

LIVING IN FAITH TOGETHER 2025-2026

Level 8



LIVING IN FAITH TOGETHER



at Church
of the
Holy Eucharist
September
2025-2026

Level 8

Chapter 1: In God's Image—covered in September LIFT

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

Chapter 2: Revelation and Faith

- 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 8

Read Chapter 1.

Match each description in Column A with the correct term in Column B.

Column A	Column B
___ 1. Sacred promise or agreement between God and humans	a. Decalogue
___ 2. Ten Commandments	b. covenant
___ 3. Spiritual principle of a human that will exist for ever	c. soul
___ 4. God-given freedom and ability to choose and make decisions	d. free will

True or false

_____ 5. Natural law, like the Ten Commandments, guides us in making choices.

_____ 6. The prophet Noah constantly reminded the people that God would take away their hardened hearts and replace them with a new heart.

_____ 7. It is your soul that makes it possible for you to think, reason, and judge.

_____ 8. God chose Moses to lead His people out of Egypt and gave him the Ten Commandments.

Chapter 2 Activity Master, Level B

Read Chapter 2.

In the yellow box on Page 63, St. James in his letter says that "So also of faith itself, if it does not have works, it is dead." In other words, if we say we have faith, but we do nothing to show it through our actions, our faith is dead. What are some actions that kids your age can do to show that you have a living faith?

What are the two sources of God's Revelation to us? How do these two sources help us to learn about the faith and hand it on to others?

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October
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Chapter 4: The Trinity Made Known—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: The Holy Family

- 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 _____

My Family Tree

A family tree is a record of family members and relationships. Work with your parents/guardians or other family members to fill in the details of your family tree. Add more boxes where needed. Ignore boxes that don't apply to your family.

Grandmother _____ _____	Grandfather _____ _____	Grandmother _____ _____	Grandfather _____ _____
Aunt/Uncle _____ _____	Mother _____ _____	Father _____ _____	Aunt/Uncle _____ _____
Sister _____ _____ _____	My Family Tree		Brother _____ _____ _____
Sister/Brother _____ _____	My Name _____ _____	Sister/Brother _____ _____	

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Name _____

Date _____

My Family as Church

In Catholic tradition, the family is known as the domestic Church. Below you will find seven elements of Church life. Identify how your family lives out these elements.

WORD: Christian message and teaching

LEADERSHIP: for the head of the household

SERVICE: Catholic Social Teaching and serving others

WORSHIP: prayer, spirituality, and praise

EVANGELIZATION: our mission of sharing the Good News of Jesus

STEWARDSHIP: accepting life as a gift and giving to others

COMMUNITY: living out what we say we believe

LIFT October

Level 8

Family Life Unit 1, Response Sheet

Thinking It Through

1. What do families today need most to be happy?

2. What can families do to help young people make good moral decisions?

3. What are some important ways to form your conscience correctly?

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Chapter 7: Encountering Christ—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: Life in Christ

- 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 _____

Clique or Community?

Consider a group that you or your family are part of and describe what makes it a positive experience of community for you. It could be a parish group, a group in your neighborhood or school, or even friends from an old neighborhood.

Think about some of the cliques in school or in your neighborhood and then describe the characteristics they have in common.

Label the following words as characteristics of either a "clique" or a "community."

Powerful _____

Trusting _____

Forgiving _____

Controlling _____

Respectful _____

Open _____

Exclusive _____

Under the column titled "Community," place the words you used in this activity to describe community. In the second column titled "Cliques," place the words you used in this activity to describe cliques. Some words may fit under both columns.

Community	Cliques
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Name _____

Date _____

Change of Heart

Look through newspapers and magazines (print or online versions) to find a story of conversion. Attach the article you chose to this paper and answer the following questions about the story.

What change of heart did the person experience? _____

What prompted the conversion? _____

In what way did the person turn from sin? _____

How has the person's life changed since the conversion? _____

What was the impact of the conversion on other people? _____

Think about a time when you experienced conversion. What was the change like? What impact did the change have on your family and friends?

LIFT November

Level 8

Family Life Unit 2, Response Sheet

Thinking It Through

1. How can you work to overcome negative influences or obstacles?

2. How is self-control a sign of maturity?

3. Why is understanding your emotions important in relating with others and respecting yourself?

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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: Our Lady of Guadalupe

- Read the chapter on the Feast of Our Lady of Guadalupe in your Alive in Christ book, p. 26

Christmas: The Word Made Flesh

- Read the chapter on Christmas in your Alive in Christ book, p. 30
- Complete the December activity master.

Have a Merry Christmas and a Happy New Year!

LIFT December Level 8 Response Sheet

The Feast of Our Lady of Guadalupe falls during Advent on December 12. Name one miracle that happened through Juan Diego's interactions with Mary, the Blessed Mother.

What do we celebrate at Christmas?

Why did God promise to send Jesus to us?

What is your favorite family tradition at Christmas?

LIVING IN FAITH TOGETHER



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January
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Chapter 10: The Church is Apostolic

- 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: The Church is Catholic

- 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.



Chapter 10 Activity Worksheet Level 6 Unit 3

Read Chapter 10. Then, answer the following question: What is one thing that stood out for you? Write down the page number where you found something that stood out for you and then write 3-4 sentences about it.

Page: _____

Response:

Name _____

Date _____

The Church Is Catholic and Apostolic

Refer to Chapters 10 and 11 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 transferred letters will spell an important message.

1. Handing down the authority to lead the Church from Saint Peter to the Pope and bishops today:

_____ 10 _____ 15 _____ 3 _____ 12 _____

2. The teaching authority of the Church:

_____ 24 _____ 9 _____ 4 _____

3. The particular Church that is led by a bishop:

_____ 17 _____ 30 2 _____

4. The Pope, as successor to Saint Peter and leader of the universal Church, is called the

_____ 21 _____ 7 _____ 28 _____

5. The second degree of Holy Orders:

_____ 25 _____ 18 _____ 10 _____

6. The Church MUST spread the Gospel. This is her missionary

_____ 23 _____ 13 _____ 20 _____

7. The Four Evangelists, listed in the order in which their Gospels appear in the Bible, are

_____ 16 _____ 19 6, _____ 26 11 _____ and _____ 1 _____ 8 _____

8. The Church is for everyone; therefore, we call her universal, or

_____ 22 29 _____ 27 _____

9. To follow Christ is to be his

_____ 5 _____ 14 _____

THE MESSAGE:

_____ 1 _____ 2 _____ 3 _____ 4 _____ 5 _____ 6 _____ 7 _____ 8 _____ 9 _____ 10 _____ 11 _____ 12 _____ 13 _____ 14 _____ 15 _____ 16 _____ 17 _____ 18 _____ 19 _____
 _____ 20 _____ 21 _____ 22 _____ 23 _____ 24 _____ 25 _____ 26 _____ 27 _____ 28 _____ 29 _____ 30 _____

LIFT January

Level 8

Family Life Unit 3, Response Sheet

Thinking It Through

1. What are the greatest threats to God's gift of life and how can they be overcome?

2. How does valuing and showing respect for the dignity of every person affect medical and health-care decisions?

3. How would you communicate to other teenagers the dangers of substance abuse?

LIVING IN FAITH TOGETHER



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Chapter 13: Honoring God

- 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: Honoring the Family

- 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 _____

Advice Column

You've been asked to write the "Wise Person" column for the local paper by answering these letters. Provide advice that is based on the First and Second Commandments.

Dear Wise Person,

My mom refuses to take me to a concert after hearing me swear at my friends yesterday. She also grounded me. Don't you think she's overreacting?

Sad Kid

Dear Sad Kid,

Dear Wise Person,

I'm a Catholic girl who goes to 10 a.m. Mass every Sunday and sings in the choir. I just met a boy I really like. He wants me to go to a ball game next Sunday and skip Mass. How can I explain to this guy that my religion is really important to me?

Singing in the Choir

Dear Singing in the Choir,

Name _____

Date _____

Filial Respect

In order to keep the Fourth Commandment—"Honor your father and your mother"—we need to respond to our parents in four ways. This fourfold response is called "filial respect." The four responses are: obedience, respect, gratitude, and assistance. Use the following interview questions to record your own attitudes about filial respect and to poll your classmates and others. Use additional paper as needed.

OBEDIENCE

Give an example of how your parent(s) or guardian(s) expect you to obey.

Do you find it easy or difficult to obey? Why?

RESPECT

Describe how you think a person can show respect.

List some things you respect about your parent(s) or guardian(s).

GRATITUDE

List one or two reasons you are grateful to your parent(s) or guardian(s).

Do you think he/she/they know you are grateful? Why or why not?

ASSISTANCE

Describe a time when you assisted one or both parents or guardians.

How can you provide your parent(s) or guardian(s) with more assistance in the future?

LIFT February

Level 8

Family Life Unit 4, Response Sheet

Thinking It Through

1. How is it possible for boys and girls to be friends?

2. How do you define true Christian love?

3. What are the benefits a married couple receives in the Sacrament of Matrimony?

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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: Go Toward the Light

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

Easter: New Freedom

- 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 8 Response Sheet

What sacrament is helpful during Lent to confront the darkness and sinfulness of our lives?

What is self-control? How can we develop this in our lives?

How long do we celebrate the season of Easter?

What is your favorite family tradition at Easter?

LIVING IN FAITH TOGETHER



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April
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Chapter 16: Worship and Grace

- 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: Faithful Living

- 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 _____

What About It?

Every Catholic young person should explore all the possible ways God may be calling him/her. Do you have a vocation to be married? Do you have a vocation to join a religious community? If you are a boy, is God calling you to be a priest? These questions cannot be answered quickly or lightly. It takes time to discover what God is calling you to do. It takes a process of discernment—listening to the Holy Spirit when you pray, listening to trusted spiritual guides, listening to your own heart.

The First Thing It Takes: Total honesty about yourself!

- Can you see what your strengths AND your weaknesses are?
- Can you see how they make you the totally unique human being you are?
- Can you see how God loves you as you are?

Spend a few minutes sometime this week, alone in a quiet place, reading and answering the questions below. Pray as you do this, asking the Holy Spirit to guide you.

- What things do you enjoy doing most?

- What talents or skills do you possess?

- What qualities do you possess as a person?

- Are there any particular causes that are most important to you?

- What are some ways that you would like to help others?

- What experiences helping others have you had in the past that you enjoyed?

- What do you think God is calling you to do?

- How can you prepare yourself to do the work that you think God is calling you to do?

Level 8

Family Life Unit 5, Response Sheet

Thinking It Through

1. Which groups or communities have the most positive influences on your life?

2. How would you mentor, or what advice would you give to a sixth-grader toward achieving healthy and holy growth?

3. Why is it important to understand that your life has meaning and purpose?

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May
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Level 8

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

Chapter 19: The Communion of Saints

- 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 _____

Sacramentals in My Life

Fill out the information about two sacramentals that you use or that are in your home.

A sacramental that I use or that is present in my home: _____

I/We received it when: _____

I use it when [or] it helps me to: _____

A question about this sacramental that I would like to research is: _____

It is important to me because: _____

A sacramental that I use or that is present in my home: _____

I/We received it when: _____

I use it when [or] it helps me to: _____

A question about this sacramental that I would like to research is: _____

It is important to me because: _____
