FOLLOWING CHRIST

TEACHER’S MANUAL

Faith and Life Series

6

Third Edition
# Contents

Foreword ................................................................. vii  
Introduction to the Third Edition ................................ ix  
A Note for Teachers and Catechists ................................ xi  
Student Text Contents .............................................. xiv  
Note to Parents ......................................................... xiv  
Introduction to Student Text ........................................ 1  
1. God Gives Us the Law ............................................ 3  
2. The First Commandment in Our Own Day ..................... 15  
3. Prayer—Hidden Treasure .......................................... 27  
4. Saints—They Made the Most of It ............................... 39  
5. The Holy Name ...................................................... 53  
6. The Lord’s Day ...................................................... 65  
7. The Cross and True Riches ....................................... 77  
8. In the Heart of the Family ....................................... 89  
9. Citizenship—Rights and Duties ................................. 103  
10. Church Authority—Our Fathers in Faith ...................... 115  
11. Respect Life ......................................................... 127  
12. Charity toward All ............................................... 139  
13. The Sacred Flame .................................................. 153  
14. Ownership .......................................................... 165  
15. Backed by Truth .................................................... 177  
16. The Beatitudes ...................................................... 189  
17. At the Last Supper ................................................. 203  
18. The Living Sacrifice .............................................. 215  
19. The Feast of God .................................................... 227  
20. Promise and Fulfillment ......................................... 239  
21. New Life ............................................................ 251  
22. Come into the Lord’s Presence Singing for Joy ............. 265  
23. Speak Lord, Your Servant Is Listening ....................... 277  
24. Lift Up the Cup of Salvation .................................... 289  
25. Come to the Table of the Lord ................................. 301  
26. Preparing Our Hearts for Jesus ............................... 315  
27. Come Lord Jesus .................................................... 327  
28. His Abiding Presence ............................................. 339  
29. Passage into Eternity ............................................. 353  
30. Heaven—Purgatory—Hell ....................................... 365  
31. He Shall Come Again .............................................. 377  
Christmas Season Supplement ..................................... 390  
Liturgical Colors and Vestments .................................. 394  
Words to Know ......................................................... 395  
Prayers ................................................................. 396  
Art and Photo Credits ............................................... 397  
Appendix A: Quizzes and Unit Tests .............................. A-1  
Appendix B: Stories, Games, Crafts, and Scripts ............... B-1
CHAPTER SEVEN
THE CROSS AND TRUE RICHES

Catechism of the Catholic Church References

Advent: 524, 1095
Christ’s Whole Life as a Self-Offering: 606–18, 621–23
Cross: 312, 599, 620, 622
Fasting as Church Precept: 2043
Forms of Penance in Christian Life: 1434–39
Jesus as Our Teacher and Model of Holiness: 468–69, 516, 519–21, 561

Lent: 538–40, 1095, 1438
Liturgical Seasons: 1163–65
Liturgical Year: 1168–71, 1194
Penance: 1430, 1460
Sacrifice: 2099–2100
Self-Control: 2339–42

Scripture References

Example of Crucified Christ: Phil 2:1–16
Running the Race of Faith: 1 Cor 9:24–27

Summary of Lesson Content

Lesson 1
Self-denial means sacrificing our own will, or something we desire, for the sake of the Kingdom of God.

Lesson 2
The doctrine of the Cross calls us to die to our sinful ways, so that we may live in Christ.

In Baptism, original sin is washed away and the new life of grace is poured into the soul.

Bearing the crosses (trials and difficulties) that come our way is a kind of self-denial and is pleasing to God.

Lesson 3
Fasting and abstinence are forms of penance. Penance is a form of sacrifice and purification to help us grow closer to Christ. Penance strengthens us to do his will.

Fasting is giving up food. The Church defines fasting as eating one regular meal and two small meals that do not exceed the one regular meal in any given day.

Abstinence is refraining from eating meat.

Lesson 4
Advent and Lent are the penitential seasons of the liturgical year.

Penance can make up for past sins and help prevent future sins.

The primary forms of penance include fasting, abstinence, almsgiving, and works of charity.
**Chapter Seven: The Cross and True Riches**

**Lesson One: Self-Denial**

**Aims**

The students will learn that self-denial means sacrificing our will, or something we desire, for the sake of the Kingdom of God.

**Materials**

- **Activity Book**, p. 25
- **Crucifix**
- **Optional:** "Lift high the cross."
  *Adoremus Hymnal, #606*

**Begin**

Hold up a crucifix and read Philippians 2:1-16. Explain that Jesus’ death on the Cross is the greatest act of love. Love is not just an emotion, but a gift of self. Jesus gave of himself completely, even unto death. The Cross, for Catholics, is a sign of our salvation, of God’s great love for us, and of our hope.

Through our trials and sufferings, we share in the promise of the Resurrection. Pass the crucifix around to the students and allow each of them to silently look at the wounds of Christ and reverence the Cross.

**Develop**

1. Read paragraphs 1-3.
2. Have the students name some of their trials, or crosses. These will vary from student to student (e.g., math, my brother, parents’ divorce, etc.).
3. Tell the story of a man who prayed to Jesus telling him that his cross was too heavy. Jesus heard his prayer and agreed to exchange his cross for another. The man entered a room, and saw that it was a good fit. He told Jesus that this was the cross that he wanted. It was, of course, the cross he had originally carried.

4. Self-denial is very important because often we become focused only on ourselves. We become proud and fail to see the needs and sufferings of others. We should sacrifice in true love and concern for others (as Jesus did). To have true joy, we should do things in this order: Jesus, others, me.

5. The students may make collages in the shape of a cross, reflecting the various “crosses” in their daily lives, or in our society.

6. Teach the students the Stations of the Cross (see **Teacher’s Manual**, p. 81 or p. 396). This is a means of uniting ourselves with Jesus’ suffering, and meditating upon his greatest act of love and reverence for us.

We are encouraged to choose some crosses (that is, trials and difficulties) which we do not choose but which come to us anyway in the course of life is called “practicing the Cross.” For example, God may give us the cross of illness or grief of loss. This is caused by God allowing us to suffer, but for our own good.

**Conclude**

1. Teach the students to sing “Lift high the cross,” *Adoremus Hymnal, #606.*

2. End class by leading the students in praying the Prayer before a Crucifix (on the facing page).

**Practice Prayer**

"And when you fast, do not look dismal, like the hypocrites, for they disfigure their faces that their fasting may be seen by men. Truly, I say to you, they have received their reward. But when you fast, anoint your head and wash your face, that your fasting may not be seen by men, but by your Father who sees in secret; and your Father who sees in secret will reward you."  
*Matthew 6:16-18*  

**Summary**

We are encouraged to choose some crosses (that is, trials and difficulties) which we do not choose but which come to us anyway in the course of life is called “practicing the Cross.” For example, God may give us the cross of illness or grief of loss. This is caused by God allowing us to suffer, but for our own good.

The students will learn that self-denial means sacrificing our will, or something we desire, for the sake of the Kingdom of God.

**Present**

In the next lesson, the students will learn more about their five wounds, having before my eyes that which David, your prophet, spoke of you, my Jesus: “They have pierced my hands and my feet; they have numbered all my bones.”

---

**Penitential Seasons**

Advent and Lent are special seasons in the Church year in which we are encouraged to make our prayers more fervent. They are called penitential seasons.

Advent begins the Sunday before Christ is recognized as being special preparation for celebrating the birth of Christ. The Church requisites that we do some form of penance as part of this preparation.

The season of Lent begins six and a half weeks before Easter and is a season of preparation for the Passion, death, and Resurrection of Christ.
Aims

The students will learn that the doctrine of the Cross calls us to die to our sinful ways, so that we may live in Christ. They will learn that, in Baptism, original sin is washed away and the new life of grace is poured into our souls.

Materials

- **Activity Book**, p. 26
- Optional: *“Lift high the cross,”* Adoremus Hymnal, 8606.

Practice and Materials

1. Read paragraphs 4–9.
2. God gives us free will. Often, the sufferings we have, we have brought upon ourselves by our choices. For example, is Sunday night and we want to enjoy ourselves, but we still have work to do because, by our own choice, we did not do it earlier. We can do penance by working diligently and making a good choice in the beginning (such as doing our homework earlier. We can do penance by working diligently and making a good choice in the beginning (such as doing our homework earlier.

Develop

1. Have the students work on paragraph 4–9.
2. God gives us free will. Often, the sufferings we have, we have brought upon ourselves by our choices. For example, is Sunday night and we want to enjoy ourselves, but we still have work to do because, by our own choice, we did not do it earlier. We can do penance by working diligently and making a good choice in the beginning (such as doing our homework earlier.

Conclude

1. Lead the children in singing “Lift high the cross,” Adoremus Hymnal, 8606.
2. End class by leading the students in prayer, the Prayer before a Crucifix (see Teacher’s Manual, #606).

The Stations of the Cross

1. Jesus is condemned to death.
2. Jesus carries his Cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Veronica wipes the face of Jesus.
6. Jesus falls the second time.
7. Veronica wipes the face of Jesus.
8. Jesus falls the second time.
9. Jesus speaks to the women.
10. Jesus speaks to the women.
11. Jesus is nailed to the Cross.
13. Jesus is taken down from the Cross.
14. Jesus lies in the tomb.

Reinforce

1. Have the students work on paragraph 4–9.
2. God gives us free will. Often, the sufferings we have, we have brought upon ourselves by our choices. For example, is Sunday night and we want to enjoy ourselves, but we still have work to do because, by our own choice, we did not do it earlier. We can do penance by working diligently and making a good choice in the beginning (such as doing our homework earlier.

Rules of Fast and Abstinence in the United States

- The days and times of penance for the universal Church are each Friday of the Lent.
- The law of abstinence binds those eighteen years old to sixty years old.
- Abstinence is to be observed on all the Fridays during Lent.
- The days and times of penance for the universal Church are each Friday of the Lent.
- The number of days which must be observed during Lent.
- The law of abstinence binds those eighteen years old to sixty years old.

Preview

In the next lesson, the students will learn about fasting and abstinence.
**Chapter Seven: The Cross and True Riches**

**Lesson Three: Penance**

**Aims**
The students will learn that fasting and abstinence are forms of penance. Penance is a form of sacrifice and purification to help us grow closer to Christ. Penance strengthens us to do his will.

They will learn that fasting is giving up food. The Church defines fasting as eating one regular meal and two small meals that do not exceed the one regular meal in any given day. Abstinence is refraining from eating meat.

**Materials**
- Activity Book, p. 27
- Lift high the cross,
  Adoremus Hymnal, 8606
- Optional: Teacher's Manual, p. 79

**Begin**

Many Catholics are familiar with the phrase “offer it up.” This is a reminder to accept a daily cross and to give it as a gift to God. Offering up a suffering is a great act of love, recognizing our dependence upon God’s will. By offering up our sufferings we unite ourselves to God’s will and live for his greater glory.

**Develop**

1. Read paragraphs 10–12.
2. Review the words penance, fasting, and abstinence, as defined in the glossary of the student text (see Teacher’s Manual, p. 395).
3. Thoroughly explain the laws on fasting and abstinence and the obligation to do some kind of penance or self-denial every Friday. Abstinence means to avoid eating meat. Fasting, in general, means not eating at all. When the Church requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fasting for a day or abstaining from desserts.
4. There are three ways to live in the spirit of penance: •Fasting (self-denial)—The greatest penance is giving up food. The Church requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fasting for a day or abstaining from desserts.
5. You may review the spiritual and corporal works of mercy with the students (see the facing page).
6. Arrange for a class project to exemplify this lesson.

**Reinforce**

1. Have the students work on Activity Book p. 27 (see Teacher’s Manual, p. 87).
2. Have the students do the Memorization Questions and Words to Know from this chapter.
3. Have the students do a class project such as: •Doing penance by offering additional prayers •Fasting for a day or abstaining from desserts •Collecting goods for the poor

**Conclude**

1. Lead the children in singing “Lift high the cross,” Adoremus Hymnal, 8606.
2. End class by leading the students in praying the Prayer before a Crucifix (see Teacher’s Manual, p. 79).

**Spiritual and Corporal Works of Mercy**

Spiritual:
- Instruct the ignorant
- Counsel the doubtful
- Admonish sinners
- Bear wrongs patiently
- Forgo offenses willingly
- Comfort the afflicted
- Pray for the living and the dead

Corporal:
- Feud the hungry
- Give drink to the thirsty
- Cloth the naked
- Harbor the homeless
- Visit the sick
- Ransom the captives
- Bury the dead

**Rites of Fast and Abstinence in the United States**

- Days and times of fasting for the universal Church are each Friday of the whole year and the whole season of Lent. Abstinence and fasting are to be observed Ash Wednesday and Good Friday. Abstinence is to be observed on all the Fridays during Lent.
- The law of abstinence binds those who have completed their fourteenth year. The law of fasting binds those eighteen years old and sixty years old.

**Words to Remember**

- Fast and Abstinence
- Fasting and abstinence on the days prescribed by the Church—We may do more than the prescribed law, such as not eating meat and desserts on Fridays. Abstinence requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fasting for a day or abstaining from desserts.
- Fasting and Abstinence on the days prescribed by the Church—We may do more than the prescribed law, such as not eating meat and desserts on Fridays. Abstinence requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fasting for a day or abstaining from desserts.
- Fasting and Abstinence on the days prescribed by the Church—We may do more than the prescribed law, such as not eating meat and desserts on Fridays. Abstinence requires us to fast, however, it means that only one full meal a day should be eaten. In addition, two smaller meals may be eaten. However, it requires us to fasting for a day or abstaining from desserts.
Aims

The students will learn that Advent and Lent are the penitential seasons of the liturgical year.

They will learn that penance can make up for past sins and help us prevent future sins.

They will learn that the primary forms of penance include fasting, abstinence, almsgiving, and works of charity.

Materials

- Activity Book, p. 28
- Appendix, pp. B-7–B-10

Optional:
- Lift high the cross, Adoremus Hymnal, 6606

Review liturgical calendar with the students using Appendix, pp. B-7–B-10.

Review that the liturgical color of purple should remind us of penance. The seasons of Advent and Lent are the penitential seasons of the Church. During these seasons, the vestments and cloths used in the Mass are primarily purple.

Begin

1. Finish reading the chapter from the student text.

2. Discuss some penitential practices done during Lent and Advent. (See box on facing page for ideas.)

3. Read and discuss 1 Corinthians 9:24-27 with the students.

4. Lead the students in praying the Stations of the Cross and Words to Know from this chapter. You may wish to provide the students class time to prepare for the quiz.

Develop

1. Have the students work on Memorization Questions.

2. Have the students work on the Memorization Questions in the Activity Book. (see Teacher’s Manual, p. 87).

3. Have the students review Advent and Lenten penitential practices.

4. Lead the students in praying the Stations of the Cross (see Teacher’s Manual, p. 81).

Reinforce

1. Have the students work on Activity Book p. 28 (see Teacher’s Manual, p. 87).

2. Have the students work on the Memorization Questions and Words to Know from this chapter. You may wish to provide the students class time to prepare for the quiz.

3. Have the students review Advent and Lenten penitential practices.

4. Lead the students in praying the Stations of the Cross (see Teacher’s Manual, p. 81).

Conclude

1. Lead the children in singing “Lift high the cross,” Adoremus Hymnal, 6606.

2. Lead the students in praying the Prayer before a Crucifix (see Teacher’s Manual, p. 79).

3. Have the students work on Memorization Questions in the Activity Book.

4. Optional:
   - Lift high the cross, Adoremus Hymnal, 6606.

In the United States, the Ember Days have been declared observances in most of the Dioceses of Lent. In some other cases, Friday is a day of penance on which we are asked to fast as a sign of our sorrow and to prevent us from idleness. Recall that during theITA of Lent, the Ember Days fall on the Friday after Ash Wednesday and Good Friday. This is to give the faithful an opportunity to reflect on the meaning of Lent. The Ember Days are a time for the faithful to come together to reflect on the meaning of Lent and to prepare themselves for the upcoming season of Easter.

Penance is an act of self-denial or prayer that helps strengthen us to live in God’s will and, by his grace, to make up for sin (CCC 4134-2003).

Q. 30 What is almsgiving?

Almsgiving is the practice of giving to others, especially those in need, to help support their basic needs. It is a way to express our love for God and our neighbor. Almsgiving also helps us to become closer to God and to do our part in building the Kingdom of God.

Penance is an act of self-denial or prayer that helps strengthen us to live in God’s will and, by his grace, to make up for sin (CCC 4134-2003).

Q. 32 What are the days and times for penance for the universal Church?

All Fridays of the year and the time of Lent are days and times of penance for the universal Church (CCC 1436).

Q. 33 What are the days when both fasting and abstinence are required in the universal Church?

The days when both fasting and abstinence are required are the Ember Days (see Teacher’s Manual, p. 87).

Q. 35 In the United States what other days are days of required abstinence?

Other days of required abstinence in the United States are all Fridays during Lent (CCC 1436).

Lent and Advent are the two penitential seasons of the liturgical year. The penances we practice should demonstrate and deepen our love for God above all worldly goods, specifically those which we are offering. Traditionally, there are three forms of penance (see Mt 6:1-4, 6-7):

- Fast: We refrain from specific foods or activities that may hinder our relationship with God or cause us to sin (e.g., eating too much at meals, watching television, or spending time on the computer).
- Almsgiving: Even if we cannot give much (see Lk 21:1-4), giving something of our own for others’ sake is an important practice during these seasons. The heart of our penance should be to increase our fervor and love for God and neighbor. Our practices during Advent and Lent should therefore bring us closer to God and enable to fulfill our holy duty of loving our neighbor as we love ourself.

Q. 31 What is penance?

Penance is the act of making amends or of atoning for our sins. Traditionally, there are three forms of penance: fasting, abstinence, and almsgiving.

Lent and Advent are the two penitential seasons of the liturgical year. The penances we practice should demonstrate and deepen our love for God above all worldly goods, specifically those which we are offering. Traditionally, there are three forms of penance (see Mt 6:1-4, 6-7):

- Prayer: We place a special emphasis on prayer, as we repent of our sins and pray to become closer to God.
- Fasting: We refrain from specific foods or activities, which may hinder our relationship with God or cause us to sin (e.g., eating too much at meals, watching television, or spending time on the computer).
- Almsgiving: Even if we cannot give much (see Lk 21:1-4), giving something of our own for others’ sake is an important practice during these seasons. The heart of our penance should be to increase our fervor and love for God and neighbor. Our practices during Advent and Lent should therefore bring us closer to God and enable to fulfill our holy duty of loving our neighbor as we love ourself.

Q. 32 What are the days and times for penance for the universal Church?

All Fridays of the year and the time of Lent are days and times of penance for the universal Church (CCC 1436).

Q. 33 What are the days when both fasting and abstinence are required in the universal Church?"
**CHAPTER SEVEN: THE CROSS AND TRUE RICHES**

**Review and Assessment**

**Aims**

The students’ understanding of the material covered in this chapter will be reviewed and assessed.

**Materials**

- Quiz 7, Appendix, p.A-9
- “Lift high the cross,” Adoremus Hymnal, #606

**Review and Enrichment**

1. The students should understand the glory of the Cross of Christ. They should know what our individual crosses are. They should understand that we have self-imposed sufferings and those given by God for our greater good.

2. The students should understand that self-denial means putting others first: God, others, and then one’s self.

3. The students should know that penance includes sacrifices, prayer, fasting, abstaining, and almsgiving.

4. The students should know the rules of fasting and abstaining, according to the Church.

5. The students should know that the penitential seasons of the liturgical calendar are Advent and Lent. They should be aware of some of our penitential practices during these liturgical seasons.

6. The students should be able to fill in a liturgical calendar.

7. The students should understand how our Faith, like a sport, requires penances and discipline.

**Name:**

**The Cross and True Riches**

**Quiz 7**

**Part I: Answer in complete sentences.**

1. Why should we practice self-denial?

2. What is the most perfect kind of self-denial?

3. What does the Church require of us during Lent?

4. On days the Church requires abstinence, what are we not to do?

5. On days the Church requires us to fast, what are we not to do?

6. On what days must we fast?

7. What is the penitential season in the Church year that prepares us to celebrate the Passion, death, and Resurrection of the Lord?

8. What is the penitential season in the Church year that prepares us to celebrate the birth of Christ?

9. Why should we practice self-denial?

10. What is the penitential season in the Church year that prepares us to celebrate the Passover?

**Part II: Yes or No.**

1. Is eating one full meal a day a good practice?

2. Is practicing self-denial strengthening our ability to do God’s will?

3. Can practicing self-denial strengthen our ability to do good with the help of God?

4. Can practicing self-denial strengthen our ability to do good without the help of God?

5. Are we required to fast on Easter Sunday?

6. Is it always easy to do good?

7. Is it easy to do good?

8. Can penances make up for past sin and help prevent future sin?

9. Can practicing self-denial strengthen our ability to do God’s will?

10. Is it always easy to do good?

**Faith and Life Series • Grade 6 • Chapter 7 • Lesson 1**

**Name:**

**The Cross and True Riches**

**Assess**

1. Distribute the quizzes and read through them with the students to be sure they understand the questions.

2. Administer the quiz. As they hand in their work, you may orally quiz the students on the Memorization Questions from this chapter.

3. After all the quizzes have been handed in, you may wish to review the correct answers with the class.

**Conclude**

1. Lead the children in singing “Lift high the cross,” Adoremus Hymnal, #606.

2. End class by leading the students in praying the Prayer before a Crucifix (see Teacher’s Manual, p. 79).

**Name:**

**The Cross and True Riches**

**Activity Book Answer Keys**

**Quiz 7**

1. Why should we practice self-denial?

2. What is the most perfect kind of self-denial?

3. What does the Church require of us during Lent?

4. On days the Church requires abstinence, what are we not to do?

5. On days the Church requires us to fast, what are we not to do?

6. On what days must we fast?

7. What is the penitential season in the Church year that prepares us to celebrate the Passion, death, and Resurrection of the Lord?

8. What is the penitential season in the Church year that prepares us to celebrate the birth of Christ?

9. Why should we practice self-denial?

10. What is the penitential season in the Church year that prepares us to celebrate the Passover?

**Fast and Abstinence**

1. What is fasting?

2. Why does the Church require certain days of fasting and abstinence?

3. What does “to abstain” mean?

4. What does “to fast” mean?

5. What does “to eat” mean?

6. On what days must we fast?

7. On what days must we abstain?

**Faith and Life Series • Grade 6 • Chapter 7 • Lesson 2**

**Name:**

**The Cross and True Riches**

**The Cross**

1. What is a Cross?

2. What is the shape of a Cross?

3. What is the meaning of a Cross?

4. What is the significance of a Cross?

5. What is the importance of a Cross?

**Advent**

1. What is Advent?

2. What is the purpose of Advent?

3. What are we preparing for during Advent?

4. What is the meaning of Advent?

5. What is the significance of Advent?

6. What is the importance of Advent?

7. What is the purpose of Advent?

**The Penitential Seasons: Advent and Lent**

1. What is the first penitential season of the Church year?

2. What is the purpose of the first penitential season of the Church year?

3. What are we preparing for during the first penitential season of the Church year?

4. What is the second penitential season of the Church year?

5. What is the purpose of the second penitential season of the Church year?

6. What are we preparing for during the second penitential season of the Church year?

7. What is the significance of the second penitential season of the Church year?

8. What is the importance of the second penitential season of the Church year?