

7th Grade - Study Guide for Part 1 of Assessment Test (WINTER)

Know the **10 Commandments** in Order and what each one means.

- 1. I am the Lord your God, thou shall not have strange Gods before me.
- 2. Thou shall not take the Lord's name in vain.
- 3. Remember to keep Holy the Sabbath Day.
- 4. Honor your Mother and Father.
- 5. Thou shall not kill.
- 6. Thou shall not commit adultery.
- 7. Thou shall not steal.
- 8. Thou shall not bear false witness against thy neighbor.
- 9. Thou shall not covet thy neighbor's wife
- 10. Thou shall not covet thy neighbor's goods.

Know the **2 Great Commandments** as told by Jesus.

- **Love God** with your whole heart, mind and soul. **Love Others** as yourself.

Know the **Beatitudes**; what they are and that they came from **Jesus**.

Know the **Holy Trinity**

- God the Father, God the Son, God the Holy Spirit

Venial Sin — A less serious sin that weakens a person's relationship with God.

Mortal Sin — A very serious sin that separates a person from God.

Discipleship, Mercy & Virtues **Core Concepts to Review:**

- **Mercy in Daily Life:**
 - *Corporal Works:* Feeding the hungry, clothing the naked, visiting the sick and imprisoned, bury the dead, shelter the homeless. Look for ways to serve locally (e.g., collecting coats, donating food, visiting an elderly relative).
 - *Spiritual Works:* Counsel the doubtful, instruct the ignorant, admonish the sinner, forgive offenses, bear wrongs patiently, pray for the living and the dead. Focus on how patience and forgiveness directly repair relationships at school and home.
- **Hungering for Righteousness:** Living out the Beatitudes means having a deep craving for justice, truth, and holy living. It means choosing what is right over what is popular, even when it costs you social standing.

- **Understanding the Virtues:**

- *Cardinal Virtues (Human Habits):* **Prudence** (wise decision-making), **Justice** (giving God and neighbor their due), **Fortitude** (courage under pressure), and **Temperance** (self-control).
- *Theological Virtues (Gifts from God):* **Faith** (believing in God), **Hope** (trusting in His promises), and **Charity** (loving God above all and neighbor as self).

- **Guarding Against the Capital Sins:** Recognize how vices like Envy (resenting another's good fortune) or Sloth (spiritual laziness) creep in, and practice the opposing virtue (like Gratitude or Zeal) to counteract them.

 Discussion Question to Practice at Home:

Which Cardinal Virtue do you personally struggle with the most (Prudence, Justice, Fortitude, or Temperance)? What is one practical habit you can start this week to strengthen it?

The 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.

Know what they mean. You DO NOT need to memorize the beatitudes

"Blessed are the poor in spirit, for theirs is the kingdom of heaven."

- *Meaning today:* You don't have to act like you have everything figured out or post a perfect life online, because God values genuine humility over image.

"Blessed are those who mourn, for they will be comforted."

- *Meaning today:* It's okay to feel sad or hurt by the hard things in life, because God is near to you in your pain and promises healing.

"Blessed are the meek, for they will inherit the earth."

- *Meaning today:* True strength isn't about being the loudest person in the room or pushing others down, but about staying gentle, patient, and self-controlled.

"Blessed are those who hunger and thirst for righteousness, for they will be filled."

- *Meaning today:* When you passionately care about fairness and doing what's right—even when it's unpopular—you will find deep purpose.

"Blessed are the merciful, for they will be shown mercy."

- *Meaning today:* Forgiving others and showing second chances on social media or in real life will bring compassion back into your own life.

"Blessed are the pure in heart, for they will see God."

- *Meaning today:* Keeping your motives clean and acting with honesty builds real integrity that lets you experience God clearly.

"Blessed are the peacemakers, for they will be called children of God."

- *Meaning today:* Instead of spreading drama or taking sides online, bringing people together and calming conflicts shows true character.

"Blessed are those who are persecuted because of righteousness, for theirs is the kingdom of heaven."

- *Meaning today:* Standing up for what is right might get you left out or mocked, but staying true to your values matters far more than fitting in.