

LIVING IN FAITH TOGETHER 2025-2026

Level 7



LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
September
2025-2026

Level 7

Chapter 1: The Mystery of God —covered in Sept LIFT

- If you didn't attend the September LIFT: Read Chapter 1 in your Alive in Christ book, p. 51. Complete the Chapter 1 activity master in this packet.

Chapter 2: Word of God in Sacred Scripture

- Read Chapter 2 in your Alive in Christ book, p. 63.
- Complete the Chapter 2 activity master in this packet.

Have fun! Remember: write on the activity master and not in the book. :)

Prayer Corner: Our Father

Prayer the "Our Father" prayer everyday until we meet again:

Our Father, Who art in heaven,

Hallowed be Thy Name. Thy Kingdom come,

Thy Will be done, On earth as it is in Heaven.

Give us this day, our daily bread,

And forgive us our trespasses, as we forgive those who trespass against us.

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

Chapter 1 Activity Master, Level 7

Read Chapter 1.

Pages 54-55 talk about how we can come to know who God is. What are some ways we can come to know God?

Who in your life can help you answer questions about God and creation?
What resources can you use to find answers to your questions?

Read Chapter 2.

Select one of the Evangelists and, in the space below, draw your own version of the symbol associated with him.

Evangelist	Symbol
Matthew	Human
Mark	Lion
Luke	Ox
John	Eagle

LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
October
2025-2026

Level 7

Chapter 4: God is Trinity—covered in our October LIFT

- If you didn't attend the October LIFT: Read Chapter 4 in your Alive in Christ book, p. 91 and complete the Chapter 4 activity master in this packet.

Chapter 5: Jesus, Word of God

- Read Chapter 5 in your Alive in Christ book, p. 103.
- Complete the Chapter 5 activity master in this packet.

Family Life: Unit 1

- Read Unit 1 in your Family Life book, p. 9-18.
- Complete the Unit 1 activity master in this packet.

Prayer Corner: Hail Mary

Pray the "Hail Mary" prayer as well as the "Our Father" prayer every day until next month:

Hail, Mary, full of grace,
the Lord is with thee.

Blessed art thou amongst women
and blessed is the fruit of thy womb, Jesus.

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

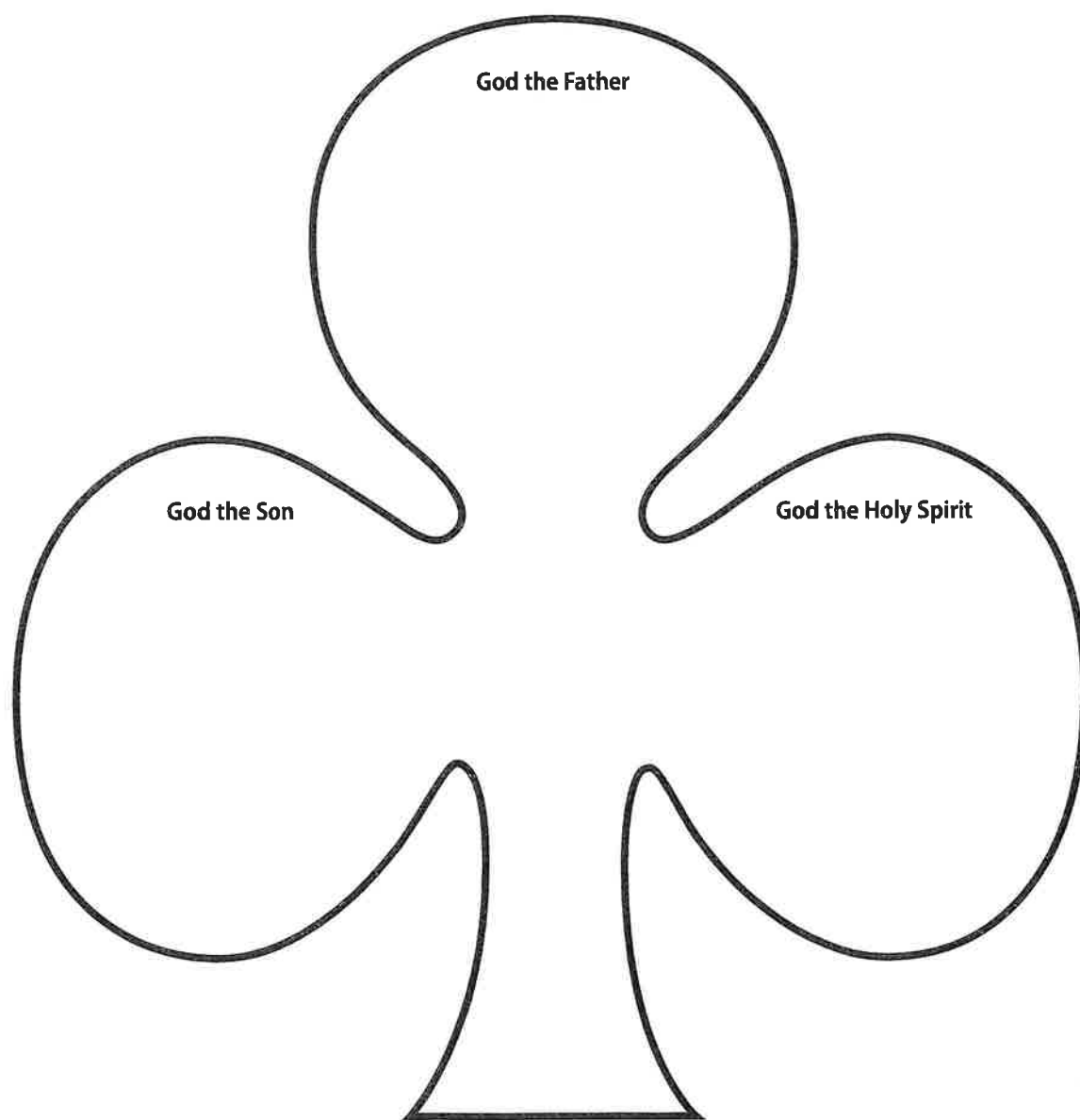
Name _____

Date _____

Trinity Titles

create a list of titles for one Divine

Person of the Trinity. (For example: God the Son is also known as Jesus. The Holy Spirit is also called Counselor.)

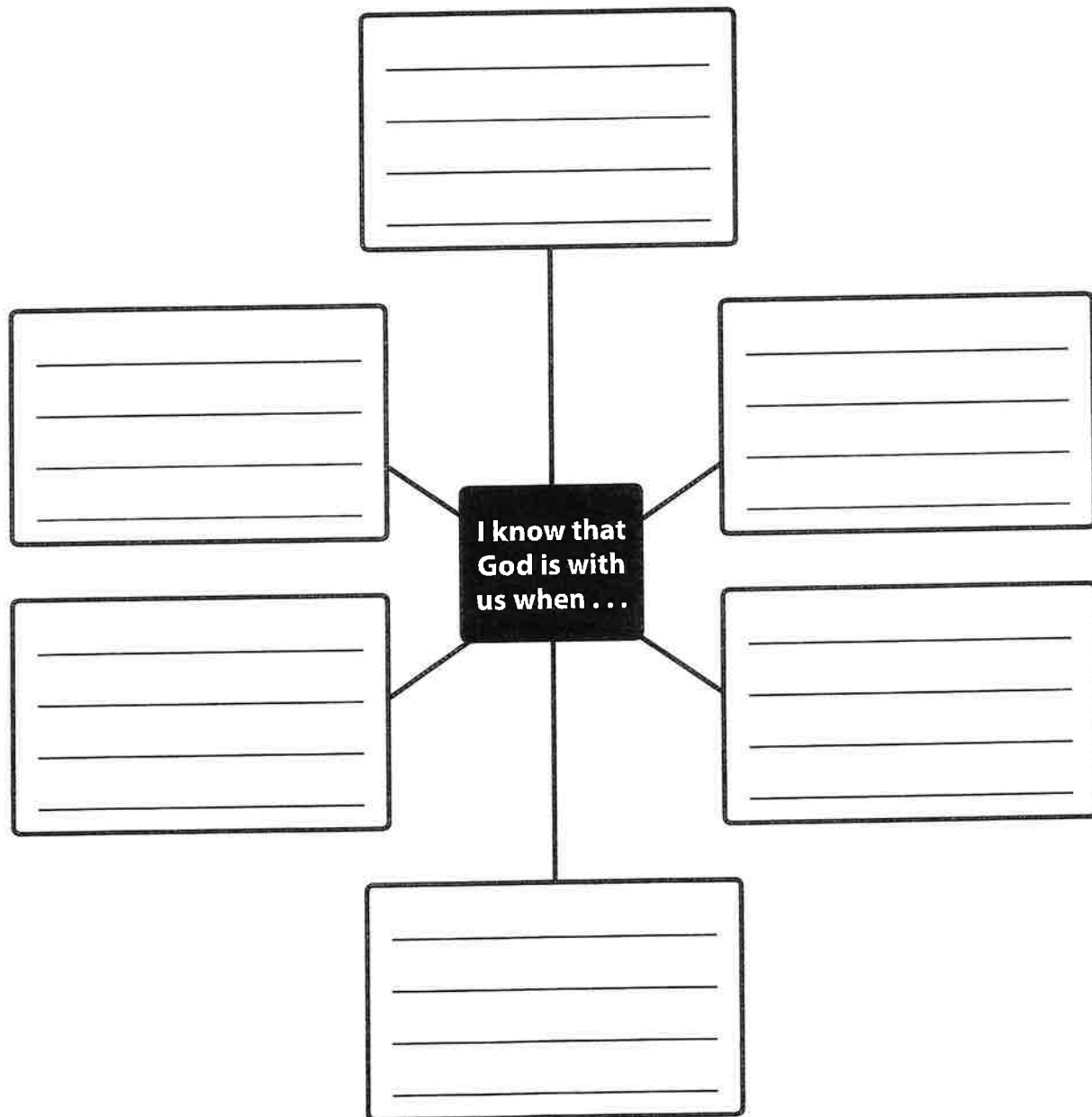


Name _____

Date _____

God Is with Us

Think about your own experiences and the experiences of people you know. Complete the diagram below by identifying ways that show God is with us.



LIFT October

Level 7

Family Life Unit 1, Response Sheet

Thinking It Through

1. What are some ways you practice good communication with your family members?

2. What techniques do you use to resolve conflict peacefully?

3. How are your values influenced by your faith?

LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
November
2025-2026

Level 7

Chapter 7: The Way—covered in our November LIFT

- If you didn't attend the November LIFT: Read Chapter 7 in your Alive in Christ book, p. 131 and complete the Chapter 7 activity master in this packet.

Chapter 8: Model of Wisdom

- Read Chapter 8 in your Alive in Christ book, p. 143.
- Complete the Chapter 8 activity master in this packet.

Family Life: Unit 2

- Read Unit 2 in your Family Life book, p. 21-30.
- Complete the Unit 2 activity master in this packet.

Prayer Corner: Glory Be

Pray the “Glory Be” prayer as well as the “Our Father” and “Hail Mary” prayers every day until next month:

Glory be to the Father and to the Son and to the Holy Spirit.

As it was in the beginning, is now, and ever shall be, world without end.

Amen.

Name _____

Date _____

Do Well

It is often said:

If you feel good about yourself, you will do well.

Suppose the opposite was true:

If you do well, you will feel good about yourself.

Imagine that you asked Jesus, "What does it mean to do well?" What would he say?

Record your thoughts below.

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There is no handwriting or other markings on the paper.

Name _____

Date _____

Once Upon a Time

Wisdom: the spiritual gift that makes it possible for someone to know about the purpose and plan of God.

Reflect on times when you were the source of wisdom for someone else, ignored wisdom, and sought wisdom.

A time when I was a source of wisdom for someone else: _____

The situation: _____

My wisdom message was: _____

I got that wisdom from: _____

A time when I ignored wisdom and made an unwise decision: _____

The situation: _____

The wisdom I ignored: _____

The reason(s) I didn't follow it: _____

The result: _____

The message now: _____

A time when I sought wisdom and found it: _____

The situation: _____

Where I found wisdom: _____

The message was: _____

How I knew it was right: _____

LIFT November

Level 7

Family Life Unit 2, Response Sheet

Thinking It Through

1. How have you grown spiritually in the last year?

2. How do students in your school show respect toward people of the other gender?

3. Identify one masculine and one feminine image that would help you personalize your relationship with God.

LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
December
2025-2026

Level 7

Please complete the following assignment if you were NOT at the December LIFT session.

If you were present at the December LIFT session, there is NO assignment due at this time.



Advent: Being Ready

- Read the chapter on Advent in your Alive in Christ book, p. 22

Christmas: Our Gift

- Read the chapter on Christmas in your Alive in Christ book, p. 26
- Complete the December activity master

Have a Merry Christmas and a Happy New Year!

LIFT December Level 7 Response Sheet

During the season of Advent, we prepare for the coming of Christ at Christmas. Name three things we as Catholics do during the season of Advent to prepare.

What does it mean that we are in a “second Advent”?

What do we celebrate at Christmas?

How can you be generous and give of yourself during this Christmas season?

What is your favorite family tradition at Christmas?

LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
January
2025-2026

Level 7

Chapter 10: Disciples in Community

- If you did not attend the January LIFT, read Chapter 10 in your Alive in Christ book, p. 171 and complete the Chapter 10 activity master in this packet.

Chapter 11: Christ Present Among Us

- Read Chapter 11 in your Alive in Christ book, p. 183
- Complete the Chapter 11 activity master in this packet.

Family Life: Unit 3

- Read Lessons 5 and 6 in your Family Life book , p 33-42.
- Complete the Unit 3 activity master in this packet

Prayer Corner: Up your prayer game!

What can you do this month to up your prayer game? Here are some ideas:

- If you are already praying at night, start praying in the morning before school too.
- If you pray for 5 minutes each day, try to stretch it to 10 minutes a day.
- Introduce saying grace before meals.
- Pull out a children's Bible and read a story before prayer.
- Pray a decade of the rosary each day as a family.



Name _____

Date _____

The Chosen Twelve

Refer to the Scripture passages mentioned on pages 174–176 to fill in each blank below. When a line has a number beneath it, transfer that letter to the blank marked with that number at the bottom of the page. When you are finished, the letters that have been transferred to the bottom of the page will spell an important message.

1. _____ the _____ was a popular preacher in Jesus' time.
6 13 18
2. Philip invited his friend to meet Jesus by saying " _____."
2 11 22
3. Zebedee's sons were also called the " _____."
24 27
4. Thomas was called _____, which means "the twin."
20 3
5. In the Gospel according to Mark, Matthew is called _____.
8 21 26
6. Jesus told his disciples not to carry _____ or a _____ stick.
14 23 10 7 19
7. If a town didn't welcome them, they were to shake the dust of that town from their _____.
4
8. Jesus gave _____ the new name, _____.
9 28
9. Don't _____ Jude _____ with
1 5 25 12 15
Judas _____
16
10. _____ called himself "the tax collector."
17

THE MESSAGE:

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	7	8
19	20	21	22	23	24	25	7	26	27	28									

Chapter 11: Why is this idea important?

Read Chapter 11. Choose one of the bolded vocabulary words in the chapter. Then, write the word and its definition below. (You can find it in the "Catholic Faith Words" box. Then, write two sentences about why this idea is important to the faith.

Word and the definition:

Why is this idea important to the faith?

LIFT January

Level 7

Family Life Unit 3, Response Sheet

Thinking It Through

1. What makes you a beautiful person?

2. What does God see in all people that some people in our culture do not?

3. What seems to be a strong temptation in your life right now to use: alcohol, tobacco, or drugs?

LIVING IN FAITH TOGETHER



at Church
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February
2025-2026

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Chapter 13: Freedom and Responsibility

- If you did not attend the February LIFT, read Chapter 13 in your Alive in Christ book, p. 211 and complete the Chapter 13 activity master in this packet.

Chapter 14: Respecting Life

- Read Chapter 14 in your Alive in Christ book, p. 223
- Complete the Chapter 14 activity master in this packet.

Family Life: Unit 4

- Read Lesson 7 and Lesson 8 in your Family Life book, p. 45-54.
- Complete the Unit 4 activity master in the packet.

Prayer Corner: Preparing for Lent

How do we prepare for Lent? Almsgiving, Fasting, Prayer.

- **Almsgiving** – giving money to the poor.
- **Fasting** - fasting literally means not eating but you can also fast from foods (ice cream, dessert, pizza) or fast from activities like playing video games or scrolling on Tik Tok.
- **Prayer** – For Lent, we can up our prayer game. Maybe if you pray as a family at night, add the morning as well. Consider saying grace together at dinner, if you don't already. Maybe if you are doing all of this, consider beginning to say the rosary.

What will you do as a family to observe Lent this year?

Name _____

Date _____

What's Your Decision?

For each moral dilemma described below, identify the object, the intention, and the circumstances of each situation. Use these elements to decide what you would do.

MORAL DILEMMA #1 You were directed to read six books over the summer. For most of the summer you did not do the reading and spent time with your best friend. It is now August, your best friend is on a trip, and so you begin the work. You realize that you probably won't have time to finish the book list. So, you find someone who has done the work and use his/her notes.

What is the object? _____

What is the intention? _____

What are the circumstances? _____

What is your decision? _____

MORAL DILEMMA #2 You want to give your mom a nice birthday present, but you don't have enough money. You would never steal anything from a store in the small town where you live because you know how that would hurt the store owners. But today you are in the mall. Many of the stores at the mall are owned by big corporations that get their merchandise at a discount and charge too much. The gift would really make your mom happy and she has had a really difficult year.

What is the object? _____

What is the intention? _____

What are the circumstances? _____

What is your decision? _____

MORAL DILEMMA #3 There is a group of students at your school who have singled out one person in the class. They constantly make fun of that person and now you hear that they are harassing this person online. You and your friends do not participate in the bullying but you also haven't taken any action to stop what is happening.

What is the object? _____

What is the intention? _____

What are the circumstances? _____

What is your decision? _____

Name _____ Date _____

Worst and Best Case Scenarios

As much as we'd like to deny it, we've all experienced times when we acted at our worst. We've also made some pretty good choices and been at our best. Choose one of the situations listed below and describe both the worst and the best ways people could act in these circumstances. You may also make up a different situation.

Join the small group to which you have been assigned. Compare ideas, and select one of the situations to role-play. Present both worst and best case scenes in a way that shows you understand how people can get drawn into acting at their worst. Use the scenarios to illustrate how we can overcome the temptation to act contrary to Jesus' teachings and how we can behave in ways that show respect for all life.

SITUATION #1 The smartest person in your class, whom everyone expected to win the school spelling bee, just lost in the fourth round.

The worst you and your friends could do: _____
 The best you and your friends could do: _____

SITUATION #2 A new student registered in your school this morning and will be in your homeroom. The student is blind and has a seeing-eye dog as a constant companion.

The worst you and your friends could do: _____
 The best you and your friends could do: _____

SITUATION #3 On a class field trip, everyone wanted to make an extra stop to buy lunch at a fast-food restaurant. Pat, however, did not get off the bus with everyone else to buy lunch. You wonder if this is from lack of appetite or lack of money.

The worst you and your friends could do: _____
 The best you and your friends could do: _____

SITUATION #4 _____

The worst you and your friends could do: _____
 The best you and your friends could do: _____

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LIFT February Level 7

Family Life Unit 4, Response Sheet

Thinking It Through

1. List ways in which you desire to be treated with respect by others of the complementary or other sex.

2. What pressures do you feel about maturing sexually? How can you best deal with them?

3. List examples of chaste living.

LIVING IN FAITH TOGETHER



at Church
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Holy Eucharist
March
2025-2026

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If you were present at the March LIFT session, there is no assignment due at this time. Please complete the following assignment if you were not at the March LIFT session.

Lent: Conquering Temptation

- Read the chapter on Lent in your Alive in Christ book, p. 34

Easter: Meeting Jesus with Joy

- Read the chapter on Easter in your Alive in Christ book, p. 42
- Complete the March response sheet that covers both chapters.

Have a Happy Easter!
He is risen, indeed!



LIFT March Level 7 Response Sheet

How do the seasons of the natural world reflect the spiritual reality of Lent?

What is “self control” and why is it important that we try to cultivate it in our lives?

Why is Easter not Christmas the most important season of the liturgical year or the Church calendar?

What is your favorite family tradition at Easter?

LIVING IN FAITH TOGETHER



at Church
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Holy Eucharist
April
2025-2026

Level 7

Chapter 16: God's Masterworks

- If you did not attend the April LIFT, please read Chapter 16 in your Alive in Christ book, p. 251.
- Complete the Chapter 16 activity master in this packet.

Chapter 17: Sacraments of Initiation

- Read Chapter 17 in your Alive in Christ book, p. 263.
- Complete the Chapter 17 activity master in this packet

Family Life: Unit 5

- Read Lesson 9 in your Family Life book, p. 57-62.
- Read Lesson 10 in your Family Life book, p. 63-66.
- Complete the Unit 5 activity master in this packet

Prayer Corner: Aspirations

The Catholic Church has a tradition of short prayers called aspirations. Aspirations can help us to focus on God, to deal with an anxious moment, to fall asleep, to still our busy minds. Try using aspirations this month as a family. Here are some favorites:

- Lord Jesus Christ, Son of the Living God, have mercy on me a sinner.
- Jesus, come.
- Jesus, I trust in You.
- Jesus, I surrender myself to you, take care of everything.

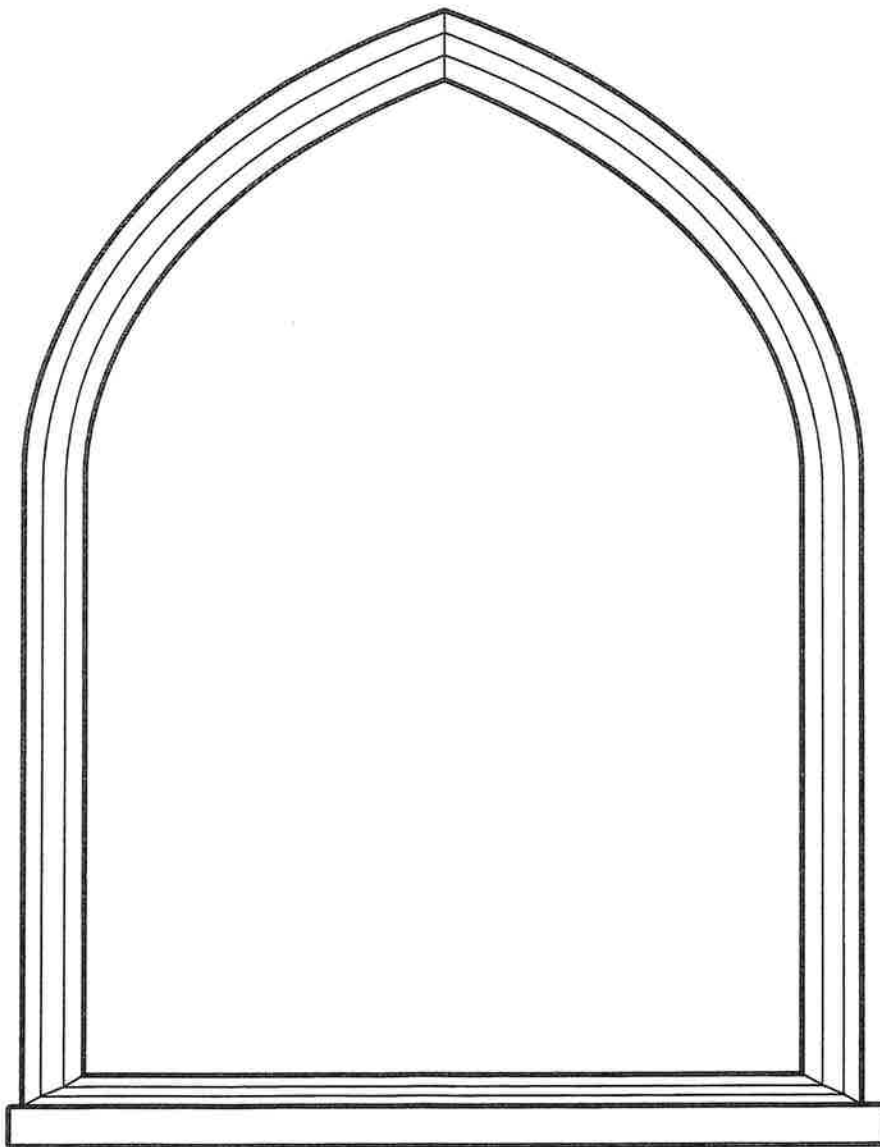
Name _____

Date _____

Masterworks of God

In Europe during the Middle Ages, many people could not read. Those who built churches designed artwork to teach about Christ and the Church. Pretend you are a designer; your assignment is to create a window in a new church to teach about one of the Seven Sacraments. The plan is to have seven stained-glass windows—one for each of the Seven Sacraments, so you will need to work in a group with six others. Discuss with your group who will work on each Sacrament. Sketch in your designs.

SACRAMENT OF _____



Name _____

Date _____

The Gifts of the Holy Spirit

The Holy Spirit gives us many different gifts to help us on our faith journey:

WISDOM: Helps us see things more like God sees them. We can make decisions with clear thinking.

UNDERSTANDING: Helps us know why people say and do things. We can “stand with them” even if we don’t agree with them.

KNOWLEDGE: Helps us learn the teachings of our faith and of our world. We gain facts and information we need.

REVERENCE (PIETY): Helps us show respect for God and all of God’s creation.

RIGHT JUDGMENT (COUNSEL): Helps us seek good advice and give good advice before decisions are made.

COURAGE (FORTITUDE): Helps us stand up for what we believe in and live our faith without fear of what others think.

WONDER AND AWE (FEAR OF THE LORD): Helps us know our place before God. We see God’s power and his great love for us.

In the chart below, write about a time or situation when you need each gift. List one person you have seen use each gift and tell how they used it. Write on a separate sheet of paper if necessary.

	I need this gift when:	Who I saw use this gift:	How the person used this gift:
WISDOM			
UNDERSTANDING			
KNOWLEDGE			
REVERENCE (PIETY)			
RIGHT JUDGMENT (COUNSEL)			
COURAGE (FORTITUDE)			
WONDER AND AWE (FEAR OF THE LORD)			

Level 7

Family Life Unit 5, Response Sheet

Thinking It Through

1. How is your school a community and what are some of its unique qualities?

2. What has been most rewarding about your friendships?

3. How does God's love help you contribute to your relationships?

LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
May
2025-2026
Level 7

Please complete the following assignment if you were NOT at the May LIFT session.

Chapter 19: Called By God

- Read Chapter 19 in your Alive in Christ book, p. 291.
- Complete the activity master in your packet.

Once you have completed the assignment, please return your Alive in Christ and Family Life books to the Faith Formation Office. Thank you and enjoy your summer!

A Prayer for Summer



Father, Creator of all, thank you for summer! Thank you for the warmth of the sun and the increased daylight. Thank You for the beauty I see all around me and for the opportunity to be outside and enjoy your Creation. Thank You for the increased time I have to be with my friends and family, and for the more casual pace of the summer season. Draw me closer to You this summer. Teach me how to pray no matter where I am or what I am doing. Warm my soul with the awareness of Your presence and light my path with Your Word and Wisdom. As I enjoy Your creation, create in me a pure heart and a hunger and a thirst for you! Amen.

Name _____

Date _____

How Can I Serve?

In the left column, write three or four talents you have. In the right column, match your talents with a possible need in the Church. In the space below, make a plan for a way that you will begin to use one of your talents to fill a need in the Church.

My Talents:

1. _____

2. _____

3. _____

4. _____

Needs in the Church:

1. _____

2. _____

3. _____

4. _____

10. *Journal of the American Medical Association*, 2000; 284: 1012-1016.

My plan for using my talent now:

[illegible]