs, media and emotions that may challenge that TRUST. If a child does not have a well-grounded theological foundation, they may easily slip away from the influence, values and beliefs of their family and lean toward trusting others more than their family. One hour a week for 30 Sundays of religious education at the church is mainly meant to catechize, to teach the Christian Catholic way. The real foundation is in the home and the world outside the classroom walls.

Catechesis

Pre-Kindergarten: *Sign of Cross, praying hand positions, kneeling, looking for God's creations, genuflecting, and quiet time with Jesus:* **GOALS:** Helps children develop an understanding and awareness of **God's creation and His continual love of them.**

Kindergarten – Our Father, Hail Mary, Prayer to Guardian Angel. **GOALS:** Help children develop a **relationship with God through knowledge and experience.**

First Grade - Glory Be, Morning Offering, Diocesan Prayer for Vocations, and review of previously learned prayers. **GOALS:** Help children to **know and appreciate that God is their loving Father and the Creator of all things.**

Second Grade – *Act of Contrition, Eucharistic Responses at Mass, Ten Commandments*, and review of previously learned prayers and responses. **GOALS:** To further the understanding that the Church is a community of God’s people. We become a member of the Church family through the sacrament of Baptism, are reconciled through the sacrament of Reconciliation, and are strengthened through the sacrament of Eucharist.

Third Grade - *Apostles’ Creed, Acts of Faith, Hope and Love, Mysteries of the Rosary, four types of prayer* (praise, thanksgiving, contrition, and petitions), and review previously of learned prayers and responses. **GOALS:** To help students understand the revelation of God: through Jesus Christ, Sacred Scripture, and through **Church Traditions**.

Fourth Grade - *Two Great commandments, Beatitudes, Holy Days of Obligation, Nicene Creed*, and review of previously learned prayers and responses. **GOALS:** To help students live more fully with their Christian faith through **participation in the life of the church** and the understanding of sacred scripture, as a means of growing closer to God.

Fifth Grade – *Angelus, Rosary, Hail Holy Queen, Memorare, Spiritual and Corporal Works of Mercy, the Seven Sacraments*, and review of previously learned prayers and responses. **GOALS:** To help students become more responsible members of the church and their family through the study of the Sacraments.

Journey of a Dynamic Disciple

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Ages 11 – 13: Middle School: Grades 6 – 8

(Sacrament of Confirmation)

Sixth Grade – *Prayer to the Holy Spirit (Pg _____)* and review of previously learned prayers and responses **GOALS:** To enable the students to recognize and understand that their faith journey is a covenant process beginning with the Old Testament, fulfilled by Jesus in the New Testament, and lived out in stewardship, communal worship, and prayer.

Seventh Grade – *Prayer journaling (Pg. _____), Stations of the Cross (Pg _____)*, and review of previously learned prayers. **GOALS:** To enable the students to understand the life and ministry of Jesus as revealed in scripture and to help them appreciate the meaning and significance of the sacramental life of the Church.

Eighth Grade – *The Creed (Pg _____) and Liturgy of the Hours (Pg _____)* and review of previously learned prayers. **GOALS:** To enable the students to trace the historical development of the Church from the time of Jesus to the present and to understand the mission and ministry of the Church to which we are all called.

TEXTBOOKS

Pre-Kindergarten (K-4): Text – “Seeds” by Pflaum.

Kindergarten: Text – “Promises” by Pflaum.

First Grade: Text – “Faith and Life Series: Our Heavenly Father” by Ignatius Press

Second Grade: Text – “Faith and Life Series: Jesus our Life” by Ignatius Press

Third Grade - Fifth Grade: Text – “Faith First: Legacy Edition” by Resources by Christian Living (RCL).

Sixth Grade: Text— “We Believe: We Are God’s People” by Sadlier

Seventh Grade: Text – “Faith First: Mystery of God and Faith First: Jesus in the New Testament by RCL

Eighth Grade: Text – “Faith First: Church and Sacraments” by RCL and Faith First: Morality” by RCL Out of

Cycle: • OCA (1st Yr.): Text – “Our Catholic Faith” by Sadlier • OCB (2nd Yr.): Text – “The Catholic Bible

Story Workbook” by Fireside; “Call to Celebrate: Reconciliation & Eucharist” by Sunday Visitor and

Supplements

PRAYERS

Each year there are some prayers or responses that must be memorized. Previously learned prayers should also be reviewed each year. **The best way for the child to learn these prayers is the family praying together.** (See pages ----- through -----)

Please pray the “Diocesan Prayer for Vocations” with your family.

“Bless our Diocese of _____ with many priestly and religious vocations. Give the men and women you call the light to understand your gift and the love to follow always in the footsteps of your priestly son. Amen.”

“Friendship is the starting place to build trust.”

Ages 14 – 18: Junior and Senior High School

According to many parents, this age group is the greatest challenge. It requires moving from holding their hands to teach and protect them to standing beside them to direct and support them...to help them maneuver the road of life. Our goal is to bring them from total independence at birth to total independence by age 18, for many age 16.

They are no longer children, they have less parental oversight, more independent freedom to make their own decisions, they begin to drive and attend social functions without parental oversight. For many, they tend to be more influenced by their peers and social media, than their parents and pastors. The *TRUST* factor is based more on emotion. Their values can be easily diluted or the need to belong is stronger than the will to resist. The lines between right and wrong become blurred. Spiritually, we may give them the right answers to questions, but it is that personal relationship with Jesus that will be their true sense of strength. As one pastor noted, “ We give our kids lots of stuff to learn but we do not teach them how it all fits into a pattern of happiness in their lives.”

For many protestants, “friendship evangelism” or “friendship dating” is the norm. Jeff Cavins speaks of this in one of his presentations and how when arriving at his protestant girlfriend’s home to pick her up, her dad routinely grilled him about his Catholic faith: “Why do you worship Mary?”, “Why do you call the priest *Father*?”, “Did you know that at one time there were 3 popes?”, “Why do you sacrifice Jesus over and over again on the altar?”. Fortunately for Jeff, his family had laid a solid faith foundation and had numerous in-house resources to be able to explain and biblically support our Catholic beliefs.



Journey of *Dynamic Disciples*

TRUST

As our children enter into Junior and Senior high school, they will be challenged about many of their beliefs and values including their faith and if they are unable to defend their beliefs, they will begin to drift even during their studies for Confirmation.

Matthew Kelly does a really good job of explaining this in his CD *The Best Way to Live*. He challenges young people who are beginning their Confirmation journey to choose between seeking to live the *pleasure principle* or the *happiness principle*.⁵

It is not enough that we know the answers to challenging questions but that we have also formed a **personal relationship** with Jesus. A good place to begin is to read together Exodus 33 and discuss with our young people what that means to them, how it affects their every action. What would their lives look like if Jesus was their **intimate friend**? What does Trust in Jesus look like for you every waking moment? How does that affect your goal of becoming the *best-version-of-yourself*?

TRUST is the foundation for every human relationship in our lives. It is not enough for parents and grandparents and friends to *talk the talk*, we must *walk-the-walk* too. They will listen and more importantly they will watch what you do.

1. Give Your **Kids** a Good Role Model. The relationships that you demonstrate to your **kids** should be ones that put **trust** on the forefront. ...
2. Openly Talk about **Trust**. ...
3. Communicate and Be Honest to Instill **Trust**. ...
4. Encourage Friendships That Involve **Trust**.

Ages 19 - 21

At this point in life, the young adult may go many directions and have new challenges and distractions. College, marriage, a job – many may be completely own their own for the first time in their lives. This can be scary but also exciting since Mom and Dad will no longer be able to tell them what to do, where to go, who they should have as friends, or even to go to church or not. For these young people, they may never have developed a prayer life or a personal relationship with Jesus. “It is no surprise they would choose relationships that seem more real and immediate than a *church obligation*.” Cathy Duffy *Everyday Evangelism for Catholics*

For some they may no longer TRUST the Church or the people in it. There may be deep hurts, or they may have chosen personal life choices they know would never be accepted by the Church. Our intention with this group is NOT to condemn or judge but to focus on the destination of their eternal souls. This can be tricky to do without preaching or pushing. The Church will never waiver on standing up for the truth, but she is also a beacon of Christ’s mercy. As a friend of mine in the LGBT group shared with me, “I know that I am jeopardizing my eternity of happiness with Jesus for my brief happiness on this earth. It is something I grapple with every day of my life.” The important thing for them to know is, “*While the Church does not waiver on standing up for truth, she is also a beacon of Jesus’ mercy.*” Cathy Duffy *Everyday Evangelism for Catholics*

Ages 22 – 35

Much may be happening with this age group: growing family, career, and financial challenges may not leave a much time to deepen their spiritual life. For many Catholics, this journey ended with Confirmation. Unlike our protestant brethren, Catholics rely on fulfilling their MASS obligation and listening to the Sunday readings and homilies to meet knowledge needs. According to research company **CARA**⁶, _____% of this age group only attend Mass once a month and special holy days such as



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Christmas and Easter. Many do not marry in the Church and may only return to have their children receive the Sacraments of Baptism or 1st Holy Communion. While we have *catechized* (**TAUGHT** them the faith) we have failed to give them the *intimate relationship* that is required to fully understand and be able to explain the Real Presence in the Eucharist and how to take it into the outside world we live.

For some protestants who have heard the Gospel and claim a personal relationship with Jesus, they can easily move from one protestant denomination to another. However, converting to Catholicism is more of a theological challenge. Issues such as the Catholic belief in the Real Presence in the Eucharist, confession to a priest, the Rosary and devotion to Mary, abuse scandal and hierarchy of the pope. *“We don’t build TRUST by arguing theological points. The more Bible **literate** a Catholic is, the better to be able to converse with a Protestant.”* Cathy Duffy *Everyday Evangelism for Catholics*

Ages 36 – 55

Ages 56 – 75

Ages 76+

¹ Gifts of Holy Spirit

² Sanctifying Grace

³ Domestic Church

⁴ Catechize Instruct (someone) in the principles of Christian religion by means of question and answer, typically by using a catechism.

⁵ Pleasure principle vs Happiness Principle

⁶ CARA

RESOURCES

Catechism of the Catholic Church US Conference of Catholic Bishops www.usccb.org

Forming Intentional Disciples Sherry Weddell

Everyday Evangelism for Catholics Cathy Duffy

Catholic and Christian Alan Schreck

Rediscover Catholicism Matthew Kelly

Rediscover Jesus Matthew Kelly

Nudging Conversions: A Practical Guide to Bringing Those You Love Back to the Church Carrie Gress

By What Authority: An Evangelical Discovers Catholic Tradition by Mark Shea

The Lamb's Supper Scott Hahn

Good News about Sex and Marriage: Answers to Your Honest Questions about Catholic Teaching
Christopher West

How to do Apologetics: Making the Case for Our Faith Patrick Madrid

Why I am Catholic (and You Should Be Too) Brandon Vogt

Why we are Catholic: Our Reasons for Faith, Hope, and Love Trent Horn

Formed.org Large number of Catholic movies, DVDs, CD, Bible Studies and much more

WEBSITE and PROGRAMS

The Journey Home EWTN chnetwork.org/journey-home/ and on YouTube

Why I'm Catholic: stories by Protestant converts website

www.whymcatholic.com/iondex.php/conversion-stories/content/8-pretestant-converts

Convinced Don Johnson Ministries

FORMED.org

Amazing Parish www.amazingparish.org

Be My Witness RENEW INTERNATIONAL www.bemywitness.org

The Evangelical Catholic www.evangelicalcatholic.org/

Rebuilt www.rebuildparishassociation.com/

Catholic Christian Outreach www.cco.ca/resources/faith-studies-series/

Alpha www.alphausa.or/catholic/



Emmaus Road

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TRUST

Light of the World www.lotwem.org/

Discovering Christ www.christlife.org/

Sign of the Cross

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

Lord's Prayer (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.

Hail Mary

Hail Mary, full of grace, the Lord is with you!
Blessed are you among women
and blessed is the fruit of your womb, Jesus.
Holy Mary, Mother of God, pray for us sinners,
now and at the hour of our death. 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 will be forever. Amen.

Guardian Angel Prayer

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

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 valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile show us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary.

Pray for us, O Holy Mother of God, that we may be made worthy of the promises of Christ.

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.

Grace after Meals

We give You thanks, almighty God, for all your benefits, who love and reign now and forever. Amen.

An Act of Contrition

O my God, I am heartily sorry for having offended Thee,
and I detest all my sins, because I dread the loss of heaven,
and the pains of hell; but most of all because
they offend Thee, my God, Who are all good and
deserving of all my love. I firmly resolve,
with the help of Thy grace, to confess my sins,
to do penance, and to amend my life.
Amen

Morning Offering

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

St. Michael Prayer

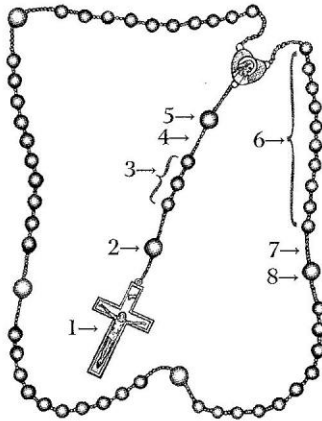
St. Michael the Archangel,
defend us in battle.
Be our defense against the wickedness and snares of the Devil.
May God rebuke him, we humbly pray,
and do thou,
O Prince of the heavenly hosts,
by the power of God,
thrust into hell Satan,
and all the evil spirits,
who prowl about the world
seeking the ruin of souls. Amen.

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 sits at the right hand of God, the Father almighty; from thence 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 Rosary

1. The Sign of the Cross
2. Our Father
3. 3 Hail Marys
4. Glory Be and **Fatima Prayer**



Fatima Prayer

(To be said after the Glory Be during the Rosary)

O my Jesus, forgive us our sins and save us from the fires of hell. Lead all souls to heaven especially those most in need of thy mercy.
Amen.

Mysteries of the Rosary

Joyful Mysteries (Mondays & Saturdays)

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord, Jesus
4. The Presentation of Jesus in the Temple
5. The Finding of Jesus in the Temple

Sorrowful Mysteries (Tuesdays & Fridays)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning of Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Our Lord, Jesus

Luminous Mysteries (Thursdays)

1. The Baptism of our Lord, Jesus in the Jordan River
2. The Miracle at the Wedding Feast in Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

Glorious Mysteries (Wednesdays and Sundays)

1. The Resurrection of our Lord
2. The Ascension of our Lord into Heaven
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Mary into Heaven
5. The Coronation of Mary as Queen of Heaven and Earth

Divine Praises

Blessed be God.
Blessed be His Holy Name.
Blessed be Jesus Christ, true God and true man.
Blessed be the Name of Jesus.
Blessed be His Most Sacred Heart.
Blessed be His Most Precious Blood.
Blessed be Jesus in the Most Holy Sacrament of the Altar.
Blessed be the Holy Spirit, the Paraclete.
Blessed be the great Mother of God, Mary most holy.
Blessed be her holy and Immaculate Conception.
Blessed be her glorious Assumption.
Blessed be the name of Mary, Virgin and Mother.
Blessed be St. Joseph, her most chaste spouse.
Blessed be God in His angels and in His Saints. 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.

Stations of the Cross

Jesus is condemned to death
Jesus receives the cross
Jesus falls the first time
Jesus meets [His Mother](#)
[Simon of Cyrene](#) carries the cross
[Veronica](#) wipes Jesus' face with her veil
Jesus falls the second time
Jesus meets the women of [Jerusalem](#)
Jesus falls the third time
Jesus is stripped of His garments
Jesus is nailed to the cross
Jesus dies on the cross
Jesus taken down from the cross
Jesus is laid in the tomb

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit. I believe that your divine Son became man and died for our sins, and that he will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches because you have revealed them who are eternal truth and wisdom, who can neither deceive nor be deceived. In this faith I intend to live and die. Amen.

Act of Hope

O Lord God, I hope by your grace for the pardon of all my sins and after life here to gain eternal happiness because you have promised it who are infinitely powerful, faithful, kind, and merciful. In this hope I intend to live and die. Amen.

Act of Love

O Lord God, I love you above all things and I love my neighbor for your sake because you are the highest, infinite, and perfect good, worthy of all my love. In this love I intend to live and die. Amen.

The Angelus

V. The Angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit. Hail Mary...

V. Behold the handmaid of the Lord.

R. Be it done unto me according to thy Word. Hail Mary...

V. And the Word was made flesh.

R. 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.

Regina Caeli/Queen of Heaven

V. Queen of Heaven, rejoice, alleluia.

R. For He whom you did merit to bear, alleluia.

V. Has risen, as he said, alleluia.

R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.

R. For the Lord has truly risen, alleluia.

Let us pray. O God, who gave joy to the world through the resurrection of Thy Son, our Lord Jesus Christ, grant we beseech Thee, that through the intercession of the Virgin Mary, His Mother, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

V. Regina caeli, laetare, alleluia.

R. Quia quem meruisti portare, alleluia.

V. Resurrexit, sicut dixit, alleluia.

R. Ora pro nobis Deum, alleluia.

V. Gaude et laetare, Virgo Maria, alleluia.

R. Quia surrexit Dominus vere, alleluia.

Oremus. Deus, qui per resurrectionem Filii tui, Domini nostri Iesu Christi, mundum laetificare dignatus es: praesta, quaesumus; ut per eius Genetricem Virginem Mariam, perpetuae capiamus gaudia vitae. Per eundem Christum Dominum nostrum. Amen.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of Your faithful and enkindle in them the fire of Your love.

V. Send forth Your Spirit and they shall be created.

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

Let us pray. O God, Who did instruct the hearts of the faithful by the light of the Holy Spirit, grant us that in the same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord. Amen.

Prayer for Peace

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; and 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, and it is in dying that we are born to eternal life.

Isaiah 26:3

You keep him in perfect peace whose mind is stayed on you, because he trusts in you.

Psalm 37:4-6

Delight yourself in the Lord, and he will give you the desires of your heart. Commit your way to the Lord; trust in him, and he will act. He will bring forth your righteousness as the light, and your justice as the noonday.

Hebrews 11:6

And without faith it is impossible to please him, for whoever would draw near to God must believe that he exists and that he rewards those who seek him.

Isaiah 41:10

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Psalm 46:10

“Be still and know that I am God. I will be exalted among the nations; I will be exalted in the earth!”