

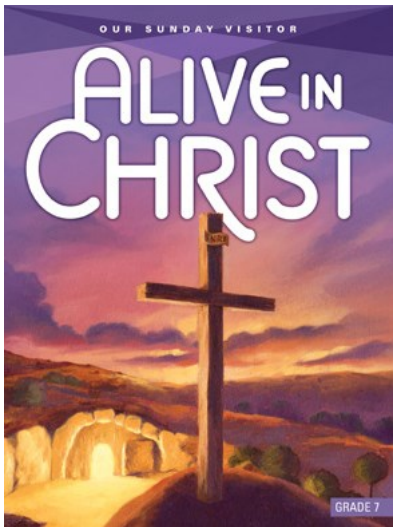
## Grade 7 Family Formation Lessons

Prayers for Seventh Grade Students (See Last Pages):

<a href="#">Sign of the Cross</a> <a href="#">Our Father</a>	September – October
<a href="#">Angel of God</a> <a href="#">Hail Mary</a>	November – December
<a href="#">Act of Contrition #2</a> <a href="#">Commandments</a>	January – February
<a href="#">Apostle's Creed</a> & <a href="#">Glory Be</a>	March - April

Seventh Grade [Digital Student Book](#) (contact [yffca@mshj.org](mailto:yffca@mshj.org) for password)

<b>Week 1 (9/17/2023)</b>	<i>In Person—Chap. 1 – The Mystery of God —<a href="#">E-assessment</a> (if absent)</i>
<b>Week 2 (9/25—9/30)</b>	<i>Kerygma—My Life in Christ —<a href="#">E-assessment</a></i>
<b>Week 3 (10/2—10/7)</b> 10/9/2023	<i>Chapter 2 – The Word of God in Sacred Scripture—<a href="#">E-assessment</a></i> <i>Historic Pgh. Churches Fieldtrip – see lesson plan for details</i>
<b>Week 4 (10/15/2023)</b>	<i>In Person-Ch. 3—Jesus, Sign of God's Love —<a href="#">E-assessment</a> (if absent)</i>
<b>Week 5 (10/23—10/28)</b> 10/30—11/4	<i>Chapter 4 – God is Trinity —<a href="#">E-assessment</a></i> No Lesson
<b>Week 6 (11/6—11/11)</b>	<i>Chap. 5—Jesus, Word of God — <a href="#">E-assessment</a></i>
<b>Week 7 (11/12/2023)</b>	<i>In Person— Chap. 6 – Holy Spirit —<a href="#">E-assessment</a> (if absent)</i>
<b>Week 8 (11/20—11/25)</b> 11/27—12/2	<i>Family Event—Holy Heroes! — <a href="#">E-assessment</a></i> No Lesson
<b>Week 9 (12/4—12/9)</b>	<i>Chapter 7 – The Way —<a href="#">E-assessment</a></i>
<b>Week 10 (12/10/2023)</b>	<i>In Person—Ch 8 – Model of Wisdom—<a href="#">E-assessment</a> (if absent)</i>
<b>Week 11 (12/18—12/23)</b> 12/25—1/6/2024	<i>Chapter 9 – Christ Our Savior —<a href="#">E-assessment</a></i> No Lesson
<b>Week 12 (1/8-1/13)</b> 1/15—1/20	<i>Personal Safety / CVOL—return <a href="#">this form</a> to yffca@mshj.org</i> No Lesson
<b>Week 13 (1/21/2024)</b>	<i>In Person-Ch. 10-Disciples in Community — <a href="#">E-assessment</a>(if absent)</i>
<b>Week 14 (1/30/2024)</b>	<i>NET Mini-Retreat - All 7th grade students attend!</i>
<b>Week 15 (2/5—2/10)</b>	<i>Chapter 11 – Christ Present Among Us —<a href="#">E-assessment</a></i>
<b>Week 16 (2/11/2024)</b> 2/19—2/24	<i>In Person—Ch 12 – Source of Life —<a href="#">E-assessment</a> (if absent)</i> No Lesson
<b>Week 17 (2/26—3/2)</b>	<i>Chapter 13 – Freedom and Responsibility —<a href="#">E-assessment</a></i>
<b>Week 18 (3/4—3/9)</b>	<i>Chapter 14 – Respecting Life —<a href="#">E-assessment</a></i>
<b>Week 19 (3/11—3/16)</b>	<i>Chapter 15 – Being Virtuous — <a href="#">E-assessment</a></i>
<b>Week 20 (3/17/2024)</b>	<i>In-Person—Ch. 16 – God's Masterworks —<a href="#">E-assessment</a> if absent)</i>
<b>Week 21 (3/25—3/30)</b> 4/1—4/6	<i>Chapter 17 – Sacraments of Initiation—<a href="#">E-assessment</a></i> No Lesson
<b>Week 22 (4/8-4/13)</b>	<i>Chapter 18 – Sacraments of Healing— <a href="#">E-assessment</a></i>
<b>Week 23 (4/15—4/20)</b>	<i>Chapter 19 – Called by God—<a href="#">E-assessment</a></i>
<b>Week 24 (4/21/2024)</b>	<i>In Person-Ch 20-Act with Justice—<a href="#">E-assessment</a> (if absent)</i>
<b>Week 25 (4/29—5/4)</b>	<i>Chapter 21 – Our Reason for Hope—<a href="#">E-assessment</a></i>
<b>Week 26 (5/6—5/11)</b>	<i>The Way of Jesus —<a href="#">E-assessment</a></i>



## Grade 7 Family Formation Lessons

Prayers for Seventh Grade Students (See Last Pages):

<a href="#">Sign of the Cross</a> <a href="#">Our Father</a>	September – October
<a href="#">Angel of God</a> <a href="#">Hail Mary</a>	November – December
<a href="#">Act of Contrition #2</a> <a href="#">Commandments</a>	January – February
<a href="#">Apostle's Creed</a> & <a href="#">Glory Be</a>	March - April

Seventh Grade [Digital Student Book](#) (contact [yffca@mshj.org](mailto:yffca@mshj.org) for password)

### In-Person

**9/17 8:30-9:45 am**

**Parents, please meet  
in Healy Hall for our  
session. We will begin  
at 8:35 am**

**Week 1—9/17/2023**

**Chapter 1 – The Mystery of God**

- 1) Optional: [Watch Video](#) "Who is God?" or [Watch Video](#) John 1:1-5, 8:12
- 2) With your parent, review and discuss pages 51 - 62 in your book:  
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 1](#) )
- 3) Now show us what you learned by completing the [E-assessment](#)
- 4) Don't forget to practice your prayers! (Sign of the Cross and The Our Father )
- 5) Optional: Apply it! *Name attributes you know to be true of God. Which is your favorite and why? Take some time to worship God for His character this week.*

**Week 2 (9/25—9/30)**

**Kerygma—My Life in Christ**

- 1) With your parent, review and discuss pages K1-K10 in your book.
- 2) Show us what you learned by completing the [E-assessment](#)
- 3) Don't forget to practice your prayers! (Sign of the Cross and The Our Father )
- 4) Optional: Apply it! *Share ways Jesus has helped your family through a difficult time.*

**Week 3 (10/2—10/7)**

**Chapter 2 – The Word of God in Sacred Scripture**

- 1) With your parent, review and discuss pages 63 - 74 in your book.  
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 2](#) )
- 2) Show us what you learned by completing the [E-assessment](#)
- 3) Don't forget to practice your prayers! (Sign of the Cross and The Our Father )
- 4) Optional: Apply it! *Describe a time where you heard God speak to you or when what you read in Scripture was exactly what you needed to hear. How did you discern that it was God speaking? How does it make you feel that the Word of God is living and active?*

**10/9/2023**

**Historic Churches of Pittsburgh Fieldtrip**

Back by popular demand! Join us as we take a bus to visit the historic churches of Pittsburgh including St. Patrick's in the Strip district (climb the holy stairs), St. Anthony's Chapel (largest collection of relics outside of the Vatican), and our Diocese's Mother Church, St. Paul's Cathedral. We will enjoy docent led tours. Depart and return to the SMM parking lot. RSVP ([yffca@mshj.org](mailto:yffca@mshj.org)) required!

**In-Person**

**10/15 8:30-9:45 am**

**Week 4—10/15/2023 Chapter 3 – Jesus, Sign of God’s Love**

- 1) Optional: [Watch Video](#) Jesus of Nazareth New Commandment or [Watch Video](#) Sistine Chapel
- 2) **With your parent, review and discuss pages 75 - 89 in your book.**  
(Parent’s optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 3](#) )
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don’t forget to practice your prayers!** (Sign of the Cross and The Our Father )
- 5) Optional: Apply it! : *How can you grow your friendship with Jesus? How do you share with others about your friendship with Jesus?*

**Week 5 (10/23-10/28) Chapter 4 – God is Trinity**

- 1) Optional: [Watch Video](#) What is the Trinity
- 2) **With your parent, review and discuss pages 91-102 in your book.**  
(Parent’s optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 4](#) )
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don’t forget to practice your prayers!** (Sign of the Cross and The Our Father )
- 5) Optional: Apply it! *In your own words, explain how the Trinity works. Why is it important that God is Triune?*

**Week 6 (11/6—11/11) Chapter 5 Jesus, Word of God**

**No Lesson 10/30-11/4**

- 1) Optional: [Watch Video](#) The Person of Jesus
- 2) **With your parent, review and discuss pages 103-114 in your book.**  
(Parent’s optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 5](#))
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don’t forget to practice your prayers!** (Angel of God and Hail Mary )
- 5) Optional: Apply it! *What title for Jesus do you most often use in prayer? Why? What connects most for you about that title?*

**Week 7—11/12/2023 Chapter 6 Holy Spirit**

**In-Person**

**11/12 8:30-9:45 am**

- 1) Optional: [Watch Video](#) The Holy Spirit
- 2) **With your parent, review and discuss pages 103-114 in your book.**  
(Parent’s optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 6](#) )
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don’t forget to practice your prayers!** (Angel of God and Hail Mary )
- 5) Optional: Apply it! ! *Describe a situation in your life where the Holy Spirit showed up and provided direction, correction, guidance or comfort? What happened? How did you feel afterward?*

**Week 8 (11/20-11/25) Holy Heroes!**

Family Formation students and their families are invited to attend any of the three sessions (Monday 4:15 PM, Monday 6:15 PM, or Tuesday 4:15 PM) in the **St. Margaret Mary Church Hall**.  
**Can't attend? Here is an alternative lesson:**

- 1) Optional: [Watch Video](#) Saint Rose of Lima
- 2) With your parent, read "The Saints" on page 369 and pages 340-341. Discuss how Saint Rose demonstrated the characteristic love of God and completing God's work on earth through her practice of Catholic Social Teaching.
- 3) Now show us what you learned by completing the [E-assessment](#)
- 4) Don't forget to practice your prayers! (Angel of God and Hail Mary )

**Week 9 (12/4—12/9) Chapter 7 – The Way**
**No Lesson 11/27-12/2**

- 1) Optional: [Watch Video](#) Visitation of Mary
- 2) With your parent, review and discuss pages 131-142 in your book.  
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 7](#) )
- 3) Now show us what you learned by completing the [E-assessment](#)
- 4) Don't forget to practice your prayers! (Angel of God and Hail Mary )
- 5) Optional: Apply it! *Describe characteristics of a disciple of Jesus. Which characteristics are easier for you to embrace and follow? Which are more challenging?*

**Week 10—12/10/2023 Chapter 8 – Model of Wisdom**
**In-Person**
**12/10 8:30-9:45 am**

- 1) Optional: [Watch Video](#) The Beatitudes
- 2) With your parent, review and discuss pages 143-154 in your book.  
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 8](#) )
- 3) Now show us what you learned by completing the [E-assessment](#)
- 4) Don't forget to practice your prayers! (Angel of God and Hail Mary )
- 5) Optional: Apply it! *Talk about a time where you had to rely on God's wisdom to make a decision. What was that like? How did it feel?*

**Week 11 (12/18-12/23) Chapter 9 -Christ Our Savior**

Optional: [Watch Video](#) Paschal Mystery

- 2) With your parent, review and discuss pages 155-169 in your book.  
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper – 9](#) )
- 3) Now show us what you learned by completing the [E-assessment](#)
- 4) Don't forget to practice your prayers! (Angel of God and Hail Mary )
- 5) Optional: Apply it! *In the salvation Jesus provides, we get a second chance! How can you reflect Jesus in giving others a second chance? What personal experience do you have giving someone else a second chance? What about someone giving you a second chance?*

**No Lesson 12/25-1/6/2024**

**Week 12 (1/8-1/13)****Personal Safety / CVOL**

If you are a homeschool parent or wish to teach this lesson at home this year, please check your email for this lesson. If you did not receive it, please contact [yffca@mshj.org](mailto:yffca@mshj.org).

When you are finished, please complete and return [this form](#) to [yffca@mshj.org](mailto:yffca@mshj.org).

Thank you!

**No Lesson 1/15-1/20****Week 13—1/21/2024****Chapter 10 – Disciples in Community****In-Person****1/21 8:30-9:45 am**

1) Optional: [Watch Video](#) Apostolic or [Watch Video](#) The Meaning Of Apostles vs. Disciples or [Watch Video](#) The Marks Of The Church

2) With your parent, review and discuss pages 171 - 182 in your book.

(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 10](#) )

3) Now show us what you learned by completing the [E-assessment](#)

4) Don't forget to practice your prayers! ! (The Act of Contrition and Commandments)

5) Optional: Apply it! *Discipleship requires connection to God in prayer. What is your experience with prayer? Do you have a favorite way to pray or type of prayer? Have you ever heard and listened to God in a time of prayer? What was that like?*

**Special Retreat!****In-Person****1/30 5:30-9 pm****Week 14 (1/30/2024)****NET Ministry Mini-Retreat**

Family Formation middle school students are strongly encouraged to attend the NET Ministry Mini-Retreat at St. Margaret Mary Church Hall on

1/30/2024 from 5:30 pm—9 pm. Come for dinner and enjoy games and fun while young adult NET missionaries encourage you in your faith!

**Can't attend? Contact Kathy at [yffca@mshj.org](mailto:yffca@mshj.org) for an alternative lesson.**

**Week 15 (2/5-2/10)****Chapter 11—Christ Present Among Us**

1) Optional: [Watch Video](#) Communion of Saints / [Watch Video](#) St John Bosco

2) With your parent, review and discuss pages 183 - 194 in your book.

(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 11](#) )

3) Now show us what you learned by completing the [E-assessment](#)

4) Don't forget to practice your NEW prayers! (The Act of Contrition and Commandments)

5) Optional: Apply it! *What is a gift or talent that you have? How can you use that gift or talent to serve the church and your community?*



**Week 16—2/11/2024 Chapter 12 – Source of Life**

- 1) Optional: [Watch Video](#) Sacrament of Baptism or [Watch Video](#) Baptism
- 2) With your parent, review and discuss pages 175 - 187 in your book.  
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 12](#))
- 3) Now show us what you learned by completing the [E-assessment](#)
- 4) Don't forget to practice your prayers! ((The Act of Contrition and Commandments)
- 5) Optional: Apply it! *How would you present the message of salvation through social media?*

**Week 17 (2/26-3/2) Chapter 13 – Freedom and Responsibility****No Lesson 2/19-2/24**

- 1) Optional: [Watch Video](#) How Do Body & Soul Relate?
- 2) With your parent, review and discuss pages 211 - 222 in your book.  
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 13](#) )
- 3) Now show us what you learned by completing the [E-assessment](#)
- 4) Don't forget to practice your prayers! (The Act of Contrition and Commandments)
- 5) Optional: Apply it! *What does it mean to make an examination of conscience? Why would it be a helpful practice?*

**Week 18 (3/4-3/9) Chapter 14 – Respecting Life**

- 1) Optional: [Watch Video](#) Peace Depends on Human Dignity
- 2) With your parent, review and discuss pages 223 - 234 in your book.  
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 14](#) )
- 3) Now show us what you learned by completing the [E-assessment](#)
- 4) Don't forget to practice your prayers! (The Act of Contrition and Commandments)
- 5) Optional: Apply it! *How do you show respect for human dignity and others in your thoughts, words, and actions? How do you show respect for yourself?*

**Week 19 (3/11—3/16) Chapter 15 – Being Virtuous**

- 1) With your parent, review and discuss pages 235 - 249 in your book.  
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 15](#) )
- 2) Now show us what you learned by completing the [E-assessment](#)
- 3) Don't forget to practice your prayers! (The Act of Contrition and Commandments)
- 4) Optional: Apply it! *What are the four Cardinal Virtues? Why is it important to practice and incorporate them into your life? Explain a situation where you would need these virtues to make a morally sound decision?*

**Week 20—3/17/2024 Chapter 16 – God’s Masterworks**

- 1) Optional: [Watch Video](#) What is the Holy Eucharist? or [Watch Video](#) The Eucharist
- 2) **With your parent, review and discuss pages 251 - 262 in your book.**  
(Parent’s optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 16](#) )
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don’t forget to practice your prayers!** (The Act of Contrition and Commandments)
- 5) Optional: Apply it! *How do you know that Jesus is the source for all Seven Sacraments? Why is it important that Jesus is the source and initiator of these sacraments?*

**Week 21 (3/25—3/30) Chapter 17 – Sacraments of Initiation**

- 1) Optional: [Watch Video](#) Gifts of the Holy Spirit
- 2) **With your parent, review and discuss pages 263 - 275 in your book.**  
(Parent’s optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 17](#) )
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don’t forget to practice your NEW prayers!** (Apostle’s Creed and Glory Be )
- 5) Optional: Apply it! *Explain a time where you experienced God and were amazed. How could you use that story to bring hope to someone in your life that needs hope?*

**Week 22 (4/8-4/13) Chapter 18 – Sacraments of Healing****No Lesson 4/1-4/6**

- 1) Optional: [Watch Video](#) Anointing of the Sick
- 2) **With your parent, review and discuss 275 - 286 in your book.**  
(Parent’s optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 18](#) )
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don’t forget to practice your prayers!** (Apostle’s Creed and Glory Be )
- 5) Optional: Apply it! *How would you describe Reconciliation to someone who is nervous about confessing their sins?*

**Week 23 (4/15—4/20) Chapter 19—Called By God**

- 1) Optional: [Watch Video](#) What Is Vocation?  
[Watch Video](#) Discernment - What Does God Want Me To Do
- 2) **With your parent, review and discuss pages 291 - 302 in your book.**  
(Parent’s optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 19](#) )
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don’t forget to practice your prayers!** (Apostle’s Creed and Glory Be )
- 5) Optional: Apply it! *What does it mean for followers of Jesus to share in Christ's mission of Priest, Prophet, and King? Share one way you can live on mission in one of these three categories this week?*

**Week 24—4/21/2024      Chapter 20 – Act With Justice**

- 1) Optional: [Watch Video](#) Catholic Social Teaching  
[Watch Video](#) Catholic Social Justice
- 2) **With your parent, review and discuss pages 303 - 314 in your book.**  
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 20](#) )
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don't forget to practice your prayers!** (Apostle's Creed and Glory Be )
- 5) Optional: Apply it! *What practical thing can you do this week to bring justice and peace into your home, school, church or community?*

**Week 25 (4/29-5/4)      Chapter 21 – Our Reason for Hope**

- 1) Optional: [Watch Video](#) Kingdom Of God
- 2) **With your parent, review and discuss pages 315 - 326 in your book.**  
(Parent's optional [Home Session Plan](#) or [Multi-Age Family Session Helper - 21](#) )
- 3) **Now show us what you learned by completing the [E-assessment](#)**
- 4) **Don't forget to practice your prayers!** (Apostle's Creed and Glory Be )
- 5) Optional: Apply it! *What do you think about the fact of judgement coming? How can you prepare yourself to meet Jesus on the Day of Judgement? How can you help share with others the hope you have in Jesus?*

**Week 26 (5/6-5/11)      The Way of Jesus**

- 1) Optional: Watch Video
- 2) **With your parent, review and discuss pages 334—337 in your book.**  
(Parent's optional
- 3) **Now show us what you learned by completing the —[E-assessment](#)**
- 4) **Don't forget to practice your prayer!** (Apostle's Creed and Glory Be )
- 5) Optional: Apply it! *What is one action your family can take this summer that reflects to the world that you are followers of Jesus Christ?*



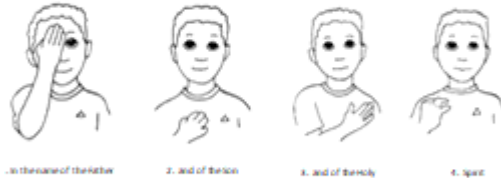
## Prayers for Seventh Grade Students:

### September—October

#### SIGN OF THE CROSS

In the name of the Father, and of the Son,  
and of the Holy Spirit. Amen.

(Use right hand to sign oneself.)



5. Amen.

#### OUR FATHER

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.

#### ANGEL OF GOD

Angel of God,  
my guardian dear,  
to whom God's love  
commits me here.

Ever this day  
be at my side  
to light and guard,  
to rule and guide.  
Amen.

### November - December

#### HAIL MARY

Hail Mary, full of grace!  
The Lord is with thee;  
blessed art thou among 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.

## Prayers for Seventh Grade Students:

### January—February

#### THE ACT OF CONTRITION

My God,  
I am sorry for my sins with all my heart.  
In choosing to do wrong  
and failing to do good,  
I have sinned against You,  
whom I should love above all things.  
I firmly intend, with your help,  
to do penance, to sin no more,  
and to avoid whatever leads me to sin.  
Our Savior Jesus Christ  
suffered and died for us.  
In His name, my God, have mercy.  
Amen.

#### THE TEN COMMANDMENTS

1. I am the Lord your God. You shall have no other gods beside Me.
2. You shall not take the Name of the Lord your God in vain.
3. Keep holy the Lord's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not lie.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbors goods.

### March—April

#### APOSTLES' CREED

I believe in God,  
the Father almighty,  
Creator of heaven and earth;  
and in Jesus Christ, His only Son, our Lord,  
  
Who was conceived by the Holy Spirit,  
born of the Virgin Mary,  
suffered under Pontius Pilate,  
was crucified, died and was buried.  
  
He descended into hell; on the third day He  
rose again from the dead.  
He ascended into heaven,  
and is seated at the right hand of God, the  
Father Almighty.  
From there He will come to judge the living  
and the dead.

I believe in the Holy Spirit,  
the holy Catholic Church,  
the communion of saints,  
the forgiveness of sins,  
the resurrection of the body,  
and life everlasting.  
Amen.

#### GLORY BE

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.