

Quotable Quotes on Sacred Scripture

“The Bible teaches us how to go to Heaven, not how the heavens go.”

—Cardinal Baronius

“Though faith is above reason, there can never be any real discrepancy between faith and reason. Since the same God who reveals mysteries and infuses faith has bestowed the light of reason on the human mind, God cannot deny himself, nor can truth ever contradict truth. Consequently, methodical research in all branches of knowledge, provided it is carried out in a truly scientific manner and does not override moral laws, can never conflict with the faith, because the things of the world and the things of faith derive from the same God.”

—CCC, 159

“The New Testament lies hidden in the Old, and the Old Testament is unveiled in the New.”

—St. Augustine

“Ignorance of the Scriptures is ignorance of Christ.”

—St. Jerome

Name _____

Date _____

Handout 8-B

Personal Prayer Evaluation

Directions: These questions are meant to help you better understand the strengths and weaknesses of your prayer life; they are not meant to judge you. No one will see your answers to these questions, so be as honest as you feel comfortable.

How often do you pray? Check one.

Multiple times a day _____

About once a day _____

About once a week _____

A few times a month _____

A few times a year _____

Other: _____

When do you pray? Check all that apply.

First thing in the morning _____

Before meals _____

When traveling _____

Before tests _____

Before going to bed _____

On Sunday at Mass _____

Other: _____

What prayer styles have you tried in the past? Check all that apply.

Memorized prayers (Our Father, Hail Mary, etc.) _____

Eucharistic Adoration _____

Journaling _____

Praise and worship music _____

The Rosary _____

Reading the Bible _____

Other: _____

Of the prayer styles that you have tried, which one have you liked the most? Why do you like it the most?

Of the prayer styles that you have not tried, what is one that interests you? What interests you about it?

The Nicene Creed

A	I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.
B	I believe in one Lord Jesus Christ the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.
C	For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures.
D	He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end.
E	I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.
F	I believe in one, holy, catholic, and apostolic Church. I confess one Baptism for the forgiveness of sins
G	and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Handout Appendix-B

Moral Implications of the Creed

Put the letter of the section from the Nicene Creed (from Handout Appendix-A) that you think connects with each statement below. Some statements may connect to more than one section of the Creed.

- _____ There is one Church that teaches people how to live the moral life.
- _____ The Holy Spirit helps a person examine his or her own conscience.
- _____ The Last Judgment about the sheep and goats, from Matthew 25, indicates that human salvation hinges on following the corporal works of mercy.
- _____ God the Father created the world, so the created world is good.
- _____ The Our Father reveals that all people are brothers and sisters.
- _____ Jesus became a human being to save people from sin.
- _____ Jesus was loving in the midst of suffering, evil, and cruelty.
- _____ The Holy Spirit offers new life.
- _____ The Holy Spirit strengthens a person to do the right thing.
- _____ The resurrection of the dead affirms the goodness of the human body.
- _____ All Christians should become Jesus's disciples so as to live with him eternally in heaven.
- _____ The Holy Spirit gives grace and enables people to live virtuously.
- _____ Jesus will be the judge of all people.
- _____ Jesus's Resurrection saves humans from evil and death.
- _____ Sin alienates people from God and one another, and it destroys internal harmony.
- _____ God the Father, like the father in the prodigal son parable, is merciful.
- _____ Jesus's Incarnation means that what people do with their bodies has moral implications.
- _____ Humans disobeyed God and committed the Original Sin that led to all personal sins.
- _____ There are no other gods, so God is the one to look to for guidance.
- _____ The Sacrament of Baptism unites people with the Paschal Mystery.
- _____ The Holy Trinity is a model of love to which all people should aspire.
- _____ The Holy Spirit helps people to pray.

- _____ The Holy Spirit guides the Church, preserving her from error in faith and morals.
- _____ Without human sin, Jesus would not have had to suffer and die.
- _____ God the Father created grace, love, faith, and hope.
- _____ The Paschal Mystery reveals God's love for us.
- _____ Jesus conquered death and reentered heaven a different way.
- _____ The Kingdom of God began with Jesus and is eternal.
- _____ The Holy Trinity reveals why humans are social in nature.
- _____ Baptism wipes away the stain of Original Sin and offers forgiveness for Original Sin and personal sins.
- _____ The Church is apostolic and requires people to evangelize.

Name _____

Date _____

Handout Appendix-C

When Might I Use This Prayer?

1. When I can't think of how to pray and want to pray as Jesus taught.	A. Prayer for the Faithful Departed
2. When my faith is sagging.	B. Our Father
3. When I feel thankful for the food I am eating and other blessings from God.	C. Act of Faith
4. When I want to give praise to the Trinity.	D. Memorare
5. When I want to know that Mary is praying for me now and in the future.	E. Act of Contrition
6. When I am fearful about a situation and feel like I need a companion for strength.	F. The Angelus
7. When I am walking by myself in the dark and feel afraid.	G. Hail Mary
8. When the world seems to be falling apart from hatred and violence.	H. Morning Offering
9. When I need an advocate.	I. Guardian Angel Prayer
10. When I want to offer my day to God.	J. Prayer for Peace
11. When I want to do the next thing in God's name.	K. Regina Caeli
12. When I desperately need Mary's help.	L. Sign of the Cross
13. When I feel discouraged.	M. Act of Hope
14. When I feel like I just committed a bad sin.	N. Hail, Holy Queen
15. When my friend's grandparent has died.	O. The Glory Be
16. When I feel unloving.	P. Act of Love
17. When I want to focus on Mary's yes to God and/or Jesus's coming to earth.	Q. Prayer before or after meals
18. During Confession.	
19. When it is Easter and I want to focus on Jesus's Resurrection.	
20. When I hear about loss of life from violence or a natural disaster.	