

Name _____

Unit 5 Test

Prayer and Holiness

Multiple Choice

Write the letter of the best or most appropriate answer in the space provided before each question.

- _____ 1. Which of the following is another name for Good Friday?
- a. the Celebration of the Lord's Passion
 - b. fasting
 - c. Washing of the Feet
 - d. Mass of the Lord's Supper
- _____ 2. Why are mystical experiences difficult to explain?
- a. It requires a great deal of intellect to explain them.
 - b. Only a privileged few can explain them.
 - c. They aren't real.
 - d. They aren't apparent to the senses nor obvious to the intellect.
- _____ 3. Which of the following best describes prayers of petition?
- a. using words in conversation with God
 - b. using your thoughts, imagination, emotions, and desires to ponder God's presence and activity in your life
 - c. asking God for something you need
 - d. praying using Sacred Scripture
- _____ 4. Which of the following describes the Easter Vigil?
- a. The Paschal candle is lit.
 - b. The readings give us an overview of salvation history.
 - c. The Litany of the Saints is sung.
 - d. all of the above
- _____ 5. What is the Hebrew word that expresses agreement?
- a. *hesed*
 - b. *amen*
 - c. *berit*
 - d. none of the above



- _____ 6. Which of the following oils is presented in the liturgy on Holy Thursday?
- a. Oil of the Dead
 - b. Oil of Excommunication
 - c. Oil of the Sick
 - d. Oil of Matrimony
- _____ 7. What does the word *Triduum* mean?
- a. Holy Trinity
 - b. three days
 - c. first three books of the Bible
 - d. none of the above
- _____ 8. Which is the celebration that involves adults and older children being received into the Church through the Sacraments of Christian Initiation, and celebrates the coming of the light of the Risen Christ into the world?
- a. the Easter Vigil
 - b. Good Friday
 - c. the Mass of Lord's Supper
 - d. Holy Thursday
- _____ 9. What is the name for the Church's official, public, communal prayer?
- a. the Stations of the Cross
 - b. liturgy
 - c. the Lord's Prayer
 - d. *lectio divina*
- _____ 10. Why are human beings called to holiness?
- a. because we have all been baptized
 - b. to undo Original Sin
 - c. because personal holiness is guaranteed by Christ's sacrifice
 - d. because each one of us is made in God's own image and likeness, so all human life is sacred and potentially holy
- _____ 11. What is intercession?
- a. spoken prayer
 - b. using your thoughts, imagination, emotions, and desires to ponder God's presence and activity in your life and in the world
 - c. prayer on behalf of another person or group
 - d. praise



- _____ 12. What is the veneration of the cross?
- a. a Good Friday ritual where each person comes forward and offers a sign of respect or devotion to the cross
 - b. a devotion that retraces the events of Jesus' Passion and death in fourteen "stations"
 - c. when we show reverence for the cross by fasting
 - d. the Mass of the Lord's Supper
- _____ 13. What prayer form is often associated with mysticism?
- a. holiness
 - b. contemplation
 - c. Sacred Scripture
 - d. ciborium
- _____ 14. What is the name for the spiritual discipline in which a person leads a strict life of simplicity and self-denial?
- a. fasting
 - b. mysticism
 - c. vow of silence
 - d. asceticism
- _____ 15. Which of the following is the best description of the Liturgical Year?
- a. the "three days" that celebrate Christ's Paschal Mystery
 - b. the idea that through our Baptism, we have been consecrated for service to God
 - c. the annual cycle of celebrations on Sundays and holy days by which the Church recalls God's plan for our salvation
 - d. the time when adults and older children are received into the Church through the Sacraments of Christian Initiation
- _____ 16. What is interiority?
- a. prayer on behalf of another person or group, when we join our love with God's love in prayerful concern for someone else
 - b. the practice of developing a life of self-reflection and self-examination to attend to our spiritual life and call to holiness
 - c. an overview of salvation history, beginning with the Creation of the world and culminating in the discovery of the empty tomb on Easter morning
 - d. both a and c



- _____ 17. Which of the following is an accurate description of the relationship between Baptism and Confirmation?
- a. Confirmation completes the grace of Baptism by confirming or “sealing” the baptized person’s union with Christ.
 - b. Confirmation is actually more closely related to the Sacrament of Penance and “Reconciliation than it is to Baptism.
 - c. Confirmation and Baptism are unrelated.
 - d. Baptism completes the grace of Confirmation by confirming or “sealing” the baptized person’s union with Christ.
- _____ 18. What is needed to become a disciple of Christ?
- a. Being one of the Twelve Apostles (plus Saint Paul) that were called by Jesus makes one a disciple.
 - b. Being an angel, saint, or Apostle makes one a disciple.
 - c. Accepting Jesus’ teachings as true and putting them into practice makes one a disciple.
 - d. Simply calling Jesus “Lord” makes one a disciple.
- _____ 19. What did Saint Ignatius of Loyola develop?
- a. a method of prayer in which you visualize in your mind the details of a specific Gospel account
 - b. the *Spiritual Exercises*
 - c. a method of prayer in which you are brought to a personal and real encounter with Jesus in the present moment
 - d. all of the above
- _____ 20. What is a chalice?
- a. a person who is a mystic
 - b. another name for ciborium
 - c. the cup used during the Mass that holds the Blood of Christ after the Consecration
 - d. a person preparing to enter the Church at Easter
- _____ 21. Being humble; not judging others; embracing sinners; forgiving others; and loving everyone, especially enemies, are all examples of what?
- a. the Ten Commandments
 - b. the code of Leviticus
 - c. Jesus’ key teachings
 - d. the Corporal Works of Mercy
- _____ 22. What are the unique rituals of the Holy Thursday liturgy?
- a. the presentation of the oils, the washing of the feet, the transfer of the Eucharist
 - b. the lighting of the Easter fire, the Litany of the Saints, the reading of the Passion
 - c. sung intercessions instead of spoken, beginning the liturgy in darkness
 - d. both a and b



- _____ 23. What role do our intellect and free will play in the path to holiness?
- a. They lead us to a strict interpretation of the law.
 - b. They are corrupted; they lead us to rebel against God and sin.
 - c. They are gifts from God that help us weigh decisions, evaluate outcomes, and make good moral choices.
 - d. They heal our human nature wounded by sin.
- _____ 24. Which of the following is true of the Lord's Prayer?
- a. It is also called the Our Father.
 - b. The prophet Elijah was the first to pray it.
 - c. It appears in the Acts of the Apostles.
 - d. It is similar to intercessory prayer.
- _____ 25. Why is Sacred Scripture an importance source for prayer?
- a. Many of our formal prayers are based on passages from the Bible.
 - b. Much of the Liturgy of the Eucharist is taken from Sacred Scripture.
 - c. The Lord's Prayer explains that the Bible is the only true form of prayer.
 - d. both *a* and *b*



Matching

Match the description in column A with the word or phrase in column B by writing the letter of the correct answer in the space provided.

Column A

- _____ 26. Lifting up one's mind and heart to God.
- _____ 27. Intense experience of the presence and power of God, resulting in a deeper sense of union with God.
- _____ 28. The Church's official, public, communal prayer.
- _____ 29. Prayer that involves repetitive readings of a Scripture passage and periods of reflection.
- _____ 30. A poem from Saint John of the Cross about the painful but necessary process of letting go of our limited ideas of who God is.
- _____ 31. An outward, visible expression of God's invisible grace that plays an essential role in connecting us with God.
- _____ 32. To kneel on one knee as a sign of reverence for the Blessed Sacrament.
- _____ 33. God's supernatural gift to help us respond to his love and help us live holy lives.
- _____ 34. The prayer often considered a summary of the whole gospel.
- _____ 35. Three 24-hour periods over four days that form one continuous celebration.

Column B

- a. grace
- b. "Dark Night of the Soul"
- c. *lectio divina*
- d. mysticism
- e. Triduum
- f. sacrament
- g. The Lord's Prayer
- h. prayer
- i. genuflect
- j. liturgy



True or False

Circle "T" if the statement is true or "F" if the statement is false. If it is false, correct the statement by crossing out the underlined word or phrase and writing the correct word or phrase in the space provided.

- | | | | |
|---|---|--|-------|
| T | F | 36. <u>Only prayer experts</u> can avoid obstacles to prayer. | _____ |
| T | F | 37. In prayer, <u>listening</u> to God is just as important as talking to God. | _____ |
| T | F | 38. The Sacraments of Initiation <u>bring us into the Church and make us one with the community and God.</u> | _____ |
| T | F | 39. The Triduum is meant to <u>reenact</u> the events of Jesus' Paschal journey. | _____ |
| T | F | 40. We venerate the cross <u>at the Easter Vigil.</u> | _____ |

Essay

Respond to one of the following questions in complete sentences.

- A. Name and briefly describe four of the six different forms of prayer.
- B. Name the liturgies of the Triduum and one unique feature of each liturgy.
- C. Name and explain three of God's gifts that can help us grow in holiness.

