

- *Quick* -
CATHOLIC
LESSONS

WITH *Fr. Mike*

STUDENT WORKBOOK
ANSWER KEY


ASCENSION

West Chester, Pennsylvania

— Lesson 1 —

WHY BE CATHOLIC AND NOT JUST CHRISTIAN?

WRITE IT OUT

1. What is Fr. Mike's main point about why be Catholic?

▶ **B. *The authority of the Church comes from Jesus.***

Discussion Starter: Complete this sentence: I am Catholic because ...

2. Where do we get the idea that Jesus founded the Church and gave it authority to teach in his name?

▶ **B. *From Jesus himself in Matthew 16:18***

Discussion Starter: Why does it matter where this idea comes from?

3. What are some of the examples Fr. Mike presents from history when the Church's clear authority was needed?

▶ **D. *All of the above***

Discussion Starter: Clear authority in the Church is needed so that ...

4. Why is it important that the Church is "visible" rather than just "spiritual"?

▶ **B. *An invisible Church cannot teach with authority, so we would have competing interpretations of what to believe.***

Discussion Starter: Thought experiment: The administration, faculty, and staff of a high school decide to go on vacation for a month. They leave no one in charge, but instead leave a book of instructions on the doorstep of the school. What will they find when they get back?

TALK IT OUT

See pages 8-9 of the *Quick Catholic Lessons Vol. 1* Leader's Guide under "Subjective Discussion Questions."

— Lesson 2 —

MOTIVATION TO GO TO MASS

WRITE IT OUT

1. What attitudes and comments about attending Mass does Fr. Mike address?

▶ **A. *I don't like going to Mass because I don't get anything out of it.***

Discussion Starter: Sometimes I feel like going to Mass is

2. Why is it a big deal to miss Mass intentionally?

▶ **C. *It violates the Third Commandment.***

Discussion Starter: The Commandment is to honor the ...

3. According to Fr. Mike, what does God give us in Mass?

▶ **D. *His Word and himself***

Discussion Starter: When someone says that they do not “get anything out of Mass,” what are they missing?

4. What is worship? Why should we worship God?

▶ **B. *Worship is offering our very best to Jesus, who gives himself to us and, as priest and victim, is offered to God the Father.***

Discussion Starter: Knowing what worship is, do you think someone could attend Mass each week without actually worshipping?

TALK IT OUT

See pages 18-19 of the *Quick Catholic Lessons Vol. 1 Leader's Guide* under “Subjective Discussion Questions.”

— Lesson 3 —

WHY CONFESS MY SINS TO A PRIEST?

WRITE IT OUT

1. How do we know that Jesus instituted the sacrament of Reconciliation?

▶ **C. Jesus clearly gives the authority to forgive sins to the apostles in the New Testament.**

Discussion Starter: Why does it matter that Jesus instituted the sacrament of Reconciliation?

2. How do we know that there was confession in the early Church?

▶ **B. The letter of James speaks of this practice in the early Church.**

Discussion Starter: Why does it matter that confession was practiced in the early Church?

3. How did the priest in Fr. Mike's story explain mediation to a Baptist minister?

▶ **A. The minister talked about healing someone, and the priest pointed out that healing is from God, who simply works through the one who heals.**

Discussion Starter: Have you ever been a mediator for God, even in a small way? How?

4. How is confession a victory?

▶ **A. Confession gives us victory over sin. Sin enslaves us, infects our relationships, and ultimately separates us from God.**

Discussion Starter: What is one thing in your life that you need victory over?

TALK IT OUT

See pages 28-29 of the *Quick Catholic Lessons Vol. 1* Leader's Guide under "Subjective Discussion Questions."

— Lesson 4 —

LEARNING HOW TO LOVE FROM THE BIBLE

WRITE IT OUT

1. What three things does Fr. Mike say we have been made for?

▶ **C. Leisure, labor, and love**

Discussion Starter: Give an example of each of the three things we have been made for ...

2. What does Fr. Mike suggest about God's words to Adam and Eve after the Fall in the third chapter of Genesis?

▶ **C. That God is giving them a remedy, rather than simply a punishment**

Discussion Starter: Give an example of a consequence you received that actually taught you something.

3. What is the main point Fr. Mike shares about love?

▶ **D. Love costs something; it requires sacrifice.**

Discussion Starter: Give an example of the kind of love that Fr. Mike describes.

4. What is the symbolism of the leather garments worn by our first parents in Genesis 3?

▶ **A. Leather comes at a great cost so it points to sacrifice.**

Discussion Starter: What is something that you possess that cost someone a whole lot in order for you to have it?

5. What parallel between Adam and Christ does Fr. Mike make?

▶ **B. Adam was told he would toil by the sweat of his brow while the ground brought forth thorns and thistles. Jesus toiled on the Cross and was crowned with thorns.**

Discussion Starter: Can you think of any other ways that the lives of Adam and Jesus are similar?

TALK IT OUT

See pages 39-40 of the *Quick Catholic Lessons Vol. 1 Leader's Guide* under "Subjective Discussion Questions."

— Lesson 5 —

WHAT IS HOPE AND WHY DO YOU NEED IT?

WRITE IT OUT

1. How are the theological virtues different from the cardinal virtues?

- ▶ **B. *Cardinal virtues are acquired over time and effort while theological virtues are given by God as gifts.***

Discussion Starter: Can you list the theological virtues? How about the cardinal virtues?

2. How is faith relational?

- ▶ **A. *Faith is rooted in a relationship of trust.***

Discussion Starter: How is faith related to hope?

3. Why can we hope even when things are not going well?

- ▶ **C. *Because our hope is in God, who is all powerful and wants what is best for us.***

Discussion Starter: Can you think of a time that you were hopeful despite things going badly?

4. What is presumption?

- ▶ **B. *An attitude that assumes that God will bail us out no matter what we do***

Discussion Starter: Give an example of presumption ...

5. What is despair?

- ▶ **C. *A total loss of confidence in God's love***

Discussion Starter: Do you think presumption can lead to despair? Why or why not?

TALK IT OUT

See pages 48-49 of the *Quick Catholic Lessons Vol. 1* Leader's Guide under "Subjective Discussion Questions."

— Lesson 6 —

IS IT OK TO JUDGE SOMEONE?

WRITE IT OUT

1. In what sense does Jesus command us not to judge?

▶ **A. Jesus commands us not to condemn another because we do not know his or her heart.**

Discussion Starter: In your own words, how would you explain Jesus' teaching on judgment?

2. Only God truly knows a person's heart. What is meant here by "heart"? Why can we not know the hearts of others?

▶ **D. We cannot definitively know the state of another person's soul, which is another way of saying his or her "heart."**

Discussion Starter: In your own words, how would you explain the idea of "heart"?

3. In what sense does Jesus command us to judge?

▶ **D. He commands us to judge between right and wrong actions.**

Discussion Starter: How can it be helpful when others judge our actions and habits?

TALK IT OUT

See page 58-59 of the *Quick Catholic Lessons Vol. 1* Leader's Guide under "Subjective Discussion Questions."

— Lesson 7 —

THE POWER OF PRAYER

WRITE IT OUT

1. Why should we pray if our prayers do not change God’s mind? What is the first reason Fr. Mike offers?

▶ **A. *Because Jesus tells us to pray***

Discussion Starter: What are your current prayer habits?

2. What is the second reason Fr. Mike gives for why we should pray? What effect does prayer have on the world?

▶ **A. *We pray because it changes things and through it we become co-workers with God.***

Discussion Starter: Give an example of being a co-worker with God ...

3. What is the third reason for why we should pray? What effect does prayer have on us?

▶ **B. *We pray because it changes us. The more time we spend in prayer, the more our hearts become like Jesus’ heart.***

Discussion Starter: Who in your life do you become more like by spending time with them?

4. What does it mean to be given “the dignity of causes”?

▶ **C. *God brings us into his work through our prayer.***

Discussion Starter: Have you ever held or looked at a great finished product that you were part of producing? How did that feel?

5. How is building a shed with your father like a prayer?

▶ **A. *God can handle things on his own, but he chooses to need us, involve us, and integrate us into the divine plan.***

Discussion Starter: Think of a time that a parent (or grandparent) let you help with a project. What does that memory bring up for you?

TALK IT OUT

See pages 68-69 of the *Quick Catholic Lessons Vol. 1* Leader’s Guide under “Subjective Discussion Questions.”

— Lesson 8 —

THE BATTLE OF PRAYER

WRITE IT OUT

1. According to Fr. Mike, what are the effects of treating prayer as optional?

- ▶ **A. *Just as our bodies would die without air, food, water, and sleep, our souls would “die” without prayer.***

Discussion Starter: What are your own experiences of praying versus not praying in your life?

2. What is Fr. Mike’s favorite section of the **Catechism** on prayer? What does this section tell us?

- ▶ **A. *It is called “The Battle of Prayer.” When we understand that prayer is essential, we have to prepare for “battle.”***

Discussion Starter: What are some good things in your life that you have to fight for?

3. Fr. Mike points out that prayer is a battle against ourselves. In what ways do we have to win a battle with ourselves to pray?

- ▶ **C. *We need to overcome laziness, bad habits, and procrastination.***

Discussion Starter: Are there other areas of life where we must win a battle with ourselves to achieve something good? Why do you think this happens?

4. What are Fr. Mike’s recommendations to help focus on praying?

- ▶ **A. *Find a visual focal point or a quote to think about***

Discussion Starter: What are some things in your house that can help you focus on praying?

5. What should you do if you find yourself distracted in prayer?

- ▶ **B. *When you become aware of being distracted, simply refocus and continue.***

Discussion Starter: What helps you refocus when you are distracted?

TALK IT OUT

See pages 78-80 of the *Quick Catholic Lessons Vol. 1 Leader’s Guide* under “Subjective Discussion Questions.”

— Lesson 9 —

THREE STEPS TO UNCEASING PRAYER

WRITE IT OUT

1. What are the three steps of St. Francis de Sales' method of prayer?

▶ **B. Ask, offer, and accept**

Discussion Starter: Try this method!

2. What does it mean to “ask”? What are you asking for here and why?

▶ **C. You ask God to be attentive to you. Fr. Mike explains that you are really making yourself attentive to him, since he is always paying attention to you.**

Discussion Starter: Stop and ask God to be attentive to you ...

3. What are some things that we can offer to God?

▶ **C. Everything**

Discussion Starter: Stop and offer God your works, joys, and sufferings right now

TALK IT OUT

See pages 88-89 of the *Quick Catholic Lessons Vol. 1 Leader's Guide* under “Subjective Discussion Questions.”

— Lesson 10 —

MASTERING LOVE AND RELATIONSHIPS

WRITE IT OUT

1. What does Dr. Gottman's study reveal about trust in relationships?

- ▶ **A. Dr. Gottman's study notes that some couples displayed elevated heart rates and other signs of stress when talking with each other, even in non-conflict situations. Other couples, though, exhibited calm vital signs, even during heated discussions.**

Discussion Starter: With whom do you feel the most at ease? Why?

2. According to the second study Fr. Mike mentions, there are four ways couples respond to each other. Which of the following is one of the ways he mentions?

- ▶ **E. Undividedly listen, respond, ask further questions, and engage sympathetically, using an "active constructive" response**

Discussion Starter: Describe an active constructive response and discuss why it is important for building trust

TALK IT OUT

See pages 96-97 of the *Quick Catholic Lessons Vol. 1* Leader's Guide under "Subjective Discussion Questions."

— Lesson 11 —

THE MEANING OF SUFFERING

WRITE IT OUT

1. How did Jesus change our experience of suffering?

▶ **C. Jesus did not take away suffering; he transformed it.**

Discussion Starter: Describe an experience of suffering well rather than suffering bitterly.

2. What are some of the human experiences that Jesus entered into?

▶ **C. Jesus entered into the emptiness we feel. He lived through the vulnerability of childhood and adolescence. He experienced betrayal, loneliness, and death.**

Discussion Starter: Why is it important that Jesus entered into human experiences?

3. Is anything really “lacking” in the sufferings of Christ? What is St. Paul talking about in Colossians 1:24?

▶ **D. Jesus’ sufferings lack nothing. As the Son of God, his sacrifice is sufficient for the redemption of all. But he invites us into his sufferings to perfect us.**

Discussion Starter: Describe the meaning of Colossians 1:24 in your own words.

TALK IT OUT

See page 106 of the *Quick Catholic Lessons Vol. 1* Leader’s Guide under “Subjective Discussion Questions.”

— Lesson 12 —

MORTAL VERSUS VENIAL SIN

WRITE IT OUT

1. What is the difference between venial and mortal sin?

- ▶ **C. Venial sin wounds our relationship with God and weakens us spiritually, making resisting temptation more difficult. Mortal sin destroys our communion with God. Mortal sin cuts the soul off from receiving sanctifying grace.**

Discussion Starter: In your own words, describe the difference between mortal and venial sin.

2. Which of the following is not a condition for a mortal sin?

- ▶ **B. The sin is listed in the lexicon of mortality located in the addendum of the Catechism of the Catholic Church.**

Discussion Starter: In your experience, is it easy or difficult to tell the difference between mortal and venial sin in your life?

3. While noting his objection to bullfighting, Fr. Mike uses it as an analogy of the way that venial and mortal sin work in wounding and even severing the communion with God that grace gives us. What is the analogy?

- ▶ **B. In bullfighting, the picadors stab the bull with small knives to wound it so the matador can give it the final death blow. In the same way, venial sins are like the wounds inflicted by the picadors. They wound, weaken, and limit our spiritual mobility, agility, and resistance. When the temptation to a mortal sin strikes, the wounds of venial sin can make us easy prey.**

Discussion Starter: Can you think of your own analogy for mortal versus venial sin? Is there something else that sets you up for a bigger fall?

4. What should you do if you have committed a mortal sin?

- ▶ **C. If you have committed a mortal sin, or even think you may have, you should go to confession.**

Discussion Starter: What are the opportunities for the sacrament of Reconciliation in your parish?

TALK IT OUT

See pages 116-117 of the *Quick Catholic Lessons Vol. 1* Leader's Guide under "Subjective Discussion Questions."

— Lesson 13 —

TALKING ABOUT SUICIDE

WRITE IT OUT

1. Why is suicide considered a serious sin that breaks the Fifth Commandment?

▶ **A. Suicide is a serious sin because the taking of an innocent human life is a direct violation of the Fifth Commandment, “You shall not kill.”**

Discussion Starter: How is suicide a unique violation of the Fifth Commandment?

2. Since suicide is considered “serious (or grave) matter,” why is one who commits suicide not necessarily guilty of a mortal sin?

▶ **B. Because the person committing suicide may not be fully responsible for his or her action. That is, they may not have full knowledge or full consent of the will in deciding to end their life.**

Discussion Starter: How can we maintain that suicide is serious without condemning the one who attempts or commits suicide?

3. How should we respond?

▶ **E. All of the above**

Discussion Starter: What are ways—in our community—that we can reach out to those who are experiencing deep depression and support families who have lost a loved one to suicide?

4. What is Fr. Mike’s critique of *13 Reasons Why*?

▶ **C. It is a revenge story.**

Discussion Starter: If you have seen the series, do you agree with his assessment?

5. In addition to talking about the results of suicide, what is Fr. Mike’s other main point?

▶ **A., B., C., and D. He encourages anyone who is struggling with suicidal thoughts and inclinations to seek professional help.**

Discussion Starter: Why is it so important for people to seek professional help?

TALK IT OUT

See pages 126-127 of the *Quick Catholic Lessons Vol. 1 Leader’s Guide* under “Subjective Discussion Questions.”

— Lesson 14 —

HOW TO QUIT PORN

WRITE IT OUT

1. What factors does Fr. Mike mention that lead college students to be particularly susceptible to struggling with pornography?

▶ **B. Lack of restrictions, excessive free time, and loneliness.**

Discussion Starter: What are some other factors that make college students more likely to struggle with pornography?

2. What does porn offer? Why doesn't it deliver on its promises?

▶ **D. All of the above**

Discussion Starter: If pornography leaves us empty, why does it continue to be a struggle for many?

3. What are the three things that Fr. Mike recommends for those who want to quit porn?

▶ **C. 1) Invite restriction; 2) get outside of yourself; and 3) have conversations and make real connections.**

Discussion Starter: Discuss Fr. Mike's three suggestions. What other things could one do?

TALK IT OUT

See pages 136-137 of the *Quick Catholic Lessons Vol. 1* Leader's Guide under "Subjective Discussion Questions."

— Lesson 15 —

AVOIDING IMPURITY

WRITE IT OUT

1. What does Fr. Mike mean when he talks about a “script” for sin?

B. He means that there is typically a pattern to our sins that we can identify.

Discussion Starter: Have you seen sin following a script in your life?

2. When is the best time to say “no” to a temptation?

B. Well in advance.

Discussion Starter: What is your experience of saying “no” to temptation? How have you been most successful?

3. Discuss Fr. Mike’s statement that we are typically not free from sin because we do not really want to be.

C. We may not actually be rejecting this sin in a fully intentional, resolved way.

Discussion Starter: Is it possible to want to be free from sin, but also not want to be free from sin at the same time? How?

TALK IT OUT

See pages 146-147 of the *Quick Catholic Lessons Vol. 1* Leader’s Guide under “Subjective Discussion Questions.”