

Name \_\_\_\_\_

## Unit 5 Reading Guide

# Prayer and Holiness

## Chapter 11: Holiness and Union with God

### Article 43: Being Holy

1. All of us are called to be \_\_\_\_\_. This is a lifelong commitment and challenge, but it is not an \_\_\_\_\_ goal. Because each one of us is made in God's own \_\_\_\_\_ and \_\_\_\_\_, all human life is sacred and potentially \_\_\_\_\_.
2. \_\_\_\_\_ not only describes who we are but also includes what we \_\_\_\_\_ and how we \_\_\_\_\_.
3. First, something is holy because it somehow \_\_\_\_\_ and shares in God's own life. Therefore, in a general sense, all \_\_\_\_\_ is holy.
4. First and foremost are the gifts of our \_\_\_\_\_ and \_\_\_\_\_. Our intellect helps us to see and \_\_\_\_\_ the natural order God has created. It helps us weigh decisions and evaluate outcomes, and in so doing, we can make good \_\_\_\_\_ choices. Our \_\_\_\_\_ allows us to act on those good \_\_\_\_\_ that lead us to love God and one another.
5. \_\_\_\_\_ is God's gift that empowers us to \_\_\_\_\_ to his love. Through grace, we receive a holiness that is a greater blessing than \_\_\_\_\_.
6. \_\_\_\_\_ heals our human nature wounded by \_\_\_\_\_. It restores us to \_\_\_\_\_ with God by giving us a share in the \_\_\_\_\_ of the Trinity. Sanctifying grace is a \_\_\_\_\_ gift of God, infused into our souls by the Holy Spirit, that continues the work of making us \_\_\_\_\_.
7. God has also given us the ability to \_\_\_\_\_ on our own thoughts and actions. This is sometimes called \_\_\_\_\_, which is the practice of developing a life of \_\_\_\_\_ and \_\_\_\_\_ to attend to our spiritual life and call to holiness.
8. The \_\_\_\_\_ provides us with \_\_\_\_\_ for education, for prayer, for community, and for service to the world. As the \_\_\_\_\_ of \_\_\_\_\_, the members of the Church give strength, hope, and support to one another in our \_\_\_\_\_ of becoming holy people.

### Article 44: Discipleship: The Path to Holiness

1. In other words, it's easy to \_\_\_\_\_ that Jesus Christ is your \_\_\_\_\_. But living as a \_\_\_\_\_ of Jesus requires that we follow his \_\_\_\_\_ and \_\_\_\_\_ as he did.



2. Be \_\_\_\_\_. Don't overestimate your own worth, \_\_\_\_\_, or goodness. Always examine your \_\_\_\_\_; acknowledge that your gifts for service come from \_\_\_\_\_ and are to be used for the \_\_\_\_\_ of others.
3. Do not \_\_\_\_\_. Condemning others does not bring anyone closer to being holy. Be \_\_\_\_\_ about your own \_\_\_\_\_, not the faults of others.
4. \_\_\_\_\_ others. When we forgive, not only is the sinner \_\_\_\_\_ from the burden, but we are as well. When someone harms you, do not \_\_\_\_\_, which would create a continuing loop of \_\_\_\_\_ and vengeance. Only \_\_\_\_\_ and refusal to \_\_\_\_\_ can interrupt this cycle.
5. Care for those in \_\_\_\_\_. Jesus says that our \_\_\_\_\_ welfare is dependent on our care for those in need, especially the \_\_\_\_\_ and marginalized. All of us have been given certain gifts, talents, and \_\_\_\_\_. Our journey to holiness requires that we use our gifts in service to those in our \_\_\_\_\_.
6. When asked about the \_\_\_\_\_, Jesus responded that it was to love \_\_\_\_\_ and love your \_\_\_\_\_ (see Matthew 22:34–40). \_\_\_\_\_ is the teaching on which the \_\_\_\_\_ also focus.
7. This is also our call to engage in the mission of \_\_\_\_\_. Fortified by the Holy Spirit, we are called to continue Jesus' \_\_\_\_\_ to build up the \_\_\_\_\_ of God here on Earth.

## Article 45: Mysticism: Seeking Union with God

1. A \_\_\_\_\_ experience is typically a spiritual event that is neither \_\_\_\_\_ to the senses nor obvious to the \_\_\_\_\_.
2. \_\_\_\_\_ refers to intense experiences of the \_\_\_\_\_ and \_\_\_\_\_ of God, resulting in a deeper sense of \_\_\_\_\_ with God. Those who regularly experience such union are called \_\_\_\_\_.
3. These personal encounters with God not only assist a person on their \_\_\_\_\_; they can also offer hope and guidance to \_\_\_\_\_. We can look to many Catholic \_\_\_\_\_ from all times, places, and various life \_\_\_\_\_ for inspiration.
4. The heart of the Carmelite \_\_\_\_\_ is prayer. But because Teresa suffered from repeated, painful, physical illnesses, she often \_\_\_\_\_ with prayer. Then, in her forties, Teresa began to have numerous \_\_\_\_\_. She had visions of Christ in which she felt \_\_\_\_\_ by his physical presence.
5. Brother Lawrence teaches us that God can be \_\_\_\_\_ in the normal activities of daily life. Simply reminding yourself that you are in the \_\_\_\_\_ of God, again and again, can have a \_\_\_\_\_ effect on your life.
6. In his book *The \_\_\_\_\_ to Mount Carmel*, Saint John describes how the \_\_\_\_\_ life can lead to a \_\_\_\_\_ with God. Asceticism is the \_\_\_\_\_ in which a person leads a strict life of \_\_\_\_\_ and \_\_\_\_\_.
7. Just as an \_\_\_\_\_ is far more likely to receive a gift than a clenched fist, you too have to be open to \_\_\_\_\_ God. One way to do this is through a dedicated life of \_\_\_\_\_. Prayer is an essential \_\_\_\_\_ in preparing to \_\_\_\_\_ God.



## Article 46: The Church's Sacramental Life Unites Us

1. A \_\_\_\_\_ is an outward, \_\_\_\_\_ of God's \_\_\_\_\_ that plays an essential role in connecting us with God.
2. \_\_\_\_\_ : One becomes a member of the Church and a new creature in Christ.
3. \_\_\_\_\_ : Through an outpouring of special \_\_\_\_\_ of the Holy Spirit, Confirmation completes the grace of Baptism by \_\_\_\_\_ or "sealing" the baptized person's union with Christ and by \_\_\_\_\_ that person for active \_\_\_\_\_ in the life of the Church.
4. Eucharist: Based on a word for \_\_\_\_\_, it is the central Christian \_\_\_\_\_ celebration, established by Jesus at the Last Supper. In the Eucharist, the \_\_\_\_\_ death and \_\_\_\_\_ of Jesus are both remembered and renewed.
5. Penance and \_\_\_\_\_ : The liturgical celebration of God's \_\_\_\_\_ of sin, through which the sinner is \_\_\_\_\_ with both God and the Church.
6. \_\_\_\_\_ of the \_\_\_\_\_ : A gravely ill, aging, or dying person is \_\_\_\_\_ by the priest and \_\_\_\_\_ by him and attending believers.
7. Matrimony: A lifelong \_\_\_\_\_, modeled on that between Christ and the \_\_\_\_\_, in which a \_\_\_\_\_ man and a \_\_\_\_\_ woman make an exclusive and permanent \_\_\_\_\_ to faithfully love each other and to cooperate in the procreation and education of \_\_\_\_\_.
8. Holy \_\_\_\_\_ : The sacrament by which baptized \_\_\_\_\_ are ordained for \_\_\_\_\_ ministry in the Church as bishops, priests, or \_\_\_\_\_.
9. In general, the \_\_\_\_\_ offer us a path to holiness and union with God. They touch all the stages of our lives, from birth to death. Because they touch both our \_\_\_\_\_ and \_\_\_\_\_, they are the means by which our \_\_\_\_\_ God becomes both \_\_\_\_\_ and \_\_\_\_\_.

## Chapter 12: Communing with God

### Article 47: What Is Prayer?

1. \_\_\_\_\_ is lifting up one's mind and heart to God or requesting good things from him. It is \_\_\_\_\_ with God in a \_\_\_\_\_ of love.
2. Prayer does not only consist of \_\_\_\_\_ God for \_\_\_\_\_; \_\_\_\_\_ to God is how we \_\_\_\_\_ what his will is for our lives.
3. But sometimes, it's the inner \_\_\_\_\_ that can really make it \_\_\_\_\_ to enter into prayer. The mind is never \_\_\_\_\_; it races with ideas, concerns, worries, etc.
4. In prayer, \_\_\_\_\_ is experienced as feeling \_\_\_\_\_ from God. When this happens, the strength, joy, and peace of \_\_\_\_\_ run dry, and nothing seems to change the situation. If this is the case, keeping \_\_\_\_\_ will see you through.
5. That you need to be some kind of prayer \_\_\_\_\_ is a \_\_\_\_\_ about prayer. \_\_\_\_\_ can pray, and you probably already do.



## Article 48: Forms of Prayer

1. Adoration is the prayerful \_\_\_\_\_ that God is God and \_\_\_\_\_ of all that is. It's a \_\_\_\_\_ of the awesome power of God.
2. \_\_\_\_\_ is a prayer form in which you \_\_\_\_\_ God for something you \_\_\_\_\_. We offer petitions all of the time.
3. \_\_\_\_\_ is a prayer on \_\_\_\_\_ of another person or group. When we offer intercessions, we \_\_\_\_\_ our love with God's love in prayerful \_\_\_\_\_ for someone else.
4. When we pray in \_\_\_\_\_, we grow in awareness that all we have comes to us as a \_\_\_\_\_ from God's abundant love. It is a prayer of \_\_\_\_\_ for the gift of life and the gifts of life.
5. \_\_\_\_\_ is a prayer of \_\_\_\_\_ that God is God, giving him glory not for what he \_\_\_\_\_, but simply because \_\_\_\_\_. We can find numerous examples of praise in the Book of \_\_\_\_\_.

## Article 49: Expressions of Prayer

1. \_\_\_\_\_ prayer, which uses \_\_\_\_\_ either \_\_\_\_\_ aloud or recited \_\_\_\_\_, is similar to this kind of sharing [conversation with a friend] because it focuses on your conversation with God, which grows over time. \_\_\_\_\_ prayer is the first way most people learn to pray vocally.
2. \_\_\_\_\_ is a form of wordless prayer in which one is fully \_\_\_\_\_ on the presence of God. This type of prayer is often associated with \_\_\_\_\_.
3. Contemplation requires no \_\_\_\_\_, no rational \_\_\_\_\_, no \_\_\_\_\_, no activity. Rather, it is arrived at by \_\_\_\_\_.
4. \_\_\_\_\_ is a prayer expression that uses a variety of methods and techniques. When we meditate, our mind, our \_\_\_\_\_, our desires, and our emotions \_\_\_\_\_ on a particular truth, biblical theme, or other spiritual matter.
5. We use these faculties to \_\_\_\_\_ God's presence and activity in our lives and in the world, to \_\_\_\_\_ the movements that stir our hearts, and to say, "God, I want you to be the \_\_\_\_\_ of my life."
6. In his \_\_\_\_\_, Saint Ignatius of Loyola (1491–1556) developed a method of prayer in which you use your \_\_\_\_\_ to immerse yourself in a story from the \_\_\_\_\_.

## Article 50: Scripture- A Source and Guide

1. Most important, the supreme model of prayer was \_\_\_\_\_. He often withdrew alone to deserted places to be \_\_\_\_\_ with God (see Luke 5:16). He taught the importance of \_\_\_\_\_ and \_\_\_\_\_ (see Matthew 6:5–8).
2. Sacred \_\_\_\_\_ is an important \_\_\_\_\_ for prayer. Many of our formal prayers come \_\_\_\_\_ from or are based on \_\_\_\_\_ from the Bible.
3. For example, the \_\_\_\_\_ is based on the angel \_\_\_\_\_ announcement to Mary that she will become the Mother of God, and the words of her cousin \_\_\_\_\_ in the \_\_\_\_\_ of Luke (see Luke 1:28,42).



4. It has been said that the Lord's Prayer "is truly the \_\_\_\_\_ of the whole \_\_\_\_\_" <sup>1</sup> (CCC, number 2761). It is an \_\_\_\_\_ prayer for Christians because it was taught to us by the \_\_\_\_\_ of God. The Lord's Prayer is focused on "seven \_\_\_\_\_, seven \_\_\_\_\_" (CCC, number 2803).
5. The \_\_\_\_\_ Prayer probably sounded a little familiar to those who first heard it. There are a number of lines in it that are similar to a \_\_\_\_\_ prayer called the \_\_\_\_\_.
6. Though it is certainly good and acceptable to say the Lord's Prayer privately on your own, it is essentially a \_\_\_\_\_ prayer because it begins with "*Our Father*." Even when we do say it alone, we pray on behalf of the \_\_\_\_\_. It is the \_\_\_\_\_ prayer of our community.

## Chapter 13: Praying with the Triduum

### Article 51: The Paschal Mystery and the Triduum

1. Like the school year, the Church also commemorates significant events through an \_\_\_\_\_ called the \_\_\_\_\_ Year. In our liturgical celebrations on \_\_\_\_\_ and \_\_\_\_\_ days throughout the year, the Church \_\_\_\_\_ God's \_\_\_\_\_ for our salvation, fulfilled in the Paschal Mystery.
2. \_\_\_\_\_ is the Church's \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ prayer. The term *liturgy* comes from the Greek word *leiturgia*, which means "\_\_\_\_\_ of the people." This has an important implication for us. The liturgy is not just the work of the \_\_\_\_\_, deacons, and other ministers leading the congregation. It is our \_\_\_\_\_ too, and our participation is important and \_\_\_\_\_!
3. Triduum (pronounced TRI-doo-um) is a Latin word that means "\_\_\_\_\_." The \_\_\_\_\_ Triduum, then, encompasses the three holy days that are at the \_\_\_\_\_ of the Church's Liturgical \_\_\_\_\_.
4. It begins with the Mass of the Lord's Supper on \_\_\_\_\_ night, continues with the Celebration of the Lord's Passion on \_\_\_\_\_ afternoon, reaches its climax with the \_\_\_\_\_ on Holy Saturday night, and ends with evening prayer on Easter Sunday.
5. The liturgies of the \_\_\_\_\_ form one \_\_\_\_\_ celebration, each liturgy picking up where the previous one leaves off. We follow Jesus' \_\_\_\_\_ journey from the \_\_\_\_\_, through his arrest, torture, and \_\_\_\_\_, and finally to the joy of the empty tomb and his \_\_\_\_\_.
6. The Triduum liturgies are meant not to \_\_\_\_\_ these events but to help us to \_\_\_\_\_ them and celebrate them in a \_\_\_\_\_ way.

### Article 52: Holy Thursday

1. On the day before Jesus died, he gathered his closest friends together and \_\_\_\_\_ them with the \_\_\_\_\_ that he started. We recall these events in the Mass of the Lord's Supper on \_\_\_\_\_, the \_\_\_\_\_ day of the Easter Triduum.
2. Here, we recall how Christ \_\_\_\_\_ the \_\_\_\_\_ at the Last Supper. In the opening prayer, we ask God to grant the fullness of life and love through the \_\_\_\_\_ of the Eucharist.



3. At the beginning of the liturgy, members of the parish community \_\_\_\_\_ in with three containers of \_\_\_\_\_ that were recently blessed by the \_\_\_\_\_.
4. After the homily, the priest \_\_\_\_\_ the \_\_\_\_\_ of some of the parishioners in \_\_\_\_\_ of what Jesus did. This also acts as a reminder of his \_\_\_\_\_ to \_\_\_\_\_ one another.
5. The call to serve that is \_\_\_\_\_ in the washing of the feet is further carried out in the \_\_\_\_\_ for the \_\_\_\_\_. Usually, the money collected at Mass goes toward parish expenses. But on Holy \_\_\_\_\_, many parishes take up separate collections for those in special \_\_\_\_\_.
6. Because the Liturgy of the Eucharist is not \_\_\_\_\_ on Good Friday, enough bread is \_\_\_\_\_ at the Holy Thursday liturgy for both Holy Thursday and Good Friday. At the end of Mass, the remaining consecrated hosts are taken to the \_\_\_\_\_ where they stay until the \_\_\_\_\_ liturgy.
7. After the Mass of the Lord's Supper, the \_\_\_\_\_ begins. The Church calls for us to \_\_\_\_\_ on \_\_\_\_\_, meaning that we eat \_\_\_\_\_ full meal, as well as \_\_\_\_\_ meals that together are not equal to a full meal.

## Article 53: Good Friday

1. Good Friday is the \_\_\_\_\_ day of the Easter Triduum, on which we commemorate Jesus' \_\_\_\_\_ and \_\_\_\_\_ on the \_\_\_\_\_.
2. "\_\_\_\_\_" describes the work of salvation that Christ \_\_\_\_\_ on that day. Because of the twofold nature of this day, the liturgy reflects both the \_\_\_\_\_ and \_\_\_\_\_ nature of this celebration.
3. It begins in \_\_\_\_\_, picking up where the Holy Thursday liturgy ended. It is usually held in the \_\_\_\_\_ near the time of Christ's \_\_\_\_\_ (3:00 p.m.).
4. The \_\_\_\_\_ on Good Friday are a little different than at the average Mass. They are \_\_\_\_\_ and instead of being read, they are usually \_\_\_\_\_.
5. The congregation is then invited to come forward and \_\_\_\_\_ the \_\_\_\_\_, in which we offer some sign of our \_\_\_\_\_ and \_\_\_\_\_ for Christ's sacrifice.
6. The \_\_\_\_\_ of the \_\_\_\_\_ is not celebrated on Good Friday. The congregation prays the \_\_\_\_\_ together, and then receives the Eucharist that was \_\_\_\_\_ on Holy Thursday. After receiving Communion, the priest offers a blessing, and the liturgy ends with everyone leaving in \_\_\_\_\_.

## Article 54: Easter Vigil

1. Easter begins on \_\_\_\_\_ with the celebration of the Easter Vigil. Many consider this liturgy to be the \_\_\_\_\_ of the Liturgical \_\_\_\_\_. The Easter Vigil celebrates the \_\_\_\_\_ of the Risen Christ coming into the world.
2. The word \_\_\_\_\_ is the term we give to liturgies held on the \_\_\_\_\_ the feast day. Vigil means "to be \_\_\_\_\_, to be \_\_\_\_\_." The Easter Vigil begins sometime after \_\_\_\_\_ on Holy Saturday and must conclude before \_\_\_\_\_ on Sunday.



3. The priest blesses the \_\_\_\_\_ and then lights the \_\_\_\_\_ candle, or \_\_\_\_\_ candle—a large candle symbolizing the light of the \_\_\_\_\_ Christ. The members of the congregation process by, light their individual candles from the Easter candle flame as they do so, and enter the \_\_\_\_\_ church.
4. The Liturgy of the \_\_\_\_\_ is an inspiring and unique experience. There are three to seven readings from the \_\_\_\_\_ and two from the New Testament that offer us an overview of \_\_\_\_\_. It is kind of like hearing your family's \_\_\_\_\_.
5. After the homily, the \_\_\_\_\_—those who have been preparing to join the Body of Christ—receive the \_\_\_\_\_ Sacraments of \_\_\_\_\_: Baptism and Confirmation. First, the Litany of the \_\_\_\_\_ is sung.
6. With the \_\_\_\_\_ of Good Friday behind us, we participate in the \_\_\_\_\_ by consuming the Body and Blood of Christ, our \_\_\_\_\_ food and drink. This is also the \_\_\_\_\_ for those who were just baptized or were just received into the Church.
7. It is a time to be happy and \_\_\_\_\_! Christ has \_\_\_\_\_ and leads us toward \_\_\_\_\_ with God. Jesus is the \_\_\_\_\_ that \_\_\_\_\_ the separation caused by sin.

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**Endnote Cited in Quotation from the *Catechism of the Catholic Church*, Second Edition**

1. Tertullian, *De orat.* 1: J. P. Migne, ed., *Patrologia Latina* (Paris 1841–1855) 1, 1155.

