

St. Joseph Faith Formation Benchmarks

Overview

First Grade

- Traditional Catholic Prayers
 - Sign of the Cross
 - Our Father (The Lord's Prayer)
 - Hail Mary
 - Angel of God (Guardian Angel Prayer)
 - Glory Be

Second Grade

- Parts of the Mass
- The Act of Contrition

Third Grade

- The Seven Sacraments
- The Twelve Apostles

Fourth Grade

- The Ten Commandments
- The Saints
- The Beatitudes

Fifth Grade

- The Apostles' and Nicene Creeds
- Christian Service

Sixth Grade

- Vocations
- The Bible
- Mary and the Rosary

Seventh Grade

- The Catholic Church
- Stewardship

Eighth Grade *Exit Objectives*

Knowledge and Understanding of the following:

- All previous grade level benchmarks
- Gifts and Fruits of the Holy Spirit
- Seven Principals of Catholic Social Teachings

St. Joseph Children's Faith Formation Benchmarks

First Grade

Students will be able to recite traditional Catholic Prayers as indicated below

Our Father

(The Lord's Prayer)

Our Father who art in heaven,
Hallowed be thy name.
Thy kingdom come.

Thy will be done, on earth as it is
in Heaven.

Give us this day our daily bread.
And forgive us our trespasses,
As we forgive those who trespass
against us.

And lead us not into temptation,
But deliver us from evil.
Amen.

The Hail Mary

Hail Mary, full of grace,
The Lord is with you.

Blessed are you among women,
And blessed is the fruit
Of your womb, Jesus.

Holy Mary, Mother of God,
Pray for us sinners,
Now and at the hour of our death.
Amen.

The Sign of the Cross

In the name of the Father, and of the
Son, and of the Holy Spirit.
Amen.

Angel of God

(Guardian Angel Prayer)

Angel of God, my guardian dear, to
whom God's love commits me here,
ever this day, be at my side, to light
and guard, rule and guide.
Amen.

Glory Be

Glory be to the Father, and to the
son, and to the Holy Spirit.
As it was in the beginning, is now,
and ever shall be, world without end.
Amen.

St. Joseph Children's Faith Formation Benchmarks

Second Grade

*Students will be able to recite the parts of the Mass and
The Act of Contrition, the prayer of forgiveness*

Parts of the Mass

Introductory Rites
Liturgy of the Word
Liturgy of the Eucharist
Concluding Rites

Act of Contrition

My God,
I am sorry for my sins
With all my heart.
In choosing to do wrong
And failing to do good,
I have sinned against you
Whom I should love above all things.
I firmly intend, with your help,
To do penance, to sin no more,
And to avoid whatever leads me to sin.
Our Savior Jesus Christ
Suffered and died for us,
In His name, my God, have mercy.

St. Joseph Children's Faith Formation Benchmarks

Third Grade

*Children will be able to list and give description
of the Seven Sacraments*

Children will be able to list the Twelve Apostles

Seven Sacraments

Baptism
Confirmation
Eucharist
Reconciliation
Anointing of the Sick
Holy Orders
Matrimony

Twelve Apostles

Simon Peter
Andrew
James (older brother of John)
John
Philip
Bartholomew
Thomas
Matthew
James (son of Alphaeus)
Thaddaeus
Simon
Judas Iscariot

St. Joseph Children's Faith Formation Benchmarks

Fourth Grade

Ten Commandments

Students will be able to list the Ten Commandments

(and tell which book of the Bible they're found and on which mountain Moses was given the tablets)

1. I am the Lord your God; you shall not have any gods before me
2. You shall not take the name of the Lord your God in vain
3. Remember to keep the Lord's day holy
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
10. You shall not covet your neighbor's goods

Saints

Students will be able to:

- ***Know the definition of a Patron Saint***
 - A Christian saint who is believed to be the guardian of or who gives special help to a particular place, activity or group of people
 - Role models who are in heaven. They show us how to live to continue the work Jesus started on earth.
- ***State definition of a Feast Day***
 - A day we give special honor to a saint, often falling on the date of their death.
- ***List 4 steps to canonization (sainthood)***
 - Servant of God - A Bishop investigates and finds cause for further consideration.
 - Venerable - The Vatican determines their life worthy of sainthood.
 - Blessed - The candidate is a martyr or a miracle has been attributed to them.
 - Canonize - Another miracle is attributed to the candidate. (1st for a martyr)
- ***Understand what the Communion of Saints is***
 - All the baptized souls living on earth, the faithful who have died including those in purgatory and the saints in heaven
- ***Know when and what All Saints Day is***
 - Celebrated on November 1st a Holy Day of Obligation when we honor all saints
- ***Name four saints of students' choosing***
 - State two with their Feast Day
 - State two indicating what the saint is patron of

Beatitudes

Students should know what Jesus is teaching us through the Beatitudes; know at least two of them and where they can be found in the Bible.

- ***The Beatitudes are:***

- Sayings or teachings of Jesus that describe real happiness, the happiness that God wants all people to have.
- Through the Beatitudes, Jesus teaches us that the meaning and way to true happiness is to live a good life.
- Jesus taught these to the apostles and other disciples during His Sermon on the Mount.
- In the Bible you can find this in the book of Matthew, chapter 5.

Blessed are the poor in spirit,
for theirs is the Kingdom of heaven.

Blessed are they who mourn,
for they will be comforted.

Blessed are the meek,
for they will inherit the land.

Blessed are they who hunger and thirst for righteousness,
for they will be satisfied.

Blessed are the merciful,
for they will be shown mercy.

Blessed are the clean of heart,
for they will see God.

Blessed are the peacemakers,
for they will be called children of God.

Blessed are they who are persecuted for the sake of righteousness,
for theirs is the kingdom of heaven.

St. Joseph Children's Faith Formation Benchmarks

Fifth Grade

The Creeds

Students will learn the Apostles' and Nicene Creeds and give a short explanation of what the creeds mean.

The Apostles Creed

I believe in God, the Father almighty,
Creator of heaven and earth,
and in Jesus Christ, his only Son,
our Lord,
who was conceived
by the Holy Spirit,
born of the Virgin Mary,
suffered under Pontius Pilate,
was crucified, died and was buried;
he descended into hell;
on the third day he rose again
from the dead;

he ascended into heaven,
and is seated at the right hand
of God the Father almighty;
from there he will come to judge
the living and the dead.
I believe in the Holy Spirit,
the holy catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting. Amen.

The 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.

The Apostles' and Nicene creeds are a statement of our faith:

- The word creed comes from the Latin “Credo” which means “I believe”
- A creed is a brief summary of the things you believe
- Christians use creeds as a type of prayer that summarizes the beliefs of our faith, a summary of the things that God has revealed to his people
- The Apostles' Creed is very old dating back to the early church in Rome
- The Nicene Creed is longer and contains more statements about Jesus Christ and the Holy Spirit
- Catholics say one of the creeds every Sunday at Mass

Christian Service

Students will be able to explain Christian service, as well as, the Corporal works of Mercy

- Definition of Christian service:
 - Bring Christ to others.
 - **Always** put the needs of the poor and vulnerable first, not just in times of disaster and peace.
 - **Always** doing so with compassion and respect.
- **Corporal Works of Mercy:**
 - Feed the hungry ○ Give drink to the thirsty ○ Clothe the naked ○ Shelter the homeless ○ Care for the sick ○ Help the imprisoned ○ Bury the Dead
 - Be able to list some practical applications.

St. Joseph Children's Faith Formation Benchmarks

Sixth Grade

Vocations

Students will be able to give the definition of vocations and list the four vocations of our church

- Definition of Vocation
 - The *call* to follow Jesus and serve God through one of four paths in life.
- Four vocations in the Catholic Church
 - Single Life
 - Married Life
 - Celebrated by the Sacrament of Marriage
 - Religious Life (or Consecrated Life)
 - Person who makes a lifelong commitment to belong to a religious community, which is also called a religious order
 - The person takes vows committing their life to their religion
 - Women are called Nuns or Sister
 - Men are called Monks, Friars or Brother
 - Not Ordained
 - Holy Orders
 - Sacrament where candidates are ordained (made holy) for three orders (or roles) of permanent ministry in the Church
 - Bishop, Priest or Deacon

The Bible

Students will be able to give basic knowledge of the Bible and be able to look up a verse

- The Bible is like a library made up of many books and authors
 - The Holy Spirit inspired the human writers of the Bible to accurately communicate God's word to his people.
- The Bible is made up of two parts
 - *Old Testament (OT)*: written **before Jesus'** time and prophesizes His coming
 - *New Testament (NT)*: written **after Jesus'** death
 - *The Gospels* within the New Testament (Matthew, Mark, Luke, and John) tell specific things Jesus did and said
 - The Gospel is the "Good News"
- The individual books each have a name (i.e. Genesis, Acts, Romans, etc.)
- Both testaments are divided into specific categories
 - OT: Pentateuch, Wisdom, Historical, Prophets,
 - NT: Gospels and Letters

Mary and the Rosary

Students will be able to explain who Mary is and why she is important to us. They will also be able to say the Rosary and explain this prayer

- Mary was a young virgin girl who conceived Jesus through the power of the Holy Spirit
 - She saw the angel Gabriel who told her what God, the Father, wanted of her and she answered, “Yes!”
 - Mary is the mother of Jesus ... Jesus is God who came to earth... so Mary is also called the *Mother of God*
- The Rosary is a prayer given to us by Mary.
 - Catholics pray the Rosary to *honor* Mary and to remember the important events in life of Jesus and Mary.
 - It tells the story of Jesus’ life
 - We believe the Rosary is a powerful gift from Mary to honor her son.
- **Mysteries of the Rosary** (*Students should be familiar with Mysteries*)
 - The Joyful Mysteries – Annunciation, Visitation, Nativity, Presentation in the Temple, Finding in the Temple
 - The Sorrowful Mysteries – Agony in the Garden, Scourging at the Pillar, Crowning with Thorns, Carrying the Cross, The Crucifixion
 - The Glorious Mysteries – Resurrection, Ascension, Descent of the Holy Spirit (Pentecost), Assumption of the Blessed Virgin Mary, Coronation of the Blessed Virgin Mary
 - The Luminous Mysteries – Baptism in the Jordan, Wedding at Cana, Proclamation of the Kingdom of God, Transfiguration, The Eucharist
 - For more detail visit: <http://www.catholicity.com/prayer/rosary.html>

St. Joseph Children's Faith Formation Benchmarks

Seventh Grade

The Catholic Church

Students will learn concise highlights of Church history, hierarchy and doctrine. Students should be familiar with:

- Highlights of the history of the Catholic Church
 - Jesus Christ instituted the Church, the Great Schism, the Council of Trent, Vatican II
- What the teaching office of the Church is
 - the Magisterium, consisting of the Pope and bishops
- What the Deposit of Faith is
 - Our heritage contained in Sacred Scripture and Tradition and handed down from which the Magisterium draws all that it proposes as being divinely revealed
- What the Catechism of the Catholic Church is
 - a compendium of all Catholic doctrine regarding faith and morals

Stewardship

Students will learn the three areas of stewardship and be able to give examples of each:

- Time- giving of our time to serve God and others
- Talent - sharing our talents to serve God and others in a positive way
- Treasure – by donating money to support the church and to help others we honor God

St. Joseph Children's Faith Formation Benchmarks

Eighth Grade

Students will have knowledge and understanding of the previous grade level benchmarks in addition, able to state the seven Gifts of the Holy Spirit, state the twelve Fruits of the Holy Spirit, and state the seven principals of Catholic Social Teaching.

Gifts of the Holy Spirit

(Isaiah 11:2-3 and I Corinthians 5:12)

Knowledge
Wisdom
Understanding
Counsel (Right Judgment)
Fortitude (Courage)
Piety (Reverence)
Fear of the Lord (Wonder and Awe)

Fruits of the Holy Spirit

(Galatians 5:22-23)

Charity (Love)
Joy
Peace
Patience
Kindness
Goodness
Generosity
Gentleness
Faithfulness
Modesty
Self-Control
Chastity

Seven Principles of Catholic Social Teaching

Life and Dignity of Human Person
Call to Family, Community and Participation
Rights and Responsibilities
Option for the Poor and Vulnerable
Dignity and Rights of Workers
Solidarity
Care for God's Creation