Chapter 1.1 Beliefs and teachings

Topic 1.1.1

Now test yourself

1 (a)
2 (c)
3 (c)
4 (c)

Activities

1 Catholics show their belief in the Trinity when they repeat the Nicene Creed at the Mass. Another way is that the Mass begins with a welcome in the name of the Trinity. A third way is how the priest blesses worshippers and performs all the sacraments in the name of the Trinity.

2 Catholics believe that although God is one, God is experienced as a Trinity: God the Father, God the Son and God the Holy Spirit. As the Catechism says, the Trinity is a holy mystery central to the Christian faith. Another thing Catholics believe about the Trinity is that there is one Being — God — existing as three persons — the Father, Son and Holy Spirit — who are all equal and all eternal. This belief is explained in the Nicene Creed.

Topic 1.1.2

Now test yourself

1 (c)
2 (b)
3 (c)
4 (b)

Activities

1 One feature is that there were debates in the Church about the nature of the Trinity. Another feature is that these debates led to Trinitarian heresies like Arianism. A third feature is that the Councils of Nicaea and Constantinople settled the problem with the Nicene Creed.

2 Belief in the Trinity is important for Catholics because Jesus’ last words in Matthew’s Gospel told Christians to baptise in the name of the Father, and of the Son and of the Holy Spirit.

Another reason is that the Trinity helps Catholics understand the different ways that God has shown his presence in the world: God the Father helps Catholics understand God’s power and creativity; God the Son helps Catholics understand the love of God, the sacrifice of God, leading to salvation from sin and the promise of eternal life; God the Holy Spirit helps Catholics understand the presence of God in the world and the strength that it brings to Catholics.

Topic 1.1.3

Now test yourself

1 (a)
2 (b)
3 (c)
4 (d)

Activities

1 One feature is that God created everything in six days. Another feature is that God created male and female together. A third feature is that God’s creation was good — God saw what he had made and it was good.

2 Christians who believe the Bible is the literal word of God (literalists) believe that both Genesis 1 and 2 are scientific truth. Chapter 1 gives the overall picture and chapters 2–3 give details of day six. They believe that the scientific idea of Big Bang and evolution is wrong. Another interpretation is that the Catholic Church believes the Bible writers were inspired by God but expressed things in their own words. So Genesis has two versions of creation to communicate eternal truths about God’s purpose and human sinfulness. Catholics accept the scientific view of creation but believe Genesis reveals the truth that creation came from God.

Topic 1.1.4

Now test yourself

1 (d)
2 (a)
3 (b)
4 (c)
Activities
1 One thing Christians believe this means is that humans have free will — they can choose between good and evil. Another thing is that they have reason and so can work things out. A third thing is that humans are capable of self-knowledge, knowing who they are and why they are here.
2 Catholics believe that stewardship means they have a duty to look after God’s creation and pass it on to future generations in a better state than they have received it.
Another meaning is that Catholics must make sure creation is not exploited by humans, resulting in such things as pollution. Both Pope Benedict XVI and Pope Francis have issued encyclicals which say that Catholics have a duty to protect the environment and to reduce the effects of climate change.

Topic 1.1.5
Now test yourself
1 (a)
2 (b)
3 (c)
4 (d)

Activities
1 One Catholic belief about the virgin birth is that, as the only Son of God, Jesus did not have a normal conception, but he did have a normal birth. Another belief is that Mary was a virgin when Jesus was born and remained a virgin throughout her life. A third Catholic belief is that being born of a virgin was the way God became man.
2 The Incarnation is important for Catholics because in Jesus, the incarnate Word of God, humans can see what God is like. John’s Gospel says that in Jesus, the Word became flesh and made his dwelling among us, showing us the glory of God.
Another reason is that the Incarnation shows that God cared so much for the world that he came to earth in Jesus to save people from their sins. As John’s Gospel says, in Jesus the Word became flesh and made his dwelling among us, showing us the glory of God.

Topic 1.1.6
Now test yourself
1 (a)
2 (b)
3 (c)
4 (d)

Activities
1 One feature is the Last Supper when Jesus instituted the Eucharist. Another feature is the crucifixion when Jesus died on the cross for our sins. A third feature is the resurrection when Jesus rose from the dead.
2 The Paschal mystery is important for Catholics because part of the mystery is the Last Supper, which is the basis of the Mass, an essential part of Catholic life and the most important form of Christian worship. Another reason is because the crucifixion brought forgiveness from sin, and the resurrection assures Christians that there is life after death. As the Catechism teaches, the Paschal mystery is that by his death, Christ liberates us from sin; by his resurrection, he opens the way to a new life.

Topic 1.1.7
Now test yourself
1 (a)
2 (a)
3 (c)
4 (d)

Activities
1 The Catholic Church believes that Jesus came to earth in order to restore the relationship between God and humanity through the salvation brought by his death on the cross. ‘Salvation’ comes from the Latin ‘salve’, to heal. Jesus healed a broken relationship between humanity and God.
Catholics believe salvation is important because sin makes it difficult to have a relationship with God — sin separates a person from God and so without salvation there can be no real relationship with God.
Catholics also believe that without salvation a person’s sins will prevent them from entering heaven. As John’s Gospel says, ‘For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life.’

Topic 1.1.8
Now test yourself
1 (a)
2 (b)
3 (d)
4 (c)
Activities

1 The Catholic Church teaches that after death the perfectly purified go to heaven. After death, evil people go to hell. Catholics who die with unforgiven sins will go to purgatory to be purified.

2 Some Evangelical Protestant Christians believe that when people die, their soul remains in the grave until the Last Day, when everyone will be judged by God. Those Christians who have been born again will go to heaven; everyone else will go to hell. This is based on Paul’s teachings in 1 Corinthians 15. Most Liberal Protestants believe that when the body dies, the soul leaves the body to live with God in a spirit world. Their belief in the immortality of the soul is based on the Church’s teaching that after his ascension, Jesus became a spirit and went to the spirit world.

Chapter 1.2 Practices

Topic 1.2.1

Now test yourself

1 (b)
2 (c)
3 (d)
4 (a)

Activities

1 Catholics believe in the sacramental nature of reality because they believe that God created the universe and everything in it — as shown in Genesis chapter 1. Therefore the whole of God’s creation shows his presence and reveals his nature.

Another reason is that St Paul taught that God’s power and nature can be seen in the things he has made, meaning that nature is an outward sign of God’s grace.

Topic 1.2.1 (continued)

Now test yourself

1 (c)
2 (b)
3 (d)
4 (a)

Activities

1 Catholics believe that sacraments are outward signs that an inner gift of grace has been given. They believe that Catholics need to participate in the sacraments to gain salvation. A third belief is that the sacraments of initiation are essential to become a full member of the Church.

2 The sacraments are important for Catholics because they strengthen people’s faith. The Catechism says that the seven sacraments are the way the Holy Spirit spreads the grace of Christ throughout the Church.

They are also important because they bring Christians closer to God through being members of Christ’s Church, which unites them with Christ and each other. Lumen Gentium says that through taking the consecrated host we become one with Christ and are united with each other. Also, canon law says the sacraments of baptism, confirmation and the Eucharist are required for full Christian initiation into Christ’s Church.

Topic 1.2.2

Now test yourself

1 (b)
2 (d)
3 (a)
4 (c)

Activities

1 One feature is the Liturgy of the Word which is the Bible readings. A second feature is the Liturgy of the Eucharist when the bread and wine are offered, consecrated and shared with the people. A third feature is the Concluding Rite, which gives thanks for what has been given and the congregation are given a blessing to help them in the week ahead.

2 Catholics, Orthodox and Anglicans believe that liturgical worship allows the worshipper to think about the words and develop greater understanding and the familiar rituals help them feel closer to God. Also, for Catholics, the Catechism says that the Eucharist is the source and summit of the Christian life.

Nonconformists believe it allows worship to come from people’s hearts in the extempore prayers and congregational singing. Also, such worship can be adapted to meet people’s needs.
**Topic 1.2.3**

**Now test yourself**

1. (d)
2. (a)
3. (b)
4. (b)

**Activities**

1. One feature is the vigil service the night before the funeral. Another feature is the Requiem Mass. A third feature is the Rite of Committal at the grave.
2. The funeral rite is important for Catholics because the nature of the Requiem Mass allows there to be communion with the deceased. As the Catechism says, ‘by the Requiem Mass, the family of the deceased learn to live in communion with the one who has fallen asleep in the Lord’.
   Another reason is that the Rite of Committal shows the communion that exists between the Church on earth and the Church in heaven: the deceased passes with the farewell prayers of the community of believers into the welcoming company of those who see God face to face.

**Topic 1.2.4**

**Now test yourself**

1. (a)
2. (b)
3. (c)
4. (d)

**Activities**

1. One feature is adoration, praising God for what he is. Another feature is thanksgiving, thanking God for the good things of life. A third feature is supplication, asking for God’s help.
2. Worship is tremendously important for Catholics because Jesus said that the greatest commandment is to worship God with all your heart and all your soul, which requires people to be able to worship in a variety of ways. For example, worship in the home is needed because the home is the heart of the family and worshipping as a family brings the family together.
   Catholics also need public worship because worshipping with others in church, especially at Mass, gives a sense of belonging to a whole community of believers. Catholics must attend public worship because the Catechism says it is a sin knowingly to miss Sunday Mass and Mass on holy days of obligation.

**Topic 1.2.5**

**Now test yourself**

1. (c)
2. (b)
3. (a)
4. (d)

**Activities**

1. One form of popular piety is praying the Rosary using rosary beads. Another form of popular piety is Eucharistic adoration, which is when someone adores the blessed sacrament. A third form is celebrating the Stations of the Cross.
2. Eucharistic adoration is important because adoring the real presence of Christ in the consecrated hosts helps the worshipper to make contact with the presence of Christ. The Catechism teaches that adoration of the Blessed Sacrament stimulates the faithful to an awareness of the marvellous presence of Christ and encourages spiritual communion with him.
   Another reason is that it follows the example of the Popes, who believed that Eucharistic adoration helps to cancel out the evils of the world and bring world peace.

**Topic 1.2.6**

**Now test yourself**

1. (a)
2. (c)
3. (c)
4. (d)

**Activities**

1. Pilgrims visit the Cenacle, which is the site of the Upper Room. They visit the Via Dolorosa, which is the route Jesus took to his crucifixion. A third place they visit is the Church of the Holy Sepulchre, which contains the tomb where Jesus was buried and rose from the dead.
2. One reason pilgrimage is important for Catholics is because pilgrims are following the example of Jesus. Luke’s Gospel records that Jesus went on pilgrimage to Jerusalem every Passover.
   Another reason is to become closer to God as some of the holiness from the great figures or events connected with pilgrimage sites will rub off.
   The Catechism teaches that pilgrimage can strengthen faith and increase knowledge of the mystery of Christ.
Topic 1.2.7
Now test yourself
1 (c)
2 (a)
3 (b)

Activities
1 CAFOD tries to end world poverty by promoting long-term development so that LEDCs can become self-supporting. Another way is by having a disaster fund to deal with natural disasters and refugees. A third way is by educating the people and churches of England and Wales about the need for development and the ways in which Catholics can help less developed countries.
2 Catholics support the work of the CAFOD because they help the poor, the lonely, the bereaved and the depressed and so it is a way of loving your neighbour and Jesus said in Mark’s Gospel that Christians should love their neighbour. It is also a way of responding to Pope Francis’ encyclical, ‘Laudato Si’, which says that the world must listen to ‘both the cry of the earth and the cry of the poor’. The CAFOD listens to the cry of the poor by providing furniture stores for unwanted furniture to use for the homeless and running housing associations to provide affordable housing for the poor.

Topic 1.2.8
Now test yourself
1 (c)
2 (a)
3 (d)
4 (b)

Activities
1 One feature is that St Peter organised missions throughout Palestine. A second feature is that St Philip converted an Ethiopian, leading to Christianity spreading into Africa. A third feature is that when Europeans began to colonise America and Africa, Christian missionaries went with them so that conversion to Christianity went hand in hand with being colonised by Europeans.
2 Mission and evangelism are important for Catholics because evangelising is the Great Commission of Jesus, given just before the ascension when Jesus told his disciples, in Matthew’s Gospel, to go and make disciples of all nations, baptising them in the name of the Father and of the Son and of the Holy Spirit.

Chapter 1.3 Sources of wisdom and authority

Topic 1.3.1
Now test yourself
1 (b)
2 (a)
3 (c)
4 (d)

Activities
1 The Old Testament contains the law books of the Torah. It also contains history and prophecy in the Prophet books like Isaiah and Jeremiah. It also has the Writings, which contain poetry such as the Psalms, wise sayings such as Proverbs and apocalyptic writings such as Daniel.
2 The Bible is important for Catholics because it reveals what God is like and what he does for Christians. The Catechism says that God is the author of Sacred Scripture and so the Bible teaches without error God’s saving truth. Another reason the Bible is important is because it records the teaching of Jesus in the Gospels, which shows Christians what to believe, how to live and how to make decisions. It also records the life, death and resurrection of Jesus, which are the basis of the Catholic faith.

Topic 1.3.2
Now test yourself
1 (c)
2 (b)
3 (a)
4 (d)

Activities
1 Some Christians are literalists — they believe that the Bible is not only the Word of God but also the words of God. Some Christians are conservatives and believe that the Bible is the revealed word of God but not his actual words. Some Christians are liberals — they believe that the Bible is words about God rather than the words of God.
Catholics regard the Bible as a source of guidance and teaching because the Church teaches that the Bible is inspired by the Holy Spirit, which means it comes from God and is therefore holy and authoritative because it gives God’s truths. As St Paul said in his letter to Timothy, all scripture is inspired by God. Another reason is that the Bible contains the teachings of Jesus on how to live the Christian life. Catholics believe Jesus is the second person of the Holy Trinity so what he taught has authority, which means that the Bible that records his teaching is a source of guidance. The Catechism says that since the authors were inspired by God and what they wrote has been affirmed by the Holy Spirit, so the books of the Bible teach the truth and are a source of guidance.

**Topic 1.3.3**

**Now test yourself**

1 (b)
2 (c)
3 (d)
4 (a)

**Activities**

1. The ordinary magisterium is when the bishops teach what has always been taught. The conciliar magisterium is when the Pope calls a general council to decide teachings (e.g. Vatican II). Pontifical magisterium is when the Pope uses papal infallibility to decide a matter of doctrine.

2. The magisterium is important for Catholics because there is no higher authority for Catholics than the magisterium. As the Catechism says, ‘the task of interpreting the word of God authentically has been entrusted solely to the magisterium’.

   Another reason is that the magisterium gives Catholics answers to issues that did not exist in the time of the Apostles, for example same-sex partnerships, and so provides clear guidelines for Catholics on what to believe and how to behave as Catholics in today’s world.

**Topic 1.3.4**

**Now test yourself**

1 (b)
2 (d)
3 (c)
4 (a)

**Activities**

1. One important document from Vatican II was *Joy and Hope*, which affirmed the dignity of all people. Another important document was *The Light of Humanity*, which proposed changes to the nature of the Church. A third important document from Vatican II was ‘The Sacred Council’, which proposed changes to worship.

2. Vatican II was important for Catholics because it produced the document ‘The Sacred Council’ (*Sacrosanctum Concilium*), which introduced a new, simpler rite of the Mass in the vernacular, the language of the local people.

   A second reason was that the document ‘The Nature of the Church’ (*Lumen Gentium*) increased the role of the laity so that instead of the Church being like a pyramid, with the Pope at the top descending to the people at the base, now the Church was more like a circle as people joined together, but with the Pope and the bishops leading and holding things together in unity.

**Topic 1.3.5**

**Now test yourself**

1 (c)
2 (d)
3 (c)
4 (b)

**Activities**

1. One meaning of the Church as the Body of Christ is that all Christians carry on Christ’s work on earth. Another meaning is that Christians are united with each other and with Christ through baptism.

   A third meaning is that just as the parts of the human body are interdependent, so in the Body of Christ all are interdependent and none is superior.

2. One reason is that it is what the New Testament calls the Church. As St Paul said in Romans 12, although there are many Christians, Christians are one body in Christ and so are members of one another.

   Another reason is that calling the Church the Body of Christ shows how Christians can perform different tasks and yet be a unity. There can be different talents and tasks (just as the body has different limbs and organs) and yet the Church remains a unity because all are working together as the Body of Christ.

**Topic 1.3.6**

**Now test yourself**

1 (d)
2 (c)
3 (b)
4 (a)
Activities

1 The four marks of the Church are stated in the belief in the Nicene Creed which says that the Church is One. The second mark is that the Church is Holy because it belongs to God. The third mark is that the Church is Catholic, which means universal. The fourth mark is that the Church is Apostolic because it was founded by the Apostles.

2 The Apostolic Succession is important for Catholics because it means that the Pope today has the same authority that Christ gave to St Peter when he said in Matthew’s Gospel, ‘You are Peter and on this rock I will build my church and the gates of hell will not overcome it. I will give you the keys of the kingdom of heaven; whatever you bind on earth will be bound in heaven, and whatever you loose on earth will be loosed in heaven.’

Another reason is that the Apostolic Succession proves that when the Pope and the College of Cardinals give the teaching of the Church in the magisterium, they speak as the successors of the Apostles chosen by Jesus. This is important because it makes sure that the faith of the Church today is the same faith as that of the Apostles.

Topic 1.3.7

Now test yourself

1 (c)
2 (b)
3 (d)
4 (a)

Activities

1 Catholics believe that the Virgin Mary is a model of faith and charity. They also believe she had an immaculate conception. Another belief is the assumption, that Mary was taken, body and soul, into heaven.

2 Catholics believe Mary is a model of Christian discipleship because she obeyed God’s plan for her; she did not question what was to happen to her. At the Annunciation, Luke’s Gospel says Mary replied to the Angel Gabriel, ‘I am the Lord’s servant, may your word to me be fulfilled.’

Another reason is that Mary showed complete devotion to Jesus. She was always a help and support to her son, for example at the wedding feast in Cana when she told the people to ask Jesus and to ‘do whatever he tells you’. She loved her son and was with him right to the end, even sharing in his sufferings on the cross.

Topic 1.3.8

Now test yourself

1 (b)
2 (c)
3 (a)
4 (d)

Activities

1 One source is the teaching and example of Jesus, as found in the four Gospels. A second source is the natural law, which is deduced by reason from the created world. A third source is the teaching of the Church.

2 Natural law is important for Catholics because it is the moral order designed by God at the creation. Also the Church teaches this is the natural order which must be followed by Christians. The Catechism says natural law expresses the moral sense God has given people to see by reason the difference between good and evil, truth and lie.

Chapter 1.4 Forms of expression and ways of life

Topic 1.4.1

Now test yourself

1 (b)
2 (a)
3 (c)
4 (d)

Activities

1 A Catholic church will be designed to have a nave where the worshippers sit. It will also have a confessional where the sacrament of reconciliation takes place. A third feature will be a sanctuary containing the altar and tabernacle.

2 The Lady Chapel reflects the belief that the Virgin Mary is able to pray for the souls of Christians on earth, so she can make the prayers of Catholics more effective. As the Catechism says, Mary is the mother of God and the mother of the Church. Also the baptismal font at the entrance of the church reflects the belief that baptism marks the entry of a person into membership of the Church as it is the first of the sacraments of initiation. The Catechism teaches that baptism is necessary for salvation and without baptism one cannot enter heaven.
Topic 1.4.2

Now test yourself
1 (b)
2 (a)
3 (c)
4 (d)

Activities
1 One feature is the lectern, where the Bible readings take place. Another feature is the Lady Chapel dedicated to the Virgin Mary. Another feature is the altar, which is the centre of the Mass.
2 One feature is the altar, which expresses the importance of redemption because it is an altar of sacrifice. In the Mass, the sacrifice of Christ on the cross is brought into the present, right among the people, so that Christ’s redemption still affects people today. As the Catechism says, ‘The sacrifice of Christ offered once for all on the cross remains ever present.’

Another feature is the tabernacle, a container for consecrated hosts (wafers transformed in the Mass), which reminds Catholics of the redemption brought by Christ’s sacrifice. As Christ said at the Last Supper, ‘This is my body broken for you.’ The Catechism says the tabernacle should be in a most worthy place and treated with the greatest honour.

Topic 1.4.3

Now test yourself
1 (a)
2 (b)
3 (c)
4 (d)

Activities
1 One sacred vessel is the stoup, which is a container on the wall to hold holy water. Another sacred vessel is the ciborium, the plate that holds the people’s hosts. A third sacred vessel is the chalice, which holds the wine consecrated at Mass.
2 The holy water stoup at the entrance to the church is a sacred vessel because it contains water blessed in the name of the Trinity to be used on entering the church. It expresses Catholic beliefs about baptism such as the washing clean from sin through the cross of Christ. It is also a reminder of the promise of eternal life promised in baptism. As the Catechism says, ‘All the signs in the liturgical celebrations are related to Christ.’

Another sacred object is the tabernacle in which are kept the consecrated hosts (often called the blessed sacrament). Catholics genuflect to the tabernacle because it reflects their belief that the wafers used in the Mass are transubstantiated into the body of Christ in the prayers of consecration said by the priest.

Topic 1.4.4

Now test yourself
1 (d)
2 (a)
3 (c)
4 (b)

Activities
1 One purpose is to give greater insight into the truths of the Catholic faith. A second purpose is to help the observer understand more about God. A third purpose is to draw the observer into deeper worship of God.
2 The icon of Christ at St Catherine’s Monastery, Sinai portrays Catholic beliefs in the different facial expressions on either side of the face which show Catholic belief in Christ’s two natures (human and divine).
The position of the fingers on the right hand portrays Catholic belief in the Trinity and Christ’s death on the cross.
The holy book portrays Catholic belief that Christ is the Word of God and that the Bible comes from God.

Topic 1.4.5

Now test yourself
1 (b)
2 (c)
3 (c)
4 (c)

Activities
1 Most Catholic churches will have a statue of the Virgin Mary. They will also have a statue of the Sacred Heart of Jesus. Another statue you are likely to find is one of St Peter, the first Pope.
2 Statues of St Peter show him holding up his hand in blessing while the other hand clutches the keys of the kingdom of heaven, expressing the belief that St Peter was the rock on which Christ built his church and was given the authority to forgive sins (the keys of the kingdom). St Matthew’s Gospel records Jesus choosing St Peter to be the
foundation of the Church and giving him the keys of the kingdom.
Statues of the Sacred Heart of Jesus show visions by St Margaret Mary Alacoque. They show the heart of Jesus exposed, surrounded by the crown of thorns with a fire burning within it. The thorns express the Catholic belief in the Passion of Christ and the fire expresses belief in Christ’s eternal love.

Topic 1.4.6

Now test yourself
1 (b)
2 (a)
3 (d)
4 (c)

Activities
1 The cross is a symbol of divine love and forgiveness. The crucifix is a representation of Jesus on the cross, which symbolises the Passion of Christ. Another symbol is the Chi-Rho, made from the first two letters of ‘Christ’ in Greek with a circle through it to symbolise that Christ has risen from the dead.
2 The Alpha and the Omega letters of the Greek alphabet are a symbol of Jesus. These are the first and the last letters of the Greek alphabet and are important for Catholics because they symbolise the eternal nature of Christ. As Jesus said in Revelation, ‘It is I, the first and the last. I am alive for ever and ever.’
Another reason they are important is because they can be found on church vestments and are always on the Paschal, or Easter candle.

Topic 1.4.7

Now test yourself
1 (b)
2 (c)
3 (d)
4 (c)

Activities
1 One way mystery plays express Catholic beliefs is by using the language of the people, not Latin. Another way is by putting real-life situations into the plots so that people can empathise. A third way is by putting complex and difficult beliefs into simple, straightforward language.

2 The Mass is a drama when the priest(s) re-enacts Christ’s sacrifice and the Last Supper in the Eucharistic prayer to express Catholic beliefs about transubstantiation and atonement through the drama of the Mass.
The Catechism teaches that God has gradually revealed himself to the world just like a drama which unfolds throughout the whole history of salvation.
Another way in which drama expresses Catholic beliefs is at the Easter vigil on Holy Saturday when the Paschal candle is lit from the new fire of Easter, expressing Catholic belief in the resurrection as the light of the resurrected Christ is brought into the darkened church.

Topic 1.4.8

Now test yourself
1 (c)
2 (d)
3 (a)
4 (b)

Activities
1 Hymns are songs of praise and have been sung for thousands of years. Another type of music is plainchant, which is unaccompanied singing developed from Jewish synagogue worship. A third type of music is worship songs, which are short hymns with only one or two verses. They put a Bible verse or simple Christian message to contemporary music using guitar and/or keyboards.
2 Hymns use words and music to express beliefs and emotions to God, for example ‘Hail Holy Queen’ expresses Catholic beliefs about the Virgin Mary and ‘One Bread One Body’ expresses Catholic beliefs about the Eucharist. As the Catechism says, the early Christians composed hymns and canticles to praise God for his work in the Incarnation, the Passion, resurrection and ascension of his Son.
Another way is through the music of the Psalms, which are sacred songs or hymns contained in the biblical Book of Psalms. They contain praise, thanksgiving and lament and so they express human emotions about life, God and religion, which makes them still relevant for worship today.
Chapter 2.1b Beliefs and teachings

Topic 2.1b.1

Now test yourself
1 (b)
2 (a)
3 (d)
4 (a)

Activities
1 Jews believe that the Almighty is one, there is only one God. They also believe that the Almighty is the Creator: the first words of the Torah are about the Almighty creating. A third belief is that the Almighty is the law-giver: he gave the Jewish people the Torah.

2 Believing that God is the law-giver is important in Judaism today because God's laws (the Mitzvot) form the halakhah, which is the basis of how Jews live their lives today. Having the laws given by God means that Jews know exactly how they should live. As Isaiah says, 'God is our lawgiver.'

Another reason it is important that the Almighty is a law-giver is that it shows that the Almighty cares about his creation and cares about humans. He gave the Torah as his part of the covenant, so the Almighty as a law-giver is a sign that the Jewish people are God's people.

Topic 2.1b.2

Now test yourself
1 (b)
2 (c)
3 (d)
4 (a)

Activities
1 Some modern Jews base themselves on the teachings of Maimonides, who described the shekhinah as a light created to be a link between God and the world. Others regard the shekhinah as an expression for the various ways in which God is related to the world. Others understand it as simply meaning God. Such Jews feel that shekhinah and God are interchangeable words.

2 Shekhinah is important for Jews today because the idea of shekhinah shows that however close Jews may feel to God, God's presence is so holy and awesome that they must always have a deep sense of respect for God. This sense of respect is shown by Jews only referring to God's names in worship.

Topic 2.1b.3

Now test yourself
1 (c)
2 (b)
3 (b)
4 (d)

Activities
1 Jews believe that the Messiah will be a descendant of King David. They also believe the Messiah will be a human, not a divine being. Another belief is that the Messiah will be a man of great piety who is close to God.

2 Beliefs about the Messiah are important for Jews today because belief in the Messiah is one of the Thirteen Principles of the Faith. It is Principle 12 which says, 'I believe with perfect faith in the coming of the Messiah.' All Jews should believe the Thirteen Principles so belief in the Messiah must be important.

Also Jews pray for the coming of the Messiah, the return of the exiles, reward to the righteous, the rebuilding of Jerusalem and the restoration of the Temple service three times a day. Many think that the Messiah ideal of peace and justice for the poor is the reason why so many left-wing thinkers were Jewish.

Topic 2.1b.4

Now test yourself
1 (d)
2 (a)
3 (b)
4 (c)

Activities
1 One commandment is 'You shall have no other gods before me'. Another commandment is 'Do not make for yourself an idol'. And a third is 'Remember the Sabbath day to keep it holy'.

2 Moses is important for Jewish people because he received the covenant on Mount Sinai when God promised to be the God of the Jewish people if they agreed to keep his laws expressed in the 613 Mitzvot. Deuteronomy records Moses entering

The Tenakh describing the shekhinah as being at the Temple, Mount Zion and Jerusalem is what makes those places so special for many Jews. As Isaiah said, 'I saw the Lord seated on a throne, high and exalted, and the train of his robe filled the Temple.'
into a covenant with God making God the God of Israel and the Israelites God’s people. Another reason is because Moses led the Jewish people out of slavery in Egypt into the Promised Land. Without Moses the Jewish people would have died out and there would be no Judaism.

Topic 2.1b.5
Now test yourself
1  (a)
2  (b)
3  (c)
4  (d)

Activities
1 The Abrahamic Covenant said that the descendants of Abraham would become a great nation. It also said the Jewish people would occupy the Promised Land, and it said that all Jewish males should be circumcised.
2 Jewish male babies are circumcised because God made a covenant with Abraham in which he promised to make a great nation from Abraham’s son and to give the land of Canaan to Abraham’s descendants as ‘an everlasting possession’, but only if Abraham and every male descendant was circumcised. As Genesis says, ‘You are to undergo circumcision, and it will be the sign of the covenant between me and you.’

A second reason is that the covenant led to the importance of the land of Israel to Jewish people. The state of Israel was established in 1947 as a place of security for all Jews. Jewish people living anywhere in the world have the right to live in Israel and become a citizen.

Topic 2.1b.6
Now test yourself
1  (d)
2  (c)
3  (b)
4  (c)

Activities
1 One example would be driving someone who was very ill to hospital on Shabbat. Another would be allowing a blood transfusion even though Jews should not take blood. A third would be extinguishing a fire on Shabbat.

2 Jews believe in the sanctity of life because Judaism teaches that life is sacred since life is a gift from God. Another reason is because life was created by God and so only God has the right to end life. As God says in Deuteronomy, ‘There is no God but me. I put to death and I bring to life.’

Topic 2.1b.7
Now test yourself
1  (b)
2  (c)
3  (d)

Activities
1 Orthodox Jews believe the Mitzvot are God’s direct words to Moses and they cover the whole of life. For the Orthodox there is a right and a wrong way of doing everything. The Mitzvot cover the whole of life and they are also the way to eternal life as they will be the basis of the final judgement. As Deuteronomy says about when they were given, choosing to obey the Mitzvot is a life and death decision.

The Mitzvot are not as important for Reform/Liberal Jews because the Mitzvot came to Moses directly from God. They believe the Torah was written by men inspired by God rather than by God himself and so they believe that observing the Mitzvot is a matter of personal choice. For example, some Liberal Jews keep kashrut, some just eat kosher food, others ignore the food laws altogether.

Topic 2.1b.8
Now test yourself
1  (a)
2  (d)
3  (b)
4  (c)

Activities
1 Some Jews believe the resurrection will follow the Messianic Age. Others believe the resurrection will occur during the Messianic Age. Some believe there will be no resurrection and they believe in the immortality of the soul.
Belief in life after death is important for some Jews today because it is the teaching of the Torah which Orthodox Jews believe is a direct communication from God which must be believed. When Genesis says that Abraham breathed his last and he was gathered to his people, it means that Abraham lived on after death.

Life after death is also the teaching of the other books of the Tenakh, such as Daniel, which says, ‘Multitudes who sleep in the dust of the earth will awake, some to everlasting life’ and the Mishneh Torah says that ‘the pious of all the nations of the world have a portion in the world-to-come’.

Chapter 2.2b Jewish practices

Topic 2.2b.1

Now test yourself

1 (d)
2 (c)
3 (b)
4 (a)

Activities

1 One purpose of worship is to give a Jewish person a sense of belonging to a whole community of Jewish believers. Another purpose is to give order and purpose to people’s religious life. A third purpose is that there is more merit in praying with a group than there is in praying alone.

2 Liberal/Reform Jews often do not wear tefillin and tallit for worship whereas Orthodox Jews do. This is because the Liberal/Reform Jews believe the Torah was written by people inspired by God rather than being the direct word of God whereas Orthodox Jews believe the Torah was given to Moses directly from God.

Another reason is Orthodox synagogues keep men and women separate because the Prophet Zechariah said that men and women should be separated for periods of mourning and the Talmud recommends men and women being separated for worship. Liberal/Reform synagogues, meanwhile, allow mixed seating because they believe men and women are equal.

Topic 2.2b.3

Now test yourself

1 (d)
2 (c)
3 (a)
4 (b)

Activities

1 One purpose of prayer is for Jewish people to build up their relationship with God. Another purpose is for them to serve God with all their heart. A third purpose is to take the opportunity to speak directly to God knowing that God will listen and respond to prayers.

2 It is important to have different forms because saying prayers in a set form which have been used in this form for centuries and at set times gives order and purpose to people’s religious life. As the Psalmist said in Psalm 55, Jews should pray morning, noon and evening. However, saying prayers in your own words whenever you want to is important because people can have a relationship with God only if they can contact God when they want and express their thoughts and feelings rather than other people’s. The Psalms say that people should cast their cares on the Lord and he will sustain them.
Activities
1 The Amidah contains 19 blessings. It should be said standing. It should be said facing Jerusalem.
2 The Shema is important because it is a prayer which declares the main points of the Jewish faith that there is only one God. As Deuteronomy chapter 6 says, ‘Hear O Israel, the Lord our God, the Lord is One.’ The Shema also says that there is only one God and that people should love God and follow his commands. This belief that there is only one God who demands moral obedience is often called ‘ethical monotheism’ and is the basis of Judaism.

Topic 2.2b.5 (part 1)
Now test yourself
1 (b)
2 (d)
3 (c)
4 (a)
Activities
1 The Brit Milah is important because it brings baby boys into the community of Judaism. The Torah records that God said to Abraham, ‘This is my covenant with you and your descendants after you, the covenant you are to keep. Every male among you shall be circumcised.’
Another reason is that the ceremony marks the entry of Jewish males into the covenant of Abraham. Any male wishing to convert to Judaism must be circumcised.

Topic 2.2b.5 (part 2)
Now test yourself
1 (a)
2 (c)
3 (d)
4 (b)
Activities
1 One feature is that the marriage ceremony takes place under a canopy called a huppah. Another feature is that the couple must sign the ketubah or marriage contract. A third feature is reciting seven blessings over a glass of wine.
2 Jewish death and funeral rituals are important because the death of a family member is a time of great grief but the rituals of the faith provide the comfort of the Jewish community, which helps people to cope with this terrible time as they follow the example of Jacob. The Torah records that when Jacob heard that his favourite son, Joseph, was dead, ‘Then Jacob tore his clothes, put on sackcloth and mourned for his son many days.’
Another reason is that the rituals of the faith remind people of the Jewish belief that death is not the end and there is still a hope for the future.

Topic 2.2b.6
Now test yourself
1 (c)
2 (a)
3 (d)
4 (b)
Activities
1 Orthodox Jews cannot go to work on Shabbat. They also cannot switch on electricity. A third thing is that they cannot drive a car.
2 Shabbat is important for Jewish people because resting on Shabbat is a mitzvah which all Orthodox Jews must keep. The fourth commandment says, ‘Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a Sabbath to the Lord your God.’
Another reason is that Shabbat is God’s gift to the Jewish people which binds them together as community — only Jews celebrate Shabbat.

Topic 2.2b.7 (part 1)
Now test yourself
1 (a)
2 (c)
3 (d)
4 (b)
Activities
1 One feature of Sukkot is that families build a temporary home. A second feature is that they live in the temporary home for the seven days of the festival. A third feature is meeting in the synagogue each day with an etrog and lulav.
2 Yom Kippur is important for Jewish people because it is a festival for which there are Mitzvot. Indeed, it is one which all Jews should observe because as the Torah says in Leviticus, those who do not fast on Yom Kippur must be cut off from the people.
Another reason is because Yom Kippur releases people from their guilt about the sins of the past and encourages the self-discipline needed to keep the resolutions made at Rosh Hashanah.

Topic 2.2b.7 (part 2)

Now test yourself

1 (c)
2 (d)
3 (b)
4 (a)

Activities

1 One feature is that there are special foods on the seder plate. A second feature is that the youngest family member asks a series of questions which are answered by the father.

A third feature is that the family sing songs about the Exodus and at the end of the roast lamb meal they eat the afikomen.

2 Shavuot is important because it celebrates the gift of the Torah to the Jewish people. The 613 Mitzvot contained in the five books of Moses which make up the Torah are the most important thing in Jewish history and are the basis of the Jewish faith.

Another reason is that whereas Pesach gave the Israelites physical freedom, Shavuot celebrates the spiritual freedom brought by the Mitzvot. So Shavuot is important because it completes Pesach.

Topic 2.2b.8

Now test yourself

1 (d)
2 (c)
3 (a)
4 (b)

Activities

1 One object is the Ark Hakodesh, containing the Sefer Torah. Another object is the everlasting light of the Ner Tamid. A third feature is the menorah, reminding worshippers of the Jerusalem Temple.

2 The Orthodox and Liberal/Reform use the synagogue differently. For example, the Orthodox do not allow music on Shabbat because they consider playing an instrument to be work, which is banned by the fourth of the Ten Commandments in Exodus chapter 20.

Another reason is that Liberal/Reform believe in complete equality of the sexes whereas the Orthodox follow the Mitzvot which give different rights in worship to men. As a result, Orthodox synagogues separate men and women, but the Liberal/Reform have men and women sitting together.

Chapter 3.1 Arguments for the existence of God

Topic 3.1.1

Now test yourself

1 (a)
2 (d)
3 (b)
4 (c)

Activities

1 One characteristic of God shown by the revelation of Jesus is that God is love. Another characteristic is that God is one who brings healing. A third characteristic is that God is merciful as he offers forgiveness through Jesus.

2 One reason is because all the revelations found in the Old Testament are summed up and made even clearer in the life of Jesus. As the Letter to the Hebrews says, God spoke in the past through the prophets, God has now spoken finally through his son.

Another reason is that in the Incarnation, God made a complete revelation of himself because the son is the exact representation of God’s being so nothing more can be revealed. The Church teaches in the Catechism that this means there can be no further revelation of God after Jesus as God’s message to humanity reached its highest point in him.

Topic 3.1.2

Now test yourself

1 (c)
2 (a)
3 (d)
4 (b)

Activities

1 One important vision was when God told Abraham he would have a son. Another was when St Joan of Arc had a vision of the Archangel Michael telling her to drive the English out of France.
A third vision was when the disciples had a vision of Moses and Elijah at the Transfiguration.

2 Catholics believe visions are important because they are one of God's ways of communicating with humans. For example, St Matthew's Gospel records the Transfiguration when the disciples then had a vision of Moses and Elijah talking with Jesus and a voice from the cloud told them that Jesus was his son and that they must listen to Jesus.

Another reason is that visions can lead people to believe in God because if the person having the vision is known to be honest, then the vision could only come from God and if the vision comes from God, then God must exist.

**Topic 3.1.3**

**Now test yourself**

1 (c)
2 (a)
3 (c)
4 (d)

**Activities**

1 One miracle is Jesus healing a royal official's son. Another biblical miracle is the raising of Lazarus. A third biblical miracle is when Jesus fed 5,000 people with five loaves and two fishes.

2 Catholics believe that miracles show God's love for people. For example, John's Gospel records that Jesus raised Lazarus from the dead out of love for Lazarus and his family.

Another belief shown by miracles is that God is omnipotent, he has the power to do anything. This was shown in the account in Exodus of Moses leading the Israelites out of slavery in Egypt. They were being chased by the Egyptian army and when they came to the Red Sea God opened it, so they crossed on dry land but the sea came back over the Egyptians.

**Topic 3.1.4**

**Now test yourself**

1 (c)
2 (d)
3 (a)
4 (b)

**Activities**

1 A religious experience which contradicted Christian belief (for example, someone having a vision in which God told them not to go to Mass) would not be approved by the Church because it could not possibly have come from God.

Also the Catholic Church teaches in the Catechism that religious experiences can be genuine only if they conform with Church doctrines and do not claim to supersede the revelation of Christ.

**Topic 3.1.5**

**Now test yourself**

1 (b)
2 (c)
3 (a)
4 (d)

**Activities**

1 One feature is that the universe is a far more complex mechanism than a watch. A second feature is that if a watch needs a designer, the universe must definitely need a designer. A third feature is that the only possible designer of something as complex as the universe would be God.

2 The design argument is important for Catholics because it shows that God's existence can be demonstrated by looking at his creation. As St Paul said in Romans, although God's eternal power and divine nature are invisible, they can be understood and seen through the things he has made.

Another reason is that the design argument shows that the universe works on fixed, logical principles designed by God which have enabled humans to make scientific discoveries. As the Catechism says, the existence of God the Creator can be known with certainty through his creation.

**Topic 3.1.6**

**Now test yourself**

1 (c)
2 (a)
3 (b)
4 (d)
Activities
1 One feature is that because everything is in motion, the universe must have been set off by a Prime Mover – God. A second feature is that everything is contingent which means there must be a non-contingent being (God) otherwise nothing would be here. A third feature is that the universe must have a cause and that could only be God.
2 One reason the cosmological argument is important is because it shows that God is not another thing within the universe. God is the source of all being and so has no beginning or end. God is infinite and eternal. As the Catechism says, God is infinitely greater than his creation: ‘You have set your glory above the heavens.’
Another reason is because the argument shows that God is the origin of everything: he is the Unmoved Mover, the First Cause, the Non-contingent Being, and so is beyond human comprehension. As the Catechism says, God’s greatness is unsearchable.

Topic 3.1.7
Now test yourself
1 (a)
2 (a)
3 (b)
4 (c)

Activities
1 If God is omnipotent, he must be able to get rid of evil and suffering. If God is omni-benevolent, he must want to get rid of evil and suffering. If God is omniscient, he must have known that the world as he made it would contain evil and suffering.
2 Catholics believe that God is omnipotent (all-powerful). Catechism 268 says that God rules everything and can do everything. But if God is all-powerful, he must be able to remove evil and suffering from the world.
Another reason is that Catholics believe God is omni-benevolent; as the Catechism says, ‘God’s very being is love.’ However, if God is all-loving he must want to get rid of the evil and suffering in the world and if he is omnipotent he must be able to get rid of it, so there should be no evil and suffering in the world.

Topic 3.1.8
Now test yourself
1 (a)
2 (d)
3 (d)
4 (b)

Chapter 3.2 Religious teachings on relationships and families in the twenty-first century

Topic 3.2.1
Now test yourself
1 (b)
2 (c)
3 (a)
4 (d)

Activities
1 Christians believe that marriage was created by God at the beginning of the world so that a couple can have a lifelong relationship of love. They also believe that marriage is for procreation. A third belief is that marriage enables children to be brought up in a Christian family and become members of Christ’s Church.
2 Catholics get married because marriage is one of the seven sacraments and as such it is a sign of grace, instituted by Christ himself, and, through the Church, imparting God’s grace and strength. Catholics believe they should take part in the sacraments if at all possible and so they feel they should marry.
Another reason Catholics get married is because Jesus said that marriage was created by God at the beginning of the world as the way of establishing and preserving society. The Catechism teaches that marriage is the only place where Catholics should have sex and that marriage is the only acceptable way for Catholics to have children and raise a Christian family.

**Topic 3.2.2**

**Now test yourself**

1. (c)
2. (b)
3. (a)
4. (d)

**Activities**

1. Catholics believe sex is a gift from God. They also believe that pre-marital sex is wrong. A third Catholic belief is that adultery is wrong because it breaks the wedding vows.

2. The Catholic Church teaches that any form of sexual relationship outside of marriage is wrong because the Bible says that fornication (a word used in religion for both pre-marital sex and promiscuity) is sinful and Catholics should follow the teachings of the Bible.

Another reason is that the Catechism of the Catholic Church teaches that pre-marital sex is wrong because God intended sex to be restricted to marriage. The Catechism says, ‘The sexual act must always take place exclusively within marriage ... Human love does not tolerate “trial marriages”.’

**Topic 3.2.3**

**Now test yourself**

1. (a)
2. (c)
3. (c)
4. (c)

**Activities**

1. Family is important for Catholics because one of the main purposes of Christian marriage is to have children and bring them up in a secure and loving Christian environment. Another reason is that the Catechism teaches that the family was created by God as the basic unit of society. A third reason is that the family is the place where children learn the difference between right and wrong so that without the family there would be much more evil in the world.

2. The family is important to Catholics because one of the main purposes of Christian marriage is to have children and raise a Catholic Christian family. The Catechism teaches that marital sex should be both unitive and procreative because this is the ‘twofold end of marriage’.

The family is also important for Catholics because it is the place where children are introduced to the faith and so is vital in order for the Church to continue and grow. Also, St Paul said that parents should bring up their children in the way of the Lord.

**Topic 3.2.4**

**Now test yourself**

1. (c)
2. (c)
3. (a)
4. (b)

**Activities**

1. Most Catholic or Church of England parishes have a local church primary and secondary school connected to them. Also local parishes help families is through providing rites of passage. A third way is through family groups, which are parish friendship groups which bring together people in the local parish.

2. Parishes try to help families because they have a duty to help children baptised or dedicated in the church. Jesus said, ‘Let the children come to me, and do not hinder them, for the kingdom of God belongs to such as these.’

A second reason is that the Catechism and the marriage service teach that one of the main purposes of Christian marriage is to have children and bring them up to love God and follow Jesus, so it is the responsibility of the parish to assist families in that task.

**Topic 3.2.5**

**Now test yourself**

1. (c)
2. (b)
3. (b)
4. (c)

**Activities**

1. Catholic Christians are against using artificial methods of contraception as they believe they are going against God’s intentions. Pope Paul VI condemned all forms of artificial methods of contraception in his encyclical *Humanae Vitae.*
A different attitude is that non-Catholic Christians see nothing wrong in Christians in artificial methods of contraception because they are not mentioned in the Bible and authorities such as the leaders of the Baptist Church have said that contraception is a gift from God via medical science.

**Topic 3.2.6**

**Now test yourself**

1. (c)
2. (c)
3. (c)
4. (b)

**Activities**

1. Remarriage is a problem because Catholics believe that a Christian marriage cannot be ended except by the death of one of the spouses. The couple have made a covenant with God in the sacrament of marriage which cannot be broken by any earthly power. The Catechism says that a marriage concluded and consummated between baptised persons can never be dissolved. Another reason is because Catholics believe that Jesus condemned divorce and remarriage when he said in Mark’s Gospel that if someone divorces and then remarries, they are committing adultery.

**Topic 3.2.7**

**Now test yourself**

1. (a)
2. (b)
3. (c)
4. (b)

**Activities**

1. The Catholic Church teaches that men and women have equal status but women have a special role as mothers and carers.
   Liberal Protestants teach that men and women have completely equal status and roles.
   Evangelical Protestants teach that men have the role of providing for the family and women should look after the family and run a Christian home.

2. Liberal Protestants believe that men and women are equal and should have equal roles in the family because Genesis 1 teaches that God created men and women as equals. They also believe in equal status and roles because of the teaching of St Paul in Galatians that in Christ there is neither male nor female, and because of the evidence from the Gospels that Jesus treated women as his equals.

**Topic 3.2.8**

**Now test yourself**

1. (a)
2. (c)
3. (c)
4. (c)

**Activities**

1. Catholic women are allowed to study and teach in theological colleges. They can also be extraordinary ministers of Holy Communion. A third role is that women can be lectors and conduct the Bible readings at Mass.

2. Catholics are opposed to gender prejudice and discrimination because Genesis 1 teaches that God created both men and women in the image of God, and also St Paul taught in Galatians that men and women are equal in Christ. Another reason is because the Catechism teaches that men and women are equal and should have equal rights in life and society. Pope Benedict’s first encyclical taught that there should be no gender prejudice or discrimination among Catholics.