

Study Guide

IN YOUR FAITH

SEASON 2



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1 - What is Prayer?

Why don't we pray? Why should we pray? How do we pray?
Prayers we love and much, much more.

COOL CATH: Andy Kemp and Rosie Leitmann, Paramedics in Toronto

SAINT of the NEW MILLENNIUM: Melany Pereira in Vancouver

CHURCH 101: Fr. Edwin Gonsalves

We Believe: Prayer is talking and listening to God. We lift our minds and hearts to God: we praise God, we give God thanks, we ask God for forgiveness and we also make requests. The Catechism of the Catholic Church (CCC) says that prayer is the response of faith to the free promise of salvation, and also a response of love to the longing for God. Prayer can be expressed in words or gestures, or it can be quiet listening. Prayer is a relationship between God and us.

Word of God:

- Praying for others (Matthew 5:44)
- Jesus teaching us how to pray (Matthew 6:1-15)

Questions for Discussion:

1. How does one pray?
2. When should we pray?
3. What should we be doing as we pray?
4. What does prayer mean to me?

Resources: Catechism of the Catholic Church - Prayer in the Christian Life: 2558 – 2645

Saint: St. Thérèse of Lisieux



2 - What is the Bible?

Why don't we read it? Why should we read it? Tips on reading the Bible, passages we love and much more.

COOL CATH: David Neima, Optometrist in Vancouver

SAINT of the NEW MILLENNIUM: Zarah Benedicto in Toronto

CHURCH 101: Fr. Graham Keep

We Believe: The Bible is the Word of God. It is a collection of books: stories, poems, teachings, sayings and songs. It contains the fullness of God's revelation to humanity. The Church teaches that the books of both the Old and New Testaments in their entirety, with all their parts, are sacred because they have been written under the inspiration of the Holy Spirit. They have been handed on to the community of God and the Church. Without the Church, there would be no Scriptures.

Word of God:

- The use of Scripture (2 Timothy 3:16)
- Jesus used Scripture (Luke 24:25-27)
- God's will is revealed (Ephesians 1:9)
- Word of God inspires faith (John 20:31)
- The origin and authority of Scripture (2 Peter 1:19-20)
- What is the Word (Thessalonians 2:13)
- The Word guides us (Psalm 119:105)

Questions for Discussion:

1. What is the Bible?
2. How should I approach Scripture?
3. Who should read the Bible?
4. Why should I read the Bible?
5. What has the Bible done for me?



Resources: Dei Verbum (www.vatican.va)

Catechism of the Catholic Church: 78, 80-84, 95, 101-141, 2653-54

Saint: St. Paul

3 - Who is a Saint?

What is sainthood? What is holiness? How can you be a saint? Saints we love, and a lot more than that.

COOL CATH: Judy Savoy, Stand-up comedian/Actress in Halifax

SAINT of the NEW MILLENNIUM: Stephanie Gray in Vancouver

CHURCH 101: Fr. Edwin Gonsalves

We Believe: Saints are the souls of the just, who are in Heaven with God. The Church recognizes that some of these are in Heaven and so they are "canonised." Canonisation doesn't make saints; it merely recognizes that they are. We also believe, from the earliest beginnings of Christianity, that because the saints, the martyrs and Mary are more closely joined to us in Christ, it's good to honour them and to ask for their prayers. Saints are great role models who remind us that we are all called to holiness.

Word of God:

- The "attitudes to be" (Matthew 5:1-12)
- Prayers of the Saints (Revelation 5:8)
- The power of worthy prayer (James 5:16)
- Whom should we honour? (Romans 13:7)
- Statues (2 Chronicles 3:10-14)

Questions for Discussion:

1. Who are the Saints?
2. Should we pray to Saints?
3. Who is called to be a Saint?
4. Who is your favourite Saint and why?
5. What are beatification and canonisation?

Resources: Divinus Perfectionis Magister (www.vatican.va)

Catechism of the Catholic Church: 828, 946-962, 1717, 2013-14, 2028-2030, 2156, 2683-2684

Saint: St. Joseph



4 - Who is the Pope?

Why do we need a pope? What is his job? Who's your favourite pope? How a pope is chosen, and a great deal more.

COOL CATH: Cristina Alarcon, Pharmacist in Vancouver

SAINT of the NEW MILLENNIUM: Richard Rudolf in Germany

CHURCH 101: Archbishop Thomas Collins

We Believe: The pope is the successor of Peter, as head of the Apostles. He is the perpetual and visible source and foundation of the unity of the bishops and of the whole company of the faithful. The pope has universal authority over the whole Church. This authority is also present in the body of bishops when, together with Peter's successor, they exercise the Teachings of the Church.

Word of God:

- Peter becomes the first pope (Matthew 16:17-19)
- Peter's love for Jesus (John 21:15-17)
- Jesus and Apostles as foundation (1 Corinthians 3:11; Ephesians 2:20)
- Magisterial authority (Matthew 18:17-18)
- Accepting God through acceptance of the Church (Luke 10:16)
- Peter's first dogmatic declaration (Acts 15:7-11)

Questions for Discussion:

1. Is it practical to have a pope?
2. What would a church look like without a pope?
3. What is Papal Infallibility?
4. What is an anti-pope?
5. Why are popes elected the way they are?

Resources: Catechism of the Catholic Church - The Hierarchical Constitution of the Church: 882-891

Saint: St. Peter



5 - What is a Sacrament?

Sacraments, remember? What are they? An outward sign of an inward what? Why do we say that Jesus instituted them? Where? What grace is, and all that other stuff you don't remember from elementary school.

COOL CATH: Anthony Di Ioia, Owner, Beaver Tails/Mozoo in Montreal

SAINT of the NEW MILLENNIUM: Auravelia Colomer in Kitchener/Waterloo, ON

CHURCH 101: Fr. Graham Keep

We Believe: Sacraments are outward signs of inward or invisible grace. There are seven: Baptism, Confirmation, the Eucharist, Penance, Anointing of the Sick, Marriage and Holy Orders. These seven Sacraments were instituted by Christ and make Christ present among us. Each Sacrament consist of a ritual and a grace (or gift). Each ritual includes "matter" and "form." Each Sacrament is an action of God in our lives (metaphysical occurrence), and each fulfills a deep human longing.

Word of God:

- Jesus using "matter" (John 9:7)
- The power of Jesus through touch (Mark 5:25-34)
- Christ institutes the Sacrament of Reconciliation (John 20:21–23)
- Marriage (Ephesians 5:31-33)
- Grace (Titus 2:11)

Questions for Discussion:

1. Why do we have Sacraments?
2. What is the difference between grace and a Sacrament?
3. What is a sacramental?
4. Why do we need "matter" and "form"?
5. Why do we say that Christ instituted the Sacraments?
6. What is a metaphysical occurrence?



Resources: Catechism of the Catholic Church - The Seven Sacraments of the Church: 1210-1211

Saint: St. Charles Lwanga

6 - What is Baptism?

Why do we baptise? Is it a rite of initiation or what? What graces do we receive at baptism? When did Jesus command us to baptise? What is the mystery that it points to? What is the metaphysical occurrence that takes place? (The metaphysical what?!?)

COOL CATH: Dave Trafford, Broadcaster in Toronto

SAINT of the NEW MILLENNIUM: Simon Gomez in Halifax

CHURCH 101: Fr. Ian Duffy

We Believe: Baptism is the gateway to life in the Spirit and the door which gives access to the other Sacraments. It is the first of three Sacraments of Initiation. Baptism cleanses us from original sin (in the case of adults, all personal sin) and through it we become members of Christ and are incorporated into the Church. Baptism can only be given once.

Word of God:

- Baptism for the forgiveness of sins (Acts 2:38)
- Being born of water and Spirit (John 3:1-8)
- Jesus' command to baptise (Matthew 28:19-20)
- Jesus will baptise with the Holy Spirit (Matthew 3:11)
- Baptism for salvation (Mark 16:16)
- Dying in Baptism (Romans 6:3-4)



Questions for Discussion:

1. Is it important to be baptised? Why?
2. How does baptism bring us closer to Christ personally?
3. When should a person be baptised?
4. What is the mission we receive through Baptism?
5. What is original sin?
6. Is Baptism necessary for salvation?
7. What is the metaphysical occurrence for this Sacrament?
8. What deep human longing does this Sacrament fulfill?

Resources: Catechism of the Catholic Church - The Sacrament Baptism:1213-1284

Saint: St. Jean de Brébeuf

7 - What is Reconciliation?

What is sin? Why do we need forgiveness? Why go to Confession? Did Jesus give to his apostles the power to forgive sins? What graces do we receive with the Sacrament of Reconciliation? What is the metaphysical occurrence that takes place?

COOL CATH: Mark Matthews, Illustrator in Hollywood

SAINT of the NEW MILLENNIUM: Caustan DeRiggs in Kitchener/Waterloo, ON

CHURCH 101: Fr. Ian Duffy

We Believe: Sin separates us from God and from each other. Only God forgives sin. By virtue of his divine authority, God gives this power to priests to exercise in his name. The person seeking forgiveness must approach with contrition, confess all sins known, and make reparation for the damage caused. Reconciliation is one of two Sacraments of Healing.

Word of God:

- Forgiving sins (John 20:21-23)
- The prodigal son (Luke 15:11-32)
- Jesus mediates all forgiveness (Matthew 9:6)
- The call and gift to reconcile (2 Corinthians 5:18)



Questions for Discussion:

1. What is sin?
2. Why do we still sin, even after Baptism?
3. What is the difference between venial sin and mortal sin?
4. Do you have difficulty with Confession? Why?
5. Why is a priest necessary for the Sacrament of Reconciliation?
6. What is necessary for the Sacrament to take place?
7. What is the metaphysical occurrence for this Sacrament?
8. What deep human longing does this Sacrament fulfill?

Resources: Catechism of the Catholic Church - The Sacrament of Penance and Reconciliation: 1422-1498

Saint: St. John Vianney



8 - What is the Eucharist?

What does the word Eucharist mean? Is Jesus really present? Why do we need to go to Communion? What graces do we receive with the Eucharist? Is it really the Body and Blood of Christ?

COOL CATH: Mark Cyr, Recording Engineer in Halifax

SAINT of the NEW MILLENNIUM: Clemence Emmanuel in Thornhill, ON

CHURCH 101: Fr. Edwin Gonsalves

We Believe: The Eucharist completes the Sacraments of Initiation. It is the source and summit of our Christian life. Christ is fully present in the Eucharist. The Eucharist forgives our venial sins and unites us to Christ and to each other. When we receive the Eucharist, we come into communion with Christ and with each other.

Word of God:

- The first Passover Supper (Exodus 12:5-14)
- Jesus is the Bread of Life / The eating of Flesh and Blood (John 6:48-66)
- Last Supper (Matthew 26:26-28; Mark 14:22-26; Luke 22:14-23; 1 Corinthians 11:23-26)
- The Body of Christ (1 Corinthians 10:16)
- Receiving the Eucharist unworthily (1 Corinthians 11:27-28)
- Finding Christ in the Eucharist (Luke 24:35)

Questions for Discussion:

1. What does it mean that Christ is present in the Eucharist: Body, Soul and Divinity?
2. Why is the Eucharist the source and summit of our faith? What does that mean?
3. How does the Eucharist enable us to develop a stronger communion with God and each other?
4. What is the difference between the "Sacrament" and the "Mass"?
5. What is the metaphysical occurrence for this Sacrament?
6. What deep human longing does this Sacrament fulfill?

Resources: Catechism of the Catholic Church

- The Sacrament of the Eucharist: 1322-1419

Saint: St. Padre Pio



9 - What is Confirmation?

What's the best age for Confirmation? What are the Gifts of the Spirit? Did Jesus institute this Sacrament? What Graces are received and what really takes place? (The metaphysical occurrence, that is.)

COOL CATH: Danny Olivas, Astronaut in Houston

SAINT of the NEW MILLENNIUM: Kelsey Spitz in Toronto

CHURCH 101: Fr. Graham Keep

We Believe: Confirmation is one of the three Sacraments of Initiation. Through this Sacrament the completion of baptismal grace is received and those who are confirmed share more completely in the mission of Jesus Christ and the fullness of the Holy Spirit. Confirmation is given only once, for it imprints on the soul an indelible spiritual character and marks a Christian with the seal of his Spirit so that he or she may witness to Christ.

Word of God:

- Born of the Spirit (John 3:5-8)
- The gifts of the Spirit (Isaiah 11:1-3)
- Fruits of the Spirit (Galatians 5:22-23)
- Receiving the Holy Spirit by the laying on of hands (Acts 8:14-17)
- Receiving the gift of spiritual insight (Acts 9:17)
- Pentecost (Acts 2:1-14)

Questions for Discussion:

1. What responsibilities are attached to this Sacrament?
2. What is the relationship between Baptism and Confirmation?
3. Who is the Holy Spirit?
4. What does it mean to receive the Gifts of the Holy Spirit?
5. What is the best age for Confirmation?
6. What is the metaphysical occurrence for this Sacrament?
7. What deep human longing does this Sacrament fulfill?

Resources: Catechism of the Catholic Church
- The Sacrament of Confirmation: 1285-1321

Saint: St. Stephen



10 - What is Marriage?

Why do we need to get married in the Church? Is it for the couple or the children? One man, one woman? How is Marriage like God's love for us? What about sex? What did Jesus have to say about Marriage? What graces are received with the Sacrament of Marriage? What is the metaphysical occurrence that takes place? Will Rosanna say yes to Byron?

COOL CATH: Pauline Chan, News Anchor in Toronto

SAINT of the NEW MILLENNIUM: Sarah Affleck Hern in Ottawa

CHURCH 101: Fr. Ian Duffy

We Believe: Marriage is a covenant, by which a man and a woman establish between themselves a partnership of the whole of life. It is, by its nature, ordered toward the good of the spouses and the procreation and education of offspring. Marriage is indissoluble. It is permanent and it is a sign of God's love for all.

Word of God:

- Created male and female (Genesis 1:26-27)
- One flesh (Matthew 19:4-5; Genesis 2:24)
- Permanence of Marriage (Matthew 5:31-32)
- Jesus on divorce (Matthew 19:3-6; Mark 10:9)
- Responsibility of husbands and wives (Ephesians 5:25-33)
- When Marriage ends (Matthew 22:30)
- Love (1 Corinthians 13:4-7)



Questions for Discussion:

1. Why is Marriage a Sacrament?
2. Why should sex wait for Marriage?
3. What is the difference between common-law unions and a Marriage?
4. What is the difference between annulments and divorce?
5. Are children necessary for Marriage?
6. What is the metaphysical occurrence for this Sacrament?
7. What deep human longing does this Sacrament fulfill?

Resources: General Audience: 9 January 1980; Theology of the Body; Catechism of the Catholic Church - The Sacrament of Matrimony: 1601-1666

Saint: Sts. Anne and Joachim



11 - Who is a Priest?

What is the priest's job? What is the Sacrament of Holy Orders? When did Jesus institute this Sacrament? What happens when a priest sins? What about the ordination of women? What about celibacy, and all that good stuff.

COOL CATH: Stephan Moccio, Composer in Toronto

SAINT of the NEW MILLENNIUM: Matthew Hysell in Edmonton

CHURCH 101: Archbishop Thomas Collins

We Believe: Only Christ is the true Priest, the others being his ministers. Through the ordained ministry, especially that of bishops and priests, the presence of Christ as Head of the Church is made visible in the midst of the community of believers. Bishops are the successors of the apostles, and priests and deacons take part in that same office, as helpers. The Sacrament of Holy Orders can only be given once.

Word of God:

- Institution of Deacons (Acts 6:1-6)
- Priests in the Old Testament (Exodus 28:1)
- Institution of priests as servants (John 13:12-15)
- Paul as a spiritual father (1 Corinthians 4:15-16)
- The first century priests and bishops (1 Timothy 5:17)
- Celibacy for the Kingdom (Matthew 19:11-12)



Questions for Discussion:

1. Does anyone have a right to be a priest?
2. If a priest is called to mirror Christ's ministry, why do they sin?
3. What is the difference between bishop, priest, and deacon?
4. Why is celibacy a discipline?
5. The Church has no authority to ordain women. Why?
6. What is the metaphysical occurrence for this Sacrament?
7. What deep personal longing does this Sacrament fulfill?

Resources: The Catechism of the Catholic Church

- The Sacrament of Holy Orders: 1536-1600

Saint: St. John Chrysostom

12 - What is Anointing of the Sick?

What is anointing of the sick? Why is there suffering? What to do in moments of sickness and old age? How long have we been anointing the sick? Did Jesus institute this sacrament? What graces are received with this sacrament and... yes, you got it: what metaphysical occurrence takes place?

COOL CATH: Danielle Araiche, Producer in Toronto

SAINT of the NEW MILLENNIUM: Emeka Ekwozimba in Ottawa

CHURCH 101: Fr. Edwin Gonsalves

We Believe: Illness, suffering and death are a part of life. The Sacraments of Reconciliation and Anointing of the Sick are the two Sacraments of Healing. It is not only for those at the point of death and can be received more than once. By this Sacrament, the sick are commended to God for healing and strengthening. Christ, the true Physician, heals our bodies and spirits.

Word of God:

- Healing the sick (Mark 6:12-13)
- Responsibility to pray for the sick (James 5:14-15)
- The healing of a blind man at Bethsaida (Mark 8:22-26)
- The value of suffering (Romans 5:3-4)
- The reward of suffering in Christ (1 Peter 4:13)
- The paralytic healed (Mark 2:1-13)



Questions for Discussion:

1. What value does suffering have?
2. Why does Christ suffer with us? How do we know that He does?
3. Beyond bodily healings, what other types of healings does this Sacrament offer?
4. Who should receive this Sacrament and when?
5. What's the metaphysical occurrence for this Sacrament?
6. What deep human longing does this Sacrament fulfill?

Resources: Catechism of the Catholic Church - The Anointing of the Sick: 1499-1535

Saint: St. Luke

13 - Who is a Friend?

What is the purpose of friendship? How to tell between a good friend and a not-so-good friend? Why is gossip bad and all that good stuff (no metaphysical occurrences in this episode).

COOL CATH: Amy Cronin, Pork Farmer in London, ON

SAINT of the NEW MILLENNIUM: Ashley Duarte-Devlin in Toronto

CHURCH 101: Fr. Graham Keep

We Believe: Friendship is a sacramental that points towards the all-loving and unconditional embrace of Christ. But all friendships are two-way streets. To be a true friend, one must maintain a relationship that is virtuous, upholding Christ's teachings to love and respect each other as we wish to be loved and respected. But even more than that, we ought to be willing to die for each other spiritually and perhaps even physically, since this is how Christ loves us. The call to friendship is no easy task: It takes time, effort, courage, suffering, and hard work. But with the grace of God, friendship reflects the authentic truth and love of Christ from which our joy and happiness flow.

Word of God:

- Reconciliation with friends (Matthew 5:22-24)
- About gossip (Proverbs 16:28)
- Love between friends (Proverbs 17:17)
- Help between friends (Proverbs 18:24)
- Two are better than one (Ecclesiastes 4:9-10)
- How to destroy friendship (Proverbs 17:9)
- Real friendship (John 15:12-17)
- Hanging with the wrong crowd (1 Corinthians 15:33)

Questions for Discussion:

1. What do you look for in a friend?
2. How do you know a friendship is real?
3. What qualities are important to friendship?
4. Why is friendship a sacramental?
5. What does T.H.I.N.K. stand for? How is that helpful?



Saint: Blessed Pier Giorgio Frassati

IN YOUR FAITH

A Brilliant Catechetical Series of Encounter and Authentic Witness



In his Post-Synodal Exhortation “*Verbum Domini*,” which followed the 2008 world Synod of Bishops on “The Word of God in the Life and Mission of the Church,” Pope Benedict XVI writes (#96): “The word of God reaches men and women through an encounter with witnesses who make it present and alive. In a particular way, young people need to be introduced to the word of God through encounter and authentic witness by adults, through the positive influence of friends and the great company of the ecclesial community.”

This season of *In Your Faith* deals with many pertinent topics, including prayer, Scripture, saints, the Sacraments, the papacy and friendship. The series draws from the Bible and the Catechism of the Catholic Church, as it explores the Church’s traditions and teachings in a contemporary, fast-paced, and fun way, offering practical messages and opportunities to discuss what the Church teaches and why.

In Your Faith is one of Salt + Light’s signature and flagship series, produced by and for young people, responding to the need for a New Evangelization in our contemporary Church and society. Senior Producer Pedro Guevara Mann, eloquent young adult hosts, a team of priests and an archbishop join our technical and creative wizards in addressing a host of contemporary issues. The series has been carefully designed for use in young adult Evangelization programs, Youth Ministry, Catechesis in secondary schools, and in university chaplaincies.

In Your Faith is a sign of the new springtime of evangelization in the Church, and boldly introduces young people “to the word of God through encounter and authentic witness by adults, through the positive influence of friends and the great company of the ecclesial community.” This series is made possible by a generous grant from the Supreme Council of the Knights of Columbus. A sincere thank you to everyone who had a hand to play in this inspiring project, and to you for supporting our ministry and spreading the Light of Christ to the world through media.

Fr. Thomas Rosica, CSB
CEO, Salt and Light Catholic Media Foundation

January 6, 2011
Solemnity of the Epiphany

