

## Student Outcome

### Pillar I: The Profession of Faith

#### 1. Faith and Reason

##### Interior Life Goals (Internalizing the Faith)

Trust God with all your heart.

Desire to know the truth more fully.

Be thankful for the gifts of reason and faith.

##### Behavioral Goals (Living as a Disciple of the Lord)

Pray to God to help you stay with him always.

Pray for wisdom and understanding.

Pray for courage to tell the truth always, even when it is difficult.

Pray for humility to accept the truth.

Spend time outdoors appreciating the beauty of God's Creation.

Learn the teachings of the Church.

##### Cognitive Goals (Growing in Knowledge of the Lord)

Know that desire for truth is in every human heart.

Know that there is absolute truth that comes from God and not from within the individual person.

Understand that there is a difference between objective truth and subjective truth.

Articulate that opinions about objective matters are true when they agree with objective truth

Know that what is true must be accepted.

Know that we can discover and learn what is true but not determine it.

Know that some objective truths can be known by reason alone.

Know that we can know by our reason that God exists and loves you.

Identify that we can know by our reason that there is one God, that he is all-powerful, all-knowing, and all-good, and therefore that he can be trusted.

Know that some objective truths cannot be known by reason alone, but are revealed to us by God and do not contradict reason.

Articulate that Jesus is God, and he said to his disciples "I am the way and the truth and the life." (Jn 14.6)

Know that we are happy when we believe the Truth and live in accordance with it.

Know that Jesus helps us to know the Truth by giving us mind to think with, his Word in Sacred Scripture, and the teachings of the Church that he made.

#### 2. Divine Revelation

##### Interior Life Goals (Internalizing the Faith)

Be grateful for God's revelation

Love the written Word of God, Sacred Scripture.

Trust in God's Word in Sacred Scripture and Sacred Tradition.

Yearn for greater intimacy with Jesus through praying with Scripture.

Seek the guidance of the Holy Spirit when reading Sacred Scripture.

##### Behavioral Goals (Living as a Disciple of the Lord)

Read Sacred Scripture every day.

Listen attentively to the proclamation of the Word during the Liturgy.

Act with reverence towards Sacred Scripture, treating one's Bible with care and respect.

Discuss Scripture with one's teachers, family, friends and parish community.

Reflect on the readings in preparation for Sunday Mass.

Utilize age-appropriate resources that assist one in understanding Sacred Scripture.

Practice special devotions as a family, such as praying with Scripture during Eucharistic adoration, praying the Liturgy of the Hours, or reading Scripture reflections with the Rosary.

##### Cognitive Goals (Growing in Knowledge of the Lord)

Identify that God reveals himself in two ways: (1) through Creation (Natural Revelation) and (2) through his Word (Divine Revelation).

Understanding that Divine Revelation is given in two forms: (1) Sacred Scripture and (2) Sacred Tradition.

Know that Sacred Scripture is inspired by God and that it therefore contains no error.

Know that God inspired human authors to convey his Word in human words.

Understand that Sacred Scripture is trustworthy when understood in the way intended by the authors.

Understand that Scripture contains different styles of writings and can be understood in both the literal sense as well as the spiritual sense, which can communicate deeper realities such as about Christ and his Church, the Christian moral life, and Heaven

Know that the Old Testament teaches us about Christ and that Christ illuminates the Old Testament.
Understand that the Gospels have first place among the books of Sacred Scripture as the record of Jesus' words, deeds, Passion, and Resurrection.
Article that the Old Testament has a value of deep spiritual and historical significance.
Identify that there are 73 books in Sacred Scripture in Catholic tradition.
Understand that the Church discerned, with the guidance of the Holy Spirit, what books were part of the canon of Sacred Scripture.
Know that the teaching authority of the Church, the Magisterium, is the only authentic interpreter of Sacred Scripture.
Know that Sacred Tradition is transmitted in the life and practice of the Church.
Understand that we encounter God's Word through reading and hearing Sacred Scripture and through the Sacraments and liturgies of the Church.

### 3. The Holy Trinity

#### Interior Life Goals (Internalizing the Faith)

Honor the Lord in your heart as the holy and living God, and revere his holy name.
Love the Lord your God with your whole heart.
Desire to think, speak, and act in ways that are pleasing to God.
Desire to grow in relationship with the Father, through Jesus the Son, with the Holy Spirit.

#### Behavioral Goals (Living as a Disciple of the Lord)

Read Sacred Scripture to understand God's revelation of himself as the Blessed Trinity, Father, Son and Holy Spirit.
Love the Lord in holy Mass.
Make the Sign of the Cross with reverence.
Read the teaching of the Catechism on the Blessed Trinity.
Bless oneself with holy water when entering Church, remembering one's Baptism in the name of the Father, and of the Son, and of the Holy Spirit.

#### Cognitive Goals (Growing in Knowledge of the Lord)

Articulate that the Trinity is three Persons in the one God: Father, Son, and Holy Spirit.
Identify that there is one God who is uncreated, all-powerful, omniscient Creator of all things that exist.
Know that the three Persons are each fully God and always act together.
Articulate that God is love.
Know that God invites us to be his children through Baptism.
Identify the Father, Son and Holy Spirit are coequal and coeternal.
Identify that the three Persons are distinguished in their relationship to one another: the Son is begotten from the Father, the Holy Spirit proceeds from the Father and the Son.
Know that while certain acts may be appropriated to one of the Persons of the Trinity (e.g., creation to the Father, salvation to the Son, sanctification to the Holy Spirit), the three Persons always act together.
Know that God alone freely created all things ex nihilo by his own power, to reveal his glory and so that his creatures could share in his truth, beauty and goodness.
Know that God's divine providence can be mysterious, but that he guides his creation towards perfection and can bring good out of evil.
Articulate that suffering has come into the world by sin and that God mysteriously permits suffering partially to affect a greater good.
Articulate that God has created angels, purely spiritual creatures, who have intelligence and will, to glorify him and serve his saving plans. God gives each person a guardian angel.
Know that all forms of superstition, idolatry, sacrilege and divination, including horoscopes, are directly contrary to the worship of and love of God.

### 4. Jesus Christ/Christology

#### Interior Life Goals (Internalizing the Faith)

Be grateful that God became man to save us.
Desire to grow closer to Christ each day.
Desire the grace needed each day to be a witness to Christ in daily life.
Desire to receive the Holy Eucharist.

#### Behavioral Goals (Living as a Disciple of the Lord)

Honor Jesus by saying his name and making the Sign of the Cross with reverence.
Pray daily to the Lord.
Engage with Sacred Scripture each day, seeking to know the Lord more intimately.
Reverently receive Jesus in the Eucharist at Mass.
Spend time with Jesus in adoration of the Blessed Sacrament as possible.

Treat others with the love, mercy and patience that come from Jesus.

### **Cognitive Goals (Growing in Knowledge of the Lord)**

Identify God the Son as being of the same divine nature as (consubstantial with) God the Father. He has always existed.

Know that the Incarnation is the mystery of God the Son assuming human nature and becoming man, like us in all things but sin. Jesus Christ is true God and true man.

Know that Jesus is Son of God and son of Mary, and that Mary can thus be rightly called Mother of God (Theotokos).

Know that Jesus is the Messiah and Savior, offering us salvation through his Paschal Mystery (his Passion, Death, Resurrection and Ascension).

Know what we come to know about Jesus through the Gospels: such as that he teaches with authority is powerful, merciful, healing, is compassionate, and transforms lives.

Identify how Jesus is the fullness of divine revelation, and understand that Sacred Scripture leads up to the culmination of Christ through the Old Testament to the New Testament.

Identify that Jesus is the promised Messiah.

Identify that Jesus truly suffered temptation and human frailty, e.g., in hunger, exhaustion, and the sufferings of his Passion.

Identify that by his Death, Jesus triumphs over death and descends to the realm of the dead to open heaven for the souls of the just.

Identify that Jesus truly rose from the dead in a historical event that has relevance for every time.

Know that the Lord will return in glory to judge the living and the dead at the Final Judgement.

Know that it is good to depict the Lord in holy images.

Identify that we are called to share in Christ's mission. We are called to be like Christ and live a life of holiness.

## **5. The Church/Ecclesiology**

### **Interior Life Goals (Internalizing the Faith)**

Love the Church.

Be grateful for being united to other Catholics, including the saints in heaven, in the family of God.

Desire to integrate the teachings of the Church into one's life, always seeking greater conformity to Christ.

Desire to share the Good News with others.

### **Behavioral Goals (Living as a Disciple of the Lord)**

Participate in the holy Mass every Sunday and Holy Day of Obligation, as well as other days if possible.

Serve those in need with one's family through the parish community.

Pray for the needs of the Church throughout the world, intercede for the members of the parish community, and pray for the conversion of all who are not yet part of the Church family.

Participate in opportunities to grow in faith in the parish, such as catechesis, retreats and parish missions when possible.

Celebrate the Church's liturgical seasons and feasts of the saints.

Pray for the intercession of the saints, especially the Blessed Mother, and for the protection of one's Guardian Angel.

### **Cognitive Goals (Growing in Knowledge of the Lord)**

Know that the Catholic Church can be called the mystical Body of Christ, the Bride of Christ, the Temple of the Holy Spirit and our spiritual mother.

Know that the Church is one, holy, catholic and apostolic.

Know that the Church is both human and divine.

Identify that the Church is given to us by Christ and that the Holy Spirit is the soul of the mystical Body of Christ.

Know that the Church is made up of the baptized on earth, in purgatory, and in heaven.

Identify that the Church is taught by the Magisterium, the Bishops in union with the Pope, whose task it is to interpret Divine Revelation rightly and to guide the faithful in faith and moral living.

Understand that the Church is the people of God, called to worship.

Know that the liturgy of the Church is her work, which is her spiritual worship of God, on earth and in heaven. This includes the liturgical seasons and feasts, the Liturgy of the Hours and the celebration of holy Mass.

Know that the Church is made up of those who are ordained, those who are lay faithful, and those who may be in either group that are consecrated religious.

Understand that by Baptism, we are incorporated into the Body of Christ and have a share in Christ's mission of priest, prophet and king, manifested according to our state of life.

Know that the saints are models for us in how to love Jesus, with our whole selves and to be his disciples.

Know that Mary is the Mother of God and our spiritual Mother, and that she cares for us and prays for us.

## **Pillar II: The Celebration of the Christian Mystery**

### **6. Sacramental Life**

#### **Interior Life Goals (Internalizing the Faith)**

Be grateful for the sacraments.

Believe that the Eucharist is truly Jesus present with us, Body, Blood, soul and divinity
Desire to participate in the sacramental life of the Church.
Hope in the grace of the sacraments for support in growing in holiness.
Desire to grow in virtue, flowing from one's Baptism and supported by the grace of the sacraments.
<b>Behavioral Goals (Living as a Disciple of the Lord)</b>
Participate prayerfully and joyfully in the sacramental and liturgical life of the Church.
Receive the sacraments of Penance and Eucharist, preparing for these gifts with an examination of conscience and with gratitude for the Lord's love and mercy.
Prayerfully adore the Lord in the Blessed Sacrament when possible.
Participate in the prayer life of the parish community.
Pray for one's family and the Church throughout the world.
<b>Cognitive Goals (Growing in Knowledge of the Lord)</b>
Be able to identify the parts of the Mass, such as the Liturgy of the Word and the Liturgy of the Eucharist, and understand the priest's role in the celebration of the Mass.
Be familiar with the Church's Liturgical calendar, and identify the seasons and key feasts that we celebrate.
Know the seven sacraments of the Church, identifying their matter and form.
Identify that grace is a share in God's life that he freely gives us which helps us to be like him and love as he loves, and that sanctifying grace is necessary for salvation.
Know that Baptism makes us adopted children of God and members of the Church and gives us sanctifying grace.
Know that the Holy Eucharist truly is Jesus' Body and Blood, given to us by Christ at the Last Supper and made present through the words of the priest and the power of the Holy Spirit.
Know that the Eucharist is Jesus Christ truly and substantially present with us, Body, Blood, Soul and Divinity. The appearance of bread and wine remain but we receive Jesus' Body and Blood. This mystery is called transubstantiation.
Know that frequent Confession leads to a life free from sin and strengthened by grace to resist temptation.
Know that it is required for all baptized Catholics to attend holy mass every Sunday and Holy Day of Obligation and that to miss mass, without sufficient reason, is a sin.
Know that Confirmation increases sanctifying grace, the gifts of the Holy Spirit, and one's relation to the Church and the obligation to witness to Christ in the world.
Identify that the Anointing of the Sick grants spiritual strengthening and courage and further conforms the one anointed to the Passion of Christ. It brings healing on a spiritual level and may also bring physical healing, according to the Lord's will.
Know that Matrimony as a sacrament entails an unbreakable bond between a baptized man and woman, who receive grace to assist one another in holiness and in raising children.
Know that the Sacrament of Holy Orders gives baptized men a special participation of Jesus as a head of the Church for the service of all baptized, in their roles as bishops, priests and deacons.
<b>Pillar III: Life in Christ</b>
<b>7. Humanity's Nature, Purpose, and End</b>
<b>Interior Life Goals (Internalizing the Faith)</b>
Desire to love others as Christ has loved you.
Be grateful that God has lovingly created you, body and soul, for a purpose.
Open one's heart to the true, good and beautiful so as to encounter the Lord and experience his glory.
Desire to become the saint God has called you to be and to witness to him with your life.
Desire to live with God and the saints forever in heaven.
<b>Behavioral Goals (Living as a Disciple of the Lord)</b>
Speak and act with respect towards others because of their dignity as God's creation.
Develop virtues by loving and serving others.
Express gratitude for the beauty of God's creation, especially one's own body and soul.
Pray for those discerning a vocation to the priesthood, religious life or holy matrimony.
Pray that God will help you to be the saint he has called you to be.
Seek answers for questions about marriage, identity, gender, the beauty of the body, or other important topics from trusted sources, especially one's parents and pastor.
<b>Cognitive Goals (Growing in Knowledge of the Lord)</b>
Identify that man is created in God's image and likeness and therefore all human beings have inherent dignity.
Know that man's purpose is to know, love and serve God in this life to be with him forever in heaven.
Identify that man is a unity of body and immaterial soul.
Know that God has given us intellect and free will.
Identify that passions (emotions) are meant to assist us but be governed by reason.

Identify that God has made us either male or female, and that one's biological sex is an unchangeable part of who a person is.

Know that each person has a vocation, which is a call from God and our response to it. The primary vocation of the baptized.

Identify that in the response to God's call to holiness, one's body is meant to be kept holy as well as one's soul, and that care and respect for the body is a sign of gratitude to God who created us with love.

Know the different kinds of vocation: our primary vocation to holiness which comes to us from our Baptism, a committed state of life (consecrated life, matrimony, priesthood), and our ministry or work.

Identify that the evangelical counsels of poverty, chastity and obedience are for all of the baptized to live out according to their state of life; they are most evident in the lives of those who are consecrated or profess religious vows.

Be aware that on the Last Day, Jesus will return in glory, raise the dead, and bring all the just to live with him forever.

Know that when we die, our soul is separated from our body and will either enter heaven, purgatory or hell.

Know that purgatory is the state of final purification, where we are made ready to enter into the joy of heaven.

Know that hell is the sad reality of eternal separation from God chosen by one who dies in a state of unrepented mortal sin.

Identify that on the Last Day, when Jesus returns in glory, he will raise the dead in their bodies for the Last Judgement, where the saints will rejoice in glory and the sinners will go to eternal punishment.

## 8. Moral Living

### Interior Life Goals (Internalizing the Faith)

Desire to become the saint God has called you to be.

Desire that the Holy Spirit always inspire and guide one's thoughts, words and actions.

Desire purity of heart, mind and body, and seek to protect oneself from those things that may lead to sin.

Be grateful for the instruction the Lord has given us on how to grow in holiness and to turn away from sin.

Desire to grow in virtue and to live the Beatitudes each day.

### Behavioral Goals (Living as a Disciple of the Lord)

Form one's conscience according to the teaching of the Church.

Treat others with charity and respect, and forgive others generously as God has forgiven you.

Practice acts of charity, especially in the corporal and spiritual works of mercy.

Prepare for the Sacrament of Penance through an examination of conscience, and let go past sins after receiving forgiveness with encouragement and hope.

Model one's dress and behavior on the example of Jesus and Mary, in modesty and chastity.

Pray daily for the grace to grow in the theological and cardinal virtues and to live them after the example of the saints.

Study and practice the Beatitudes, and aid learners in growing in actions and attitudes characteristic of the Christian life.

Volunteer for mission work and service projects with one's parish and community when possible.

### Cognitive Goals (Growing in Knowledge of the Lord)

Know that God gives us his grace to support us in living a holy life.

Know that we have free will and are responsible for our actions.

Be aware that acts are good or bad based on the act itself (the object), the intention of the person, and the circumstances of the situation. All of these must be good for the act to be good.

Know that God gives us the Ten Commandments, the Beatitudes and natural law to guide us to know what is good.

Know that we must form our conscience according to the truth as God has taught us.

Know that we have inherited Original Sin because of the Fall, but that Jesus has offered us salvation by the gift of Baptism.

Know that Baptism removes the stain of Original Sin, but that we still experience a tendency toward evil that we call concupiscence.

Be familiar with sanctifying grace and sacramental grace.

Know that intentionally choosing to act against God's laws is a sin.

Articulate the difference between venial and mortal sin.

Know the requirements for a mortal sin and understand that the Sacrament of Penance allows us to be forgiven and restores the life of grace in us.

Understand that all people are made in the image of God and must be treated with respect.

Know that we are called to serve the poor, and to love our neighbor as ourselves.

Identify the precepts of the Church.

## Pillar IV: Prayer

## 9. Prayer

### Interior Life Goals (Internalizing the Faith)

Desire to thank, praise and worship God in holy Mass.

Desire to communicate regularly with God through prayer.

Earnestly seek to listen to the voice of God praying with Scripture and in contemplative silence.

Desire to stay close to the Sacred Heart of Jesus always.

Desire to cultivate a disposition of openness to the Holy Spirit, willing to be guided by the Holy Spirit in one's prayer and action, and seek his inspiration and consolation in the challenges of daily life.

### **Behavioral Goals (Living as a Disciple of the Lord)**

Foster a faithful and robust personal prayer life.

Practice different types of prayer and devotions, such as Eucharistic adoration, the rosary, the divine mercy chaplet, traditional prayers, novenas, an examination of conscience, worship through music, meditations by the saints and spontaneous prayer.

Foster an appreciation for and comfort with prayer in silence.

Ask the intercession to the saints, especially a patron saint and Blessed Mother.

Pray for the intentions shared by one's family.

Pray for one's own holiness and for the holiness of one's family.

Participate in the parish's celebration of the liturgical seasons, such as the O Antiphons, the Stations of the Cross, the Regina Caeli, prayers for solemnities and saints' feasts, novenas, etc.

Pray with Sacred Scripture, such a *lectio divina* and the Liturgy of the Hours.

### **Cognitive Goals (Growing in Knowledge of the Lord)**

Know that prayer is "the raising of one's heart and mind to God or the requesting of good things from God." (CCC 2590)

Know that God calls man first into an encounter of prayer.

Understand that it is the Holy Spirit who inspires and guides our prayer.

Understand that Jesus teaches us to pray, and is our master and model in prayer.

Know the importance of prayer and be familiar with traditional Catholic prayers that one's family can pray together.

Know that we can bless and adore God in the liturgy of the Church.

Identify the liturgical seasons of the Church and the prayers that accompany each of these seasons.

Know that the Word of God, the liturgy of the Church and the virtues of faith, hope and charity are sources of prayer.

Identify that the five basic forms of prayer are blessing, petition (which includes asking for forgiveness), intercession, thanksgiving and praise.

Identify that Sacred Scripture is a source of prayer, in personal, and communal prayer, through prayerful reading such as *lectio divina*, the Liturgy of the Hours, and the Liturgy of the Mass.

Know that there are three major expressions in the life of prayer: vocal prayer, meditation and contemplative prayer.

Know that Christian prayer, including meditation and contemplation, is a dialogue with God that develops our relationship with him. Know that this is not the same as other practices of mindfulness meditation, and yoga.

Know that we ask for the intercessions of the saints and our Blessed Mother with our prayers.

Identify that at times, prayer can be difficult, but that we must continue to be faithful to our prayer and know that God is always listening.

Know that praying to our Father should help us to become like him and have a humble and trusting heart.

Know that the Lord's Prayer is a "summary of the whole Gospel."

Identify that in the Our Father, the first three petitions give glory to the Father and the four others present our wants to him.

Know that the Christian family is the first place for education in prayer.

Identify that we, as members of the Body of Christ, have a duty to pray for the needs of the whole world, for the conversion of sinners, and to offer praise and thanksgiving to God because of his goodness, love and mercy.

Be aware that "when catechesis is permeated by a climate of prayer, the assimilation of the entire Christian life reaches its summit". (DC 86)