

Phong Trào Thiếu Nhi Thánh Thể Việt Nam Tại Hoa Kỳ
Miền _____

Đoàn _____

Thành Phố _____ Tiểu Bang _____

This Book Belongs to _____

Đội _____

Huynh Trưởng _____



Thánh Thể

The Mystery of the Eucharist

Reading the Bible

Khi em nghe chữ “mầu nhiệm”, em nghĩ đến gì?

What is your definition of mystery – when you hear “mystery” what do you think of?

Mt 26:26-28

While they were eating, Jesus took bread, gave thanks and broke it, and gave it to his disciples, saying, "Take and eat; this is my body." Then he took the cup, gave thanks and offered it to them, saying, "Drink from it, all of you. This is my blood of the covenant, which is poured out for many for the forgiveness of sins.

Studying our Faith

Mầu nhiệm

- Khi nói đến “bí mật” hay “điều huyền bí”, chúng ta thường nghĩ rằng mình có thể hiểu được qua sự học hỏi và điều tra.
- Khi “Mầu Nhiệm” của Bí Tích Thánh Thể, Giáo Hội dạy rằng mầu nhiệm này sẽ thêm huyền diệu khi chúng ta tìm hiểu thêm. Vì chúng ta chỉ chớ thể dùng khả năng của con người để giải thích về Bí Tích của Thiên Chúa, nên chúng ta không thể hiểu hết về Mầu Nhiệm của Bí Tích Thánh Thể là sự Hiện Diện Thật Sự của mình, máu, linh hồn, và thần thánh của Chúa Kitô.

Mystery: There are two types of mystery: one with a small “m” and the other which we can differentiate with the capital “M”.

- The “mystery” that we tend to think of is something that can be solved using hard evidence, such as a crime.
- The “Mystery” of the Eucharist that the Church uses is something that the more we know, the more mysterious it gets or something that will never be fully understood by human knowledge. Because we only use human knowledge to explain something that is beyond human comprehension, we will never fully be able to understand the Mystery of the Eucharist, which we believe, is the Real Presence of Jesus Christ’s body, blood, soul, and divinity.

Biến Thể

Trong Bí Tích Thánh Thể, bản thể của bánh và rượu được biến thành Mình và Máu Chúa Giêsu, nhưng đặc tính vật chất của bánh và rượu không thay đổi.

Transubstantiation: Can be understood in two words, Transform and substance. So, in the sacrament of Eucharist, transubstantiation is the transformation of the substance into the Real Presence (body, blood, soul, and divinity of Jesus Christ) and not the shape or taste or smell of the bread and wine.

Summary

- Bí Tích Thánh Thể là một mầu nhiệm mà chúng ta không thể hiểu hoàn toàn qua khả năng hiểu biết của loài người. Qua những ơn lành Chúa ban, chúng ta có thể tôn sùng mầu nhiệm này và có một sự liên kết với Thiên Chúa.
The Eucharist is a Mystery that we will never fully understand in our human knowledge. But with the grace of faith that is given to us by God, we can fully appreciate and accept this Mystery and thus deepen our relationship with God by receiving this sacrament of the Eucharist.
- Khi chúng ta lãnh nhận Bí Tích Thánh Thể, chúng ta nhận Mình, Máu, linh hồn, và thần thánh của Chúa Giêsu.
When we receive the Eucharist, we receive the Body, Blood, soul and divinity of Jesus Christ.
- Trong Thánh Lễ, bản chất của bánh và rượu được biến thể thành mình và máu của Chúa Giêsu. Những đặc tính vật chất của bánh và rượu vẫn không thay đổi.
Transubstantiation means that the substance of the bread and wine changes to the body and blood of Christ. However, the physical characteristics (eg looks, tastes) of the bread and wine remains.

Prayer



Godhead here in hiding, whom I do adore
Masked by these bare shadows, shape and nothing more,
See, Lord, at thy service low lies here a heart
Lost, all lost in wonder at the God thou art.

Seeing, touching, tasting are in thee deceived;
How says trusty hearing? that shall be believed;
What God's Son has told me, take for truth I do;
Truth himself speaks truly or there's nothing true.

St. Cyril

Living our Faith

The following Bible passages describe transformations. Look them up and fill in the information:

Bible Passage	What is transformed	What it becomes
Exodus 7:14–25		

John 2:1-11		
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1. What makes transubstantiation different from other transformations?

2. Name three miracles that occur in the New Testament. What makes the mystery of the Eucharist unique from other miracles?

Miracles: _____

The Eucharist unique because: _____

In the Order of Mass, when transubstantiation occurs

3. What happens before? _____

4. What happens after? _____

5. What we should do during the moment of transubstantiation? _____

Practicing our Faith

Tình Yêu Đáp Lại Tình Yêu

Mặc dầu ta không cung kính cho xứng đáng, nhưng ta ao ước rước Chúa cho sốt sắng. Còn gì hơn là hạ mình thăm sâu trước mặt Chúa và ca ngợi lòng quảng đại vô cùng của Chúa. Chính vì lòng khoan dung và lượng từ bi Chúa mà ta đến cùng Chúa. Ta đến cùng Chúa như:

- kẻ yếu liệt đến cùng Chúa Cứu Thế
- kẻ đói khát đến cùng Mạch Trường Sinh
- kẻ túng thiếu đến cùng Vua Trời
- kẻ tội mọn đến cùng Chủ
- kẻ đầy đọa đến với Đấng An Ủi
- tạo vật đến với Hoá Công

Việc rước lễ thực trọng đại, mới mẻ và cao quý như Chúa lần đầu xuống thai hay treo trên thập tự. **Hãy năng thăm viếng và lãnh nhận bí tích Thánh Thể, hãy đáp lại tiếng mời gọi của tình yêu Chúa,** Ngài đang chờ ta để ban muôn ơn lành cho ta: “Hãy đến với Ta, hỡi những ai gánh nặng và khó nhọc, Ta sẽ bỏ sức cho.”

Responding with Love

No one truly deserves to receive the Eucharist. However, Jesus shows His love and generosity by allowing us to receive His Body and Blood. We need to visit Him often. We come to Him in many capacities:

- A cripple to the Savior of the World
- A beggar to the Source of Eternal Life
- A poor person to the King of the World
- A servant to the Master
- A sufferer to the One Who Comforts
- A creature to the Creator

Receiving the Eucharist is important similar to Christ's incarnation or His death on the cross. **Make time in your schedule to visit and adore the Eucharist – respond to His call** "Come to me, all you who are weary and burdened, and I will give you rest.

Faith alive at home

Chúng ta cần dành thì giờ mỗi ngày để Rước Lễ. Nếu không đi lễ được, thì mình cần Rước Lễ Thiêng Liêng.

We need to find time everyday to receive the Eucharist. If we cannot attend Mass, we need to Receive Spiritual Communion.

Câu Hỏi – Assessment Questions:

1. Mầu nhiệm là gì?
What is a Mystery?

2. Biến Hóa là gì?
What is Transubstantiation?

3. Chúa Giêsu hiện diện trong Bí Tích Thánh Thể như thế nào?
How is Christ present in the Eucharist?

4. Read about the Eucharistic Miracle of Lanciano.
<http://www.therealpresence.org/eucharst/mir/lanciano.html>

EUCCHARIST AND SCRIPTURE, SOURCES OF LIFE FOR THE SOUL

Reading the Bible

Luke 24:12-35

Now that same day two of them were going to a village called Emmaus, about seven miles from Jerusalem. They were talking with each other about everything that had happened. As they talked and discussed these things with each other, Jesus himself came up and walked along with them; but they were kept from recognizing him.

He asked them, "What are you discussing together as you walk along?" They stood still, their faces downcast. One of them, named Cleopas, asked him, "Are you only a visitor to Jerusalem and do not know the things that have happened there in these days?" "What things?" he asked.

"About Jesus of Nazareth," they replied. "He was a prophet, powerful in word and deed before God and all the people. The chief priests and our rulers handed him over to be sentenced to death, and they crucified him; but we had hoped that he was the one who was going to redeem Israel. And what is more, it is the third day since all this took place. In addition, some of our women amazed us. They went to the tomb early this morning but didn't find his body. They came and told us that they had seen a vision of angels, who said he was alive. Then some of our companions went to the tomb and found it just as the women had said, but him they did not see."

He said to them, "How foolish you are, and how slow of heart to believe all that the prophets have spoken! Did not the Christ have to suffer these things and then enter his glory?" And beginning with Moses and all the Prophets, he explained to them what was said in all the Scriptures concerning himself.

As they approached the village to which they were going, Jesus acted as if he were going farther. But they urged him strongly, "Stay with us, for it is nearly evening; the day is almost over." So he went in to stay with them. When he was at the table with them, he took bread, gave thanks, broke it and began to give it to them. Then their eyes were opened and they recognized him, and he disappeared from their sight. They asked each other, "Were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"

Studying our Faith

THÁNH THỂ & LỜI CHÚA - CẢ HAI ĐỀU CẦN CHO LINH HỒN

Thánh Lễ có 4 phần (There are 4 parts of Mass):

- (1) Mở Đầu (Introductory Rites)
- (2) **Phụng Vụ Lời Chúa (Liturgy of the Word)**
- (3) **Phụng Vụ Thánh Thể (Liturgy of the Eucharist)**
- (4) Kết Thúc (Concluding Rites)

Phụng Vụ Lời Chúa (Liturgy of the Word):

- Bắt đầu với Bài Đọc 1 và chấm dứt với Lời Nguyện Giáo Dân
Begins with the First Reading and ends with the General Intercession (Prayer of the Faithful).

Phụng Vụ Thánh Thể (Liturgy of the Eucharist):

- Bắt đầu khi Dâng Của Lễ và kết thúc với Lời Nguyện Sau Rước Lễ
Begins with the Preparation of Gifts for the Altar and ends with the Prayer after Communion.

- Trong phần Phụng Vụ Thánh Thể, bánh và rượu được *biến hóa* thành Mình & Máu Chúa Kitô. Rước lễ cần thiết để nuôi sống linh hồn chúng ta.
Liturgy of the Eucharist is when *transubstantiation* occurs and receiving the Body & Blood of Christ is necessary for the nourishment of our soul.
- Phụng Vụ Lời Chúa liên kết với phần Phụng Vụ Thánh Thể. **Hai phần này là một hành động thờ phượng Thiên Chúa.**
The Liturgy of the Word is directly connected to the Liturgy of the Eucharist. In fact, **these 2 parts of mass are a single act of worship.** The word of God is also necessary for our soul.

Sometimes we forget the importance of the Liturgy of the Word but It is important to remember that the Word of God is essential for our souls and spiritual growth.

The family dinner is one of the most important time for the family to sit down and share a meal and talk to get closer to each other. If the family just ate without a word, it would be very difficult to get closer to one another. The Celebration of the Eucharist and the Liturgy of the Word is the same thing. Both God's body and His Word feed our soul and help us to get closer to God. If one is missing, then the worship would be incomplete just as a family dinner is incomplete if no one talked during dinner.

Summary

- Lời Chúa (đặc biệt, Phụng Vụ Lời Chúa) nuôi linh hồn chúng ta vì Lời Chúa có thể hướng dẫn chúng ta trong cuộc sống.
Holy Scripture (more specifically, Liturgy of the Word) feeds our soul because the Word of God can guide us in our lives.
- Thánh Thể nuôi chúng ta vì Chúa Kitô thật sự hiện diện trong Bí Tích Thánh Thể. Vì thế, chúng ta cần Rước Lễ mỗi ngày, giống như chúng ta cần lương thực mỗi ngày để sống.
Holy Eucharist feeds us because Christ is truly present in it. Therefore, we need to receive Eucharist daily, just like we have to eat bread daily in order for us to live.
- Phụng Vụ Lời Chúa và Phụng Vụ Thánh Thể là một hành động thờ phượng Thiên Chúa. Nếu chúng ta thiếu một trong hai phần này, thì sự thờ phượng của chúng ta cũng thiếu thốn.
Liturgy of the Word and Liturgy of the Eucharist is a single act of worship because we need both to know God and be closer to Him. If one of the liturgies is missing, then the act of worship is incomplete.

Prayer



I adore you Jesus, my sweet prisoner of love in the Eucharist, I give you my whole self and I receive your whole self in me. Help me to love with your heartbeat, that of a passionate lover. Use my hands and feet in search of souls, for the glory of the Father, with the power of the Spirit. Thank you for my Love. Amen.

Alternative: Read Psalm 56:1-13

Living our Faith

"Our Daily Bread"

Jesus is the "bread of life", says in John 6, "our daily bread", says in Matt.6:11, in the center of the Sermon of the Mount. We often said that we can't receive Jesus daily because we have no time. However, we will find the time if offered \$1,000.00 or just \$100.00 The problem is not "time", but "discerning". Do we think Jesus is worth more than a million dollars? Do We believe He is really in the Eucharist? If We don't receive Him daily, discerning, don't complain if we feel weak, ill, or like death!

We pray often the Prayer that Jesus taught us to pray: The Our Father, of Mt.6 and Lk.11. On it we ask the Father to give us today our daily bread, and the Father gives it to us, every day. However, most of us place an important role on the bread that we eat daily in order to live rather than the Eucharist, or Jesus himself. We should be reconsidered and put the Eucharist first, because whoever eats the bread that came down from heaven will live forever, unlike the bread that we ate daily and still died.

Practicing our Faith

How does the Word of God help us in our daily lives? Read the following situations. Then look up the verses and match them to the correct situation.

1. Your friend wants to go to church, but he is worried about what others might think of him.

What verse could you use?

2. Things are not going very well for Sue right now. Maybe when things are better, she will feel worthy to go to church. What verse could you share?

3. My parents told me not to go to the mall today, but I don't care. I'll go anyway, they will never know. What verse covers this situation?

4. Your friend tells you that he is very afraid whenever he has to walk home in the dark.

What verse could you tell your friend?

5. Your friend is jealous of Susan, because she is so cool. She gets lots of mail from her admirers. What verse could you tell your friend?

Your neighbor thinks being a Christian is too hard and takes too much work. He would rather have fun. What verse could share with your neighbor?

Verse	What does the Word say?
Ephesians 6:1-3	
Ephesians 2:8,9	
Psalms 55:22	
Matthew 5:10	
John 8:12	
Luke 18:14b	

Faith alive at home

1. Trong Thánh Lễ, **Phụng Vụ Lời Chúa** bắt đầu vào lúc nào? Kết thúc vào lúc nào?
During Mass, when does the **Liturgy of the Word** begin? When does it end?

2. Trong Thánh Lễ, **Phụng Vụ Thánh Thể** bắt đầu vào lúc nào? Kết thúc vào lúc nào?
During Mass, when does the **Liturgy of the Eucharist** begin? When does it end?

3. Lời Chúa nuôi sống chúng ta như thế nào? Thánh Thể nuôi sống chúng ta như thế nào?
How does the Holy Scripture feed your soul? How does the Holy Eucharist feed your soul?

4. Tại sao Phụng Vụ Lời Chúa và Phụng Vụ Thánh Thể là một hành động thờ phượng Thiên Chúa?
Why is the Liturgy of the Word and Liturgy of the Eucharist a single act of worship?

5. Chúng ta có thể làm gì để công bố Lời Chúa trong cuộc sống mỗi ngày?
What can we do to help proclaim the word of God through our daily life?

6. Mỗi tuần em đọc Thánh Kinh mấy lần?
How many times do you read the Bible each week?

7. Mỗi ngày em ăn mấy lần? Mỗi ngày em Rước Lễ mấy lần?
How many times did you eat a day? How many time did you receive Eucharistic a day?

8. Em cảm thấy thế nào sau khi Rước Lễ?
How do you feel after you receive the Eucharist?

9. For the next week, read the Gospel each day and reflect on how it applies to your life
You can use one of the follow sites to guide your reflections:
One Bread One Body: <http://www.presentationministries.com/obob/obob.asp>
Daily Scripture: <http://www.rc.net/wcc/readings/index.html>

PREPARING OURSELVES TO RECEIVE JESUS

Reading the Bible

1Cor 11: 26 - 33

For as often as you eat this bread and drink the cup, you proclaim the death of the Lord until he comes. Therefore whoever eats the bread or drinks the cup of the Lord unworthily will have to answer for the body and blood of the Lord. A person should examine himself, and so eat the bread and drink the cup. For anyone who eats and drinks without discerning the body, eats and drinks judgment on himself. That is why many among you are ill and infirm, and a considerable number are dying. If we discerned ourselves, we would not be under judgment; but since we are judged by (the) Lord, we are being disciplined so that we may not be condemned along with the world.

Studying our Faith

Chuẩn Bị Rước Lễ (Receiving the Eucharist)

Chúng ta chỉ có thể Rước Lễ nếu mình hành động theo ý của Chúa Giêsu. Trong đoạn Thánh Kinh trên (1Cor 11:26-33), nếu những tín hữu Corintô rước mình máu Chúa khi họ không xứng đáng, thì họ phạm tội và hành động của họ sẽ mang đến sự chết.

The only proper way to celebrate the Eucharist is one that corresponds to Jesus' intention, which fits with the meaning of his command to reproduce his action in the proper spirit. If the Corinthians eat and drink unworthily, i.e., without having grasped and internalized the meaning of his death for them, they will have to answer for the body and blood, i.e., will be guilty of a sin against the Lord himself.

Chuẩn bị thể xác (Prepare physically):

- Giữ chay Thánh Thể: nghĩa là không ăn hay uống (trừ nước lã và thuốc chữa bệnh) một giờ trước khi rước lễ.
- Giữ sạch tay và miệng.
- Thái độ bên ngoài (cử chỉ, cách ăn mặc) phải biểu lộ lòng tôn kính
- Fast for one hour before receiving Holy Communion. Do not eat or drink anything beside plain water.
- Keep your mouth/ hand clean.
- Wear appropriate clothes

Chuẩn bị tâm trí (Prepare mentally):

- Tham gia vào Phụng Vụ Thánh Thể
- Chú ý khi Rước Lễ như chúng ta đang rước chính Chúa Giêsu.
- Participate in celebrating Liturgy of the Eucharist
- Pay attention when you receive the Holy Communion that it is Jesus himself.

Chuẩn bị tâm hồn (Prepare spiritually):

- Nếu mắc tội trọng, phải đi xưng tội trước khi lên rước lễ.
 - Phải tin vào sự *biến hóa*. Bản chất của bánh và rượu được biến đổi thành Mình và Máu Chúa. Chúa Giêsu thật sự hiện diện trong bánh và rượu.
 - You must be in a state of grace. You must have been to confession since your last mortal sin.
 - You must believe in the doctrine of transubstantiation. Transubstantiation is the transformation of the substance into the Real Presence (body, blood, soul and divinity of Jesus Christ) and not the shape or taste or smell of the bread and wine.
- Nếu chúng ta không chuẩn bị đầy đủ, chúng ta sẽ phạm tội thánh.
If we were not properly prepared, we would commit the grave sin of **sacrilege**.

Summary

- Rước Lễ là rước chính Chúa Giêsu.
Receiving the Holy Communion is receiving Jesus himself.
- Chúng ta cần chuẩn bị để xứng được lãnh nhận Bí Tích Thánh Thể.
We need to prepare ourselves for worthy to receive the sacrament.
- Chúng ta cần chuẩn bị thể xác, tâm trí, và tâm hồn để lãnh nhận Chúa Giêsu.
We need to prepare ourselves physically, mentally and spiritually in order to receive Jesus.

Prayer



O Lord, my God,
I am not worthy that You should
come into my soul,
but I am glad that You have come
to me
because in Your loving kindness

You desire to dwell in me.
You ask me to open the door of my soul,
which You alone have created,
so that You may enter into it
with Your loving kindness
and dispel the darkness of my mind.
I believe that You will do this

for You did not turn away Mary Magdalene
when she approached You in tears.
Neither did you withhold forgiveness from the
tax collector
who repented of his sins
or from the good thief
who asked to be received into Your kingdom.
Indeed, You numbered as Your friends
all who came to You with repentant hearts.
O God, You alone are blessed always,
now, and forever.

Saint John Chrysostom

Living our Faith

HOW WELL DO WE PREPARE FOR IMPORTANT EVENTS IN OUR LIVES?

Scenario 1 is that you are interviewing for a \$25,000 college scholarship. Read each statement and check *only one* of the boxes to the right of the statement.

Statement	Strongly Agree	Agree	Disagree	Strongly Disagree
1. I will get a haircut.				
2. I will buy a nice suit / outfit.				
3. I will chew gum.				
4. If my phone rings in the middle of the interview, I will answer it.				
5. I will text a friend during the interview.				
6. I will prepare good answers to possible interview questions.				
7. During the interview, I will check my Facebook status.				

Scenario 2 You are receiving Jesus Christ

Statement	Strongly Agree	Agree	Disagree	Strongly Disagree
1. It is ok to eat lunch right before mass.				
2. You can receive Communion even if you “dozed off” or “spaced-out” while the priest is giving the Eucharistic Prayer.				
3. I have “dozed off” or “spaced-out” while the priest is giving the Eucharistic Prayer.				
4. You can wear tank tops or ripped jeans to mass.				
5. I have worn tank tops or ripped jeans to mass.				
6. If you’re not sure if you have mortal sins, it’s ok to give yourself the benefit of the doubt and receive Communion.				
7. It is essential to receive Communion on a regular basis.				

Compare your answers from Scenario 1 and Scenario 2

1. How sure were you of your answers in Scenario 1? How sure were you in Scenario 2 (check how often you check “Strongly ...” in your responses.)

2. Do you think it is easier to prepare for social / professional events (such as interviewing) or spiritual events (such as receiving the Eucharist)?

3. Do you think you put more effort toward social / professional events or spiritual events?

Practicing our Faith

Examine yourself: the Greek word is similar to that for "approved" in [1 Cor 11:19](#), which means "having been tested and found true." The self-testing required for proper eating involves discerning the body ([1 Cor 11:29](#)), which, from the context, must mean understanding the sense of Jesus' death ([1 Cor 11:26](#)), perceiving the imperative to unity that follows from the fact that Jesus gives himself to all and requires us to repeat his sacrifice in the same spirit ([1 Cor 11:18-25](#)).

Faith alive at home

1. Chúng ta cần làm gì để chuẩn bị *thể xác* trước khi Rước Lễ?
How do you prepare *physically* for receiving the Eucharist?

2. Chúng ta cần làm gì để chuẩn bị *tâm trí* trước khi Rước Lễ?
How do you prepare *mentally* for receiving the Eucharist?

3. Chúng ta cần làm gì để chuẩn bị *thể hồn* trước khi Rước Lễ?
How do you prepare *spiritually* for receiving the Eucharist?

4. Nếu chúng ta không chuẩn bị đầy đủ để Rước Lễ, hậu quả là gì?
What would be the consequence of *not* properly preparing the receive the Eucharist?

5. Tại sao chúng ta cần chuẩn bị chu đáo trước khi Rước Lễ?
Why must we prepare to receive the Eucharist?

6. Em hãy tham dự một Thánh Lễ trong ngày thường và hoàn toàn chuẩn bị để Rước Lễ (thể xác, tâm trí, và tâm hồn).
Attend mass 1 time during the weekday, and completely prepare (physically, mentally, spiritually) to receive the Eucharist.

SELF-OFFERING AND PRAYING



Reading the Bible

Tại sao chúng ta cần cầu nguyện?
Why should we pray?

Matthew 7:7-12

Jesus said to his disciples: "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks, receives; and the one who seeks, finds; and to the one who knocks, the door will be opened. Which one of you would hand his son a stone when he asks for a loaf of bread, or a snake when he asks for a fish? If you then, who are wicked, know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him."

Studying our Faith

BỐN CÁCH ĐỂ CẦU NGUYỆN (FOUR TYPES OF PRAYER)

1. **Xin ơn** – xin Chúa tha thứ và giúp đỡ.
(Prayers of Petition) – asking God for forgiveness and asking God to help ourselves.

Write a prayer of petition: _____

2. **Cầu cho người khác** – xin Chúa giúp đỡ những người khác (hoặc các linh hồn)
Prayers of Intercession - praying on behalf of others

Write a prayer of intercession: _____

3. **Tạ ơn** – ghi nhận vai trò của Chúa trong cuộc sống chúng ta và tạ ơn Chúa vì những gì Ngài ban cho chúng ta.

Prayers of Thanksgiving - acknowledging God's role in our lives and showing gratitude for what He has given us.

Write a prayer of intercession: _____

4. **Ca Ngợi** – nhận định quyền năng cao cả của Chúa và nhận biết rằng chúng ta là con của Ngài.
Prayers of Praise – recognizing the awesome power of God and that we are His children.

Write a prayer of intercession: _____

(For more details: Catholic Catechism 2629-2643)

Summary

- Chúng ta cần cầu nguyện để có một sự kết hợp với Thiên Chúa.
Prayer is essential to our relationship with God.
- Cầu nguyện mỗi ngày là những thói quen mà chúng cần đào tạo và tập.
Daily prayer is a habit that needs to be developed and practiced.
- Khi chúng ta tập được thói quen cầu nguyện mỗi ngày, chúng ta sẽ có một sự liên kết chặt chẽ với Thiên Chúa.
A healthy habit of daily prayer will lead us to a deeper connection with God.

Prayer

SOUL of Christ, make me holy.
Body of Christ, save me.
Blood of Christ, refresh me.
Water from the side of Christ, wash me.
Suffering of Christ, make me strong.
O good Jesus, hear me.
In your wounds hide me,
Let me not be separated from you,
From the enemy who hates me defend me,
In the hour of my death, call me,
And tell me to come to you
That with your saints I may praise you
For ever and ever. Amen.



Ending Prayer: Prayer of St Columba
Kindle, O Lord, in our hearts,
we pray, the flame of love
which never ceases,
that it may burn in us
and give light to others.
May we shine forever
in your temple, set on fire
with that eternal light of yours
which puts flight to the darkness of this world;
in the name of Jesus Christ,
your Son, our Lord.
Amen.

Living our Faith

Sometimes, I start to pray and then I just can't think of anything to say. Does that ever happen to you?
Try the Five Finger Prayer to help you focus.

First, put your hands together in front of you as if you are praying. Keep your eyes open so that you can see your hands.

1. The thumb

Since it is the closest to you, the thumb reminds you to pray for those that are closest to you. Pray for your parents and your brothers or sisters.

2. Index finger

It is used for pointing. Let this finger remind you to pray for those that point you in the right direction. Pray for your teachers at school, your Sunday School teacher, and your pastor.

3. Tallest finger

This finger reminds us to pray for our leaders. Pray for the president and other leaders in our government and those who are leaders in our town.

4. Ring finger.

Did you know that this is the weakest of all the fingers? Just ask any one who plays the piano and they will tell you that is true. Let this finger remind you to pray for those who are sick.

5. Smallest finger.

The Bible says, "Do not think of yourself more highly than you ought." Let the little finger remind you to pray for yourself.

So the next time you are talking to God, and you can't think of anything to say, let the "Five Finger Prayer" help you.

Practicing our Faith

In "The Seven Daily Habits of Holy Apostolic People", Father John McCloskey suggests that we do the following 7 habits daily to pray:

(Linh mục John McCloskey viết về những thói quen cầu nguyện. Lm McCloskey góp ý rằng chúng ta nên đào tạo "Bảy Thói Quen Của Những Tông Đồ Thánh Thiện" như sau)

1. **The Morning Offering:** Getting up 5-10 minutes early and offering the day to God
2. **Spiritual reading**
New Testament and a spiritual book suggested to you by your spiritual advisor
3. **The Holy Rosary**
4. **Holy Mass and Communion**
5. **(silent) Mental prayer** – about least 15 minutes
6. **The Angelus** at noon
7. (brief) **Examination of conscience** at night.

1. **Dâng Ngày:** thức dậy và lập tức cầu nguyện 5-10 phút và dâng ngày cho Chúa.
2. **Đọc sách về tâm linh**
Em có thể đọc Tân Ước hoặc một hồi ý kiến của một người cố vấn để chọn một quyển sách.
3. **Đọc Kinh Mân Côi**
4. **Tham Dự Thánh Lễ và Rước Lễ**
5. **Cầu Nguyện Thỉnh Lặng** – khoảng 15 phút
6. **Đọc Kinh Truyền Tin** vào 12 giờ trưa
7. **Xét Mình** trước khi đi ngủ.

Keep in mind that we are human and like to take baby steps. Therefore, do not try to do all of these 7 habits immediately, for that is one way to ensure failure. Instead, choose one or two that you prefer, and do them everyday. When your spiritual muscle is warmed up, you can try incorporating the remaining habits, one at a time. In addition, just as exercising is more fun with friends, try to pray with a friend to get more out of it, and at the same time, strengthening your friendship. However, do keep some quiet time for God and yourself.

Faith alive at home

1. Tại sao chúng ta cần cầu nguyện?
Why should we pray?

2. Chúng ta nên cầu nguyện như thế nào?
How should we pray?

3. Tại sao chúng ta cần cầu nguyện mỗi ngày?
Why is daily prayer necessary?

4. Hãy kể 3 trong “Bảy Thoái Quen Của Những Tông Đồ Thánh Thiện”
Name 3 of the Seven Habits of Daily Prayer.

5. Hiện giờ, em có những thói quen xấu nào?
What are some of your current unhealthy (bad) habits?

6. Trong những “Bảy Thoái Quen Của Những Tông Đồ Thánh Thiện”, em có thể áp dụng thói quen nào để thay thế thói quen xấu?
Which of the Seven Habits of Daily Prayer can you use to replace your unhealthy habits?
What are 2 habits that you can start developing?

7. Hãy chọn 1-2 thói quen “Của Những Tông Đồ Thánh Thiện” và tập thực hành trong tuần này. Mỗi ngày, em ghi chép những khó khăn và kết quả.
Choose 1 or 2 of the 7 habits and practice it this week. Record each day of what habit you do and what struggles/success you find.

Monday; Habit=

Tuesday; Habit=

Wednesday; Habit=

Thursday; Habit=

Friday; Habit=

Saturday; Habit=

EXAMINE CONSCIENCE AND REPENT

Reading the Bible

Jn 8:2-11

Early in the morning He came again into the temple, and all the people were coming to Him; and He sat down and began to teach them. The scribes and the Pharisees brought a woman caught in adultery, and having set her in the center of the court, they said to Him, "Teacher, this woman has been caught in adultery, in the very act. Now in the Law Moses commanded us to stone such women; what then do You say?" They were saying this, testing Him, so that they might have grounds for accusing Him. But Jesus stooped down and with His finger wrote on the ground. But when they persisted in asking Him, He straightened up, and said to them, "He who is without sin among you, let him be the first to throw a stone at her." Again He stooped down and wrote on the ground. When they heard it, they began to go out one by one, beginning with the older ones, and He was left alone, and the woman, where she was, in the center of the court. Straightening up, Jesus said to her, "Woman, where are they? Did no one condemn you?" She said, "No one, Lord." And Jesus said, "I do not condemn you either, Go From now and sin no more."

Em nghĩ điểm chính của đoạn Thánh Kinh Jn 8:2-11 là gì?
What do you think is the main theme in the passage?

Studying our Faith

XÉT MÌNH & QUYẾT TU SỬA

- **Tội Lỗi:** Nhìn tổng quát, chúng ta đều biết “tội lỗi” là gì. Chúng ta khó chấp nhận rằng mình vẫn có tội mặc dù mình cố gắng làm những việc lành. Nhiều lần, chúng ta có thể có những ham muốn, giả dối, hoặc làm người khác đau buồn.
Sin: All of us more or less have a good sense of what “sin” is. It is difficult to accept that even when we are trying to be good, there are areas of our life that remain sinful. We may still harbor lusts, or tell lies, or make hurtful comments to others.
- **Lương Tâm**
Theo Tự Điển Công Giáo, lương tâm là sự nhận biết về chính mình và những hành động của mình. Nếu một người có lương tâm, thì người đó sẽ nhận biết rằng những hành động của mình có hợp với luân lý đạo đức hay không.

Người có lương tâm sẽ xem lại những ý nghĩ, lời nói, và hành động của mình và tìm hiểu xem có đúng hay sai trong trường hợp đó.

Conscience:

The immediate intellectual perception a person has of his own existence and actions. It's a judgment of the intellect, dictating what is to be done as morally right, or what is to be avoided as morally wrong in the particular circumstances in which one is now placed. (Catholic Dictionary)

A review of one's past thoughts, words and actions for the purpose of determining their conformity with, or difformity from the moral law. Directly, this examination is concerned only with the will, that is, with the good or bad intention that inspires one's thoughts, words, and actions (Catholic Encyclopedia).

- **Tu Sửa:**

“Tu Sửa” là tránh xa tội lỗi, sự không vâng lời, và trở về Thiên Chúa. Một cách tổng quát hơn, tu sửa là thay đổi ý nghĩ hoặc cảm tưởng và thống hối về tư cách trong quá khứ. Như Thánh Phaolô viết trong Tông Đồ Công Vụ 3:19-20

Vậy, các ngươi hãy ăn năn và trở lại, đừng cho tội lỗi mình được xóa đi, hầu cho kỳ thơ thái đến từ Chúa, và Chúa sai Đấng Kitô đã định cho các ngươi

Repentance: Repentance can be defined as: "A turning away from sin, disobedience, or rebellion and a turning back to God. In a more general sense, repentance means a change of mind or a feeling of remorse or regret for past conduct. As Apostle Paul notes this in Acts 3:19-20: "Repent, then, and turn to God, so that your sins may be wiped out, that times of refreshing may come from the Lord, and that he may send the Christ, who has been appointed for you."

Summary

- **Lương Tâm** là xét lại những ý nghĩ, lời nói, và hành động trong quá khứ và tìm hiểu xem mình có làm đúng theo luân lý đạo đức hay không.
Conscience is a review of our own past thoughts, words and actions for the purpose of determining if they follow moral law.
- **Tu Sửa** là tránh xa tội lỗi, sự không vâng lời, và trở về Thiên Chúa. Một cách tổng quát hơn, tu sửa là thay đổi ý nghĩ hoặc cảm tưởng và thống hối về tư cách trong quá khứ.
Repentance is turning away from sin and a turning back to God. In a more general sense, repentance means a change of mind or a feeling of remorse or regret for past conduct.
- Hòa Giải và Tu Sửa không có nghĩa rằng chúng ta sẽ trở nên hoàn hảo. Chúa hiểu rằng chúng ta sẽ xa ngã. Nhưng mỗi lần chúng ta xin Chúa tha thứ, Ngài sẽ đáp lời.
Reconciliation and Repentance does not mean we become perfect. God understands that even at our best, we may backslide at times. However, every time we seek His forgiveness, we will receive it.
- Vì Chúa tha thứ cho chúng ta, mình cũng phải tha thứ cho người khác.
Since God forgives us, we are called to forgive others.

Prayer



You have searched me, LORD,
and you know me.
You know when I sit and when I rise;
you perceive my thoughts from afar.
You discern my going out and my lying down;
you are familiar with all my ways.
Before a word is on my tongue

you, LORD, know it completely.
Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.

(from **Psalm 139**)

Living our Faith

Imagine taking a long piece of string and cutting it, then tying the pieces back together. Then, cut it again and tying it again. Imagine repeating that process over and over ... and over.

Complete this analogy ...

Cutting the string is to sin, As tying a knot is to _____

When we sin, we separate ourselves from God. Reconciliation reconnects us. However, we are not perfect, and we still have scars (the knots). While God will forgive us if we truly repent, we also need to make serious efforts to avoid sins (reduce the knots).

Sins are bad but they can be forgiven. To receive forgiveness, we need to:

- Whole-heartedly examine our conscience
- Repent
- Ask God for forgiveness through the sacrament of reconciliation
- Repent and make an effort to avoid sins

(References and further reading: **Catechism of the Catholic Church 1450-1470**)

Practicing our Faith

HOW TO EXAMINE OUR CONSCIENCE?

To examine our conscience, we need to review the Ten Commandments and the Six Precepts of the Church. Many Catholic churches have guides to help us review each commandment. Below is an abbreviated list from catholic-pages. You can find a more detailed list on <http://www.catholic-pages.com/penance/examine.asp>. If you need further guidance, you should check with your pastor.

First Commandment

1. Have I willfully doubted or denied any of the teachings of the Church (heresy)?
2. Have I taken active part in any non-Catholic worship?
3. Am I a member of any anti-Catholic or any secret society?
4. Have I practiced any superstitions (horoscopes, fortune tellers, etc.)?

Second Commandment

1. Have I used God's name in vain by way of profanity?
2. Have I murmured or complained against God (blasphemy)?

Third Commandment

1. Have I missed Mass on Sundays or holydays through my own fault?
2. Have I been late for Mass through my own negligence?

Fourth Commandment

1. Have I been disrespectful to my parents or neglected them?
2. Have I failed in obedience or reverence to others in authority?

Fifth & Eighth Commandments

1. Have I quarreled with any one?
2. Have I cursed anyone or otherwise wished evil on him?
3. Have I taken pleasure in anyone's misfortune?
4. Is there anyone to whom I refuse to speak or be reconciled?

Sixth & Ninth

1. Have I touched or embraced another impurely?
2. Have I committed impure acts with myself?
3. Have I harbored lustful desires for anyone?
4. Have I indulged in other impure thoughts?
5. Have I watched suggestive films or programs?
6. Have I permitted my children or others under my charge to do these things?

Seventh & Tenth Commandments

1. Have I stolen anything?
2. Have I damaged anyone's property through my own fault?
3. Have I cheated or defrauded other?
4. Have I refused or neglected to pay any debts?
5. Have I neglected my duties or been slothful in my work?
6. Have I refused or neglected to help anyone in urgent necessity?
7. Have I failed to make restitution?

OTHER SINS

1. Have I knowingly caused others to sin?
2. Have I cooperated in the sins of others?
3. Have I received Holy Communion or another sacrament in the state of mortal sin?
4. Is there any other sin I need to confess?

Faith alive at home

1. Lương Tâm là gì? (What is conscience?)

2. Tu Sửa có nghĩa gì? (What does it mean to repent?)

3. Chúng ta có thể làm gì để xét mình? (How do you examine your conscience?)

4. Nếu chúng ta cần thêm sự hướng dẫn để xét mình, thì chúng ta nên làm gì?
If you need addition guidance to examine your conscience, where should you go?



Thánh Kinh

The Resurrection of Jesus and Commission

Scripture Reading

1. The Resurrection of Jesus Christ – Mathew 28:5-10

Then the angel said to the women in reply, "Do not be afraid! I know that you are seeking Jesus the crucified. He is not here, for he has been raised just as he said. Come and see the place where he lay. Then go quickly and tell his disciples, 'He has been raised from the dead, and he is going before you to Galilee; there you will see him.' Behold, I have told you." Then they went away quickly from the tomb, fearful yet overjoyed, and ran to announce this to his disciples.

2. Christ's Great Commission – Mathew 28: 16-20

The eleven disciples went to Galilee, to the mountain to which Jesus had ordered them. When they saw him, they worshiped, but they doubted. Then Jesus approached and said to them, "All power in heaven and on earth has been given to me. Go, therefore, and make disciples of all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Spirit, teaching them to observe all that I have commanded you. And behold, I am with you always, until the end of the age."

Faith / Fact Finding

1. The Resurrection

Who is it about? Ai là nhân vật chính?	
What happened? Việc gì đã xảy ra?	
When did it happen? Vào lúc nào?	
Where did it happen? Ở đâu?	
Why did it happen? Tại sao?	

The disciples of Jesus were as unprepared for his resurrection as they were for his death. The empty tomb made them fearful and joyful at the same time. Even though Jesus had spoken to them before of his death and rising, they could not believe until they saw the empty tomb and met the risen Lord. Aren't we the same? We want to see with our own eyes before we believe! The guards brought their testimony to the chief priests and elders who met the news with denial. They were resolved to not believe that Jesus had risen and they bribed the guards in the hope of keeping others from believing.

2. The Great Commission

Who is it about? Ai là nhân vật chính?	
What happened? Việc gì đã xảy ra?	
When did it happen? Vào lúc nào?	
Where did it happen? Ở đâu?	
Why did it happen? Tại sao?	

It is the great commission given by the risen Christ in Matthew 28:16-20. God has given us the gospel of his Son that Christ died for our sins, Christ was buried and Christ was raised on the third day according to the Scriptures. Through this gospel God caused our knees to bow and our tongues to confess that Jesus Christ is Lord, and we have been saved. But God also wants us to proclaim the gospel to others so that they also may believe and be eternally saved.

Case Study / Life Application

The Fishing Story (from kidssundayschool.com)

It was a clear crisp autumn morning, and Randy had just finished his morning Bible reading. He drew in a deep breath of refreshing mountain air as the morning sun reflected off the surface of the lake. From the cabin's porch, Randy could see his brother down on the boat dock. He quickly put away his Bible and walked down to the dock to join him.

Randy: "What are you doing Billy?" Randy asked.

Billy: "I'm fishing!"

Randy looked around and saw Billy's fishing pole and tackle box lying on the dock next to him. Next to the tackle box was a bucket filled with lake water.

Randy: "Don't you mean you're getting ready to go fishing?"

Billy: "No, I've been fishing for about half an hour."

Randy: "Billy, you don't have a worm on your hook and your fishing line isn't even in the water. How could you be fishing?"

Billy: *(smiling)* "It's simple. You see, I have on my fishing hat and my life jacket. When fish swim by, they will see a fisherman sitting on the dock and jump out of the water and land in the bucket."

Randy: *(laughing)*, "Billy you won't catch any fish that way! You have to put a worm on your hook and throw your fishing line into the water."

Billy: "I don't like touching the worms. They're slimy. I hate taking the fish off the hook because it's hard and I sometimes get stuck by their fins."

Randy: (*stopped laughing*), "Billy, you'll never catch anything by hoping the fish see you are a fisherman. You need to put your fishing line in the water. Come on, I'll help you."

1. How are some modern-day Catholics similar to the first character in the Fishing Story?

2. How are you sometimes similar to the characters in the Fishing Story?

Some Christians have a similar thought process when it comes to reaching others with the Good News of Jesus Christ. You see, some Christians figure that people will see them going to church, helping others, or maybe see the "I love Jesus" bumper sticker on their cars. They believe when others see that they are Christians, they will simply follow them to church.

So don't just look like a Christian. Get to know the people around you, and share with them the Good News about our Lord.

Where Do You Stand?

1. Em có bao giờ nói chuyện với người ngoại đạo về đức tin em không?

When was the last time you talked to a non-Christian about your faith? What specific things did you talk about?

2. Trước đây em có cầu nguyện ở nơi công cộng không? Em cảm thấy thế nào?

When was the last time you prayed in public? How did you feel?

3. Đức tin của em ảnh hưởng đến em như thế nào trong cuộc sống mỗi ngày? (thí dụ: em cầu nguyện, em làm những việc lành)

How does your Catholic faith affect your daily life / choices? (eg. pray, acts of kindness, specific actions in school / work)

4. Khi em nói chuyện với một người bạn ngoại đạo (hay không đi lễ thường xuyên), em có bao giờ nói chuyện về đức tin của em?
When you have a conversation with a non-Christian or non-practicing Christian friend, are there times when you can talk about your faith?

5. Em có bao giờ cầu nguyện cho những người thân hay bạn ngoại đạo? Em có cho họ biết rằng em cầu nguyện cho họ? Em nghĩ phản ứng của họ sẽ như thế nào?
Do you pray for your non-Christian friends / acquaintances? How do you feel about *telling* them that you pray for them? What do you think their reactions will be?

Summary

- Khi Chúa Giêsu Phục Sinh, Ngài chứng minh rằng Ngài là con Thiên Chúa xác nhận những giảng dạy của Ngài.
Jesus' Resurrection gives proof that He is truly God and confirms His teachings.
- Khi Chúa Giêsu sống lại, tội lỗi chúng ta được tha thứ.
The resurrection means that you and I are forgiven of all of our sins.
- Sau khi sống lại, Chúa Giêsu sai các môn đệ đi đến muôn dân để rao giảng và rửa tội.
In the Great Commission, Jesus instructs the apostles to continue His mission by preaching the Gospels and baptizing others.
- Chúa Giêsu cũng kêu gọi chúng ta làm những tông đồ hiện thời để truyền bá những giảng dạy của Ngài.
Jesus also calls us to be modern-day apostles and evangelize to others about the Catholic faith and teachings.

Prayer

"Lord Jesus Christ, you have triumphed over the grave and you have won new life for us. Give me the eyes of faith to see you in your glory. Help me to draw near to you and to grow in the knowledge of your great love and power."

Homework

1. Ai là 2 người đầu tiên đã thấy Chúa Giêsu sau khi Ngài sống lại?
Who were the first 2 people to see Jesus after His resurrection?

2. Phán ứng của họ như thế nào?
What were their reactions?

3. Sự Phục Sinh của Chúa Giêsu làm gì cho chúng ta?
What did Jesus' resurrection do for us?

4. Sau khi Phục Sinh, Chúa Giêsu sai các môn đệ đi rao giảng tại nơi nào? Vào lúc nào?
What is the Great Commission? When and where did it occur?

5. Em có thể làm gì để vâng theo lời của Chúa Giêsu khi Ngài sai các môn đệ đi rao giảng?
How can you continue to follow Jesus' instructions in the Great Commission?

The Ascension of Jesus

Scripture Reading

1. God's ascension – Acts 1:9-11, Luke 24:50-51

The first account I composed, Theophilus, about all that Jesus began to do and teach, until the day when He was taken up to heaven, after He had by the Holy Spirit given orders to the apostles whom He had chosen. To these He also presented Himself alive after His suffering, by many convincing proofs, appearing to them over a period of forty days and speaking of the things concerning the kingdom of God. Gathering them together, He commanded them not to leave Jerusalem, but to wait for what the Father had promised, "Which," He said, "you heard of from Me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now." So when they had come together, they were asking Him, saying, "Lord, is it at this time You are restoring the kingdom to Israel?" He said to them, "It is not for you to know times or epochs which the Father has fixed by His own authority; but you will receive power when the Holy Spirit has come upon you; and you shall be My witnesses both in Jerusalem, and in all Judea and Samaria, and even to the remotest part of the earth."

And after He had said these things, He was lifted up while they were looking on, and a cloud received Him out of their sight.¹⁰ And as they were gazing intently into the sky while He was going, behold, two men in white clothing stood beside them. They also said, "Men of Galilee, why do you stand looking into the sky? This Jesus, who has been taken up from you into heaven, will come in just the same way as you have watched Him go into heaven." Then they returned to Jerusalem from the mount called Olivet, which is near Jerusalem, a Sabbath day's journey away.

Faith / Fact Finding

1. The Ascension

Who is it about? Ai là nhân vật chính?	
What happened? Việc gì đã xảy ra?	
When did it happen? Vào lúc nào?	40 days after Resurrection 40 ngày sau khi Chúa Phục Sinh
Where did it happen? Ở đâu?	
Why did it happen? Tại sao?	<p>Chúa Giêsu đã sống lại trong vinh quang, nhưng trong 40 ngày Ngài sống với các môn đệ, Ngài không bài tỏ sự vinh quang này. Khi Chúa Thăng Thiên, Ngài cho mọi người thấy sự vinh quang của Ngài.</p> <p>Jesus' body was already glorified when He resurrected, <i>but during the forty days</i> when he eats and drinks familiarly with his disciples and teaches them about the kingdom, his glory remains veiled under the appearance of ordinary humanity.</p> <p>Ascension shows Jesus's glory.</p>

(Reference: Catechism of the Catholic Church 659)

Giáo Hội Kính Nhớ Chúa Thăng Thiên

Mỗi năm, Giáo Hội kính nhớ Lễ Chúa Thăng Thiên 40 ngày sau Chúa Nhật Phục Sinh. Theo lịch, ngày Phục Sinh thay đổi mỗi năm, nên Lễ Chúa Thăng Thiên cũng thay đổi mỗi năm. Lễ Chúa Thăng Thiên luôn là ngày thứ năm trong tuần.

Lễ Chúa Thăng Thiên tưởng nhớ khi Chúa Giêsu dẫn các môn đệ đến núi Olive 40 ngày sau khi Ngày sống lại. Sau khi ban phép lành các môn đệ và kêu họ chờ đợi Đức Chúa Thánh Thần, Chúa Giêsu lên Thiên Đàng (hồn và xác).

The Church Celebrates Ascension

The Feast of the Ascension of our Lord God and Savior Jesus Christ is celebrated each year on the fortieth day after the Great and Holy Feast of Pascha (Easter). Since the date of Pascha changes each year, the date of the Feast of the Ascension changes. The Feast is always celebrated on a Thursday.

The Feast itself commemorates when, on the fortieth day after His Resurrection, Jesus led His disciples to the Mount of Olives, and after blessing them and asking them to wait for the fulfillment of the promise of the Holy Spirit, He ascended into heaven (body and soul).

Case Study / Life Application

WHO GETS THE GLORY (from kidssundayschool.com)

Instructions: Read each example below. Then circle the ones that give credit or glory to whom it belongs. Put and "X" through the examples where the characters keep the credit for themselves.



1. **Sally:** Angie! You sang so beautifully today!! And your song had a very good message!
Angie: Awww! Thanks, Sally! I really didn't think I did that good. I worked really hard on it, but it just didn't sound too good. But thanks!

Notes: _____



2. **Joe:** Dude! You play soccer so well! Way to score three goals for the team!!
Harry: Thanks, man, but our team played very well together! We were a good team! I wouldn't have been able to do it without their help!

Notes: _____



3. **Jane:** What are your plans for the future, Hanna? What do you want to study?
Hanna: Well, I want to be a nurse. I'm going to have to study really hard to get into nursing school, but I love to help, so I will be a really good nurse.

Notes: _____



4. **Joe's mom:** Hey, Jimmy. So, what are you guys doing this summer?
Jimmy: Well, we're going on vacation. My parents are taking us camping. Dad and

Mom were both able to get off work, so they want to be able to stay there a couple of weeks!
Dad has all these fun activities planned!

Notes:



5. **Andy:** Jesse, you are really good at giving speeches!
Jesse: Thanks, man, but I know I wouldn't be half as good if I hadn't had such a good Speech teacher last year!!

Notes:

Where Do You Stand?

1. From the 5 examples above, is it easy it is to give yourself the credit or glory, even when it seems to be a humble response?

2. When we are successful in anything, God is working in us. What do we need to do?

3. How can we give glory to God?

Summary

- Bốn mươi ngày sau Phục Sinh, Chúa Giêsu lên trời hồn và xác.
Forty days after Easter, Jesus went to Heaven body and soul.
- Chúa Giêsu sống lại trong vinh quang nhưng chúng ta không thấy được sự vinh quang này cho đến lúc Chúa Thăng Thiên.
Jesus's body was already glorified when He resurrected but His glory was not seen until Ascension.
- Khi Chúa Giêsu lên trời trước chúng ta, Ngài cho chúng ta niềm hy vọng rằng một ngày chúng ta có thể theo Ngài.
When Jesus goes to Heaven ahead of us, he gives us hope that one day we will follow Him.

- Lễ Chúa Thăng Thiên là lễ buộc mà mọi người Kitô Hữu cần phải tham dự mỗi năm.
Feast of Ascension is an obligation that all Christians are required us to fulfill every year.

Prayer

Lord, as you ascend to heaven, please send the Holy Spirit comes down on me so that I can have the courage to spread your teaching as well as your glory to the people around me.
Please make me understand how important it is to follow your command and make me realize that it is the only way to help me stay closer to you. Amen.

Homework

8. Chúa Giêsu Thăng Thiên mấy ngày sau Phục Sinh?
How many days after Resurrection did Ascension occur?

9. Chúa Giêsu Thăng Thiên ở đâu?
Where did Ascension occur?

10. Chúa Giêsu nói gì với các môn đệ trước khi Ngài lên Thiên Đàng?
What did Jesus say to the apostles before He ascended to Heaven?

11. Điều gì đặc biệt về Chúa Giêsu khi Ngài lên Thiên Đàng?
What is unique about Jesus going to Heaven? (see Catechism of the Catholic Church 659)

12. Em hãy cho một thí dụ một lúc trong cuộc sống mà em có thể nhận ra sự vinh quang của Chúa.
Give an example of a moment or image you have seen that helps you see God's glory?

Courage to Faith

Scripture Reading

1. Strengthen in the Faith – Colossian 2: 6-7

“So then, just as you received Christ Jesus as Lord, continue to live in him, rooted and built up in him, strengthened in the faith as you were taught, and overflowing with thankfulness.”

2. Testify about our Lord – 2Timothy 1: 8-9

“So do not be ashamed to testify about our Lord, or ashamed of me his prisoner. But join with me in suffering for the gospel, by the power of God, who has saved us and called us to a holy life - not because of anything we have done but because of his own purpose and grace.”

Faith / Fact Finding

St. Paul writing to the Colossians

Who is it about? Ai là nhân vật chính?	Thánh Phaolô viết cho tín hữu Côlôê St. Paul was writing to the Colossians
When did it happen? Vào lúc nào?	Chúng ta không biết rõ vào lúc nào Uncertain
Where did it happen? Ở đâu?	Thánh Phaolô viết thánh thư này khi Ngài ở trong tù St. Paul was in prison when he wrote it. The exact location is uncertain.
Why did it happen? Tại sao?	

St. Paul's Second Letter to Timothy

Who is it about? Ai là nhân vật chính?	Thánh Phaolô viết cho Timôthê – một môn đệ của Thánh Phaolô St. Paul was writing to the Timothy – one of his closest disciples.
When did it happen? Vào lúc nào?	Thánh Phaolô viết thánh thư này vào cuối cuộc đời của Ngài. Near the end of St. Paul's life
Where did it happen? Ở đâu?	Thánh Phaolô viết thánh thư này khi Ngài ở trong tù ở Rôma. writes the letter while in a Roman prisonn.
Why did it happen? Tại sao?	

Vững mạnh trong đức tin – Strengthen in the Faith

- **Ba nhân đức đối thần: đức tin, đức cậy, đức mến.** Thiên Chúa là nguồn gốc của đức tin và ban cho linh hồn chúng ta được thấm nhuần vào linh hồn chúng ta. Vì thế, đức tin là một hồng ân của Thiên Chúa. **Đức tin** là một nhân đức đối thần cho chúng ta chấp nhận những gì Thiên Chúa đã mặc khải, dù không có bằng chứng.
The supernatural virtues, which guide us to God, are called **theological virtues**. These are **faith, hope, and charity**. The Almighty God infuses faith into the soul. God is the cause of faith. Thus, faith is a gift of God. **Faith is a theological virtue by which we believe all that God has revealed.** Faith enlightens the intellect by imparting knowledge of supernatural truths.
- Khi chúng ta có đức tin, thì trong nội tâm, chúng ta luôn:
 1. Tin có Thiên Chúa - tin rằng Thiên Chúa có thật.
 2. Tin Thiên Chúa - nhận Lời Chúa là sự thật.
 3. Tin vào Thiên Chúa - nhận Lời Chúa sẽ dẫn chúng ta ơn cứu rỗi.

The internal act of faith in divine truths involves three things:

1. Belief in a God – that is, belief that God exists.
2. Believing God – that is, recognizing His word as the truth.
3. Belief in God – that is, accepting His word as the rule of life and the way of salvation.

2. *Testify about our Lord*

The external declaration, in words or in deeds, of what we believe, is a true act of faith. One is obliged to declare his faith outwardly (that is, he is obliged to make an external act of faith) whenever the honor of God or his neighbor's good requires that he should do so. Faith with its extrinsic form of charity is living faith. This is the virtue of faith which is a habit in a man that serves as the principle of good acts. Lifeless or formless faith is not a virtue. St. James says: "Faith by itself, if it has no works, is dead."

In a society with many false doctrines and temptations, we need to strengthen and to stand firm in our faith. The catechism contains all the basic beliefs given to us by Jesus Christ. The chief truths of faith can be found in the Apostle's Creed. There are "twelve articles" or parts in the Apostles' Creed, and each part is meant to refute some false doctrine taught before the time of the Apostles or while they lived. All these false doctrines are denied and the truth professed when we say the Apostles' Creed.

Case Study / Life Application

Prayer That Makes Things Stand Still

Bowls of Beef Noodle Soup served on the table smell delicious. Everyone starts to pour Hosin sauce and hot sauce in to add more tastes; bean sprout, herbal vegetables are also added in to give more flavors to the soup. Everyone begins to eat.

Tran hesitates for a second. He asks himself: "Should I pray before I eat?" All of his friends at the table are enjoying their delicious soup. Besides, they are not Catholic. Tran says to himself: "If I do not have the courage to say a prayer before a meal in front of my friends at a restaurant, how can I stand firm and declare my faith in front of my enemies during trials?"

Tran bows his head, does the sign of the Cross and says the Our Father as he always does at his home before every meal. All of his friends stop eating, drinking, laughing, or talking. They look at Tran with awe and wait for Tran to finish his prayer.

Where Do You Stand?

1. Giáo Hội thánh thiện vì được Chúa Kitô thành lập. Nhưng Giáo Hội có những thành viên thánh thiện cũng như những người tội lỗi. Em có vững tin vào Giáo Hội dù nhiều thành viên phạm tội? Em có thể làm gì để bảo vệ Giáo Hội?

The Church founded by Christ is holy. Not only those members who are holy but the sinners also belong to the Church. Do you still believe in the Church if its members cause many people to question their trust in the Church (Sex scandal in the Church for example)? What would you do to protect the Church from its enemies' attacks?

2. Em có bao giờ trách Chúa không? Có thể một thân nhân của em phải chịu những đau đớn? Ông Job bị mất hết tài sản, nhà cửa, và con cháu, nhưng ông ta lại ca ngợi Thiên Chúa. Còn em, em sẽ phản ứng như thế nào?

Fire is to test gold; trials will test your faith. Have you ever felt so angry at the loss of something that you cursed and swore at God? Or perhaps you have watched someone you love suffer from a devastating illness. And you found yourself wondering, Why, God? A man named Job experiences an unimaginable loss. His children, his home, and his property are all destroyed at the same time. Job never loses his faith in God, even when he loses so much else. Instead of cursing or blaming God, he blesses (praises) God. How about you?

3. Những người Kitô hữu thường sống trong một xã hội ngược với những luân lý của chúng ta. Em có cảm tưởng như thế nào khi phải sống đức tin trong một môi trường với nhiều điều sai trái?

It can be said that as Christians, we too, live in a culture that is in some ways foreign to our values and beliefs. How easy is it to stand up against the pressures of peers, media values, and social standards that go against Christian values and beliefs? Are you confident enough to do what's right if others do not?

4. Em làm thế nào để sống đức tin? Em làm sao để tuyên xưng đức tin trong lời nói và hành động mỗi ngày? Em làm những gì để cho đức tin của mình được vững mạnh?

Faith does not build on words alone? How do you live out the faith you profess each week in both word and action? What do you do to strengthen your faith or to be a good catholic?

Summary

- Đức tin là tin vào Thiên Chúa dù không có bằng chứng.
Faith means to believe in God even if there is no proof.
- Đức tin chúng ta sẽ luôn gặp nhiều thử thách.
Our faith will be tested by external sources.
- Chúng ta cần giữ đức tin vững mạnh và tự hỏi “Ý Chúa là gì?” và làm hết mình để thực hiện ý Ngài.
We need to keep our faith strong by continually asking ourselves “What is God’s will” and try our best to do His will.
- Đức tin sẽ lớn mạnh theo sự học hỏi và *hành động*. Chúng ta cần vững mạnh trong đức tin, sống đức tin, và tuyên xưng đức tin trong mọi hoàn cảnh.
Faith needs to be strengthened by study and practice. We must stand firm in our faith, live, and profess it openly and courageously in all circumstances.

Prayer

Lord, make me stronger, stronger to do the right thing – the Christ-like thing – the next time I’m in a hurtful situation, stronger to declare my faith in you as the reason for my actions, stronger to even forgive those who insult me.

Jesus, give me the courage to live out what I believe in my heart, and allow me the wisdom to know that it comes from you. Amen.

Homework

1. “Tin có Thiên Chúa” và “Tin Thiên Chúa” khác nhau như thế nào?
What is the difference between belief in a God and belief in God?

2. Chúng ta phải làm gì với đức tin mà Chúa cho chúng ta?
What do we have to do with the gift of faith that God gives us?

3. Ai là người viết Thánh Thư Cô lô sê và Thánh Thư thứ 2 cho Timôthê?
Who wrote the books of Colossian and 2Timothy?

4. Tại sao Thánh Phaolô viết thư cho tín hữu Côlôôsê? (Why did St. Paul write to the Colossians?)

5. Timôthê là ai? (Who was Timothy?)

6. Ý chính của Thánh Phaolô trong 2Timôthê là gì? (What was Paul's main message in 2Timothy?)

7. Em có thể làm gì để tuyên xưng đức tin? (How can you live and profess your faith?)

8. Learn by heart the Apostle's Creed (in Vietnamese).

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 Ghost, born of the Virgin Mary, suffered under Pontius Pilate, was crucified; died, and was buried. He descended into Hell; the third day He arose again from the dead; He ascended into Heaven, seated at the right hand of God, the Father Almighty; from thence He shall come to judge the living and the dead. I believe in the Holy Ghost, the holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and the life everlasting. Amen.

KINH TIN KÍNH

Tôi tin kính Đức Chúa Trời, / là Cha phép tắc vô cùng, / dựng nên trời đất. / Tôi tin kính Đức Chúa Giê-su Kitô, / là con một Đức Chúa Cha, / cùng là Chúa chúng ta, / Bởi phép Đức Chúa Thánh Thần, / mà Người xuống thai, / sinh bởi Bà Maria đồng trinh, / chịu nạn thời quan Phong-xi-ô Phi-la-tô, / chịu đóng đinh trên cây Thánh Giá, / chết và táng xác. / Xuống ngục tổ tông. / Ngày thứ ba bởi trong kẻ chết mà sống lại. / Lên trời, / ngự bên hữu Đức Chúa Cha phép tắc vô cùng. / Ngày sau bởi trời lại xuống phán xét, / kẻ sống và kẻ chết. / Tôi tin kính Đức Chúa Thánh Thần. / Tôi tin Hội Thánh hằng có ở khắp thế này. / Các thánh thông công. / Tôi tin phép tha tội. / Tôi tin xác loài người ngày sau sống lại. / Tôi tin hằng sống vậy. / Amen

Hope

Scripture Reading

1. Do not Lose Heart – 2 Corinthians 4: 16-18

Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen. For what is seen is temporary, but what is unseen is eternal.

2. God Is For You – Romans 8:31

What, then, shall we say in response to this? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us – how will he not also, along with him, graciously give us all things?

3. All I Want... – Phil 3:10-11

All I want is to know Christ and to experience the power of his resurrection, and to share in his sufferings and become like him in his death, in the hope that I myself will be raised from death to life.

Faith / Fact Finding

St. Paul wrote the Book of Romans to:

Who is it about? Ai là nhân vật chính?	Thánh Phaolô viết cho tín hữu Romans Romans
When did it happen? Vào lúc nào?	Không ai biết rõ not certain
Where did it happen? Ở đâu?	Thánh Phaolô viết từ Corintô most likely from Corinth
Why did it happen? Tại sao?	

St. Paul writing a second letter to the Corinthians

Who is it about? Ai là nhân vật chính?	Thánh Phaolô viết cho tín hữu Côrintô St. Paul was writing to the residents of Corinth
When did it happen? Vào lúc nào?	AD 57
Where did it	Macedonia

happen? Ở đâu?	
Why did it happen? Tại sao?	

1. Đừng nản lòng – Do not Lose Heart

- Thất vọng, hay mất đi đức cậy, là một tội lỗi và có thể đưa đến tội lỗi khác. Khi Chúa Phục Sinh, Ngài chứng minh rằng sự thất vọng và sự chết không thể thắng được – Chúa vẫn hiện diện trong những lúc chúng ta thất vọng nhất.

Despair, which is the loss or abandonment of hope, is a sin, and it leads to other sins. The Resurrection stories in the Gospel are proof that despair and death do not win – that God is at work in the most hopeless of human situations.

- Đức cậy cho chúng ta một có mục đích và hướng đi trong cuộc sống, đặc biệt trong những lúc cô đơn, tức giận, nản lòng, và đau ốm. Đức tin dẫn chúng ta đến đức cậy, và đức cậy dẫn đến đức mến. Nhưng đức cậy cũng có thể thấp lại “ngọn lửa của đức tin”.

Hope also gives a person a sense of purpose in life, especially when one is facing loneliness, anger, frustration, and disease. Although faith leads to hope, and hope leads to love, hope can rekindles the faith lost or weaken.

2. Thiên Chúa bên đỡ cho chúng ta – God Is For You

- Chúng ta cần phải trông cậy vào Thiên Chúa. Ngài là niềm hy vọng và sự cứu rỗi của chúng ta. Dù những người khác có thể phản bội, Thiên Chúa luôn trung thành. Kinh Thánh luôn kêu gọi chúng ta trông cậy vào Chúa.

We should pin our hope on God. He is our hope and our salvation. Although everyone or everything betrays us, God is always faithful. Every scriptural promises of a reward and is an implied perception of hope. Besides, Holy Bible has warnings and commands, which tells us to have hope. For instance, in Psalm 61, “Hope in Him, all ye congregation of the people.”

3. All I Want...

- Đức cậy** là nhân đức đối thần, nhờ đó, chúng ta khao khát Nước Trời và sự sống vĩnh cửu như hạnh phúc đời mình, khi tin tưởng vào các lời hứa của Đức Ki-tô và phó thác vào ơn trợ lực của Chúa Thánh Thần chứ không dựa vào sức mình. *Như những đức tin đối thần, chúng ta chỉ có đức cậy qua lời cầu xin Thiên Chúa.*

Hope is the theological virtue by which we aspire with confidence to grace and heaven, trusting God, and being resolved to use his help. Hope directs the efforts of man to God and eternal happiness in God. Like other theological virtues, we can only attain hope by praying that God infuses us with it.

Case Study / Life Application

1. Christine Ngo recorded in her daily journal: "When life has gotten as low as it is today, it feels like there's just no point to live when the world is just so sick and twisted. But then I walk outside and see a small flower on the side of the road struggling against all odds ... and I wonder why it is still there. Why should I give up? This small little flower is in the midst of all these struggles, yet shining thru to provide beauty to a world that is not perfect. And then I realized at this minute, a flower has brought a little joy back into my heart. I then see that even the smallest things can lift one's spirit. And so now I know that no matter how low it gets, I will get thru it. The reason above all others are to live, to learn, and to love. The flower is the sign of hope; and that sign of hope gives me back my faith."

2. Mark was walking home from school one day when he noticed the boy ahead of him had tripped and dropped all of the books he was carrying, along with two sweaters, a baseball bat, a glove, and a small tape recorder. Mark knelt down and helped the boy pick up the scattered articles. Since they were going the same way, he helped to carry part of the burden. As they walked, Mark discovered the boy's name was Bill, that he loved video games, baseball, and history. He was having lots of trouble with his other subjects and that he had just broken up with his girlfriend.

They arrived at Bill's home and Mark was invited in for a Coke and they watched some television. The afternoon passed pleasantly with a few laughs and some shared small talk, then Mark went home. They continued to see each other around school, had lunch together once or twice. They both graduated from junior high school. They ended up in the same high school.

Finally the long-awaited senior year came and three weeks before graduation, Bill asked Mark if they could talk. Bill reminded him of the day years ago when they had first met. "Did you ever wonder why I was carrying so many things home that day?" asked Bill. "You see, I cleaned out my locker because I didn't want to leave a mess for anyone else. I had stored away some of my mother's sleeping pills and I was going home to overdose myself so I don't have to live anymore. But after we spent some time together talking and laughing, I realized that if I had killed myself, I would have missed that time and so many other moments that might follow. So you see, Mark, when you picked up those books that day, you did a lot more, you saved my life."

A true story,
John W. Schlatter

Where Do You Stand?

1. Em có bao giờ cảm thấy thất vọng? (hay bức tức? hay cảm thấy những công việc quá nặng nề?)
When was a time in your life when you felt hopeless? (or stressed? or overwhelmed with work and responsibilities)

2. Em làm gì để vượt khỏi thời gian khó khăn này? (How did you overcome this difficult time?)

3. Em hãy chuẩn bị trước như một người bạn Nghĩa Sĩ sẽ gặp một thời gian khó khăn. Hãy viết những ý kiến / biện pháp để giúp bạn em vượt khỏi thử thách ấy.

Anticipate that one of your Nghĩa Sĩ friends may experience a time of hopelessness in the future. Write down a few steps that your friend can take to help him/her. (remember to include *prayer* as part of it).

Summary

- **Trông Cậy** là luôn tin tưởng và phó thác vào ơn trợ lực của Chúa Thánh Thần chứ không dựa vào sức mình.
Hope is continuing trust and reliance on God to give us strength and help.
- Chúng ta cần đức cậy để sống theo ý Chúa trong những lúc khó khăn và thử thách.
Having hope is necessary for us to live according to God's teachings in tough times and challenging moments.
- Chúng ta không thể tự đào tạo đức cậy. Chúng ta cần cầu xin Thiên Chúa cho đức cậy thấm nhuần vào chúng ta.
Hope is not something we can attain by ourselves. We need to pray for it and ask God to "infuse" us with hope.

Prayer

Lord, I am losing hope. It all seemed to be going okay. Things were flowing along, and life seemed good. Then, it all fell apart. I am not even sure why it happened, it just did, and then despair and hopelessness followed. I don't feel like I used to anymore. I don't have the energy or the desire to do much. I feel kind of numb.

I am trying to find a way out of this mess. Saint Paul says we should not lose heart, but what if I already have? I'm having a hard time seeing beyond today's gloom. Talk to me, God, and help me to climb out of the hole I am in. Rekindle in me a passion for life and for my dreams. Bring someone into my life that I can lean on for a little while until I regain my strength and rediscover my path, the path that leads to hope. Amen.

Homework

1. Đức Cậy là gì? (What is hope?)

2. Tại sao Thánh Phaolô viết thư cho tín hữu Rôma? (Why was St. Paul writing to the Romans?)

3. Tại sao Thánh Phaolô viết thư cho tín hữu Côrintô? (Why was St. Paul writing to the Corinthians?)

4. Thất vọng là gì? (What is despair?)

5. Tại sao chúng ta cần có đức cậy? (Why is it necessary to have hope?)

6. Chúng ta phải làm gì để được đức cậy? (How do we attain hope?)

7. Đọc Kinh Cậy mỗi ngày trong tuần (trong lúc Dâng Ngày)

Kinh Cậy

Lạy Chúa, con trông cậy vững vàng vì công nghiệp Đức Chúa Giêsu thì Chúa sẽ ban ơn cho con giữ đạo nên ở đời này, cho ngày sau được lên thiên đàng xem thấy mặt Đức Chúa Trời hưởng phúc đời đời, vì Chúa là đáng phép tắc và lòng lành vô cùng đã phán hứa sự ấy chẳng có lẽ nào sai được.
Amen.

Read the Act of Hope daily (as part of the your Morning Offering)

Act of Hope

O my God, relying on Your almighty power and infinite mercy and promises, I hope to obtain pardon of my sins, the help of Your grace and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer. Amen.

Charity

Scripture Reading

1. What is Love? – 1 Corinthians 13. 4-7

Love is patient and kind; it is not jealous or conceited or proud; love is not ill-mannered or selfish or irritable; love does not keep a record of wrongs; love is not happy with evil, but is happy with the truth. Love never gives up; and its faith, hope, and patience never fail.

2. To Bless, Not To Curse – Romans 12. 14-15

Ask God to bless those who persecute you – yes, ask him to bless, not to curse. Be happy with those who are happy, weep with those who weep. Have the same concern for everyone. Do not be proud, but accept humble duties. Do not think of yourselves as wise.

Faith / Fact Finding

St. Paul wrote the First Letter to the Corinthians (1 Cor):

Who is it about? Ai là nhân vật chính?	Thánh Phaolô viết cho tín hữu Côrintô St. Paul was writing to the Corinthians
When did it happen? Vào lúc nào?	AD 56
Where did it happen? Ở đâu?	Thánh Phaolô viết thánh thư này từ Êphêô from Ephesus
Why did it happen? Tại sao?	Thánh Phaolô thành lập cộng đoàn Công Giáo ở Côrintô vào năm 51. Sau khi ngài đi rao giảng ở những nơi khác, ngài được tin về những việc làm trái luân lý của người dân Côrintô. Thánh Phaolô viết thánh thư này để dạy về những vấn đề ấy. St. Paul established the Christian community in Corinth around AD 51. After he left to continue in ministry in other places, he received news about disturbing immorality from the residents of Corinth. 1Cor is his letter to address the issues he heard about.

Nhắc Nhở đến Chúa Giêsu – Reminders about Jesus

- Chúa Giêsu dạy các môn đệ: “Các ngươi có nghe lời phán rằng: Hãy yêu người lân cận, và hãy ghét kẻ thù nghịch mình. Song ta nói cùng các ngươi rằng: Hãy yêu kẻ thù nghịch, và cầu nguyện cho kẻ bắt bớ các ngươi, hầu cho các ngươi được làm con của Cha các ngươi ở trên trời

Jesus taught his disciples, “You have heard that it was said, you shall love your neighbor and hate your enemy. But I say to you, Love your enemies and pray for those who persecute you, so that you may be children of your Father in heaven” (Mt: 5:43-48).

- Trong thánh thư cho tín hữu Côrintô và Rôma, Thánh Phaolô nhấn mạnh về những giảng dạy của Chúa Giêsu – Chúa Giêsu yêu thương mọi người một cách vô điều kiện và vô ích kỷ.

In his letters to the Corinthians and Romans, St. Paul emphasizes the teachings of Jesus to love everyone. A great lesson from Jesus is that He loves unselfishly and unconditionally.

“Yêu” hay “Mến” – “Love” or “Charity”

- **Đức mến** là nhân đức đối thần, nhờ đó, chúng ta yêu mến Thiên Chúa trên hết mọi sự vì chính Chúa, và vì yêu mến Thiên Chúa, chúng ta yêu mến người thân cận như chính mình.

Charity is the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God.

- Hai từ “yêu” và “đức mến” thường được dùng nhưng cùng một nghĩa (Có những Thánh Kinh dùng từ “yêu”. Giáo Lý Hội Thánh dùng “đức mến”. Đức mến chính là tình yêu. Nhưng đức mến là một tình yêu theo gương của Chúa Kitô – nhưng là tình yêu nhẫn nhục, hiền hậu, không ích kỷ – như Thánh Phaolô viết trong 1Cor.

“Charity” and “Love” is often used interchangeably. (St. Paul used “love”. Catechism of the Catholic Church uses “charity”). Charity is love. However, *the virtue of charity* means a love that is Christ-like. It is patient, kind, unselfish – consistent with St. Paul’s writing in 1Cor.

- Đức mến là một nhân đức đối thần (như đức tin và đức cậy) cho nên chúng không thể tự đào tạo đức mến được. Chúng ta cần phải cầu xin Thiên Chúa ban cho chúng ta.

Charity is a theological virtue (like faith and hope) so it is not something we can attain on our own. We need God to grant us this virtue and we need to ask for it in prayer.

Case Study / Life Application

LOVE, LOVE, LOVE (FROM KIDSSUNDAYSCHOOL.COM)

Today, we use the word “love” very freely. Sometimes, we may be talking about the virtue of charity while other times we are referring to things that make us happy. Read each of the statements below and put and check in the column to classify it as “Passion love”, “Friendship Love” or “Godly love (charity)”

Love Statement	Passion	Friendship	Godly love
1. I love my best friend.			
2. I love pepperoni pizza.			
3. For God so loved the world...			
4. I love my brother and sister.			
5. I love playing with my classmates.			

6. A new command I give you, love one another.			
7. I love going to the movies.			
8. Love your neighbor as yourself.			
9. I love my pet hamster.			
10. My mom is always telling me she loves me.			
11. I just met the boy down the street, we're in love.			
12. I love all sports, but especially soccer.			

Where Do You Stand?

1. What are the differences between the three types of love used in this exercise?

2. Why is Godly love (charity) so important?

3. Is it possible to show all three kinds of love for someone?

4. Is it ok to show all three kinds of love?

5. Is it ok to show “passion” for someone without showing “Godly love”?

6. Is it ok to show “friendship” love for someone without showing “Godly love”?

Summary

- **Đức mến** là nhân đức đối thần, nhờ đó, chúng ta yêu mến Thiên Chúa trên hết mọi sự
Charity is the theological virtue by which we love God above all things for his own sake, and our neighbor as ourselves for the love of God.
- Trong Thánh Thư 1 gửi tín hữu Côrintô, Thánh Phaolô dạy rằng đức mến (tình yêu) nhẫn nhục, hiền hậu, và không ích kỷ.
In the First Letter to the Corinthians, St. Paul teaches that charity (love) is unselfish, patient, and kind.
- Đức mến chính là tình yêu, nhưng là tình yêu như Chúa Kitô yêu chúng ta: không ích kỷ và vô điều kiện.
Charity means love, but it is a Christ-like love: unselfish and unconditionally kind.
- Chúng ta có thể được đức tin qua lời cầu xin Thiên Chúa.
We can attain charity through prayer.

Prayer

Lord Jesus, you said I was to love my enemies. I have always found this difficult, especially when they treat me differently. I ask you, Lord, to put your mind and heart within me to learn to forgive them even though it is not possible for me to forget right now, as I still bear scars in my spirit and emotions.

Deepen in me a spirit of love and forgiveness that will overcome and dispel any thoughts of revenge or getting even. Be with me, Lord, this day as I think of you and how you suffered and forgave your enemies. Fill me with your presence and love, so there is no room in me for anything other than a spirit of goodwill and help me to forgive everyone who has done injustice to me.

Michael J. Buckley

Homework

1. Đức Mến là gì? (What is charity?)

2. Tại sao Thánh Phaolô viết thư cho tín hữu Côrintô (lần thứ nhất)?
Why did St. Paul write the first letter to the Corinthians?

3. Đức Mến khác với “tình yêu say mê” hay “tình yêu bạn hữu” như thế nào?
How is charity (love) different from our passions or friendly love?

4. Chúng ta cần làm gì để được đức mến? (How can we have charity?)

5. Điều Răn trọng nhất là gì? (What is the greatest commandment?)

6. Hãy đọc Kinh Mến mỗi ngày (vào lúc Dâng Ngày)

Kinh Mến

Lạy Chúa, con kính mến Chúa hết lòng hết sức trên hết mọi sự, vì Chúa là Đấng trọn tốt trọn lành vô cùng, lạy vì Chúa, thì con thương yêu người ta như mình con vậy. Amen.

Read the Act of Love everyday (as part of Morning Offering)

Act of Love

O my God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me, and I ask pardon of all whom I have injured.



Phong Trào

Châm Ngôn & Màu Khăn Ngành Nghĩa

Fact Finding

Tại sao Nghĩa Sĩ dùng màu vàng?

Màu vàng có nhiều ý nghĩa, tích cực cũng như tiêu cực. Đối với Ngành Nghĩa, màu vàng tượng trưng cho bình minh và hoàng hôn. Giai đoạn Nghĩa Sĩ là lúc chuyển tiếp từ lúc thơ ấu và lúc trưởng thành. Hầu hết những khía cạnh của cuộc sống chúng ta đều thay đổi. Người nghĩa sĩ thay đổi bề ngoài, về tâm trí, về tình cảm, và tâm linh. Người nghĩa sĩ bắt đầu có những quyết định quang trọng và sẽ ảnh hưởng đến cuộc sống. Những mối liên hệ với gia đình và bạn bè cũng bắt đầu biến đổi và người Nghĩa Sĩ có thể có những vai trò mới trong giai đoạn này. Hơn nữa, nhiều người cũng lãnh nhận Bí Tích Thêm Sức và trưởng thành trong Giáo Hội. Màu vàng biểu tượng cho sự thay đổi vì người Nghĩa Sĩ sẽ trải qua hoàng hôn của tuổi thơ ấu và bình minh của người trưởng thành.

Why do we wear yellow?

Yellow has many meanings and symbolisms, both positive and negative. For Nghĩa Sĩ, yellow represents sunrise and sunset. The stage of Nghĩa Sĩ is the period in our lives where we transition from childhood to adulthood. Almost every aspect of our lives change during our time as Nghĩa Sĩ. We grow not only physically, but also mentally, emotionally, and spiritually. We work our way through high school and begin making decisions for our future. The relationships that we have with friends and family begin to change, and we often take on new roles during our time as Nghĩa Sĩ. Also, many of us receive the Sacrament of Confirmation and become adults in the Catholic Church. Our time as Nghĩa Sĩ is a time of change. The color yellow captures this mood because as Nghĩa Sĩ we will get to witness the sunset of our childhood and experience the sunrise of our lives as adults.

Khẩu Hiệu của Nghĩa Sĩ – What is our Motto?

- Khẩu hiệu của Nghĩa Sĩ là “CHINH PHỤC”, có nghĩa là “chiến thắng”. Từ “Chiến Thắng” khi dùng với người Nghĩa Sĩ không mang ý nghĩa chiếm lấy một thành phố hay quốc gia. Đối với người Nghĩa Sĩ, “chiến thắng” có nghĩa là sống can đảm khi gặp những thử thách trong đời sống Kitô hữu. Trong giai đoạn Nghĩa Sĩ, chúng ta cần phải:

The motto for Nghĩa Sĩ is “CHINH PHỤC”, meaning to CONQUER. The word “conquer” here does not have the military-related meaning of taking over a city or nation. Rather, it means to be courageous in dealing with the challenges we will face as followers of Christ. The ideal of the Nghĩa Sĩ stage is to:

1. **Chinh phục (hay chiến thắng) những yếu đuối của chúng ta để trở nên những người trưởng thành trong Giáo Hội.** Người Nghĩa Sĩ là người đang chuyển tiếp vào cuộc sống trưởng thành. Vì thế, người Nghĩa Sĩ cần sống khẩu hiệu “chinh phục” bằng cách bỏ đi nhưng tính ngây ngô. Chúng ta phải cương quyết để chinh phục những cám dỗ và tật xấu để trở nên những người Kitô hữu với cuộc sống nội tâm sâu sắc.

Conquer or “take over” the weaknesses that we currently have in order to grow into adults of the Catholic Church. As Nghĩa Sĩ, we are transitioning into adulthood. To accomplish this goal, we need to live according the model of “Chinh Phục” by leaving our childishness behind. We need to have the determination to fight our temptations and bad habits so we can become spiritually stronger Christians.

2. **Thuyết phục những người khác theo Chúa Kitô.** Sau khi chúng ta chiến thắng những yếu đuối cá nhân, chúng ta có trách nhiệm để truyền những giảng dạy của Chúa Kitô cho những người khác và “chinh phục” tâm trí và tâm hồn của họ theo bước đi của Ngài. Nghĩa Sĩ là tương lai của Giáo Hội. Chúng ta phải là những chính sĩ hòa bình của Đức Kitô – cho những người khác chứng kiến những sự trọng đại và chính đáng của đức tin chúng ta qua lời nói và hành động.

To persuade others to follow Christ. Once we have overcome our own weaknesses, we have a responsibility to share Christ’s teachings with others and “conquer” their hearts and minds so they too will follow in His footsteps. As Nghĩa Sĩ, we are the immediate future of the Catholic Church. We need to become peaceful soldiers of Christ, showing others the greatness and righteousness of our faith through our words and actions.

To truly live the motto of “Chinh Phục”, we all need to follow in the footsteps of St. Paul. Earlier in his life, Paul was persecutor of the Christian faith. With Jesus’ intervention, Paul was able to see in false beliefs and overcame them. He then became of crusader for the Catholic Church and was successful in converting thousands of people to the Christian faith.

Summary

- Giai đoạn Nghĩa Sĩ là giai đoạn chuyển tiếp từ lúc thơ ấu đến trưởng thành. Chúng ta cần sống theo khẩu hiệu “Chinh Phục” để chiến thắng những yếu đuối. Chúng ta cần lớn mạnh trong đức tin để trở nên tông đồ của Chúa Kitô.

The stage of Nghĩa Sĩ is one of transition from childhood to adulthood. We need to live according to the motto of “Chinh Phục”, to conquer our weaknesses and grow stronger, so we can become apostles of Christ.

- Nghĩa Sĩ mang khăn màu vàng, vì màu này tượng trưng cho sự chuyển tiếp từ tuổi thơ ấu đến lúc trưởng thành. Người Nghĩa Sĩ trải qua hoàng hôn của tuổi thơ ấu và bình minh của lúc trưởng thành.

Nghĩa Sĩ wear yellow because it represents the transition from childhood (sunset) and to adulthood (sunrise).

Homework

1. Think of 3 bad habits or characteristics you have that are childish or keep your maturing.

2. How often do you commit these habits, under what circumstances do they occur?

3. What can you do to fight these habits and truly begin your growth toward adulthood?

Nguồn Gốc Phong Trào

Fact Finding

From Pope Pius X, “Tông Đồ Cầu Nguyện”, and Đạo Binh Thánh Giá

The Vietnamese Eucharistic Youth Society was officially founded in 1929. However, its roots and origins can be traced to the early 20th century.

1910. Pope Pius X released a decree known as “Quan Singulari” which stated that children can receive Holy Communion when they are old enough to reason. Parents and pastors were given the duty of assuring that children would receive their First Communion and continue to receive the Body and Blood of Christ on a regular basis. From “Quan Singulari”, TNTT derived its motto of **Communion** (Thánh Thể).

1915. In an effort to help youths cope with the turmoil of World War I, Fr. Besiere, from the Jesuit religious order in France started the Eucharistic Crusade, which is a branch of the Prayer Apostolate (Hội Tông Đồ Cầu Nguyện). The focus of this group was to help youths connect with God through deep reflection and acts of good will. This ideal is the root of TNTT’s **Prayer** (Cầu Nguyện) and **Apostolic Works** (Làm Tông Đồ).

The motto of **Sacrifice** (Hy Sinh) was inspired in the spirit of a Catholic organization known as the Crusade of the Cross (Đạo Binh Thánh Giá), whose ideal is to offer one’s life to protect the Church.

The Eucharistic Crusade in Vietnam

After recognizing the need of Vietnamese youths for religious education and a deep spiritual life, priests from the St. Sulpice religious order started brought the Eucharistic Crusade to Vietnam. Although our organization uses a different name today, the start of The Eucharistic Crusade in 1929 is the official birth of TNTT. In the years following its creation, the Eucharistic Crusade spread to parishes throughout Vietnam.

Phong Trào Thiếu Nhi Thánh Thể

The Eucharistic Crusade continued to grow in Vietnam for more than three decades. However, its leaders observed a need to adapt with the social and cultural changes in Vietnam. There was a need for youths to not only have a deep spiritual life, but to also be successful as citizens of a society. In 1964, The Eucharistic Society published its first regulations handbook (Nội Quy), outlining its foundation, goals, and rules. It also adopted a new name: The Vietnamese Eucharistic Youth Society (Phong Trào Thiếu Nhi Thánh Thể Việt Nam). TNTT still kept Communion at the center of its teachings but also added activities such as singing, games, camping, and other less conventional methods of religious education.

The VEYS in the USA

TNTT would endure some of its toughest challenges in 1975 and the years that followed. On April 30, 1975, Saigon fell and Vietnam was governed under a new regime. Tens of thousands Vietnamese people fled to other countries in search of a new life, and TNTT activities practically came to a complete halt.

Fortunately, when many TNTT leaders left the country, they took their faith and ideals with them. New TNTT groups began to grow on refugee camps in South East Asia. Leaders who found their way to U.S.

also started groups. In 1978, TNTT groups started in a few U.S. cities. By the early 1980s, there were TNTT groups in Vietnamese Catholic communities all throughout the U.S. In 1984, prominent TNTT leaders gathered in Louisiana and officially started the VEYS in the USA. Independent groups united under national leadership.

Today, in the US, there are approximately 100 TNTT groups in over 25 states with a 15,000 members and 1,600 Leaders. And we continue to grow.

Summary

- The origins of TNTT can be traced to organizations and significant events in the early 20th century.
- TNTT started in Vietnam in 1929.
- TNTT changed its name and approach in 1964.
- TNTT move overseas after 1975
- TNTT in the US was officially started in 1984.

Homework

1. Bốn khẩu hiệu của Phong Trào TNTT là gì? (What are the four mottos of TNTT?)

2. Bốn khẩu hiệu của Phong Trào TNTT bắt nguồn từ đâu? (From where did the four mottos originate?)

3. Phong Trào TNTT chính thức thành lập vào năm nào? (When did TNTT official begin?)

4. Phong Trào TNTT thay đổi như thế nào và năm 1964? (How did TNTT change in 1964?)



Ca Hát

Nghĩa Sĩ Ca



Vui ca lên Nghĩa Sĩ đời đầy diễm phúc.



Hồn thanh xuân say niềm lý tưởng cao xa. Vì



nghĩa ra đi là đi Chinh Phục. Đường xa bóng



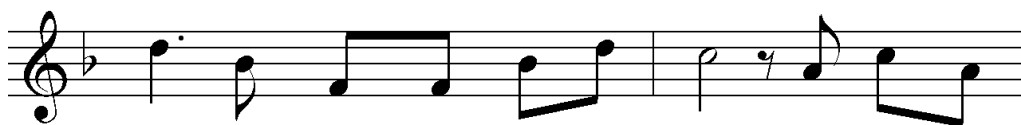
Chúa đang chờ đợi ta. Một đời



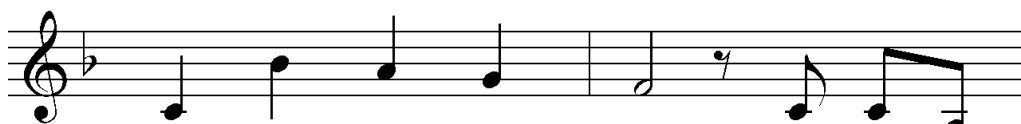
trẻ trung thành nòng hậu sức thiêng. Hùng



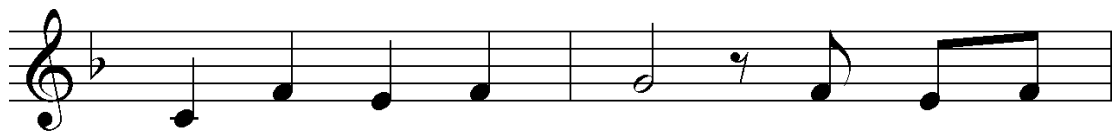
dũng, trung thành một dạ trung kiên. Tinh bång



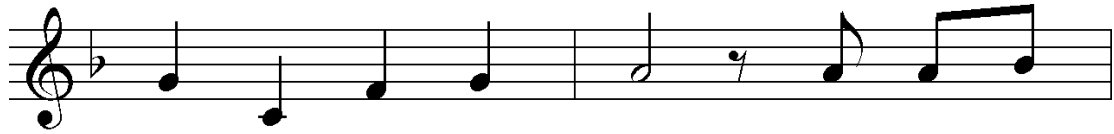
hữu chân thành một dạ vững kiên. Tôn quý trách



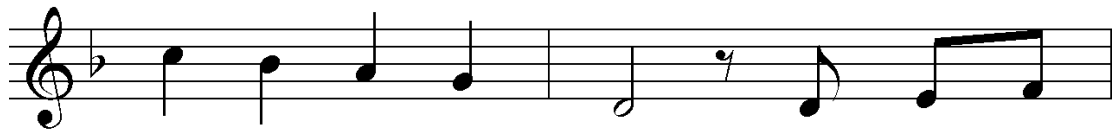
nhiệm sống gương hy sinh. Nghĩa Sĩ Việt



Nam sẵn sàng hùng tráng, trong sạch hăng



hái và quyết tiến bước. Lửa thần nung



nấu tâm can không ngừng. Mầm thiêng ta



gieo khắp nơi xa gần. Lý tưởng siêu



nhiên thành tâm yêu mến. Danh Cha cả



sáng nước Cha trị đến. Noi gương nhiệt



thành của Thánh Phao - lô. Xông pha lên



đường làm chứng Phúc Âm.

Ca Tạm Biệt

Nhẹ nhàng - Tha thiết

Rời tay chúng ta vui lên đường nghĩa
vụ. Bạn ơi đừng quên nhé phút giây xum
vầy. Tay trong tay mình vui lên nhé.
Tim sắt se sầu thương não nề.
Vui ra đi sầu vương trên mắt.
Xa cách nhau, mình nhớ nhau hoài.

The image shows a musical score for the song 'Ca Tạm Biệt'. It consists of six staves of music in a 2/4 time signature, with a key signature of one flat (B-flat). The lyrics are written in Vietnamese and are placed below the corresponding musical notes. The music is written in a simple, accessible style, suitable for a school or community performance.

Tiếng Hát Ca Dao



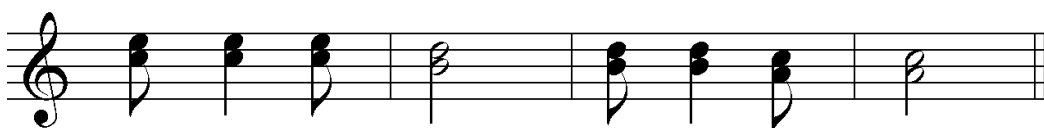
A. Tiếng hát mẹ cha tôi yêu nòi giống,



B. Tiếng hát lịch sử tôi yêu đất đai,



C. Tiếng hát thiên nhiên tôi yêu nhân loại.



D. Tiếng hát trái tim tôi yêu hoà bình.

Vũ Điệu

* Lần 1: Vỗ tay

- A. Đứng chân phải trước, trái sau. Cúi xuống vỗ tay ở gần bàn chân phải, lên ngang hông, lên ngang mặt, rồi xóc hai tay giơ lên trời.
- B. Như A, nhưng đổi chân
- C. Như A.
- D. Như B.

* Lần 2:

Hai tay đập đùi, chéo hai vai vỗ đầu, rồi vỗ tay lên trời.
Có thể tiếp tục cho đến hết bài.



Chuyên Môn

Nút Ruồi, Nút Dẹt, Nút Thòng Lọng *(Overhand, Square, and Simple Noose)*

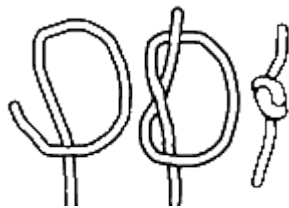
Objective

Learn how to tie an overhand knot, square knot, and simple noose, and understand their uses.

Fact Finding

Overhand knot

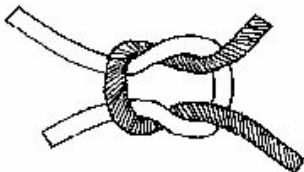
The overhand knot is the simplest and most commonly used knot. It is used to prevent the end of a piece of rope or yarn from unfolding. It is not strong and should not be used in situations where great force is expected.



step 1 2 3

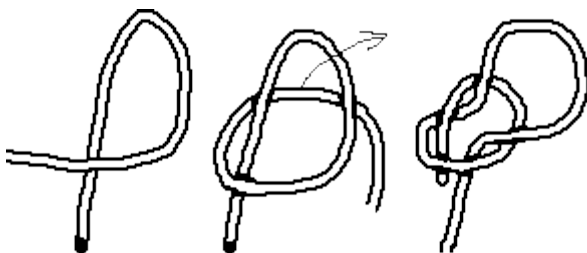
Square Knot (or Reef Knot)

The Square Knot is used in simple applications to tie two pieces of rope together. It is simple to tie and easy to untie. However, it is knot very strong and should not be used for any besides simple situations. For stronger alternatives, see the lesson on Bender Knots.



The Simple Noose

A noose is used for tightening around an object (usually a stick, pole, or tree). The simplest noose is the easiest to learn and is used as a base for more complicated nooses. Please be careful when working with nooses because once tightened, they require great force to untie.



Step 1 2 3

Nút Thuyền Chài, Thày Tu *(Clove Hitch, Monk's Knot)*

Objective

Learn how to tie the clove hitch, monk's knot, and understand their uses.

Fact Finding

Clove Hitch

The clove hitch is used to secure a rope to a post. The hitch is easy to undo and can be adjusted even after it is tied. However, because it is so easily adjusted it can slip and is only useful when there is a strong force pulling at each end. It can be tied multiple times on the same post for a more secure attachment.



Begin with a round turn around the object and cross over



Make another turn



Pass the end under the second turn and pull through and tighten.

The Monk's Knot

A monk's knot is a stopper knot used to prevent the end of a rope or yarn from fraying. It is simple and secure. It is basically the overhand knot with multiple wraps.



Finished product:



The Franciscan Monk's Knot

When throwing a rope to another person, an object is usually tied to end to give it weight. An alternative to this method is to tie a large stopper at the end of the rope. This way, the rope still has weight but there is no concern of the foreign object falling off during the throw.

The Franciscan Monk's knot is a more sophisticated version of the monk's knot and is often tied at the end of large ropes used for throwing.

Make a long loop from the rope.



Cross the end of the rope over the stand part then under the loop



Wind the end around the standing part once, and then around the loop



Be sure to make 4-6 turns (4 for stopper, 6+ for heaving)



Slip the end through the loop



Pull tight

