



Course Overview

Course Description

This course leads students into the fullness of the Christian life through God's law, the Holy Sacrifice of the Mass, and the hope of eternal life. Using the Faith and Life Series, Following Christ, students will see that man was created to be in right relationship with God—knowing, loving, and serving Him in justice. They will learn how the Ten Commandments form the path of holiness, how the Mass makes present Christ's sacrifice, and how the "Last Things" call each soul to live in readiness for Heaven. Alongside this study, Hittite Warrior by Joanne Williamson and Saint Helena and the True Cross by Louis de Wohl will bring salvation history to life through story. Through Scripture, catechesis, and the lives of the saints, students will grow in faith, reverence for the sacraments, and desire for communion with God.

Why We Teach It...

We teach the law of God, the Holy Mass, and the hope of Heaven because they are the foundation and fulfillment of the Christian life. In the Ten Commandments, we receive the blueprint for holiness and the measure of true freedom. In the Mass, we encounter the living Christ, who offers Himself for us and invites us into His sacrifice. In the Last Things, we see the eternal destiny for which every soul was made, and the urgency of living in grace. Through the examples of the saints and the witness of salvation history, students learn that God's plan is not a distant ideal but a present call—to love Him above all, to serve Him faithfully, and to walk each day toward the joy of eternal life.

Course Objectives

By the end of this course, students will be able to:

Explain the meaning and purpose of the Ten Commandments, and apply them to daily life.

Course Objectives | Continued...

- Explain the meaning and purpose of the Ten Commandments, and apply them to daily life.
- Recognize the Mass as the re-presentation of Christ's sacrifice and the highest act of worship.
- Identify and describe the parts of the Mass, their biblical roots, and their role in the life of the Church.
- Articulate the Church's teaching on the Last Things—death, judgment, Heaven, Purgatory, and Hell.
- Interpret Scripture and the Catechism as sources of moral and doctrinal truth.
- The Describe the lives of selected saints and the virtues they exemplified.
- Connect salvation history to personal discipleship through literature and sacred tradition.
- The Demonstrate understanding of Catholic moral principles in real-life situations.
- Develop habits of prayer, examination of conscience, and reverence for the sacraments.

Source Material

Faith and Life Series, Grade 6: Following Christ (Ignatius Press, Student Text)

Hittite Warrior by Joanne Williamson (Memoria Press edition)

Saint Helena and the True Cross by Louis de Wohl (Ignatius Press)

The Holy Bible

The Catechism of the Catholic Church

Selected prayers and Scripture passages from the liturgy

Supplemental saints' lives and Church history readings provided in class



Key Concepts

Ten Commandments Liturgy of the Eucharist Mortal Sin Beatitudes Sacred Tradition Venial Sin

Moral Law Sacred Scripture Particular Judgment Virtue Communion of Saints General Judgment

Grace Sacrament of Penance Heaven
Sin Examination of Conscience Purgatory

Sacrifice Confession Hell

Real Presence Holy Days of Obligation Martyrdom
Mass Sanctifying Grace Vocation

Liturgy of the Word Actual Grace Saint

Central Themes

The Call to Holiness – *God created man to be in right relationship with Him, and His law shows the way to live in justice, love, and truth.*

The Mass as the Heart of Christian Life – *In the Holy Sacrifice of the Mass, we meet Christ truly present, offering Himself for us and drawing us into His saving work.*

The Hope of Eternal Life – The Last Things remind us that every moment leads toward our final destiny, calling us to live in readiness for Heaven.

The Witness of the Saints – *The lives of the saints show that God's grace can transform ordinary people into radiant examples of faith and charity.*

The Union of Truth and Love – Catholic doctrine and worship are not merely to be known, but to be lived, uniting the mind's assent with the heart's devotion.

On Writing | The Progymnasmata

All written work in this course is integrated with Classical Composition (Memoria Press), a program rooted in the ancient art of the progymnasmata—the graded exercises in eloquence used by the Greeks and Romans. In 6th Grade, students will continue building upon the skills gained in previous years with Fable and Narrative, now advancing to Chreia/Maxim. This stage trains students to develop a concise statement of wisdom or moral truth, expand it with examples, and defend it with reasoned argument.

In preparation for the 7th Grade study of the full sequence of the progymnasmata, students will also begin learning how these exercises provide the foundation for the Classical Oration—the structured form of essay writing used throughout the classical tradition. By practicing these forms, students will learn to write with clarity, order, and persuasive force, discovering that writing is not merely a skill but a means of seeking truth and communicating it rightly.

Assessments

Summative: 45%

- Unit Exams
- Classical Composition Projects (Fable, Narrative, Chreia/Maxim)
- Essays in the Classical Oration form
- Recitations
- Quizzes

Formative: 35%

- Weekly Classical Composition exercises
- Short written responses and narrations
- Draft components of Classical Oration
- Oral reading and performance practice
- Homework

Conscientiousness 20%

- Pop quizzes
- Homework
- Classwork
- Preparedness and participation



Scope & Sequence

Unit 1

In the Beginning...

2 Weeks

Week 1-2 Overview

Students will be introduced to God's law as the path to life and the foundation of all moral truth. They will see that the Ten Commandments are not mere rules but a covenant invitation to love God with the whole heart. In studying the First Commandment, they will learn to reject false gods—whether ancient idols or modern distractions—and to worship the one true God through faith, hope, and charity. This unit establishes the moral and theological framework for the year, showing that obedience is not servitude but the road to freedom in Christ.

Central-One-Idea

God's law is the blueprint for holiness, leading us to worship Him alone and to live in friendship with Him.

Great Question(s)

- Why does God give us His law?
- Can obedience lead to true freedom?
- How does the First Commandment protect our relationship with God?
- What are the "idols" of our own day?

Key Figures & Concepts

Ten Commandments; Covenant; Worship; First Commandment; Faith; Hope; Charity; Idolatry; Superstition; Moral Law; Freedom in Christ.

Sources

Faith and Life Series, Grade 6: Following Christ, Chapters 1–2; The Holy Bible (Exodus 20:1–6; Deuteronomy 5:1–10); Catechism of the Catholic Church §\$2083–2132 Hittite Warrior, Joanne Williamson

Week 3-4 Overview

Students will explore prayer as the hidden treasure of the Christian life and the key to loving God above all things. They will learn that prayer is not simply words spoken, but the raising of the mind and heart to God in trust and love. Through the witness of the saints, students will see how a life of prayer transforms ordinary people into extraordinary disciples. This unit deepens the call of the First Commandment, showing that worship is sustained by daily conversation with God and by imitating those who have followed Him wholeheartedly.

Central-One-Idea

Prayer is the soul's lifeline to God, hidden yet powerful, shaping the heart to love as the saints loved.

Great Question(s)

- Why is prayer called a "hidden treasure"?
- How does prayer fulfill the First Commandment?
- What can we learn from the prayer life of the saints?
- Can we know God without speaking to Him?

Key Figures & Concepts

Prayer; Adoration; Praise; Thanksgiving; Petition; Intercession; Saints; Holiness; First Commandment; Faith; Hope; Charity.

Sources

Faith and Life Series, Grade 6: Following Christ, Chapters 3–4

The Holy Bible (Matthew 6:5–15; Luke 11:1–13)
Catechism of the Catholic Church §§2558–2758 Hittite
Warrior, Joanne Williamson

Week 5-7

Unit 3

Overview

Students will examine the reverence due to God's name, the sanctity of the Lord's Day, and the call to place heavenly riches above earthly gain. They will see that honoring the Second and Third Commandments is more than avoiding misuse of God's name or merely attending Mass—it is living with a heart centered on God in word, worship, and work. By exploring the meaning of the Cross and the treasures of grace it offers, students will learn that true wealth is found not in possessions but in union with Christ.

Central-One-Idea

To honor God is to praise His name, keep His day holy, and treasure His Cross above all earthly goods.

Great Question(s)

- Why does God command us to honor His name?
- What does it mean to "keep holy" the Lord's Day?
- How does the Cross reveal the nature of true riches?
- -Can earthly success ever replace the wealth of grace?

Key Figures & Concepts

Second Commandment; Third Commandment; Reverence; Sabbath Rest; Worship; Mass Obligation; Cross; Sacrifice; Grace; Detachment from Possessions.

Sources

Faith and Life Series, Grade 6: Following Christ, Chapters 5–7

The Holy Bible (Exodus 20:7–11; Mark 2:27–28; Philippians 3:7–11)

Catechism of the Catholic Church §§2142–2195; Hittite Warrior, Joanne Williamson

Week 8-11 Overview

Students will explore God's design for life within the family, the wider community, and the Church. They will see that the Fourth through Fifth Commandments call us to honor parents, respect rightful authority, and protect the gift of life. Lessons on citizenship will show that love of neighbor extends to our duties as members of society, while Church authority will be presented as a share in Christ's own shepherding care. This unit weaves together the themes of obedience, justice, and charity, showing that life in community flows from love of God and respect for His image in every person.

Central-One-Idea

To live in God's community is to honor parents, respect authority, and guard the dignity of every human life.

Great Question(s)

- -How does honoring our parents teach us to love God?
- -Why does God command us to respect authority?
- -What does it mean to protect the gift of life?
- -How are family, society, and Church connected in God's plan?

Key Figures & Concepts

Fourth Commandment; Fifth Commandment; Authority; Obedience; Justice; Citizenship; Rights and Duties; Church Authority; Magisterium; Sanctity of Life.

Sources

Faith and Life Series, Grade 6: Following Christ, Chapters 8–11

The Holy Bible (Exodus 20:12–13; Romans 13:1–7; Matthew 16:18–19)

Catechism of the Catholic Church §§2196–2317; Hittite Warrior, Joanne Williamson

Week 12-16 Overview

Students will study the final commandments, which direct us to love our neighbor as ourselves. They will learn that charity extends to every person, that purity safeguards the sacredness of love, that respect for property flows from justice, and that truthfulness reflects the very nature of God. The Beatitudes will be presented as the perfection of the law, calling us beyond mere avoidance of sin to the joy of living in Christ's likeness. This unit completes the Ten Commandments by showing that each is fulfilled in love, and that holiness is measured by how we serve both God and neighbor.

Central-One-Idea

God's law is fulfilled in love—protecting life, purity, truth, and the good of others, and leading to the happiness promised in the Beatitudes.

Great Ouestion(s)

- How does charity fulfill the law?
- Why is purity called a "safeguard" of love?
- What does it mean to "bear false witness"?
- How do the Beatitudes perfect the Ten Commandments?

Key Figures & Concepts

Charity; Chastity; Stewardship; Justice; Truthfulness; Eighth Commandment; Ninth Commandment; Tenth Commandment; Beatitudes; Holiness.

Sources

Faith and Life Series, Grade 6: Following Christ, Chapters 12–16

The Holy Bible (Matthew 5:1–12; Exodus 20:14–17) Catechism of the Catholic Church §§2337–2557 Hittite Warrior by Joanne Williamson

Week 17-21 Overview

Students will enter into the mystery of the Holy Mass, beginning with its roots in the Last Supper and its ful-fillment as the living sacrifice of Christ. They will see the Mass as the continuation of Calvary, where Christ's one offering is made present for all time. Lessons on the Feast of God and the promises of the Old Covenant will reveal how the Eucharist unites Scripture, tradition, and salvation history. This unit teaches that the Mass is not merely a remembrance but a participation in Christ's saving work, the source and summit of the Christian life.

Central-One-Idea

In the Mass, Christ's sacrifice on Calvary is made present, drawing us into His perfect offering to the Father.

Great Question(s)

- How is the Mass connected to the Last Supper?
- Why is the Eucharist called a "living sacrifice"?
- How does the Old Covenant prepare us for the Mass?
- Why is the Mass the heart of the Christian life?

Key Figures & Concepts

Last Supper; Eucharist; Sacrifice; Covenant; Promise and Fulfillment; Real Presence; Paschal Mystery; Source and Summit; Holy Communion.

Sources

Faith and Life Series, Grade 6: Following Christ, Chapters 17–21

The Holy Bible (Luke 22:14–20; John 6:48–58; Hebrews 9:11–15)

Catechism of the Catholic Church §§1322–1419 Saint Helena and the True Cross by Louis de Wohl

Week 22-28 Overview

Students will deepen their understanding of the Mass by studying its two great parts—the Liturgy of the Word and the Liturgy of the Eucharist—and the call to prepare their hearts to receive Christ worthily. They will learn how Scripture speaks to the Church today, how the cup of salvation unites us to Christ's sacrifice, and how Holy Communion nourishes the soul. The unit concludes with a focus on Christ's abiding presence in the Eucharist, inviting students to a life of adoration and thanksgiving. This unit calls students to see the Mass not as an obligation, but as the supreme gift of God's love.

Central-One-Idea

The Mass is a living encounter with Christ in Word and Sacrament, uniting us to His sacrifice and feeding us with His very life.

Great Question(s)

- -How does God speak to us in the Liturgy of the Word?
- How should we prepare our hearts to receive Holy Communion?
- What does it mean that Christ is truly present among us?

Key Figures & Concepts

Liturgy of the Word; Liturgy of the Eucharist; Holy Communion; Real Presence; Transubstantiation; Preparation; Adoration; Thanksgiving; Worthy Reception; Abiding Presence.

Sources

Faith and Life Series, Grade 6: Following Christ, Chapters 22–28; The Holy Bible (Psalm 116:12–13; 1 Corinthians 11:23–29; John 6:54–58); Catechism of the Catholic Church §§1345–1419; Saint Helena and the True Cross by Louis de Wohl

Week 29-31 Overview

Students will conclude the course by reflecting on the Last Things—death, judgment, Heaven, Purgatory, and Hell. They will see that death is not the end but a passage into eternity, where each soul meets Christ as Judge and Savior. Lessons will show the joy of Heaven as the fulfillment of all desire, the mercy of Purgatory as final purification, and the tragedy of Hell as eternal separation from God. The promise of Christ's return will remind students to live each day in readiness, with their eyes fixed on the Kingdom. This unit calls them to persevere in grace, knowing that their true home is with God forever.

Central-One-Idea

Life is a journey toward eternity, and our destiny is shaped by how we respond to God's call in this life.

Great Question(s)

- What happens at the moment of death?
- Why is Christ both Judge and Savior?
- How is Purgatory an act of God's mercy?
- What does it mean to live in readiness for Christ's return?

Key Figures & Concepts

Last Things; Death; Particular Judgment; General Judgment; Heaven; Purgatory; Hell; Second Coming; Final Perseverance; Eternal Life.

Sources

Faith and Life Series, Grade 6: Following Christ, Chapters 29–31

The Holy Bible (Matthew 25:31–46; Revelation 21:1–7; 2 Corinthians 5:6–10)

Catechism of the Catholic Church §§1020–1060 Saint Helena and the True Cross by Louis de Wohl

Course Catechism

This section is structured as a series of questions and answers—intended to cultivate wisdom, virtue, and a love of tradition in the soul of the reader. Drawing from classical education, Christian orthodoxy, and the accumulated insights of Western civilization, this catechism aims to form not only the mind but the moral imagination.



Each question is crafted to provoke contemplation, and each answer is more than mere information—it is a small liturgy of truth, designed to be memorized, internalized, and lived. In the tradition of ancient catechisms, this section assumes that learning is not just for passing tests, but for becoming someone.

Section I | Unit I

Questions: 5-11

Section II | Unit II

Quetions: 12-18

Section III Unit III

Questions: 19-34

Section IV | Unit IV

Questions: 35-44

Section V Unit V

Questions: *45-60*

Section VI | Unit VI

Questions: *61-82*

Section VII | Unit VII

Questions: 83-104

Section VIII Unit VIII

Questions: 105-116

The Ten Commandments – Exodus 20:1–17 (abridged for memorization)

I am the LORD your God:

You shall have no other gods before Me.

You shall not take the name of the LORD your God in vain.

Remember the sabbath day, to keep it holy.

Honor your father and your mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your neighbor.

You shall not covet your neighbor's wife.

You shall not covet your neighbor's goods.

Sanctus – From the Order of the Mass (Latin)

Sanctus, Sanctus, Sanctus Dominus Deus Sabaoth.

Pleni sunt caeli et terra gloria tua.

Hosanna in excelsis.

Benedictus qui venit in nomine Domini.

Hosanna in excelsis.

The Bread of Life – John 6:51

"I am the living bread which came down from heaven; if anyone eats of this bread, he will live forever; and the bread which I shall give for the life of the world is my flesh."

Nicene Creed – From the Profession of Faith

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and his kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in one, holy, catholic and apostolic Church. I co fess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Week 1

Weekly Logos | The Logos...

Before students can understand the life to which Christ calls them, they must first see God's law as a gift of love and the foundation of all moral truth. The Ten Commandments are not arbitrary rules but the covenant terms by which God forms His people. This week, students will learn that obedience to God's law is the path to freedom and that the First Commandment is the safeguard of our relationship with Him.

What Are We Assessing? | The Facts

- The meaning and purpose of the Ten Commandments
- The text of the Ten Commandments in order
- The First Commandment and its requirements
- Definition of idolatry and examples from ancient and modern life

What Are We Asessing?

The Skills

- Reciting the Ten Commandments from memory
- Explaining the First Commandment in one's own words
- Identifying modern "idols" in contemporary culture
- Using Scripture and the Catechism to explain moral principles

What Are We Assessing?

The Truths

To know the commandments is to know the way to love God above all and to reject all that would lead us away from Him.

These truths unify every element of the lesson:

- God's law is a covenant of love
- The First Commandment calls us to worship God alone
- Obedience to God's law leads to true freedom
- False gods are not only ancient statues, but anything placed before God in our hearts

Assessments | Suggested Types

- Oral Recitation: Ten Commandments in order
- Short Written Response: "Why does God give us His law?"
- Exercise on Criticality: "How do Law & Justice relate?"
- Scripture Study: Brief commentary on Exodus 20:1–6

Pacing | By Week

Day	Focus	Homework
Monday	Introduction to the Ten Commandments; God's law as covenant	None
Tuesday	Read Hittite Warrior & Annotate	None
Wednesday	Read Hittite Warrior & Annotate	None
Thursday	Write Narrative on Hit- tite Warrior; speak about most important action	None
Friday	Discussion: How does most important action help us understand law?	None

Teacher Tips

Begin the week by showing that God's law flows from His love, not from mere authority.

Use visual aids—such as two stone tablets or a covenant diagram—to illustrate the gift of the law.

Encourage students to see "idols" in broad terms: anything that claims the heart's devotion before God.

Catechetical moment: Connect the First Commandment to the Sanctus—true worship orders our whole life toward God.