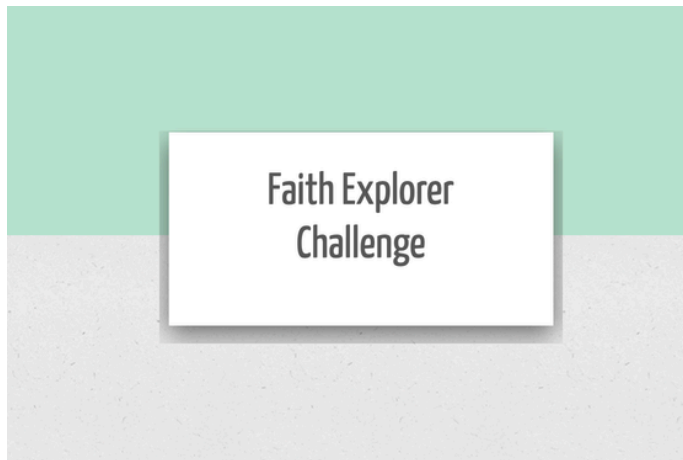


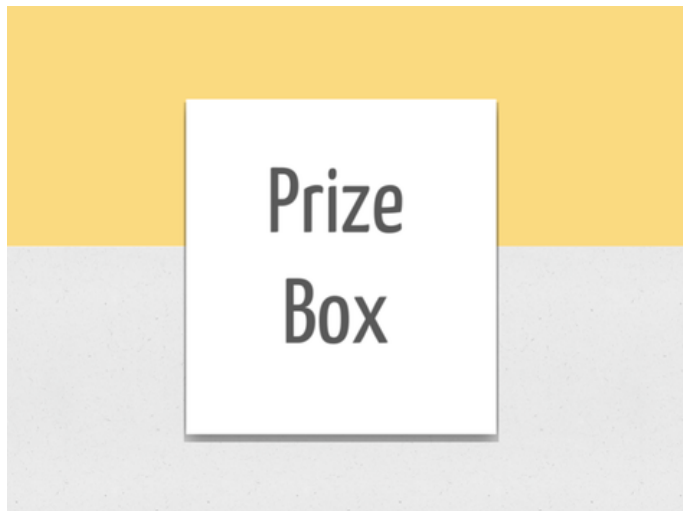
Faith Explorer Challenge

Instructions

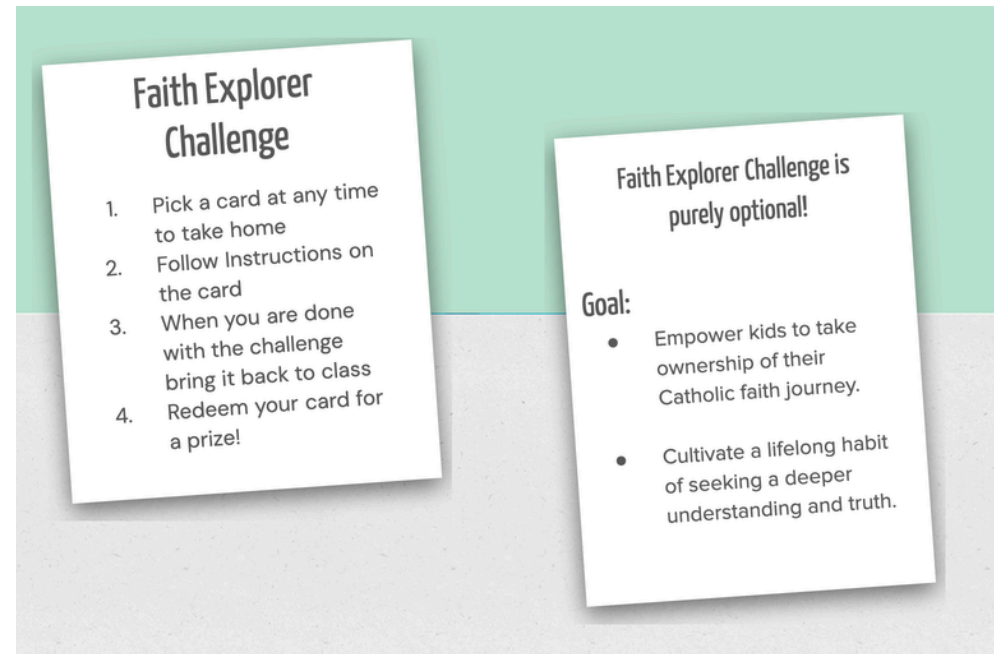
- Print the Challenge Cards
 - Pages 3-28 should be printed front and back
 - Pages 29-34 Front Only
 - The last two pages are blank for write ins
- Cut out Challenge Cards
- Laminate Challenge Cards if possible
- Place Challenge Cards in your Faith Explorer Challenge Box.
 - An Index Card box works well for this!
- Introduce kids and parents, if possible, to this fun activity
- Let kids pick any card from the box to take home and work on
- Have a prize box set up for when kids complete a challenge
 - Candy, stickers, prayer cards, rosaries, etc



- Print this label and tape to front of your Faith Explorer Challenge Box.



- Print this label and tape to front of your Prize Box



- Print these instructions to keep at the front of your Faith Explorer Challenge Box

Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

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.

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.

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.

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.

I believe in one, holy, catholic and apostolic Church.

I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come.
Amen.



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Nicene Creed- *What is it?*

The Nicene Creed is a profession of faith, a statement of what we as Catholics believe is the truth. We say it together during Mass.



- Memorize the Nicene Creed
- Come to class and recite it to your Catechist (you do not have to say it in front of the whole class!)
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10 Commandments

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and your mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
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10 Commandments- *What are they?*

The 10 Commandments are rules spoken by God to Moses on Mt. Sinai.

The Commandments guide us in making choices that help us live as God wants us to live. The first three commandments tell us how to love God; the other seven tell us how to love our neighbor.



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Rosary



- Say a Rosary
- Try to reflect on the mysteries and what they mean for you. (it's ok if your mind wanders sometimes)
- Talk to your family about your experience:
 - How did you feel before you said the Rosary? Were you excited or were you worried you would get bored?
 - How did you feel after you said the Rosary?
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Rosary- *What is it?*

The Rosary is a set of prayers honoring the Blessed Virgin Mary, the rosary beads are to help us count out the prayers as we go.

When we pray the rosary, we meditate on the mysteries of the lives of Jesus and Mary while praying the Hail Mary on five sets of ten beads.

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Confession



- Go to confession
- Do your penance
- Remember your confession is between you and God, you are speaking to Jesus through the priest.
- Talk to your family about your experience:
 - Did you feel a little nervous before you sat down with the priest?
 - After you said confession and did your penance how did you feel?
 - Did going to confession make you want to go again soon?



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Confession-*What is it?*

Confession is the act of telling our sins to a priest.

When we sin we are turning away from God, when we confess our sins and do penance we are turning back to God. God loves you and wants to have a good relationship with you.

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Corporal Works of Mercy

- Feed the hungry
- Give drink to the thirsty
- Shelter the homeless
- Visit the sick
- Visit the prisoners
- Bury the dead
- Give alms to the poor



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Corporal Works of Mercy- *What are they?*

The Corporal Works of Mercy are kind acts, ways we can help our neighbors.

They come from the teachings of Jesus.

- Memorize the Corporal Works of Mercy.
- Try to practice one of these this week.
- Come to class and tell your Catechist (you do not have to say them in front of the class!)
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Holy Days of Obligation

- Solemnity of Mary- January 1
- Ascension of Jesus - The sixth Sunday after Easter Sunday
- Assumption of the Blessed Virgin Mary- August 15
- Solemnity of All Saints- November 1
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These are days we are expected to go to Mass.

In the US there are six holy days of obligation other than Sundays in the Catholic calendar.

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- Confirmation
- Matrimony
- Anointing the Sick
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The Sacraments- *What are they?*

The Sacraments are ways God's love enters our lives, through the work of the Holy Spirit.

The Sacraments give us sanctifying grace.

- Memorize the 7 Sacraments
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Stations of the Cross

- Go to the Stations of the Cross
- At each station reflect prayerfully on Jesus and what He went through
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The 14 Stations of the Cross represent events from Jesus' passion and Death. At each station, we use our senses and our imagination to reflect prayerfully on Jesus' suffering and Death.

We do this during Lent to prepare for Easter.

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Precepts of the Church

1. **Attend** Mass on all Sundays and Holy Days of Obligation
2. **Confess** your sins at least once a year
3. **Receive** the Holy Eucharist at least once a year at Easter
4. **Observe** days of fasting and abstinence
5. **Help** provide for the needs of the Church



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The Precepts of the Church describe the minimum effort we must make in prayer and in living a moral life.

All Catholics are called to move beyond the minimum by growing in love of God and love of neighbor.

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Gifts of the Holy Spirit

- **Wisdom**- helps us recognize the importance of others and the importance of keeping God central in our lives.
- **Understanding**- is the ability to comprehend the meaning of God's message.
- **Counsel**-Helps us to judge what to do in any given situation
- **Fortitude**- The courage to stand up for what is right
- **Knowledge**- Helps us to judge things in perspective. With the ultimate goal of someday reaching heaven
- **Fear of the Lord**-is the feeling of amazement before God, who is all-present, and whose friendship we do not want to lose.
- **Piety**- helps us pray to God in true devotion.



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- **Fortitude**- The courage to stand up for what is right
- **Knowledge**- Helps us to judge things in perspective. With the ultimate goal of someday reaching heaven
- **Fear of the Lord**-is the feeling of amazement before God, who is all-present, and whose friendship we do not want to lose.
- **Piety**- helps us pray to God in true devotion.



Gifts of the Holy Spirit

- **Wisdom**- helps us recognize the importance of others and the importance of keeping God central in our lives.
- **Understanding**- is the ability to comprehend the meaning of God's message.
- **Counsel**-Helps us to judge what to do in any given situation
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Gifts of the Holy Spirit- *What are they?*

Through Jesus, we receive the Gifts of the Holy Spirit in the Sacrament of Confirmation. A special outpouring of the Holy Spirit, like the Apostles received during Pentecost.

- Memorize the 7 gifts of the Holy Spirit and have a general knowledge of what they each mean.
- Come to class and recite them to your Catechist. (You do not have to say them in front of the whole class!)
- Pick a prize!



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Creation

Day 1- God created the light and separated it from the darkness, calling them Day and Night

Day 2- God created the the sky, separating the waters on earth from the waters above

Day 3- God separated the sea and the land

Day 4- God created the sun, moon, and the stars

Day 5- God created living creatures to inhabit the air and in the sea

Day6- God created living creatures on the land, and man

Day 7- God rested



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Creation- *What is it?*

The story of Creation is in the first book in the Bible, Genesis. This is the beautiful story of how God created the earth and us!

- Memorize the Days of Creation
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Advent Wreath

- Set up an Advent Wreath at home
 - If you don't own one you can make one out of paper, legos, or any other supplies you have at home.
- Light a candle each Sunday of Advent and say a prayer or read scripture.



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Advent Wreath- *What is it?*

The Advent wreath has been a tradition in Christian homes for hundreds of years. Lighting on candle every Sunday of Advent helps us prepare for Jesus' birth. Lighting these candles brings us from darkness to light. "I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life" (John 8:12).

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The Saints

- Choose any saint
- Learn about that saint:
 - What are they the patron saint of?
 - Is there a special prayer for the saint? What is it?
 - Where is the saint from?
 - Did the saint do something extraordinary?
 - What is an important lesson from the saint?



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Saints- *Who are they?*

Saints were ordinary people who tried to live a holy life, and many times did extraordinary things. They lived their lives dedicated to God. They are a good example of how we should live our lives.

We know that saints are with God in heaven, that's why we as Catholics have a tradition of asking them to pray for us.

- Come back to class and tell your Catechist about the saint you chose.
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Mass

Draw something you saw at Mass

- Bring your Catechist a picture of something you saw at Mass.
- Tell your Catechist about your picture.
- Pick 1 prize



Sign of the Cross

Have someone at home slowly show you how to make the Sign of the Cross.

- Show your Catechist how to do the Sign of the Cross
- Tell your Catechist if you thought it was easy or hard to learn
- Pick 1 prize



Your Baptism

Ask someone at home to tell you about the day you were Baptized.

- Tell your Catechist about your Baptism
- Did you cry?
- What did you wear?
- Pick 1 prize



Prayer Before Dinner

Say a prayer before dinner each night this week.

- Tell your Catechist about your prayer
- Do you think you could pray before dinner each night next week?
- Pick 1 prize



The Eucharist

Practice receiving the the Eucharist at home using a small snack item.

- Bow before you walk up to receive the Eucharist
- Remember to make your hands a thrown, hold your thrown up high.
- Carefully place the snack in your mouth.
- Cross yourself.
- Pick 1 prize



Sign of the Cross

Have someone at home slowly show you how to make the Sign of the Cross.

- Show your Catechist how to do the Sign of the Cross
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The Mass

Notice one thing the priest says at mass and ask an adult what it means.

- Come back to class and tell your Catechist about it.
- Pick 1 prize



The Gospel

Read one passage from the Gospel with an adult.
Discuss what it means and how it relates to your life.

- Come back to class and tell your Catechist about it.
- Pick 1 prize



Prayer

Learn a short prayer you don't already know.

- Come back to class and share it with your Catechist.
- Pick 1 prize



Confession

Find out why Catholics go to confession.
You can use the internet (with parent permission, make sure you are using reliable websites) the Catechism, or any other Catholic resources you have at home.

- Come back to class and tell your Catechist what you found through your research.
- Pick 1 prize



New Words

Find out what **Tabernacle** means.

- Where will you find this?
- What is this for?
- Come tell your Catechist all about it.
- Pick 1 prize



New Words

Find out what **Monstrance** means.

- Where will you find this?
- What is this for?
- Come tell your Catechist all about it.
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New Words

Find out what **Cruet** means.

- Where will you find this?
- What is this for?
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New Words

Find out what **Chalice** means.

- Where will you find this?
- What is this for?
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New Words

Find out what **Crèche** means.

- Where will you find this?
- What is this for?
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New Words

Find out what **Paschal Candle** means.

- Where will you find this?
- What is this for?
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- Pick 1 prize



New Words

Find out what **Chasuble** means.

- Where will you find this?
- What is this for?
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New Words

Find out what **Dalmatic** means.

- Where will you find this?
- What is this for?
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- Pick 1 prize



New Words

Find out what **Narthex** means.

- Where will you find this?
- What is this for?
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New Words

Find out what **Covenant** means.

- Where will you find this?
- What is this for?
- Come tell your Catechist all about it.
- Pick 1 prize



New Words

Find out what **Parables** are.

- Where will you find this?
- What is this for?
- Come tell your Catechist all about it.
- Pick 1 prize



New Words

Find out what **Trinity** means.

- Where will you find this?
- What is this for?
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- Pick 1 prize



