

FAITH FORWARD

An initiation into the Catholic faith

Introduction

This series of catechetical workbooks expresses the *General Directory of Catechesis (GDC) 2020* by providing a clear and practical pedagogy of materials to gradually and systematically transmit the faith.

Catechesis is an Ecclesial action arising from the missionary mandate of the Lord and aims, as its very name indicates, at making the proclamation of His passion, death and resurrection continually resound in the heart of every person so that life may be transformed. (GDC.55)

Preparation for receiving the sacraments is not the focal point of catechesis, which would reduce it to learning doctrine and principles. Instead, the focus is on transformation – a catechesis aimed at speaking to the hearts of the young people we accompany along the faith journey so that they are **transformed** by it. This series of catechetical books supports the idea that catechesis is a journey of faith and conversion, towards an ever-deepening communion with Jesus Christ.

The books in this series offer a practical companion in the form of a workbook to facilitate the transmission of faith from catechists to those whom they accompany in catechesis. The workbooks contain abundant activities, ideas for discussion, and opportunities for reflection, rather than theoretical explanations and analysis.

The books offer an organised, gradual, and systematic approach to catechesis, drawing at every stage on an appropriate mix of the Word of God as contained in the Old and New Testaments, Tradition, and the teachings of the Church through the Magisterium (i.e., the Catechism of the Catholic Church (CCC)).

The content of the workbooks provides a basis for teaching the truths of the Catholic faith. It should be reinforced through the lived experience of young people as parish community members. Thus, young people must be encouraged to actively participate in the liturgy, scripture, prayer, and acts of charity. The truth about our faith is further reinforced through the witness of the community and the catechist.

Parents and catechists work together to accompany the young people along their faith journey. Together, they are uniquely placed to reflect the teaching of the faith and the discipleship to which all Christians are invited so that those with whom we walk this journey are transformed by it.

Emphasis is placed on the community aspect of the faith and the need to participate in parish life, to prepare believers to participate actively in the mission of the Church.

Each workbook is uniquely tailored to a particular age and stage of development of young people. To this end, each book speaks to their social, spiritual, and moral development so that they can bring meaningful experience to their unique faith journey.

Each workbook comprises at least 25 topics. Each topic opens with a description and a relevant passage from scripture (adapted for readability at an age-appropriate level). This is followed by activities, discussion points, and reflections suited to the young person's spiritual, social, and moral maturity.

FROM THE GRADE 1 BOOK

FAITH FORWARD

An initiation into the Catholic faith

Jesus Loves Me

PHASE 1: BOOK 1.1

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Illustrations: Vecteezy and Shutterstock

Bible Texts: Revised Standard Version, The Catholic Bible.

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Author: Angela Louw

2026 Edition Compiled by Angela Louw

We would love to hear from you.
For comments, orders, or suggestions,
kindly email admin@faithforward.co.za.
www.faithforward.co.za

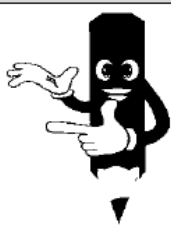


ISBN 978-1-0370-8320-4



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JESUS LOVES ME			Number of sessions
	INTRODUCTION		1
A	GOD'S REVELATION TO MAN		
	A1	God the creator	1
	A2	God created men and women	1
	A3	God created me in His image	1
	A4	God gives us rules to live by	1
	A5	God gives us His word	1
B	JESUS AS SON OF GOD		
	B1	Announcing the birth of Jesus	1
	B2	Mary says YES to God	1
	B3	Jesus is God's gift to us	1
	B4	Jesus came to save all people	2
	B5	Jesus chose disciples to follow him	1
	B6	Jesus loves little children	1
	B7	Jesus loved the sick and the poor	1
	B8	Jesus gave us a law of love	2
	B9	Jesus teaches us how to pray	1
	B10	Jesus died for us	1
	B11	Jesus rose from the dead	2
	B12	Jesus returns to His Father	1
C	THE CHURCH AS GOD'S PEOPLE		
	C1	The Church is the family of God	2
	C2	The church is the house of God	2
D	MY PERSONAL RESPONSE		
	D1	I want to follow Jesus	1
	D2	I want to talk to Jesus	1

ACTIVITY ICONS USED IN THIS WORKBOOK				
				
Complete the activity	Think aloud	Pray about it	Read aloud	Were you listening?
Young people colour in the picture, join dots, fill in missing words or letters, etc.	The catechist asks questions to help young people reflect on a topic.	The catechist introduces and prompts young people to encourage prayer.	Read the text to the group slowly, while emphasizing important words.	The catechist asks questions about a passage that has been read to facilitate understanding.

Understand that:

- God breathed his spirit into Adam, and that gave him life.
- God gave man the best of everything to enjoy in a beautiful Garden, but the man was lonely and needed someone to be his friend and to help him. A woman is a special friend and helper.
- God used the rib of the man to create the woman.
- God placed them in the Garden of Eden, where He could always be with them.
- God created men and women to know and to love Him.
- We are created in God's image, and since God does not have a body, it is His Spirit after which we are patterned.
- Since all people are created by God and in His image, they must all be respected.

Set the scene ...

Have you ever wondered how you got here? Last week, we learned how God created many beautiful things: mountains, rivers, seas, stars, the moon, plants, and animals.

But what would be the use of all these beautiful things if no one could enjoy them? God created human beings because He loved us so much and wanted us to be able to live in the magnificent paradise He had made especially for us. Listen carefully to the story of how God created men and women.

God said, "Let us make man in our image. They will rule over the whole earth and all the creatures on the earth."

God took dust from the ground and made a body in the shape of a man. God breathed into the man, and he became alive. Then God planted a garden called Eden and put the man there. God told the man to work in the garden and take care of it. He provided food from the trees for the man to eat, and God provided a river to water the garden.

Then, God brought all the animals He had created and showed them to Adam. Adam looked at all the different animals and gave names to each of the creatures. Adam had no one to talk to and to share his happiness with. And none of the animals were able to help him either.

Then God said, "It is not good for the man to be alone." So, he made a helper for Adam. God made him lie down on the ground to fall asleep. God carefully took one of the man's ribs from his side and created a woman. When the man saw the woman, he was very happy. "This one, at last," he said, "is bone of my bone and flesh of my flesh."

God formed a man out of _ _ _ _ .

d	u	s	
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The man began to live when God breathed into his
_ _ _ _ .

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He put the man in a garden called _ _ _ _ .

E		e	n
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The man was called _ _ _ _ .

A	d		m
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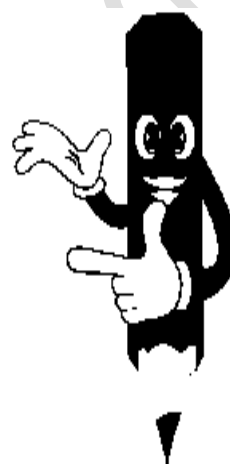
He had no one to talk to because he was _ _ _ _ _ .

a	l	o		e
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God saw all
that He had
made and it
was

V			
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Good



Let's think about the work that is done in your home.

What kinds of things does Daddy do to help around the house?

What kinds of things does Mommy do to help around the house?

Do Mommy and Daddy ever help each other? In what ways?
Do you think God wants them to help each other?

Why do you say so?

Do you think God wants YOU to help Mommy and Daddy?

LET US PRAY

Think of all the people who help you and do all kinds of things for you. Make a list on a sheet of paper.

Now, close your eyes and thank God for making all these special people in your life.



Has anyone ever told you that you look just like your parents? You may have the same blue eyes as your father or the same colour hair as your mother.

God tells us that we are created in His image. What does it mean to be made in the image of God?

The answer to our question is found in Genesis 1:26-31. We were created not to resemble God by how we look but by how we think and act. God gave each of us the ability to live according to His good nature. So, we are called to be kind, loving, and forgiving, just like God.



What is happening in this picture?

Do you think these children are behaving in the image of God?

What should you do if you see this happening?

There are different people in the world, and God gives each a special gift of Himself. Some spread kindness to others. Others express His love by helping people. Perhaps you are like God when you are honest and trustworthy. We call this *diversity*. It is God's creative way of sharing all his good qualities with the world.

We can make a difference in our world when we all work together and share our best qualities. When you live the way God wants you to, you can make your school a better place, your home a place of peace, or a sick friend feel better.

Why is it important to know that every person is created in God's image? This helps us understand that each of us is important to God. God loves ALL people. We must try to see the value in every single person we meet.



Close your eyes and ask God to help you be kind and loving.

Ask Him to help you see something good in every person you meet in the coming week.

A4 GOD SENDS US A SHEPHERD

2 sessions

Understand that:

- The Israelites continued wandering through the desert and found the law difficult to keep.
- God wanted to call the people back to Him, so he sent Jesus to be our shepherd.
- A shepherd hears and cares for his sheep. He also protects his sheep. Jesus does the same for us.
- Jesus is the Good Shepherd because not only does he do all this, but he also died for us so we could be rescued.



Moses had been called by God to come up the mountain. God wanted to talk to him and explain His word to him. He also wanted to give Moses two stone tablets on which the Ten Commandments were written so that the people could read them often and not forget them.

But Moses stayed so long on the mountain, the people thought he wasn't going to return.

They decided to build a false God to worship. It was a great big statue of a calf made of pure gold. They had seen the gods that the Egyptians worshipped in their temples, and they also wanted to bow down and praise such magnificent statues.

So Aaron took gold earrings from all the people, melted them, and moulded them into a golden calf for the people to worship. This was a great sin against God.



Which one of the ten commandments did the people disobey when they began to pray to the golden calf?

When Moses came down from the mountain, he was carrying the two stone tablets. When he saw the golden calf and the people dancing around it, he became very angry. Moses threw the two tablets down to the ground, and they broke into many pieces.

As you can see, the Israelites did not keep their side of the Covenant. They kept on turning away from God. Each time the people did not obey the law, God's bond of friendship with His people became weaker. When we sin, our hearts move further away from God.

God knew that human beings needed a saviour—someone who could come and live with us and show us the way back to God. One day, God would send Jesus to be our shepherd and to show us the way back to God.

In the Bible, we are often compared to sheep. Like sheep, we need guidance and protection. Another way we are like sheep is that we easily go astray.



It is dangerous for sheep to walk away from the Shepherd. Wild animals always wait in the grass to catch the sheep when the Shepherd is not around. Sometimes, sheep wander off at night and cannot see where they are going. They fall into rivers or off cliffs and break their legs. When that happens, sheep cannot return to the Shepherd.

All people are like those sheep because we turn away from God and follow our own way. We rebel against God's law. We want to do what we like instead of what God commands.

But Jesus came to save us and invites everyone to become a member of His "flock" if only we will listen to him and obey him.

From Adam and Eve to us living now, we have **all** disobeyed God and foolishly followed our own way. Instead of seeking to do good, we do what pleases ourselves.

Everyone has gone astray by refusing to listen to and obey God's commandments. None of us can honestly say we are innocent or free of guilt. We are like sheep that run off. We make bad choices and wander further away from God, often ignoring the danger surrounding us. We might think we are happy and safe like a wandering sheep, but the Bible helps us open our eyes to see all the dangers surrounding us.

Every human has inherited a sinful nature from Adam and Eve. We call this **original sin**. But we also choose to sin against God by disobeying Him.

Because we make these bad choices, the Bible tells us that we deserve to be punished by God. We deserve to have God heap his anger upon us. But, instead, God is a **LOVING FATHER**. He sent his only Son, Jesus, to be our Shepherd.

Shepherds have three important jobs: herding, caring, and protecting.

- When we say that a shepherd's job is to **"herd"**, we mean that they gather their sheep together, so they do not wander off. Where do we gather because of Jesus? That's right! We come to church to learn about God and to celebrate being a part of his family.
- Shepherds **"care"** for their sheep. They feed, clean, and care for them when they're sick. Jesus looks after us and provides for us. Every good thing we have in life is a gift Jesus gives us.
- Finally, shepherds have the critical job of **"protecting"** their flocks. Just like an authentic shepherd would try to keep his sheep from danger, Jesus watches over us and protects us from harm. Most importantly, when we wander away from Him, God comes looking for us.

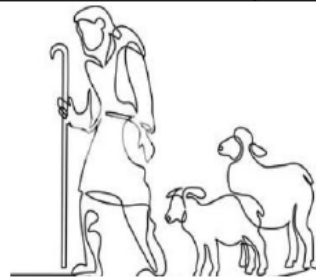
What are the three things that a shepherd must do for his sheep?



C a _ e



H _ rd

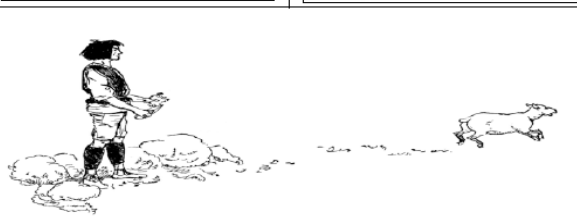
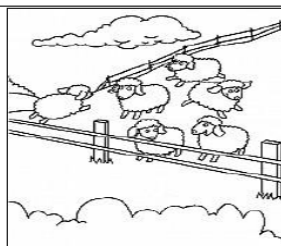
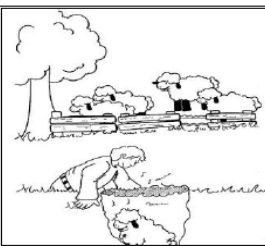


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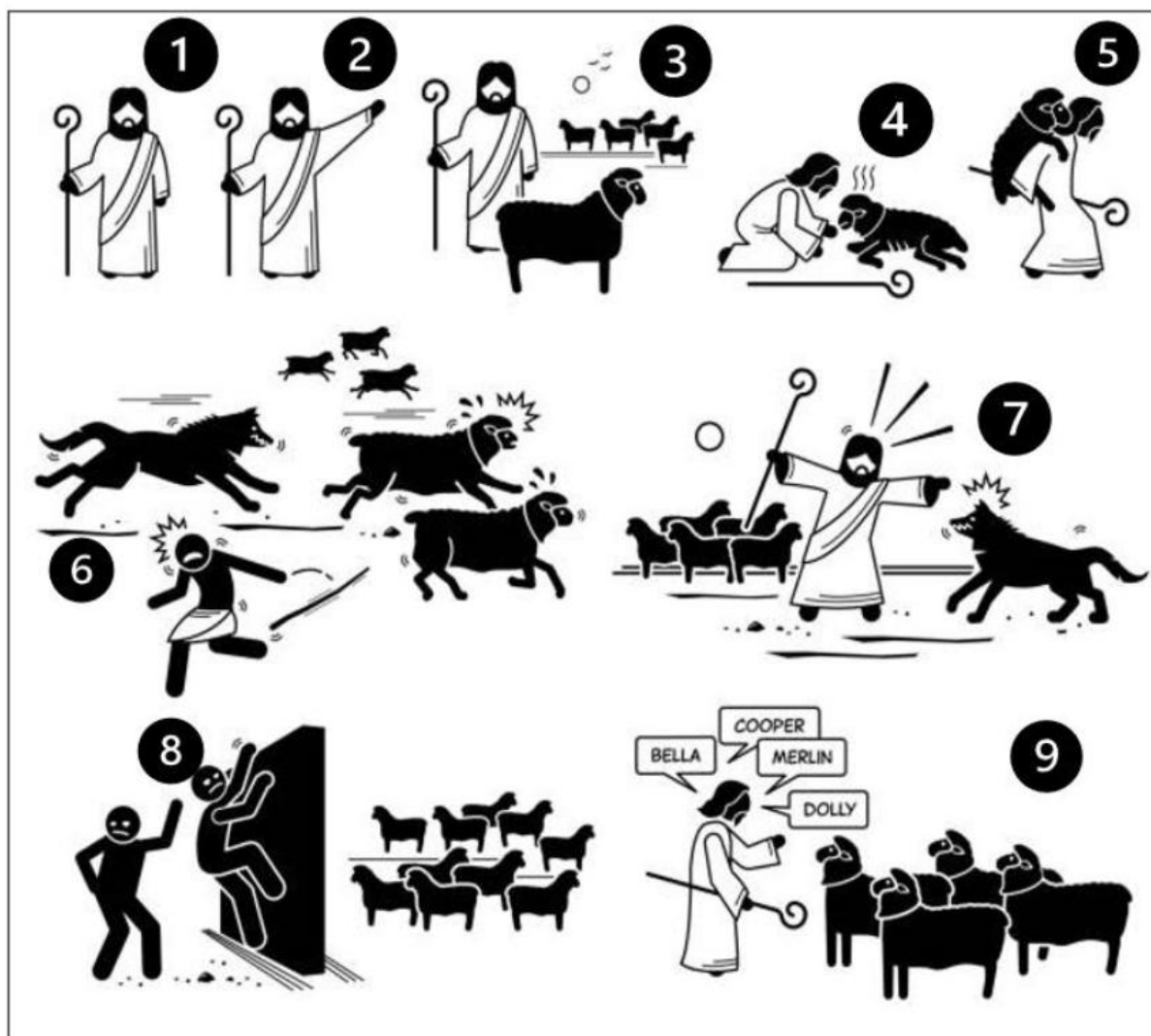
In what ways is Jesus your shepherd?

Talk about the many things Jesus does to keep you close to him, care for you, and protect you.



- Look at the three pictures in this frame.
- Find the sheep that has run away.
- Label that sheep: "Me".

"We are all like sheep!"



ACTIVITY

Look at the frame above. Talk about the things you see happening. What is Jesus doing? Try to match the correct number to the frame.

Frame number	Description
	The shepherd shows us the way.
	Some shepherds run away from danger.
	The shepherd cares for his sheep.
	Jesus will protect his sheep from danger.
	Jesus is our shepherd.
	There is a danger that the sheep do not know about
	The shepherd finds the lost sheep.
	The shepherd herds his sheep.
	Jesus loves each one of his sheep.

FROM THE GRADE 4 BOOK – FIRST HOLY COMMUNION

B2

JESUS CELEBRATES THE LAST SUPPER

2 sessions

Understand that:

- Jesus wanted to celebrate the Passover with his friends.
- Jesus took the bread and wine, blessed and broke it, gave thanks, and gave it to His disciples.
- Jesus instructed His disciples to do this in remembrance of Him. Jesus told us that the bread and wine are His real body and blood.



So, Jesus sent two of His disciples, saying, "Go into the city, where you will meet a man carrying a jar of water. Follow him and speak to the owner of whatever house he enters,

"The Master says: Where is the room where I may eat the Passover meal with my disciples?" He will show you a large upper room that is already furnished. They make ready for us."

So, the disciples went into the city and found things as he had said they would; and they prepared for the Passover.

When it was evening, Jesus came with his twelve disciples. Then Jesus took the bread and, when he had given thanks to God, He broke it and said,

"This is my body which is broken for you; do this in remembrance of me."

In the same way, after he had eaten, Jesus took the cup, and when he gave thanks to God, He gave it to His disciples, who drank of it.

Then he said, "Do it in remembrance of me."



Complete the title of the picture:

The

L		s	t		
S		p	p		r

At the last supper, Jesus took ordinary bread and wine. Again, he tried to explain to his disciples that he would give them **SPIRITUAL FOOD**.

During the Mass, the bread and wine would be changed into the **REAL** body and blood of Jesus. He did not say, "This bread looks like my body, and this wine looks like my blood." Jesus said, "This bread **IS** my body, and this wine **IS** my blood. " We believe that when we offer the ordinary bread and wine on the altar, Jesus changes them into his **REAL** body and blood. This becomes our **SPIRITUAL FOOD**.

Just as we don't really understand what happened at the miracle of the loaves and fishes, we also don't fully understand how the bread and wine are changed. Only if you have faith can you believe that when you receive Holy Communion, you are eating and drinking the **REAL** body and blood of Jesus.

The bread and wine still resemble the ones we placed on the altar. But inside, they are **NOT**. They are the real body and blood of Jesus.

Participate properly at Mass this week and pay attention to what the priest says. Pray that God will give you the faith to believe that the ordinary bread and wine will be changed into the real body and blood of Jesus.

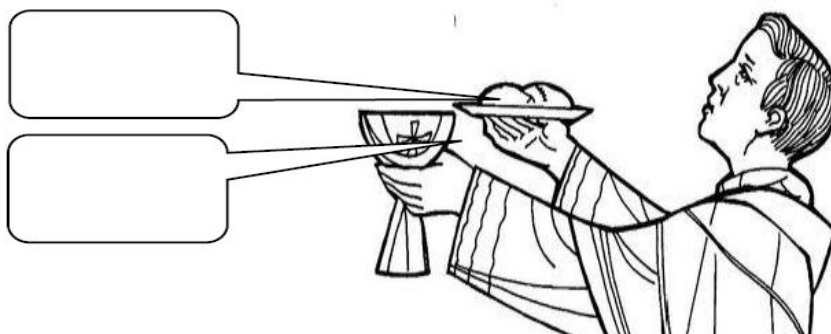
Dear God, please help me and give me the

F	a	i		
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to believe that Jesus comes to me in a special way when I receive Holy Communion. Help me to believe that the real

B	o		y	and	B	I		d	of Jesus are present in the
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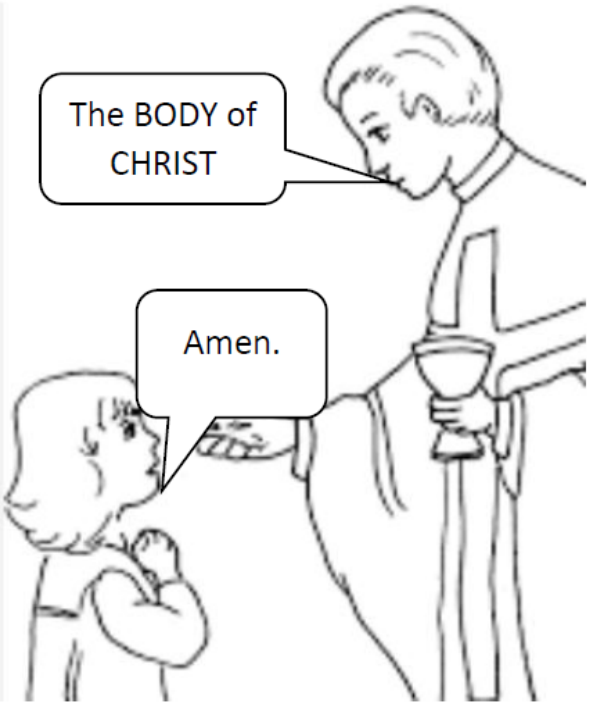
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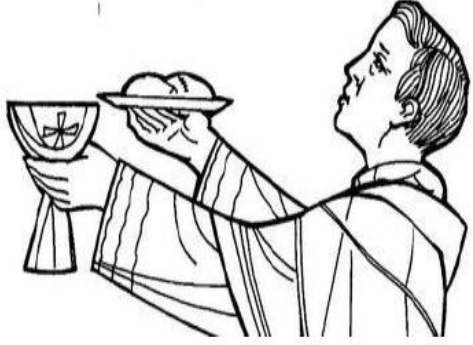


Write "body" and "blood" in the correct space.

Remember, it is **NOT** bread and wine anymore!

How does the bread and wine change into the **ACTUAL** body and blood?

1	The people bring ordinary bread and wine to the priest, who places it on the altar.	
2	The priest uses the exact words that Jesus spoke at the Last Supper. He says: “This IS my body. Take it and eat it.” “This IS the cup of my blood. Take it and drink it.”	
3	The Holy Spirit changes the bread and wine into the REAL body and blood of Jesus.	
4	We receive SPIRITUAL FOOD because we receive the REAL body and blood of Jesus. The priest presents the bread and wine to each person who receives communion, and while he does this, he says: “The body of Christ” and “The blood of Christ”. When you receive the body and blood from the priest, you must look at it with your heart and FAITH and believe that this is what Jesus taught. That is why we say: “Amen”. It means yes, I believe this IS the REAL body and blood of Jesus.	

	
At the Last S u p r Jesus said: "This IS my ... B d y Take it and It. E	At M s s the The priest says: Take this and eat of it. This IS My body that has been given for YOU
At the Last Supper	At Mass

What happens when we eat this Spiritual Food?

Do you remember what a sacrament is? Let's think about it again. How do you know when two people love each other?

That's right! They K A KISS is the sign that two people love each other.

Sacraments are the signs Jesus left us to remind us of his love for us. In Holy Communion, Jesus tells you that he loves you so much that he wants to come and live in you in a special way. That is why we call Holy Communion a **SACRAMENT!**

We are all gathered around the same table, called the Altar, and share the same spiritual food. When we share the same spiritual food, we are joined to one another as one family and are also joined together in Jesus. That is why we call it communion—we become a COMMUNITY.

Manna was the miraculous bread given to the Israelites as they travelled through the desert. Enough was given to them to satisfy their hunger for the day. It would spoil with worms if they kept any for the next day. But when Jesus came, he overturned traditional Jewish belief by referring to Himself as the bread of life.

In the New Testament, we read about Jesus saying to his disciples, "Come by yourselves to some quiet place and rest a while." So many people were coming and going that the disciples could not find time even to eat. So, they went by boat to a quiet place. But many people saw and knew them as they went, and, running from all the towns, they arrived before them.

When Jesus landed, he found a large crowd waiting for him. Feeling sorry for them because they were like sheep without a shepherd, he began to teach them many things.

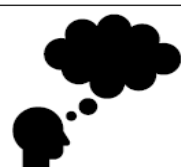
As it was already late in the day, his disciples came to him and said, "This place is far away from any town, and it is now late. Send the people away to the neighbouring farms and villages to buy food for themselves." But he answered, "Give them some food." They replied, "Are we to go and buy two hundred silver pieces' worth of food for them?"

He said, "Go and see how many loaves you have." When they found out, they said, "Five, and two fishes."

Then he commanded them to make the people sit on the green grass in groups.

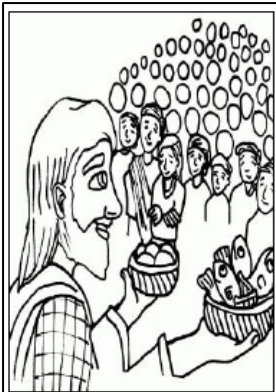
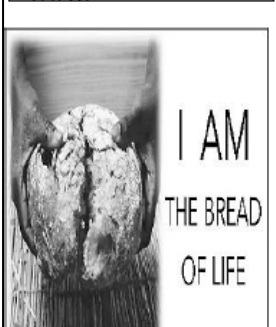
So, they sat down in companies of a hundred and of fifty. Then Jesus took the five loaves and the two fish, and, looking up to heaven, he blessed the loaves, broke them in pieces, and gave them to the disciples to set before the people. He also divided the two fish among them; all ate and had enough. Then they picked up twelve baskets full of broken pieces of the bread and fish, although the number of the people who had shared them was five thousand.

Why do you think the five loaves and two fish were enough to feed 5000 people, and still have some left over? What lesson is Jesus trying to teach his followers?



The bread that Jesus is teaching the people about is **Spiritual Food**. He is already preparing the people for the bread and wine that will be transformed into his body and blood at the Last Supper. We have more than enough when we share in the Eucharist because this spiritual food will satisfy us forever.

It is unlike the manna from heaven that kept the people's stomachs full until their next meal. God's saving body and blood will give us everlasting life—it will keep us alive for eternity.

	Manna only kept the Israelite people filled for a few hours. The next day, the people were hungry again and searched for food.	Jesus fed 5000 people with five loaves and two fish. It was a miracle! But think more deeply about this. What does this symbolize?	The food that Jesus promises is Spiritual food. If we eat this bread and drink this cup, we will live forever!
	Draw the manna and quail from heaven.	Draw the five loaves and two fish.	Draw the body and blood of Christ as consecrated in the Eucharist:
		In what way is this bread different from Manna? In what way is this bread different from the Eucharist?	

John 6:51



Write a prayer thanking God that he wants to offer you Spiritual Food – food that sustains you for eternal life. Ask God to help you treasure this gift.

Jesus, I believe that you are the bread of life...

FROM THE GRADE 11 BOOK - CONFIRMATION

A3

WHO IS JESUS CHRIST TO ME?

1 SESSION

Understand that:

- Jesus is a real historical person who lived in a specific place and time.
- Jesus is the Son of God, fully God and fully man.
- Jesus is not only a figure of history, but alive today, inviting me into a personal relationship with Him.
- My faith is not complete until I can answer personally the question: *“Who is Jesus Christ to me?”*
- Developing a relationship with Jesus is central to living the Catholic faith and preparing for Confirmation.

Jesus as a Historical Figure

Jesus of Nazareth was born more than 2,000 years ago in Bethlehem, in the land of Israel. He grew up in a Jewish family, worked as a carpenter, and began His public ministry around 30. His life and death are recorded in the Gospels and acknowledged by historians of the time.

He lived at a specific time in history, under Roman rule, and walked the same earth as we do. He taught in villages and towns, healed the sick, welcomed the outcasts, and preached about the Kingdom of God. He died on a Cross outside the walls of Jerusalem around 33 A.D.

Jesus, the Son of God

But Jesus was not only a good man or a wise teacher. He uniquely called God His Father and revealed Himself as the Son of God. When Peter confessed, *“You are the Christ, the Son of the living God”* (Matthew 16:16), Jesus affirmed that God revealed this.

Jesus performed miracles, forgave sins, and claimed authority only God could have. His resurrection from the dead is the ultimate sign that He truly is the Son of God, sent to save the world.

Fully God and Fully Man

The Church teaches that Jesus is both fully God and fully man. This is called the **mystery of the Incarnation**. He is not half-God and half-man, but truly and completely both simultaneously.

- As a man, He experienced hunger, joy, sadness, and suffering. He knows what it is to be human.
- As God, He has power over sin, death, and all creation.

- This truth is central to our salvation: because Jesus is God and man, He bridges the gap between humanity and God, reconciling us to the Father.

In the table below, list what Jesus said and did that demonstrate he was God and Man.

Jesus is God	Jesus is a man
1	1
2	2
3	3
4	4
5	5

Who is Jesus to Me?

At some point, we must answer this question for ourselves: *Who is Jesus Christ to me?*

- Is He just a distant figure from history?
- Is He simply a teacher of morals?
- Or is He truly my Lord and Saviour?

Confirmation is when I choose to take responsibility for my faith. It is not enough to know who Jesus is in theory. I need to know Him personally and to welcome Him into my life. He wants a relationship with me, not just my words, but my heart.

Jesus asked His disciples, *"But who do you say that I am?"* (Matthew 16:15).

Confirmation is the time to answer that question not only with words but with your life.

Do your friends know that you are a Christian and a Catholic? Have you told them that you intend to be confirmed in the faith?
Assume that you have not told your friends that you are a Catholic Christian and intend to receive Confirmation. What things about your life - that you do and say - will lead them to suspect this?

REFLECTION

Take a few quiet minutes to think about this question: *"Who is Jesus to me right now?"*
Write down ONLY THREE OF FOUR WORDS to capture your thinking. Be honest — even if your answer is uncertain, that is where to begin.

JESUS IS ...



RELATIONSHIP

Think of three ways you can develop your relationship with Jesus:

- Through prayer (speaking and listening to Him daily).

- Through the Sacraments (especially the Eucharist and Reconciliation).

- Through acts of love (serving others in His name).

COMMITMENT

Write a short prayer in your own words, inviting Jesus to be at the centre of your life.
