The Catholic Faith Handbook

Fourth Edition

Teacher Guide

To access additional teaching resources for this course, go to www.smp.org/teach/cfh.

We gratefully acknowledge contributing authors: Therese Brown, Eileen M. Daily, Laurie Delgatto, Michael Greene, Maura Thompson Hagarty, Michael J. Hagarty, Virigina Halbur, Marilyn Kielbasa, Barbara Murray, Christine Schmertz Navarro, Mary Shrader, and Cheryl Tholke

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Contents

Preface **5**

Unit 1: Introduction **9**

Chapter 1: The Big Picture of Being Catholic 11
Chapter 2: How Can We Know God? 27
Chapter 3: The Bible's Big Picture 39

Unit 2: Creed – Part 1 . . . . . **00**

Chapter 4: Faith 00
Chapter 5: God Our Father 00
Chapter 6: The Human Person 00
Chapter 7: The Promise of a Messiah 00
Chapter 8: Jesus Christ: True God and True Man 00
Chapter 9: Jesus' Message and Mission 00

Unit 3: Creed – Part 2 . . . . . **00**

Chapter 10: Jesus' Death 00
Chapter 11: Jesus' Resurrection 00
Chapter 12: The Holy Spirit 00
Chapter 13: The Mission of the Catholic Church 00
Chapter 14: The Organization of the Catholic Church 00
Chapter 15: The Last Things 00

Unit 4: Liturgy and Sacraments **00**

Chapter 16: Introduction to the Liturgy 00
Chapter 17: Introduction to the Sacraments 00
Chapter 18: Baptism 00
Chapter 19: Confirmation 00
Chapter 20: The Eucharist 00
Chapter 21: Sacraments of Healing 00
Chapter 22: Sacraments at the Service of Communion 00

Unit 5: Christian Morality 00

Chapter 23: Introduction to Christian Morality 00
Chapter 24: Social Justice 00
Chapter 25: Sources of Moral Truth 00
Chapter 26: Honoring God 00
Chapter 27: Honoring Family 00
Chapter 28: Respecting Life 00
Chapter 29: Respecting Sexuality 00
Chapter 30: Respecting Material Goods 00
Chapter 31: Respecting Truth 00
Chapter 32: The Moral Life 00

Unit 6: Christian Prayer 00

Chapter 33: Introduction to Prayer 00
Chapter 34: The Forms of Prayer 00
Chapter 35: Personal Prayer 00
Chapter 36: Praying with Scripture 00
Chapter 37: Praying Together 00
Chapter 38: The Lord's Prayer: God's Glory 00
Chapter 39: The Lord's Prayer: Human Need 00

Acknowledgments 00

Preface

The Catholic Faith Handbook Fourth Edition Teacher Guide

This teacher guide has been developed in response to educators who use the fourth edition of *The Catholic Faith Handbook* as the foundation for a Catholic overview course. Drawing directly from the handbook, this guide offers engaging and practical learning experiences shaped by the everyday realities of young people. The material may be used as a course that serves as a foundation for high school theology courses aligned with the bishops' curriculum framework.

By working through the handbook with the structure provided in this guide, the students will gain a clear understanding of core Catholic beliefs and practices. They will be prepared for deeper study and better equipped to integrate the faith into their own lived experience. In partnership with the expertise you bring to the classroom, this guide serves as a road map for a dynamic and formative introduction to the Catholic faith.

Teacher Guide Format

This teacher guide has a different look and feel from traditional high school theology teaching manuals.

- **The teacher guide presents focused learning experiences that draw on the handbook and a range of resources, including Scripture and supplemental handouts.** It provides multiple pathways for teaching key concepts and may be supplemented with corresponding online resources (www.smp.org/teach/cfh), which offer additional tools and options for instruction.



- **The teacher guide invites you to incorporate your own expertise to facilitate learning.** You know your students best—how they learn and what speaks to their lived experiences. This resource is designed to support and complement your professional judgment.
- **The learning experiences are designed to foster active engagement.** They challenge the students to not only understand Catholic teaching but also integrate it into their everyday lives.

Using *The Catholic Faith Handbook, Fourth Edition*

The course outlined in this teacher guide incorporates the content from the handbook in six units that follow the four pillars of the *Catechism of the Catholic Church.* These units present key doctrinal elements and practices essential to a foundational understanding of the Catholic faith. The six units are as follows:

- Unit 1: Introduction
- Unit 2: The Creed – Part 1
- Unit 3: The Creed – Part 2
- Unit 4: Liturgy and Sacraments
- Unit 5: Christian Morality
- Unit 6: Christian Prayer

The Structure of Each Unit in the Teacher Guide

This guide outlines a clear path through each unit, helping the students grasp key concepts and develop essential knowledge and skills. It also allows flexibility, enabling you to adapt instruction based on the needs of your students. You are not required to complete every learning experience and are encouraged to incorporate your own ideas as appropriate.

Each unit provides important tools for planning and learning, including:

- a unit overview
- individual chapters with learning experiences and handouts to explore and integrate the material found in the corresponding handbook chapter
- a unit quiz and a unit test with corresponding answer keys

Additionally, a unit test bank with extra questions and an answer key can be found as part of the online resources.

Unit Overview

The unit overview provides a snapshot of the unit, including:

- key understandings and guiding questions
- assessment resources and where to find them
- corresponding handbook chapters
- Scripture passages used in the unit
- key vocabulary from the handbook and from learning experiences in the teacher guide

Chapters

Each chapter in a unit includes material to guide the students through the corresponding chapter in the handbook, including:

- an introductory overview of the chapter
- learning experiences that explore particular topics as found in the handbook
- review questions and answers
- chapter handouts
- chapter assessment options

Chapter Overview

The chapter overview provides a foundation for the chapter and identifies the following to help in preparation for teaching and learning:

- important connections for the students and their faith
- instructions for locating additional teaching resources, including digital chapter overview presentations, reading guides, and links to videos and articles

Learning Experiences

The term *learning experiences* is used intentionally to emphasize that each step is designed to advance student learning. The learning experiences cover the breadth of the corresponding handbook chapter and include:

- three to four learning experiences that can be utilized independently, allowing you the freedom to address any specific learning needs of the students in your class
- a list of materials needed to enable easy lesson preparation
- easy-to-follow steps that allow you to focus on your students and the material

Review Questions

A For Review section follows the chapter's learning experiences and includes:

- review questions found at the end of each corresponding handbook chapter
- answers to each review question, allowing for easy reference and summarization

Handouts

Each chapter includes handouts that support student learning and may be photocopied for classroom use, including:

- a chapter summary, which presents a synopsis of the handbook chapter content
- a list of chapter vocabulary words and their definitions
- specific handouts for individual learning experiences designed to facilitate student learning

Chapter Assessment Options

Each chapter provides assessment tools, including:

- a chapter quiz
- a chapter quiz answer key

Unit Assessment Options

Each unit ends by offering a unit quiz, a unit test, and corresponding answer keys, which build on (but do not replicate) chapter quizzes.

Online Resources

Many additional resources can be found online at www.smp.org/teach/cfh, including:



- digital online presentations for each chapter
- all handouts found in this teacher guide
- unit quizzes, unit tests, and answer keys
- supplemental unit test banks and answer keys
- reading guides for each handbook chapter
- links to other online materials to supplement learning experiences, such as videos, articles, and more

A Solid, Flexible Foundation

This teacher guide offers a strong foundation for educators seeking to use the content in the fourth edition of *The Catholic Faith Handbook* while allowing flexibility to meet the needs of individual classrooms. The resources included here offer multiple approaches for presenting the content of the handbook. Learning experiences and assessments can be adapted to support the students as they deepen their understanding of—and engagement with—the Catholic faith.

Thank You

Thank you for placing your trust in this resource. Our goal is to support the formation of students as they grow in their understanding of the Catholic faith, whether they begin the course with deep conviction or simple curiosity. We aim to foster religious literacy and encourage thoughtful reflection on how Catholic teaching can inform and enrich daily life.

Unit
1
Christian Morality

Unit Overview

This unit introduces the students to the core beliefs, practices, and attitudes of Catholicism. It also gives the students the opportunity to gain a deeper appreciation for how God reveals himself to humanity and how we can come to know God and his divine plan through reason and Revelation. Special emphasis is placed on discovering the importance of Scripture and Tradition in the process of coming to know God and his plan for our salvation.

Learning Outcomes

CORE UNDERSTANDINGS *Students will be able to understand the following concepts:*	**KEY QUESTIONS** *Students will be able to answer the following questions:*
• Catholicism encompasses diverse people of every nationality and cultural background, yet its people share common beliefs, practices, and attitudes. • Reason and Revelation are two gifts God has given humans to know him and his divine plan for us. • Scripture and Tradition are closely connected modes of Revelation that form a single sacred Deposit of Faith. • Scripture is the inspired Word of God and shows how God has worked within the people and events of human history to reveal our purpose in life and our path to salvation.	• What are some of the common beliefs, practices, and attitudes that Catholics share? • How do reason and Revelation together help us know God? • What is the Catholic understanding of biblical inspiration? • How does Scripture help us come to understand our own identity and intended destiny?

Student Book Content

Chapter number	Chapter title	Scripture focus	Vocabulary	*CFH* page numbers
1	The Big Picture of Being Catholic	• Luke 1:26–38 • Luke 2:1–11 • John 19:27 • Acts of the Apostles 1:14 • Philippians 4:4–9	Bible Ecumenical Council Jesus Christ Mary saint worship	pp. 12–20
2	How Can We Know God?	• Psalm 19:1 • John 3:16 • John 16:13 • 1 Corinthians 11:23–26 • 1 Corinthians 15:1–8 • Romans 1:20	biblical inspiration canon Deposit of Faith Divine Revelation Holy Spirit inerrancy natural revelation reason Sacred Scripture Sacred Tradition	pp. 21–29
3	The Bible's Big Picture	• Genesis 3:15 • Genesis, chapters 4–11 • Genesis 12:3 • Acts of the Apostles 3:11–26 • Acts of the Apostles 13:16–41	canticle commandments covenant Israelites Law, the New Testament Old Testament salvation history	pp. 30–43

Assessing Student Understanding

The following resources will help you assess the students' understanding of the key concepts covered in each chapter and in the unit as a whole:

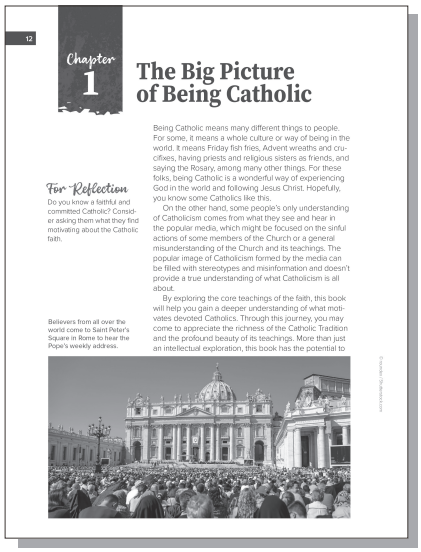
- For Review questions
- Chapter quizzes
- Unit quiz, pages 00–00
- Unit test, pages 00–00

Chapter 1

The Big Picture of Being Catholic

Chapter Overview

This chapter offers the students a concise orientation to what it means to live as a Catholic Christian. It highlights the essential beliefs and practices that shape Catholic identity, including faith in the Trinity, the importance of Scripture and Tradition, participation in the sacramental life of the Church, commitment to moral living rooted in human dignity, and engagement in prayer and community. Rather than offering exhaustive detail, it provides a broad, accessible snapshot that helps the students see Catholicism as a lived relationship with God expressed through worship, service, and everyday discipleship.


12

Chapter 1

The Big Picture of Being Catholic

Being Catholic means many different things to people. For some, it means a whole culture or way of being in the world. It means Friday fish fries, Advent wreaths and crucifixes, having priests and religious sisters as friends, and saying the Rosary, among many other things. For these folks, being Catholic is a wonderful way of experiencing God in the world and following Jesus Christ. Hopefully, you know some Catholics like this.

On the other hand, some people's only understanding of Catholicism comes from what they see and hear in the popular media, which might be focused on the sinful actions of some members of the Church or a general misunderstanding of the Church and its teachings. The popular image of Catholicism formed by the media can be filled with stereotypes and misinformation and doesn't provide a true understanding of what Catholicism is all about.

By exploring the core teachings of the faith, this book will help you gain a deeper understanding of what motivates devoted Catholics. Through this journey, you may come to appreciate the richness of the Catholic Tradition and the profound beauty of its teachings. More than just an intellectual exploration, this book has the potential to

For Reflection

Do you know a faithful and committed Catholic? Consider asking them what they find motivating about the Catholic faith.

Believers from all over the world come to Saint Peter's Square in Rome to hear the Pope's weekly address.

To access additional resources for this chapter, including a digital overview presentation, a reading guide, and links to videos and articles, go to www.smp.org/teach/cfh.

Learning Experience Options

What Being Catholic Means (35 minutes)

Materials Needed

- ☐ four sheets of chart paper and a marker
- ☐ two copies of the handout "Beliefs, Practices, and Attitudes," on pages 19–20, one to cut apart and one to use as an answer key
- ☐ a basket
- ☐ a roll of clear tape

1. **Ensure** that the students read or review the chapter introduction and the section "Why Are All These People Catholic?" on pages 13–14 in the handbook, before beginning this learning experience.


Handbook
pp. 13–14

UNIT 1



Teacher Guide pp. 19–20

2. **Prepare** by writing the following headings at the top of four different sheets of chart paper: "Beliefs," "Practices," "Attitudes," and "I Don't Know." Affix these to the wall next to one another. Cut the handout "Beliefs, Practices, and Attitudes" into strips. Fold the strips in half and place them in the basket.
3. **Direct** the students to form pairs. Tell them that they are going to take time to identify some items that will help them describe what being Catholic means. Explain that the basket you prepared contains slips of paper with names of various items related to the beliefs, practices, and attitudes of Catholicism.
4. **Share** that the three categories—beliefs, practices, and attitudes—are closely related: People's beliefs cause them to act a certain way (practices) and to see the world a certain way (attitudes).
5. **Provide** the following directions:
   - Line up in your pairs, forming two or three lines that face the table that holds the basket of slips of paper and the tape.
   - In turn, each pair will approach the basket and have 10 seconds to choose a slip of paper, decide which heading it belongs under, and tape it under the corresponding heading on the wall. Speak to your partner only to determine where your slip of paper should go.
   - Once you have placed your slip of paper, return to the end of the line. We will continue until all the slips of paper have been categorized.
   - If you and your partner cannot agree on where your slip of paper should go, tape it under the "I Don't Know" heading.



Teacher Guide p. 17

If you would like to provide a brief overview of the chapter's content, you may wish to use the handout "Chapter 1 Summary," found on page 17, or the digital overview presentation in the online resources for this course.

6. **Ask** the students if they think each slip of paper has been posted where it belongs. Decide as a class where any misplaced papers belong and why. If there are any slips of paper under the "I Don't Know" heading, decide as a class where those slips of paper belong. You may use a copy of the handout for some help. Some of the terms could logically appear under multiple headings, so make sure to use a "both/and" approach rather than an "either/or" approach to assigning locations.

7. **Make** the following comments in these or similar words:
   - ➢ Catholic beliefs are rooted in the revelation of Sacred Scripture and Sacred Tradition.
   - ➢ Catholic practices are the ways in which Catholics worship and live a moral and faith-filled life.
   - ➢ Catholics have a distinct worldview. Even though we hold many beliefs in common with other Christians, there are significant differences in Catholic beliefs, practices, and attitudes as Catholics live out their faith in the world.

Creative Beliefs (25 minutes)

Materials Needed

- ☐ sheets of chart paper, one for each student
- ☐ art supplies to decorate posters
- ☐ recordings of Catholic songs or hymns used at Mass and equipment for playing them



Handbook pp. 15–16

1. **Ensure** that the students read or review the section "Some Core Catholic Beliefs," on pages 15–16 in the handbook, before beginning this learning experience.
2. **Invite** each student to select one of the core Catholic beliefs from this section.
3. **Distribute** the chart paper and art supplies and explain that each student will spend some time creating a poster with words, signs, and symbols that reflect that belief in some way.
4. **Assure** the students that even if they don't understand the belief fully, they should create a poster to the best of their ability.
5. **Play** some Catholic songs or hymns while the students are working on their posters. Invite them to listen for how these songs relay some of the Catholic beliefs covered.
6. **Encourage** volunteers to share their posters with the rest of the group, explaining the belief they chose and the meaning behind the words, signs, and symbols they presented on their posters.
7. **Affirm** the class for their creativity and assure them that they will be learning more about Catholic beliefs, practices, and attitudes as they continue through this course.

UNIT 1

The Core of the Catholic Faith (35 minutes)

Materials Needed

- ☐ copies of the handout "The Core of the Catholic Faith," on pages 21–23, one for each group of three
- ☐ instrumental music and the appropriate equipment for playing it *(optional)*



Handbook
pp. 15–19

1. **Arrange** the students into three groups. Group A should read or review the section "Some Core Catholic Beliefs," on pages 15–16 in the handbook. Group B should read or review the section "Some Core Catholic Practices," on pages 16–18. Group C should read or review the section "Catholic Attitudes," on page 19. Tell each group to jot down three bullet points to share with the class from their assigned section.
2. **Allow** a representative from each group a few minutes to share their key points with the rest of the class.



Teacher Guide
pp. 21–23

3. **Arrange** the students into groups of three. Distribute the handout to each group.
4. **Tell** the students that each group member should take a page of the handout so that each person has a different topic: core beliefs, core practices, or core attitudes of the Catholic faith.
5. **Explain** that everyone should silently read each statement on their handout page and choose a symbol that best represents their current understanding of each statement. Share that they should then briefly write what they know about each statement.
6. **Consider** playing instrumental music as the students complete the handout. Allow about 10 minutes (or longer if some have not completed their page).
7. **Call** time and assure those who may not have finished that they can share based on what they have.
8. **Explain** that the first person to share will be the person in each group who is holding the page dealing with core beliefs. Note that the second person to share will be the person who has the topic of core practices, and the third will be the one who has the topic of core attitudes.
9. **Encourage** the groups to listen carefully as people share. Tell them that after a group member shares about each statement on their list, the rest of the class may express their ideas about the statements.

Chapter 1 Summary
The Big Picture of Being Catholic

1. Being Catholic is a wonderful and powerful way to experience God in the world and the fullest way to follow Jesus Christ.
2. The popular image of Catholicism formed by the media is filled with stereotypes and misinformation and is a misleading source for truly understanding what it means to be Catholic.
3. The great number of Catholics in the world testifies to Catholicism's universal appeal and to the power that the Catholic faith has in people's lives.
4. Catholics have a distinct worldview. Even though Catholics hold many beliefs in common with other Christians, there are some significant differences between Catholic and Protestant beliefs, practices, and attitudes.
5. Some common threads surface when Catholics talk about what is important to them about the Catholic faith.
6. Catholic beliefs are rooted in the revelation of Scripture and Tradition.
7. The fullness of God's revealed truth is called Sacred Tradition and is entrusted to the Apostles' successors, the bishops of the Church.
8. Catholic practices, the ways in which Catholics worship and live moral and faith-filled lives, are based on Catholic beliefs, so they are also rooted in Scripture and Tradition.
9. Catholics see the world in a unique way because their attitudes reflect God's Revelation in Scripture and Tradition.
10. Catholics recognize that God is present to, in, and through all creation—including the natural world, people, communities, and historical events.
11. The Act of Faith is an old and traditional prayer of the Catholic Church. People prayed it as a sign of commitment to the core truths of the faith.

Chapter 1 Vocabulary

Bible Also called Sacred Scripture, the collection of Christian sacred writings accepted by the Church as inspired by God. Composed of the Old and New Testaments.

Ecumenical Council A gathering of all Catholic bishops, convened by the Pope and under his authority and guidance.

Jesus Christ The Son of God, the Second Person of the Trinity, who took on flesh in Jesus of Nazareth. *Jesus* in Hebrew means "God saves" and was the name given the historical Jesus at the Annunciation. Christ, based on the word for "Messiah," meaning "the anointed one," is a title the Church gave Jesus after his full identity was revealed.

Mary The Mother of Jesus, sometimes called the Blessed Virgin Mary. Because Jesus is the Son of God and the Second Person of the Trinity, Mary is also given the title Mother of God.

saint Someone who has been transformed by the grace of Christ and who resides in full union with God in Heaven.

worship Adoration of God, usually expressed publicly in the Church's official liturgy, as well as through other prayers and devotions.

Beliefs, Practices, and Attitudes

Beliefs

We are created for union with God.

Original Sin deprived us of holiness and justice.

God established covenants as a sign of fidelity.

We believe in one God in three Divine Persons.

Jesus was both fully God and fully human,
the Second Divine Person of the Holy Trinity.

Jesus suffered, died, and was raised for our salvation.

We believe in the Holy Spirit, the
Third Divine Person of the Holy Trinity.

The Catholic Church is One, Holy,
Catholic, and Apostolic.

God's revealed truth is found in
Sacred Tradition and Sacred Scripture.



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Practices

Celebration of the Sacraments

Following the Liturgical Year

Faithfulness to the Ten Commandments and the Beatitudes

The dignity of the human person

Living out our Catholic social teachings

Honoring the Blessed Mother and the Communion of Saints

Forgiveness of sin

Keeping Sunday holy

Attitudes

Seeing creation as sacred and a potential source of God's grace

Placing trust in the essential goodness of the human person

Recognizing that we are flawed by the effect of Original Sin

Appreciating both faith and reason—religion and science

Putting an emphasis on community life and communal worship

Respecting the diversity of cultures in the world

Being committed to proclaiming Jesus' message to all people



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The Core of the Catholic Faith

Core Beliefs

Each statement below is a core belief of the Catholic faith. Circle the symbol ("I get it, "I'm unsure," or "I don't get it") that best reflects your understanding of each belief. Then briefly explain what you might know about each core belief. You may need another sheet of paper for your explanations.

All humans were created to live in perfect harmony with one another.  What do you think about this core belief?
Original Sin deprived the human race of our original holiness and justice.  What do you know about this core belief?
God worked to restore humanity's love and trust through a series of covenants, especially through Jesus.  What do you know about this core belief?
Jesus died for the forgiveness of sins and the restoration of the relationship of love and trust between God and humankind.  What do you know about this core belief?
The Holy Spirit has been at work from the beginning of creation to the present day.  What do you know about this core belief?
God has revealed himself to be Trinity, that is, the mystery of one God in three Divine Persons: Father, Son, and Holy Spirit.  What do you know about his core belief?
Christ established the Catholic Church on the foundation of the Apostles.  What do you know about his core belief?
The Bible is a source of God's revealed truth.  What do you know about this core belief?
The baptized who have put their faith in Jesus Christ as their savior will find their eternal reward in Heaven.  What do you know about this core belief?

Core Practices

Each statement below is a core practice of the Catholic faith. Circle the symbol ("I get it," "I'm unsure," or "I don't get it") that best reflects your understanding of each practice. Then briefly explain what you might know about each core practice. You may need another sheet of paper for your explanations.

Catholics celebrate Seven Sacraments that form the basis of their worship, or communal prayer, together.  What do you know about this core practice?
The Seven Sacraments were instituted by Christ and entrusted to the Church to make the love of God real and present in the world.  What do you know about this core practice?
The Eucharist is the heart of the Church's life.  What do you know about this core practice?
Catholics keep the Lord's Day (Sunday) holy by attending Mass and resting from work.  What do you know about this core practice?
Catholic worship follows the liturgical year, which marks the events and mystery of Christ's life.  What do you know about this core practice?
Catholics place a strong emphasis on living a moral life.  What do you know about this practice?
Catholics defend the dignity of all human life and oppose any practices that threaten the sanctity of human life.  What do you know about this core practice?
The Church is responsible for transforming society by working for justice.  What do you know about this core practice?
Catholics honor holy women and men of faith who have preceded them.  What do you know about this core practice?

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Core Attitudes

Each statement below is a core attitude of the Catholic faith. Circle the symbol ("I get it," "I'm unsure," or "I don't get it") that best reflects your understanding of each attitude. Then briefly explain what you might know about each core attitude. You may need another sheet of paper for your explanations.

Catholics recognize that God is present to, in, and through all creation—the natural world, people, communities, and events.



What do you know about this core attitude?

Catholics place their trust in the essential goodness of the human person, who is made in the image of God.



What do you know about this Catholic attitude?

Catholics rely on both faith and reason to grow in their understanding of God, and believe that reason can lead us to faith.



What do you know about this core attitude?

Catholics believe that conflicts between religion and science are a result of not fully understanding one or the other.



What do you know about this core attitude?

Catholics believe that the fullness of truth resides in the Catholic Church but that other religions can share in aspects of the truth.



What do you know about this core attitude?

Catholics emphasize community life and communal worship.



What do you know about this core attitude?

The Catholic faith deeply respects the diversity of cultures in the world and is committed to proclaiming Jesus' message to all. (Your name) takes responsibility for nurturing their faith through the Church, especially by participating in the sacraments.



What do you know about this core attitude?

Catholics respect and embrace a wide variety of prayer forms.



What do you know about this core attitude?

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