

**WORSHIP and PRAYER**  
**ELEMENTARY COURSE OF STUDY**  
**GRADES K, 1, 2, 3, 5, 7**

**LITURGY**

**General**

**The students will:**

- |              |   |
|--------------|---|
| <b>Grade</b> | <b>K</b> know that the most important way we worship God is in the Mass.  |
|              | <b>3</b> know that the Mass is the central act of worship for Catholics.  |
|              | <b>5</b> know that the Mass (Eucharistic Liturgy) is the central act of worship for Catholics.  |
|              | <b>7</b> know that liturgy is the official public worship of the Church.  |
|              | <b>7</b> know the three forms of liturgy: Mass (Eucharistic liturgy), celebration of the Sacraments, and the Prayer of Christians (Divine Office).        |
|              | <b>1</b> know that the Mass is a time for celebration as God's family .   |
|              | <b>3</b> know that the Mass is a time for celebration as God's family for prayer, for giving thanks, and for offering gifts.                              |
|              | <b>5</b> know that the Eucharist is a time for celebration as God's family for prayer, for giving thanks, and for offering gifts as a Catholic community. |
|              | <b>3</b> identify the Liturgy of the Word and the Liturgy of the Eucharist as the two principal parts of the Mass.  |
|              | <b>5</b> know the order of the Mass.  |
|              | <b>7</b> know the order and meaning of the Mass.  |
|              | <b>K</b> know that Jesus is present when we celebrate Mass.   |
|              | <b>1</b> know that Jesus is present when we celebrate Mass.   |
|              | <b>3</b> know that Jesus is present when we celebrate Mass.   |
|              | <b>3</b> know that at Mass we forgive others and ask forgiveness for ourselves.   |
|              | <b>5</b> know that at Mass we forgive and are forgiven.   |
|              | <b>7</b> know during which parts of the Mass we forgive and are forgiven; e.g., Lord Have Mercy, Our Father, Sign of Peace and Lamb of God.               |
|              | <b>5</b> define the term Eucharistic Prayer.  |
|              | <b>5</b> know that at Mass the Church celebrates Christ's life, suffering, death and resurrection.  |
|              | <b>7</b> know that at Mass the Church celebrates Christ's life, suffering, death and resurrection (Paschal Mystery).                                      |
|              | <b>3</b> know that in the Mass Jesus offers Himself to God and gives Himself to us.   |
|              | <b>5</b> know that in the Mass Jesus gives Himself to us so we have the strength to witness and to serve others.  |
|              | <b>7</b> know that in the Mass Jesus gives Himself to us so we have the strength to witness and to serve others.  |

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**Liturgy of the Word**

**The students will:**

- 1 know that God speaks to us when we hear His word read from the Bible at Mass.
- 3 know that God speaks to us through the Liturgy of the Word.
- 3 know that the parts of the Bible read at Mass are from a book called the Lectionary.
- 5 know that the Lectionary contains readings from the Old and New Testaments.
- 5 know that at every Mass there is a reading from the Gospel.
- 7 know that the first reading(s) in the Liturgy of the Word is from the Old Testament or the Acts of the Apostles or a letter (Epistle) and sometimes from the Book of Revelation.
- 7 know that in Ordinary Time the Responsorial Psalm and Alleluia verse precede the Gospel.
- 7 know that in Lent there is no Alleluia following the Responsorial Psalm before the Gospel.
- 7 understand the format of the Lectionary: liturgical cycle; years ABC; daily readings years one and two.
  
- 1 know that the homily is a lesson about the readings from the Bible.
- 3 know that the homily is part of the Liturgy of the Word and helps us understand the readings.
- 5 know that the homily is part of the Liturgy of the Word and helps us understand the readings.
  
- 3 know that the Liturgy of the Word ends with the General Intercessions.
- 5 know that the Liturgy of the Word ends with the General Intercessions.
- 7 know the parts of the Liturgy of the Word: opening prayer, scripture reading, responsorial psalm, Alleluia (except in Lent), homily, profession of faith (Sundays and Feast Days), and General Intercessions.

**Liturgy of the Eucharist (See Sacraments, Eucharist)**

**The students will:**

- 1 know that the second part of the Mass prepares us to receive Jesus in Holy Communion.
- 3 know that the second part of the Mass is called the Liturgy of the Eucharist.
- 5 know what the Eucharistic prayer is.
- 7 know that the Eucharistic prayer comes from the Jewish prayer of thanksgiving.

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- 3 know that through the words of consecration said by the priest at Mass the bread and wine become the Body and Blood of Christ.
- 5 know that through the words of consecration said by the priest at Mass, the bread and wine become the Body and Blood of Christ.
- 5 know that only the priest can validly say the words of consecration at Mass.
- 7 know that in the Eucharist, the substance of the bread and wine is transformed into the substance of the body and blood of Christ. This is called transubstantiation. ( CCC #1374-76, 1413).

**Participation at Liturgy**

**The students will:**

- 1 learn how to participate at Mass.
  - 2 prepare and participate in liturgy.
  - 3 prepare and participate in liturgy.
  - 5 prepare and participate in liturgy.
  - 7 prepare and participate in liturgy.
- 
- 1 begin to learn the appropriate responses at Mass.
  - 2 know and use the appropriate responses at Mass.
  - 3 know and use the appropriate responses at Mass.
  - 5 know and use the appropriate responses at Mass.
- 
- K** know that singing is a form of prayer.
  - 1 know that singing is a form of prayer.
  - 2 know that singing is a form of prayer and an expression of faith.
  - 3 know that singing is a form of prayer and an expression of faith.
  - 5 know that singing is a form of prayer and an expression of faith.
  - 7 know that singing is a way of celebrating with the community at Mass.
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- 1 know what the General Intercessions are.
  - 2 know the purpose of and how to write General Intercessions.
  - 3 know the purpose of and how to write General Intercessions.
  - 5 know the purpose of and how to write General Intercessions.
  - 7 know the purpose of and how to write General Intercessions.
- 
- K** experience silence as a part of worship.
  - 1 experience silence as a part of worship.
  - 2 experience silence as a time to pray in their hearts.
  - 3 experience silence as a time to pray in their hearts.
  - 5 experience silence as a time to pray in their hearts.
  - 7 know that periods of quiet at Mass are opportunities for reflection and prayer.

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- 2 define the following roles: lector, gift bearer, Eucharistic minister, cross bearer, candle bearer, altar server, priest.
- 3 define the following roles: lector, gift bearer, Eucharistic minister, cross bearer, candle bearer, altar server, priest.
- 5 define the following roles: lector, cantor, gift bearer, choir member, music minister, deacon, cross bearer, candle bearer, acolyte (altar server), presider (priest), assembly, extraordinary Eucharistic minister.

**Symbols, Articles, Postures and Gestures**

**The students will:**

- 1 know the following postures used at Mass (Liturgy): genuflecting, kneeling, standing, bowing, folding hands.
- 2 know the following postures used at Mass (Liturgy): genuflecting, kneeling, standing, bowing, folding hands.
- 3 know the following postures used at Mass (Liturgy): genuflecting, kneeling, standing, bowing, folding hands.
- 5 know the reason we use the following postures at Mass (Liturgy): genuflecting, kneeling, standing, bowing, folding hands.
  
- 1 know these articles located in the worship space: altar, candles, ambo (pulpit), tabernacle.
- 2 know the names and location of these articles located in the worship space: crucifix, altar, candles, tabernacle, sanctuary light, ambo (pulpit), baptismal font.
- 3 know the names and location of these articles located in the worship space: crucifix, altar, candles, tabernacle, sanctuary light, ambo (pulpit), baptismal font.
- 5 know the history and meaning of the following articles: altar, tabernacle, candles, sanctuary light, baptismal font, ambo (pulpit).
  
- 1 be shown these articles used at Mass (Liturgy): altar cloth, vestments, chalice, Lectionary.
- 2 know these articles used at Mass (Liturgy): altar cloth, vestments, chalice, Lectionary, Sacramentary.
- 3 know these articles used at Mass (Liturgy): altar cloth, vestments, chalice, Lectionary, Sacramentary.
- 5 know these articles used at Mass (Liturgy): altar cloth, vestments, chalice, cruets, Lectionary, ciborium, corporal, purificator.
  
- K be introduced to holy water and how it is used.
- 1 be introduced to holy water and be shown the location of the baptismal font and holy water fonts in the church.
- 2 know the meaning and use of holy water and incense.
- 3 know the meaning and use of holy water and incense.
- 5 know these articles used in other liturgical and non-liturgical celebrations: monstrance, sanctuary light, censer, pyx.

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- K** be familiar with the following symbols used during the liturgical seasons: Advent wreath, ashes, palms.
- 1** be familiar with the various items used during the liturgical seasons: Advent wreath, ashes, palms.
- 2** be familiar with the various items used during the liturgical seasons: Advent wreath, ashes, palms, Paschal Candle, Jesse Tree, etc.
- 3** be familiar with the various items used during the liturgical seasons: Advent wreath, ashes, palms, Paschal Candle, Jesse Tree, etc.
- 5** be familiar with and know the meanings of the Advent wreath, ashes, Paschal candle, Jesse Tree, etc.
- 7** know the meaning of and location in the church of the following oils: used in liturgy: Oil of Catechumens, Oil of the Sick, and Sacred Chrism.

**The Liturgical Year**

**The students will:**

- 3** know these colors used during the Liturgical Year: violet, white, green, red, and purple.
  - 5** know the structure of the Liturgical Year.
  - 7** know the structure of the Liturgical Year and the meaning of the colors used.
- 
- K** be introduced to and celebrate Advent as four weeks of waiting and preparing for Jesus.
  - 1** know and celebrate Advent as four weeks of waiting and preparing for Jesus.
  - 3** know and celebrate Advent as four weeks of waiting and preparing for Jesus.
  - 3** know that Advent begins on the Sunday nearest the feast of St. Andrew the Apostle, St. Peter's brother.
  - 5** know, understand and celebrate Advent as four weeks of waiting and preparing for Jesus.
  - 5** know that Advent means "coming to," an "arrival."
  - 7** know that Advent celebrates the threefold coming of Christ: in history (life of Jesus); in mystery (in sacraments); and in majesty (coming again at the end of time).
- 
- K** celebrate Christmas: Jesus is born.
  - 1** know the story of Christmas: Jesus is born.
  - 3** know that the liturgical season of Christmas is celebrated for twelve days.
  - 5** know the real meaning of Christmas and why we celebrate it.
- 
- K** celebrate Epiphany: wise men come to worship Jesus.
  - 1** know the story of Epiphany: wise men came to worship Jesus.
  - 3** know the story of Epiphany: magi come to worship Jesus.

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- 5 know that the word “Epiphany” means manifestation of Jesus to all people.
- 7 know that the Epiphany account is found only in the Gospel of Matthew.
  
- K** know that Lent is the time we prepare for Easter.
- 1** know that Lent is a preparation for Easter.
- 3** know that the word “Lent” means spring and consists of forty days of preparing for Easter by prayer, fasting, giving alms.
- 5** know that during Lent people between the ages of twenty-one and fifty-nine fast on Ash Wednesday and Good Friday.
- 5** know what the church laws of abstinence are: Catholics fourteen years and older do not eat meat on the Fridays of Lent; this is called Lenten abstinence.
  
- 7** know what the church laws of abstinence are: Catholics fourteen years and older do not eat meat on the Fridays of Lent; this is called Lenten abstinence.
- 7** know what the church laws of fasting are: on Ash Wednesday and Good Friday people between the ages of twenty-one and fifty-nine may eat only one full meal and may not eat solid food between meals.
  
- 1** know that Holy Thursday, Good Friday and Holy Saturday are special and are the final preparation for Easter.
- 3** know the term Easter Triduum (“tri” means three; “duum” means days): three days commemorating the Passion, Death and Resurrection of Jesus: Holy Thursday, Good Friday, Holy Saturday.
- 5** know some of the ritual components of the Easter Triduum: Holy Thursday, Good Friday, Holy Saturday.
- 7** be able to explain in their own words the Passion and Death narratives.
  
- K** celebrate Easter: Jesus saved us by dying and rising from the dead.
- 1** know that Easter is the central event of our Christian Faith because Jesus, our Savior, died and rose from the dead for us.
- 3** celebrate Easter as the central event of our Christian Faith because Jesus saved us by dying and rising from the dead.
- 5** know that Easter is the highest feastday in the Catholic Church.
- 5** know how the use of Easter eggs, chickens and rabbits is connected with the real meaning of Easter.
- 7** be able to explain in their own words the Resurrection narratives.
  
- 1** know that Easter Time lasts fifty days between Easter and Pentecost.
- 3** know that Easter Time lasts fifty days between Easter and Pentecost, including Ascension.
- 5** know, understand and celebrate Easter Time: 50 days between Easter and Pentecost, including Ascension, which is a holy day in the Catholic Church.

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- 7 know the meaning of Ascension and be able to tell in their own words the Ascension narratives.
  
- 1 know that Pentecost celebrates the coming of the Holy Spirit.
- 3 know that Pentecost is the birthday of the Church and the coming of the Holy Spirit.
- 5 know, understand and celebrate as recorded Pentecost as the birthday of the Church, and the coming of the Holy Spirit in the Acts of the Apostles.
- 7 be able to explain in their own words the Pentecost event as presented in the Acts of the Apostles.
  
- 5 know that there are thirty-four weeks in Ordinary Time.
- 7 know that the term Ordinary Time does not mean plain or simple but comes from the word “ordo” (to order). Ordinary Time is part of the order of the Liturgical Year between Christmas and Lent, and between Pentecost and Advent.
  
- 3 know that there are Holy Days of Obligation in the Catholic Church in the United States.
- 5 know the names, dates and meaning of the Holy Days of Obligation in the United States. (cf. Glossary)
- 7 know the names, dates and meaning of the Holy Days of Obligation in the United States. (cf. Glossary)

**PRAYER**

**General**

**The students will:**

- K identify prayer as talking and listening to God.
- 1 identify prayer as talking and listening to God.
- 3 identify prayer as talking and listening to God.
- 5 identify prayer as talking and listening to God; conversation with God.
  
- K know that prayers can be said any time, any place.
- 1 know that prayers can be said any time, any place.
- 3 know that prayers can be said any time, any place.
- 5 know that prayers can be said any time, any place.
- 7 know that it is only through the Holy Spirit that we have the ability to pray.
  
- K recognize and participate in individual and/or group prayer (spontaneous and traditional).
- 1 recognize and participate in individual and/or group prayer (spontaneous and traditional).

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- 3 recognize and participate in individual and/or group prayer (spontaneous and traditional).
- 5 recognize and participate in individual and/or group prayer (spontaneous and traditional).
- 7 recognize and participate in individual and/or group prayer (spontaneous and traditional).
  
- K** demonstrate reverence while praying.
- 1 demonstrate reverence while praying.
- 3 demonstrate reverence while praying.
- 5 demonstrate reverence while praying.
- 7 demonstrate reverence while praying.
  
- K** experience special times of prayer to celebrate and learn more about God.
- 1 experience special times of prayer to celebrate and learn more about God.
- 3 experience special times of prayer to celebrate and learn more about God.
- 5 experience special times of prayer to celebrate and learn more about God.
- 7 experience special times of prayer, to celebrate and learn more about God.
  
- 3 experience and understand meditative, reflective, vocal and other prayer styles.
- 5 experience and understand meditative, reflective, vocal and other prayer styles.
- 7 know that “contemplative prayer is the simple expression of the mystery of prayer. It is a gaze of faith fixed on Jesus, an attentiveness to the Word of God, a silent love.” (CCC #2709-19, 2724).
- 7 have opportunities for contemplative prayer.

**Specific**

**The students will:**

- K** memorize the “Sign of the Cross.”
- 1 memorize and understand the “Sign of the Cross.”
- 3 memorize and understand the “Sign of the Cross.”
  
- 1 know the “Our Father.”
- 3 memorize and understand the “Our Father.”
- 5 memorize and understand the “Our Father.”
  
- 1 know the “Hail Mary.”
- 3 memorize and understand the “Hail Mary.”
- 5 memorize and understand the “Hail Mary.”

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- K** be able to say a form of Grace before meals and Grace after meals.
- 1** be able to say Grace before meals and Grace after meals.
- 3** be able to say Grace before meals and Grace after meals.
- 5** be able to say Grace before meals and Grace after meals.
  
- 3** know and understand the "Glory Be."
- 5** memorize and understand the "Glory Be."
  
- 3** know an Act of Contrition in their own words.
- 5** say an Act of Contrition in their own words and understand the meaning.
  
- 1** know prayers of praise, thanksgiving, petition and sorrow.
- 3** know prayers of praise, thanksgiving, petition and sorrow.
- 5** know the difference between prayers of praise, thanksgiving, petition and sorrow.
- 7** understand prayers of blessing; we bless God for the blessings he has bestowed upon us. (CCC #2626-27, 2645).
- 3** know the Apostles' Creed.
- 5** memorize and understand the Apostles' Creed.
- 7** memorize and understand the Nicene Creed.
  
- 1** know what a Rosary looks like and that it is prayed to honor Mary.
- 3** understand how the Rosary is said and experience praying it.
- 5** memorize the mysteries of the Rosary and how they are used in praying the Rosary.
- 7** know the mysteries of the Rosary, how they are used in praying the Rosary, and how the Rosary began.
  
- K** know where the Stations of the Cross are in church.
- 1** experience praying the Stations of the Cross.
- 3** experience praying the Stations of the Cross.
- 5** know the names of the Stations of the Cross and experience praying them.
- 7** know and understand the Stations of the Cross and experience praying them.
- 7** know that the Liturgy of the Hours (formerly called the Divine Office) is the Church's full cycle of prayer to be prayed at stated times throughout the day.
- 7** know that formerly only monks and nuns prayed the Liturgy of the Hours, but currently it may be prayed by all the baptized.
- 7** know that the structure of the Liturgy of the Hours includes psalms, scripture readings, intercessions, hymns, and blessings.