

Lesson Plan for Lesson 1

Being Catholic: The “CliffsNotes” View

Preparation and Supplies

- Study chapter 1, “Being Catholic: The ‘CliffsNotes’ View,” in the handbook.
- Gather newspaper; a basket; and Bibles, one for each participant.
- On the top of each of four sheets of newspaper, write “Beliefs,” “Practices,” “Attitudes,” and “I Don’t Know.”
- Make one copy of the handout “Beliefs, Practices, and Attitudes” (Document #: TX003361), cut apart the items into strips, fold, and place in the basket. Make sure you have enough strips so that each young person has one.

Pray It! (5 minutes)

Tell the participants that class is beginning with a traditional Catholic prayer called “Act of Faith,” which is a prayerful commitment to the core truths of our faith. **Ask** them to turn to the Pray It! “Act of Faith,” on page 20 in the handbook.

Lead the young people in the Sign of the Cross and then **invite** them to pray the prayer together.

Study It! (35 to 45 minutes, depending on your class length)

A. Why Are All These People Catholic?

1. **Ask** the participants to respond to the question, Why are you Catholic? **Write** their answers on the board as they volunteer them.
2. **Direct** the young people to read the chapter introduction and the section “Why Are All These People Catholic?” on pages 15–16 in the handbook. The content covers points 1 through 6 on the handout “Lesson 1 Summary” (Document #: TX003360).
3. *(Optional)* **Ask** the participants to think of a person who is a faithful and committed Catholic. **Direct** the participants to form pairs, and **instruct** them to describe to their partners the characteristics of the people they thought of and how those people motivate and inspire them in their faith.

B. Some Core Catholic Beliefs

1. **Direct** the young people to form groups of three or four. **Ask** each group to think of as many Catholic beliefs as they can. **Write** them on the board as they share them.



2. **Direct** the participants to read the section “Some Core Catholic Beliefs,” on pages 16–18 in the handbook. The content covers points 7 and 8 on the handout “Lesson 1 Summary.”
3. **(Optional) Invite** questions and observations on the content. You could also invite discussion on the Reflect questions on page 18.

C. Some Core Catholic Practices and Catholic Attitudes

Note: If you are running short on time, you may wish to just briefly summarize this section of the chapter.

Direct the participants to read the sections “Some Core Catholic Practices” and “Catholic Attitudes,” on pages 18–21. The content covers points 9 through 11 on the handout “Lesson 1 Summary.”

(Optional) Invite questions and observations on the content. You might also invite discussion on the Reflect questions on page 20.

Live It! (15 to 20 minutes)

1. **Direct** the participants to form pairs. **Tell** the young people 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 naming various items related to the beliefs, practices, and attitudes of Catholicism.

Share the following point:

- These 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).

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 on the corresponding sign on the wall. Speak to your partner only to determine where your slip of paper should go.
- Once you have placed your paper on the sign, return to the end of the line, and continue until all the slips of paper have been categorized.

Review the lists. In particular, invite the young people to share with the rest of the group their own titles for Jesus.

2. **Ask** the participants if they think each slip of paper has been posted where it belongs. Decide as a group where any misplaced papers belong and why.
3. **Make** the following comments in your own words:
 - The large 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.



- The Catholic Church embraces all people, including those who desire a clear and unchanging set of beliefs, as well as those who want to explore how those beliefs are applied to different cultures and a changing world.
- 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.

Closing Prayer (5 minutes)

Following any announcements, close by **asking** a volunteer to read 2 Thessalonians 2:15–17 from the Bible. **Ask** everyone to respond by praying the Apostles' Creed, on page 449 in the handbook.

