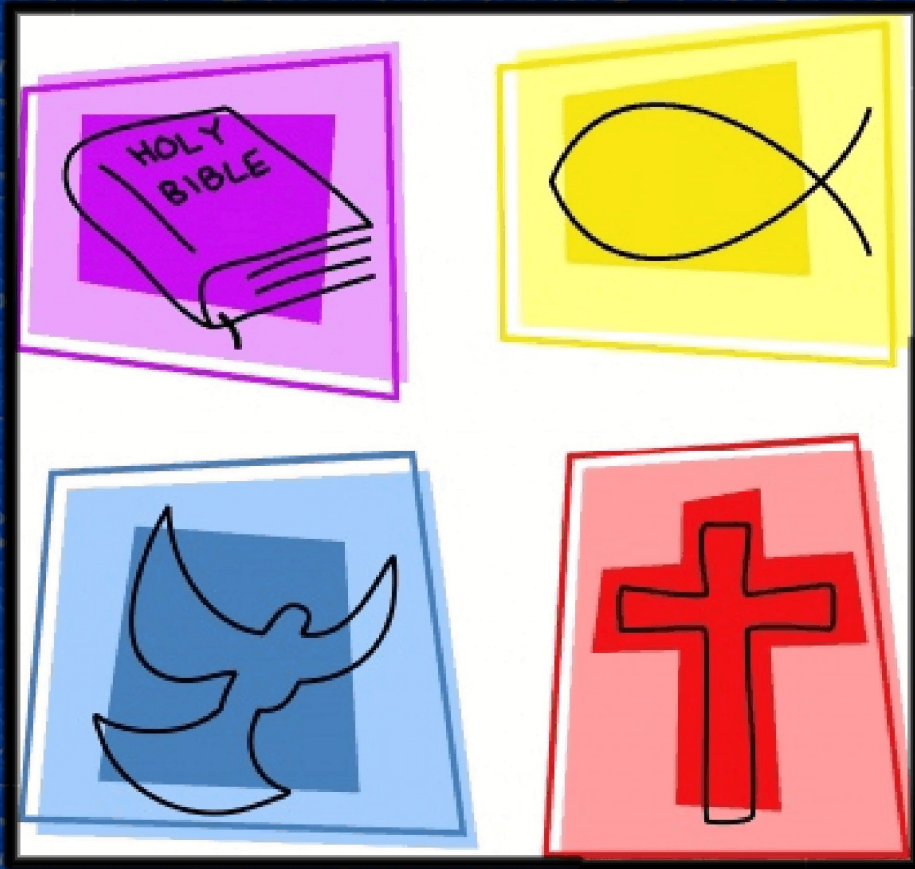


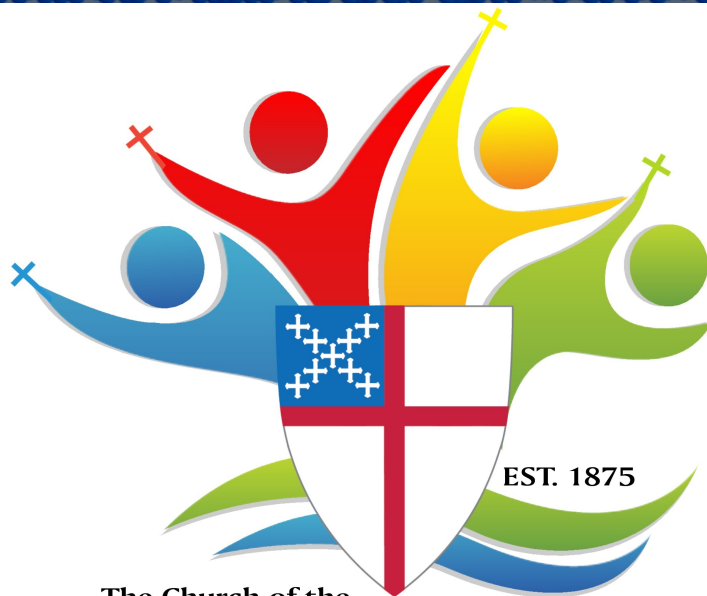
# CONFIRMATION

ACADEMY



ACADEMY

# CONFIRMATION



The Church of the  
**HOLY CROSS**  
Episcopal

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## WE GATHER TOGETHER

### *Who are the Episcopalians?*

An Episcopalian is a Christian – one who trusts in Jesus Christ as Savior.

Episcopalians share a common faith

- ▶ we believe that the Bible is the true source of Christian love, guidance and faith
- ▶ we believe that we are justified by grace through faith – Jesus saves us not through what we do but only by God’s favor.
- ▶ we believe that a person does not live by a list of do’s and don’ts but in the freedom of Christian love.

“Therefore be imitators of God, as beloved children, and live in love, as Christ loved us and gave himself up for us, a fragrant offering and sacrifice to God.” - Ephesians 5:2

The Episcopal Church is

- ▶ a confessional church – that means that we believe Jesus is our Lord and Savior and the Bible reveals His will for us.
- ▶ a visible church – where we gather together to praise God and hear God’s Word
- ▶ an apostolic church – founded on one of the Apostles. We trace our lineage back to the Apostle Peter – the Rock. “Upon this rock I will build my church and the gates of Hades will not prevail against it.” Matthew 16:18

## *The Episcopal Church Shield*

The Episcopal Church shield is a familiar symbol found on signs, in print ads, and on many a website. It is usually accompanied by the words, "The Episcopal Church Welcomes You."

The shield and the corresponding flag were officially adopted in 1940; both are rich in symbolism.

The shield is usually presented in red, white, and blue.

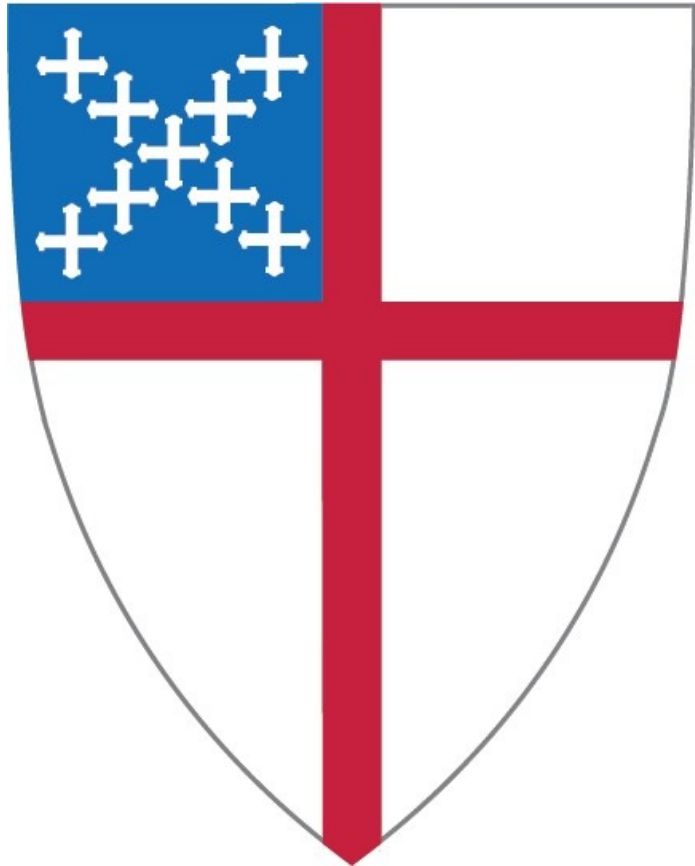
The red cross on a white field is an ancient Christian symbol, white representing the purity of Jesus and red representing his sacrifice on the cross and the blood of Christian martyrs.

The red cross is known as the cross of St. George, patron saint of England, and indicates the Episcopal Church's descent from the Church of England.

The blue field in the upper left is the color traditionally associated with the Blessed Virgin Mary and is symbolic of Jesus' human nature, which he received from his mother.

The X-shaped cross is the cross of St. Andrew, patron saint of Scotland, and recalls the Episcopal Church's indebtedness to Scottish bishops for the consecration of the first American bishop, Samuel Seabury, in 1784.

The St. Andrew's cross is made up of nine smaller cross-crosslets that stand for the representatives of the Church in the nine states who met in Philadelphia in 1789 to adopt the constitution of the Episcopal Church.

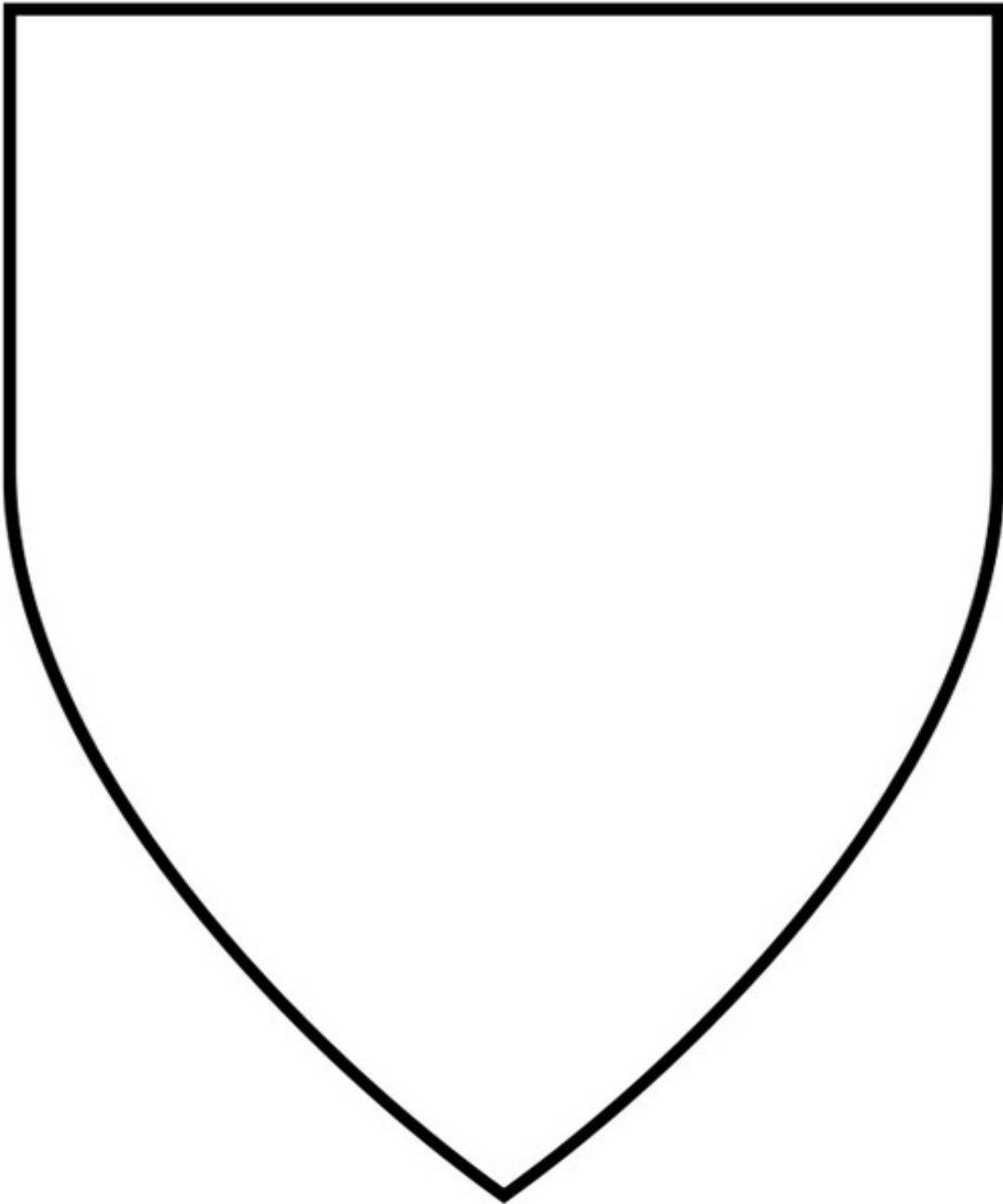


## Create Your Own Seal

Design your own seal to show how you feel about your relationship to God. Think of symbols that might represent your feelings. Write down what each part of your seal means.

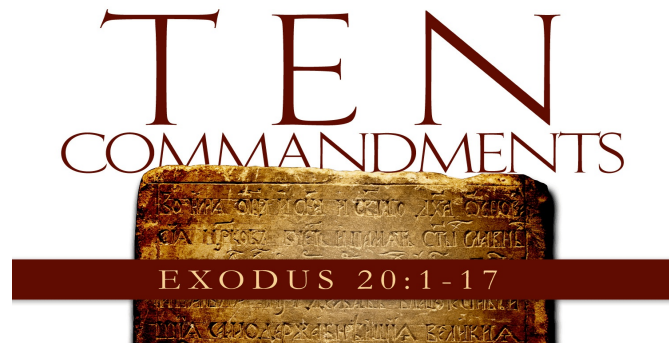
Different colors mean different things.

RED = love, passion    BLUE = hope, royalty    GREEN = growth  
PURPLE = royalty    GOLD = priceless    BLACK = atone, repent  
WHITE = purity, light



## WHAT WE BELIEVE

### *The Ten Commandments*



In the beginning, God spoke the words of life, now God speaks the words for living. The Ten Commandments are a summary of the faithfulness God expects of us. God gave us this Law so that we would not sin. It was given to define what is wrong. It names sin for what it is. In other words, God was saying that His people had heard what was right or wrong but now they heard it right from His own lips; they had it in writing.

The Ten Commandments are called the Ten Words. What God did is put ten words on tables of stone that were commandments that man might keep that he would fear God and live in a world where he could have peace and a sense of well-being and happiness. The commandments show God's concern for the whole of life. God sets the standards for how we should be as a family; how we should love each other, talk and live with each other. God made us so who else can lay down the best way to live?

The first four commandments explains our relationship to God, and the other six tells us how the relate to other people. Some people believe the Ten Commandments are just a list of "no" and "do nots" but when you really study the commandments you will find the ten most positive statements about life ever written. Sometimes you have to love people enough to say no!

The First Commandment:

*I am the Lord your God...You shall have no other gods.*

*What does this mean?*

We are to fear, love and trust God above anything else.

The first commandment is stated simply, "You shall have no other gods before me." We are to have no other God's before (that is, in the presence of) God. In other words, we are to have no other gods . . . at all! No thing, no one, no idol, no pastime, no hobby, no nothing is to be a god in your life at all!

Stated positively we could phrase the commandment: "You shall make me the most significant Person and influence in your life." Nothing or no one should have more influence in our lives than God.

Make a list of as many false gods as you can.

1. How does this false god give people freedom and then how does it really take freedom away from people?
2. Why is God so concerned that we have no other gods?
3. Why do you think this commandment comes first?

God is greater than any representation. He is beyond any mental image. Therefore we are to understand God by His Word and His commands and nothing else. We are to make God the most significant influence in our life.

#### The Second Commandment:

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

*What does this mean?*

We are to fear and love God so that we do not use his name superstitiously, or use it to curse, swear, lie or deceive, but call on him in prayer, praise, and thanksgiving.

The second commandment is stated simply, "You shall not take the name of the Lord your God in vain." Most people who hear this immediately think that this means exclusively that we are not to use the name of God or Jesus Christ when cursing. And of course we shouldn't, but the word in Hebrew that is here translated "vain" means, "emptiness, vanity, falsehood, nothingness, vanity, lying, worthlessness." Not taking the name of the Lord in vain means that you shouldn't make it mean nothing. Stated positively we could phrase the commandment: "You should remember and revere the power in My name."

Make a list of words that have a double meaning.

1. When was the last time you made wrongful use of something?

2. Why do you think people swear and use curse words? How do people feel when these words are used to describe them or used against them?
3. How are we too handle things that are sacred?
4. Why do you think God made this commandment?

We should use the name of God with care. Speak God's name reverently; give God the credit he deserves and use God's name sparingly and lovingly.

The Third Commandment:  
*Remember the Sabbath day, to keep it holy.*

*What does this mean?*

We are to fear and love God so that we do not neglect his Word and the preaching of it. But regard it as holy and gladly hear and learn it.

The third commandment is stated simply, "Remember the Sabbath day, to keep it holy." Stated positively we could phrase the commandment: "You should have one day in a week set aside for Me." God has always desired that we experience a special time with Him as a regular part of our lives. The Jews were commanded to keep the Sabbath day. This was a mandate from God to force them to take a break, a rest one day per week, in this case, Friday at sundown until Saturday at sundown. Certainly the principle of a day of rest each week does apply to us. We are free to observe the Sabbath. (Christians observe the Sabbath on the first day of the week – the day Jesus rose from the dead.)

Make a list of the things you do each week. Assign an amount of time to each activity to see how well or not your time is managed.

1. What happens when people work or play all the time?
2. What happens to the relationship between a person and God if they never spend any time together?
3. Why do you think God made this commandment?

We are to view the Sabbath as a "non-negotiable". Show by your behavior that God is important enough in your life to be put on your calendar.

The Fourth Commandment:  
*Honor your father and your mother.*



*What does this mean?*

We are to fear and love God so that we do not despise or anger our parents and others in authority, but respect, obey, love and serve them.

The word honor means to hold in esteem, to value, or to show respect. In this commandment, God is declaring that our future prosperity and health are anchored in the strength of our first family relationships – those with our parents. The commandment has relevance for all people who serve in parental roles – grandparents, relatives, teachers, and pastors. They are all parents in one sense and they have been given a position of authority by God over our lives. We are to respect and honor them all because of their position. But honoring our parents is not just about what we say, it is also about what we do. We honor our parents when we listen to them, when we treat them with kindness, when we share their special days, and when we make a special effort to show them love and consideration. Stated positively we could state the commandment: “You should respect those in authority over you.”

Make a list of those persons who deserve your honor and respect.

1. What does it mean to "honor" your parents?
2. How are parents alike or different from God?
3. Why do you think God made this commandment?

You need to give weight and value to your parents. They may be flaky or lame, they may be dishonest, they may be unsaved, they may have little or no wisdom. But you are called to honor them, love them, respect them, and pray for them. None of our parents are perfect, but then neither are we!

The Fifth Commandment:  
*You shall not murder.*

*What does this mean?*

We are to fear and love God so that we do not hurt our neighbor in any way, but help him in all his physical needs.

The basis for the fifth commandment was laid down at Creation (Genesis 9:6). All human beings are created in God’s image, and no human being has the right to take someone else’s life. There is a distinction implied between “to kill” and “to murder.” To kill indicates premeditation – that the taking of life was planned.

It is also true that at times someone accidentally kills another. God recognizes the difference between such a death and murder and makes provision for appropriate judgment. We shouldn't purposefully take another person's life. This does not mean that you should not kill. It means that you should not murder vindictively. Stated positively we could state the commandment: "You should not think about murdering – for real or in your imagination."

Make a list of the many ways we kill and murder according to the stories we heard and see in the news.

1. What happens when people become accustomed to hearing and seeing people killed around them?
2. How does anger lead to murder?
3. Why do you think God made this commandment?

We've got to stop making excuses for our hidden anger, our buried hatred and our tongue that is as sharp as a razor. If murder is the fruit, then anger is the root!

The Sixth Commandment:  
*You shall not commit adultery.*

*What does this mean?*

We are to fear and love God so that in matters of sex our words and conduct are pure and honorable, and husband and wife love and respect each other.

The sixth commandment is easy to remember. It's only five words: You shall not commit adultery. This commandment tells us that marriage is sacred. God sees marriage as a sacred partnership. Adultery is technically defined as a sexual relationship between a married person with someone other than their husband or wife. It is a breaking of the promise of faithfulness. When a person becomes involved in a wrong relationship they choose to pursue their selfish desires and forgetting the promises they have made to their husband or wife. Stated positively we could phrase the commandment: "You should stay true to your commitments – don't cheat."

Make a list of persons or groups that you believe are good partners or couples.

1. What does this commandment say about faithfulness and partnership?
2. What happens when trust is broken?

3. Why do you think God made this commandment?

The kind of relationships we all want take courage, determination and a strict attention to our heart, our mind, and our behavior. Don't settle for cheap substitutes! Pursue the best and do so with all your heart.

The Seventh Commandment:  
*You shall not steal.*

*What does this mean?*

We are to fear and love God so that we do not take our neighbor's money or property, or get them in any dishonest way, but help him to improve and protect his property and means of making a living.

No Shoplifting! Don't Touch! You Break it You Bought it! No Trespassing ! – These words state a very basic principle: what other people have is there's and we have no right to take it as our own. We are to respect the right of personal property. God doesn't put a dollar amount on stealing. It doesn't matter whether you're talking about robbing a bank or taking a box of pencils from work, it's still stealing. This includes cheating on your taxes, fudging numbers here and there to make things work out better for you - anything at all. Stated positively we could state the commandment: You should cherish the gifts that God has given you.

Have you ever been robbed? Tell your story about what and how something was stolen from you.

1. How can one generation steal from another?
2. What should you do if you know that someone has stolen something?
3. Can you think of any kind of thief that doesn't effect someone?

God gives gifts so we can build each other up. If we don't use our gifts we are robbing the body of Christ of the building we were going to do. We end up not giving God glory for His acts and taking credit for God's work – stealing from God. Like the other commandments, this one effects the entire community as well as protect one person from another.

The Eighth Commandment:  
*You shall not bear false witness against your neighbor.*

*What does this mean?*

We are to fear and love God so that we do not betray, slander, or lie about our neighbor, but defend him, speak well of him, and explain his actions in the kindest way.

Words carry a great deal of power. Jesus tells us that we will have to give an account of every idle word. It is not surprising then that the ten commandments put a great deal of focus on our words. The eighth commandment addresses our words most directly. "You shall not give false testimony against your neighbor." We bear false witness when we misrepresent someone. God seeks to protect us from the destructive power of words. The eighth commandment leads us to acknowledge and make good use of the positive power of our words. Stated positively we could state the commandment: You should always tell the truth.

Make a list of the negative things or a piece of gossip you have ever heard said about you.

1. Why do you and I find gossip so appealing?
2. Why does God care about what we say about one another?
3. What opportunities do you have to speak well of someone?
4. How important is truth?

As Christians, we should avoid speaking negatively about people, we should avoid gossip and teasing and focus on building people up.

The Ninth Commandment:  
*You shall not covet your neighbor's house.*

*What does this mean?*

We are to fear and love God so that we do not desire to get our neighbor's possessions by scheming, or by pretending to have a right to them, but always help him keep what is his.

"What does it mean to covet?" we covet when we have a strong desire to possess what belongs to another. We covet when we burn for something material that we don't have. The opposite of coveting could be thought of as respecting. To respect another's property is to honor the boundaries between what belongs to me and what belongs to the other. Only in this way can we truly recognize and be grateful for what God has given us. Stated positively we

could state the commandment: You should be happy with all of God's blessings on your life.

Is there anything that someone else has that you'd love to have? Make a list of the things you covet.

1. Why do we envy what others have?
2. Why do you think everything in the world is not divided equally?
3. How can you battle "the green-eyed monster" known as jealousy?

We should be satisfied with what God has given us. When we are happy with ourselves, others can see God in us and can then be lead to Christ through us. We become disciples just by the we treat others.

The Tenth Commandment:

*You shall not covet your neighbor's wife, or his manservant or his maid, or his cattle, or anything that is your neighbor's.*

*What does this mean?*

We are to fear and love God so that we do not tempt or coax away from our neighbor his wife or his workers, but encourage them to remain loyal.

Loyalty is the theme of the tenth commandment. God commands that we do nothing to interfere with the loyalty of those who are in relationship with others. God says that those who are loyal to God and show it through the keeping of these commandments will receive love from God. God promises grace and every blessing to all who keep these commandments. Therefore, we are to love and trust him, and gladly do what he commands. Stated positively we could state the commandment: You should honor all of God's creation.

Don't measure yourselves by others. Make a list of the good things you have.

1. What are the signs that you are coveting? Are your thoughts preoccupied with the world?
2. How does the tenth commandment relate to the first commandment?
3. How are you struggling with coveting?

Contentment comes from relationship not from possessions. We should rejoice when other people are blessed. We should help others preserve and protect their blessings from God.

## WHAT WE BELIEVE

### *The Creeds*



From the beginning, human beings have misused their freedom and made wrong choices. Because we rebel against God, and we put ourselves in the place of God and we sin. But God is our help, even when we sin and do what is wrong. He forgives us and protects us as his children.

We are part of God's creation, made in the image of God. We are free to make choices: to love, to create, to reason, and to live in harmony with creation and with God. This is what we believe.

BELIEFS are important. What you believe or do not believe has a great deal to do with what you are and how you act. Beliefs shape who you are as a person; they express the meaning and purpose you see in your life, they give direction or action.

What is a creed? A creed is a statement of beliefs. The word creed comes from a Latin word "credo" which means "I believe." The Episcopal church recites three ancient creeds of Christianity: the Apostles' Creed, the Nicene Creed and the Athanasian Creed. These creeds are over 1,500 years old and explain what we believe as Christians.

#### Apostles' Creed

This is the oldest summary of Christianity belief. It tells the basic principles of the Bible.

#### Nicene Creed

It states basic beliefs about God: that God is a TRIUNE God which means three-in-one: the Father, the Son and the Holy Spirit. It tells about God's works in the world.

#### Athanasian Creed

It summarizes the doctrine of the Holy Trinity: the Father, the Son and the Holy Spirit. It tells the importance of Christ, who is true God and true human in one person.

## Apostles' Creed

I believe in God the Father almighty, maker of heaven and earth. And in Jesus Christ his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, died and buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and sits on the right hand of God the Father almighty; and He will come again to judge the living and the dead. I believe in the Holy Spirit; the holy (catholic) Christian church; the communion of saints; the forgiveness of sins; the resurrection of the body; and the life everlasting. Amen.

## Nicene Creed

We believe in one God, the Father, the almighty, maker of heaven and earth, and of all things visible and invisible. And in one Lord, Jesus Christ, the only begotten Son of God, begotten of his Father before all worlds, God of God, Light of Light, very God of very God, begotten, not made, being of one substance with the Father, by whom all things were made. Who for us, and our salvation, came down from heaven and was incarnate by the Holy Ghost of the Virgin Mary, and was made human. And was crucified also for us under Pontius Pilate; he suffered and was buried. On the third day he rose again according to the scriptures; he ascended into heaven and sitteth on the right hand of the Father. And he shall come again with glory to judge both the quick and the dead: whose kingdom shall have no end. And we believe in the Holy Ghost, the Lord and giver of life, who proceedeth from the Father and the Son, who with the Father and the Son together is worshiped and glorified; who spake by the prophets. We believe in one holy Christian and apostolic church. We acknowledge one Baptism for the remission of sins. We look for the resurrection of the dead and the life of the world to come. Amen.

## Athanasian Creed

Whoever wants to be saved should above all cling to the catholic faith. Whoever does not guard it whole and inviolable will doubtless perish eternally.

Now this is the catholic faith: We worship one God in trinity and the Trinity in unity, neither confusing the persons nor dividing the divine being. For the Father is one person, the Son is another, and the Spirit is still another. But the deity of the Father, Son, and Holy Spirit is one, equal in glory, coeternal in majesty. What the Father is, the Son is, and so is the Holy Spirit. Uncreated is the Father; uncreated is the Son; uncreated is the Spirit. The Father is infinite; the Son is infinite; the Holy Spirit is infinite. Eternal is the Father; eternal is the Son; eternal is the Spirit: And yet there are not three eternal beings, but one who is eternal; as there are not three uncreated and unlimited beings, but one who is uncreated and unlimited. Almighty is the Father; almighty is the Son; almighty is the Spirit: And yet there are not three almighty beings, but one who is almighty. Thus the Father is God; the Son is God; the Holy Spirit is

God: And yet there are not three gods, but one God. Thus the Father is Lord; the Son is Lord; the Holy Spirit is Lord: And yet there are not three lords, but one Lord.

As Christian truth compels us to acknowledge each distinct person as God and Lord, so catholic religion forbids us to say that there are three gods or lords. The Father was neither made nor created nor begotten; the Son was neither made nor created, but was alone begotten of the Father; the Spirit was neither made nor created, but is proceeding from the Father and the Son. Thus there is one Father, not three fathers; one Son, not three sons; one Holy Spirit, not three spirits. And in this Trinity, no one is before or after, greater or less than the other; but all three persons are in themselves, coeternal and coequal; and so we must worship the Trinity in unity and the one God in three persons. Whoever wants to be saved should think thus about the Trinity.

It is necessary for eternal salvation that one also faithfully believe that our Lord Jesus became flesh. For this is the true faith that we believe and confess: That our Lord Jesus Christ, God's Son, is both God and man. He is God, begotten before all worlds from the being of the Father, and he is man, born in the world from the being of his mother—existing fully as God, and fully as man with a rational soul and a human body; equal to the Father in divinity, subordinate to the Father in humanity. Although he is God and man, he is not divided, but is one Christ. He is united because God has taken humanity into himself; he does not transform deity into humanity. He is completely one in the unity of his person, without confusing his natures. For as the rational soul and body are one person, so the one Christ is God and man. He suffered death for our salvation. He descended into hell and rose again from the dead. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. At his coming all people shall rise bodily to give an account of their own deeds. Those who have done good will enter eternal life, those who have done evil will enter eternal fire. This is the catholic faith. One cannot be saved without believing this firmly and faithfully.

Each of these creeds explains the nature of God as the Father, the Son and the Holy Spirit. We believe there is only one God, and this one God is in three Persons:

God the Father

God the Son (Jesus Christ)

God the Holy Spirit (also called the Holy Ghost)

God is one truly perfect divine Being in three persons. His being is what God is, in the world He created. The three person are Persons because they relate to one another in personal ways. When Christians talk about believing in one God in three Persons (The Trinity) – they mean 1 God in 3 Persons.

God is not  $1+1+1 = 3$

God is  $1 \times 1 \times 1 = 1$



Just as God is one in three persons, so we too, can be many persons. As a man, you can be a son, a husband, a father, a brother, an uncle, a nephew but you are still one person. As a woman you can be a mother, a daughter, a wife, a sister, an aunt and a niece and still be one person. That's how God is – God the Father, God, the Son, and God, the Holy Spirit.

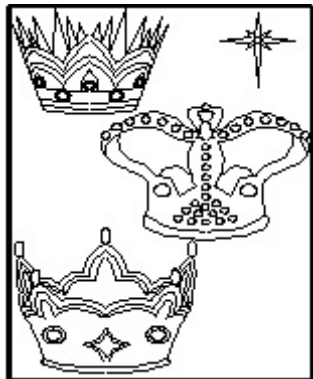
### Symbols of the Trinity



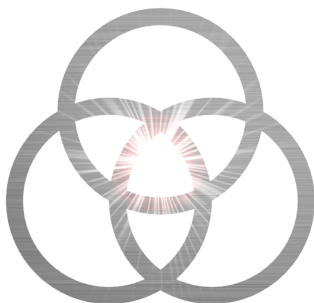
St. Patrick used a shamrock to teach people about  
1 God in 3 Persons  
Three small leaves making up one plant.



Three angles one complete figure with all sides equal the  
Trinity.



Three crowns for the Father, the Son and the Holy Spirit.



Three locking circles in unity representing the one  
triune God.

Write Your Own Creed

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## WHAT WE BELIEVE

### *Lord, Teach Us How to Pray*

Read: Matthew 6: 5-14 and Luke 11: 1-13

No prayer has surpassed the beautiful simplicity of the Lord's Prayer. When the disciples wanted to know how to pray, Jesus taught them this simple prayer. For many of us our problem may be stated very simply: We have heard the Lord's Prayer so many times that by now we take it for granted. You could say it by memory without even thinking about it. It's easy to see how that could happen.

Looking at the prayer as a whole, three things come quickly to mind:

- ▶ First, how simple this prayer is. No long words, no strange expressions, or phrases.
- ▶ Second, how short it is. There are too many long-winded Christians think because of their many words they'll be heard by God. The Lord's Prayer contains only 65 words. Short and to the point.
- ▶ Third, how complete it is. Everything that you'd ever want to say in prayer is in here. Everything. It's in here somewhere – all in this prayer.

The Lord's Prayer into seven petitions, or requests in which we ask God for help in relating to God through faith and in choosing how to live. Questions and answers about the prayer's introduction and the closing words also help us gain a deeper understanding about the prayer that Jesus taught his first followers.

## THE INTRODUCTION

Our Father, Who art in heaven.

*What does this mean?*

God would hereby tenderly invite us to believe that He is our true Father, and that we are His true children, so that we may ask Him with all boldness and confidence, as children ask their dear father.

## THE FIRST PETITION

Hallowed be Thy name.

(A prayer for God to be glorified.)

*What does this mean?*

God's name is certainly holy in itself, but we pray in this petition that it may be holy among us also.

*How is God's name hallowed?*

God's name is hallowed when His Word is taught in its truth and purity, and we as the children of God live holy lives according to it. This grant us, dear Father in heaven! But he who teaches and lives otherwise than the Word of God teaches dishonors God's name among us. From this preserve us, heavenly Father!

## THE SECOND PETITION

Thy Kingdom come.

(A prayer for God's principles to guide your life.)

*What does this mean?*

The kingdom of God certainly comes of itself without our prayer, but we pray in this petition that it may come to us also.

*How does God's kingdom come?*

The kingdom of God comes when our heavenly Father gives us His Holy Spirit, so that by His grace we believe His holy Word and live godly lives here in time and hereafter in eternity.

## THE THIRD PETITION

Thy will be done on earth, as it is in heaven.

(A prayer to submit to the rulership of God.)

*What does this mean?*

The good and gracious will of God is certainly done without our prayer, but we pray in this petition that it may be done also among us.

*How is God's will done?*

God's will is done when He breaks and hinders every evil counsel and will, which would not let us hallow His name nor let His kingdom come, such as the will of the devil, the world and our own flesh; but strengthens and keeps us

steadfast in His Word and in faith until our end. This is His good and gracious will.

#### THE FOURTH PETITION

Give us this day our daily bread.  
(A prayer for things to meet our daily needs.)

*What does this mean?*

God certainly gives daily bread without our prayer, even to all the wicked; but we pray in this petition that He would lead us to acknowledge this and to receive our daily bread with thanksgiving.

*What is meant by daily bread?*

Daily bread includes everything needed for this life, such as food, drink, clothing, shoes, house, home, fields, cattle, money, goods, God-fearing spouse and children, faithful servants and rulers, good government, good weather, peace, health, order, honor, true friends, good neighbors, and the like.

#### THE FIFTH PETITION

And forgive us our trespasses, as we forgive those who trespass against us.  
(A prayer to cleanse known and unknown sins.)

*What does this mean?*

We pray in this petition that our Father in heaven would not look upon our sins, nor on their account deny our prayer; for we are not worthy of anything we ask, neither have we deserved it. But we pray that He would give us everything by grace, for we daily sin much and deserve nothing but punishment; and we on our part will heartily forgive and readily do good to those who sin against us.

#### THE SIXTH PETITION

And lead us not into temptation.  
(A prayer for victory over sin and failure.)

*What does this mean?*

God certainly tempts no one to sin, but we pray in this petition that God would guard and keep us so that the devil, the world and our own flesh may not deceive us nor lead us into misbelief, despair and other shameful sin and vice; and though we be thus tempted, that we may still in the end overcome and

retain the victory.

#### THE SEVENTH PETITION

But deliver us from evil.

(A prayer for protection from spiritual dangers and destruction.)

*What does this mean?*

We pray in this petition, as the sum of all, that our Father in heaven would deliver us from every evil of body and soul, property and honor; and at last, when the hour of death shall come, grant us a blessed end, and graciously take us from this valley of sorrow to Himself in heaven.

#### THE CONCLUSION

For Thine is the kingdom, and the power, and the glory, forever and ever. Amen.

*What does "Amen" mean?*

Amen means that we should be sure that these petitions are acceptable to our Father in heaven and are heard by Him; for He Himself has commanded us so to pray and has promised to hear us. Amen, Amen: that is, Yes, Yes, it shall be so.

How old were you when you first learned the Lord's Prayer?

How often do you pray the Lord's Prayer?

Why does this prayer (of all the prayers in the Bible) matter so much?

Rewrite the Lord's Prayer, putting it into your own words. Add any phrases that help you express each petition in terms of your own circumstances. Try praying your version of the Lord's Prayer for seven days. Feel free to revise the wording as you discover new ways to express this ancient prayer in a very personal way.

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# THE HOLY SACRAMENTS

## *Baptism and Holy Communion*

The Episcopal Church celebrates two sacraments – Baptism and Holy Communion. Sacraments are specific, ways that convey God’s grace and mercy instituted by Christ himself. The sacraments become a way of making God’s Word very clear to us. The sacraments use the common things like water, bread and wine made holy by the Word of God to save us from death eternal.

The sacraments are like a promise of love for us. Just as two people are engaged to be married, they often buy an engagement ring to symbolize their love for each other. But God chose to put “I love you” together with water in Baptism and bread and wine in Holy Communion as a symbol for us that God’s love is real and true and lasting.

### BAPTISM

In Matthew 28, our Lord Jesus Christ said:

“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.”

### THE NATURE AND POWER OF BAPTISM



Baptism is the way we are born into a new holy life – Christ’s life. Following old Christian practices, Lutherans baptize infants, an action that is in line with their belief that we are saved by God’s grace, not by anything we could possibly do.

Baptism is not water only, but it is water used together with God’s Word and by his command. It is not the water that does these things, but God’s Word with the water and our trust in this Word. Water by itself is only water but with the Word of God it is a life-giving water which but grace gives the new birth through the Holy Spirit. Titus 3:5-8: “According to His mercy He saved us, by the washing of regeneration and renewing of the Holy Spirit, whom He poured out on us abundantly through Jesus Christ our Savior; that having been justified by His grace, we should become heirs according to the hope of eternal life. This is a faithful saying.”



## THE BLESSINGS OF BAPTISM

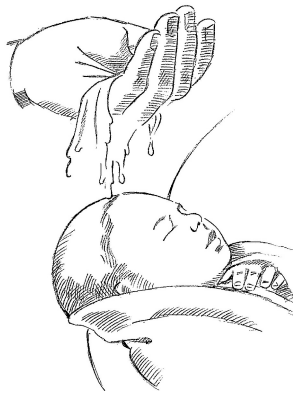
In Baptism God forgives sin, delivers from death and the devil, and gives everlasting salvation to all who believe what he has promised. In Mark 16, our Lord Jesus Christ said:

“He who believes and is baptized will be saved; but he does not believe will be condemned.”

## THE MEANING OF BAPTISM

Baptism begins the journey of faith. Baptism means that our sinful self with all its evil deeds and desires, should be drowned through daily repentance; and prayer and that day after day a new self should arise to live with God in righteousness and purity forever. St. Paul writes, Romans 6:4: “We are buried with Christ by baptism into death, that just as He was raised up from the dead by the glory of the Father, even so we also should walk in newness of life.”

### Different Forms of Baptism



Sprinkling: Pouring of Water on the head



Immersion: Dipping or Dunking into Water



# HOLY COMMUNION

Holy Communion is a Christian personal encounter with God. Christ's body and blood are truly present and received in the bread and the wine. Christ comes again among us to forgive our sins and help us to live truly Christian lives.

The holy evangelists Matthew, Mark, Luke, together with St. Paul, write thus: "Our Lord Jesus Christ, the same night in which He was betrayed, took bread; and when He had given thanks, He broke it and gave it to His disciples, saying, 'Take, eat; this is My body, which is given for you. Do this in remembrance of Me.' In the same way also He took the cup after supper, gave thanks and gave it to them, saying, 'Drink from it all of you; this cup is the New Testament in My blood, which is shed for you for the remission of sins. Do this, as often as you drink it, in remembrance of Me.'"

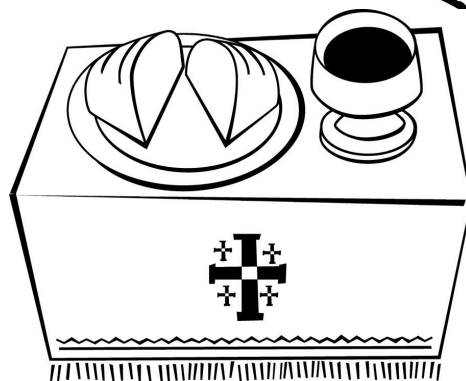
Holy Communion also has many different names:

- The Lord's Supper
- The Lord's Table
- The Sacrament of the Altar
- The Eucharist (means "giving thanks")
- The Breaking of Bread



*The*  
Breaking of the

**BR**



Sacrament at  
the Altar

The Lord's Supper began as Passover. But Jesus changed Passover into Holy Communion on the night he was betrayed.

Read the accounts of the Last Supper in Matthew 26, Mark 4, Luke 22 and John 13.



At the Last Supper, Jesus was leading his disciples through the Passover meal. By the time he finished, Jesus had transformed a tradition into a sacrament. What do you think the other disciples were thinking. Write down what you think they were saying?

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# Passover



The Passover meal involved **the death of a lamb.**



The Passover involved **blood.**



God commanded Israel to **eat the Passover meal every year.**



When celebrating Passover, Jewish people eat **specific foods.**



When celebrating Passover, Jewish people **retell the story** of God freeing them from slavery in Egypt.



The Passover meal is a way for Jewish people to **remember** what God has done for Israel.

## BENEFIT AND POWER OF THE SACRAMENT OF THE ALTAR

When we eat the Lord's Supper we receive not just bread and wine but also forgiveness of sins. It is not eating and drinking that saves but the word "given and shed for you for the remission of sins." These words, along with eating and drinking, are the main thing in the sacrament. And whoever believes these words has exactly what they desire – forgiveness of sins.

## THE PROPER RECEPTION OF THE SACRAMENT OF THE ALTAR

Fasting and bodily preparation are indeed a fine outward training; but he is truly worthy and well prepared who has faith in these words, "Given and shed for you for the remission of sins." But he who does not believe these words, or doubts them, is unworthy and unprepared; for the words "for you" require truly believing hearts.

## Let's Break Bread Together

### *How to Receive Communion*

Receiving Holy Communion is a very special time in the liturgy. All five senses (sight, smell, taste, hearing, and touch) are used in communion and it is the most interactive part of the liturgy. As the wine and the bread are being blessed you should be in quiet prayer. You should feel a sense of joy and privilege, mystery and wonder as you are invited to share a meal with Jesus Christ.

You should prepare your heart to welcome Jesus. Your reverence is expressed in the way you speak, act, walk and talk. As you walk to the altar – "the Lord's Table," you should think about Jesus dying for our sins. We stand in worship to give honor to Christ who is in our midst. We kneel to express our humility and submission in the presence of God. Making the sign of the cross is an action that reminds us of our Baptism. Bowing is also an action of reverence. We may bow our heads in prayer to show respect for God. We may bow toward the altar because it represents Christ's presence among us. We may bow toward the cross as it is carried in procession. These rituals help you remember and show your faith.

There are several ways communion is offered to the people. You may receive communion by individual cup, common cup or intinction.

## Individual Cup

Wine (juice) is placed in little cups for each person receiving communion.



- ▶ To receive the bread or the Body of Christ, you first make the sign of the cross and then you make a throne for him with your hands: palms up the right hand resting in the left, with the arms extended. The pastor places the bread in your open hands and says the word “the body of Christ given for you,” You quietly say, “Amen” and then the bread is placed in the mouth and eaten reverently.
- ▶ To receive the wine (juice) or the Blood of Christ, the assisting minister will hold the communion tray in front of you and will say “the blood of Christ, shed for you.” You then select one cup from the communion tray and quietly say, “Amen.” Then, you drink the wine and replace the cup in the empty communion tray.
- ▶ You make the sign of the cross and quietly return to your seat.

## Common Cup

Everyone drinks wine (juice) from the same chalice or cup.

- ▶ To receive the bread or the Body of Christ, you first make the sign of the cross and then you make a throne for him with your hands: palms up the right hand resting in the left, with the arms extended. The pastor places the bread in your open hands and says the word “the body of Christ given for you,” You quietly say, “Amen” and then the bread is placed in the mouth and eaten reverently.
- ▶ To receive the wine (juice) or the Blood of Christ, the assisting minister will hold a large cup and will say “the blood of Christ, shed for you.” You then quietly say, “Amen.” You assist the server by placing one hand

*To receive the bread,  
make a cross with your  
hands, palms up.*



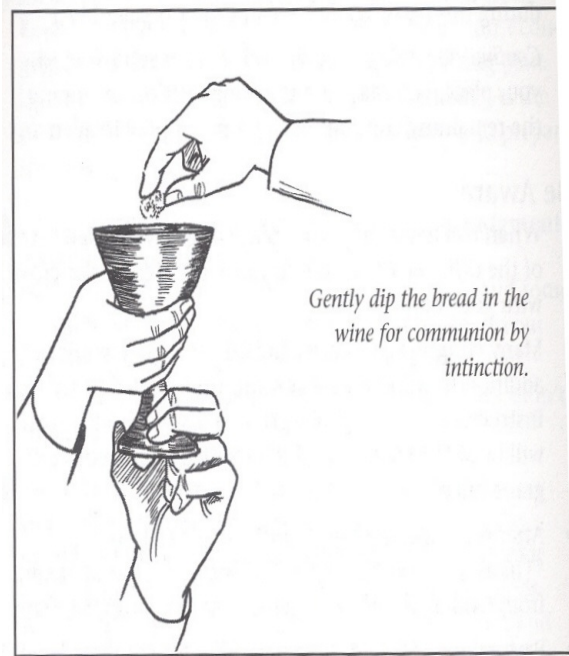
underneath the cup and the other hand on its side. Help the server guide the cup to your lips. Drink only one sip from the common cup. Remove your lips from the cup immediately after receiving the wine.

- ▶ You make the sign of the cross and quietly return to your seat.

### Intinction

Instead of drinking from the cup, you dip the bread into the wine.

- ▶ To receive the bread or the Body of Christ, you first make the sign of the cross and then you make a throne for him with your hands: palms up the right hand resting in the left, with the arms extended. The pastor places the bread in your open hands and says the word “the body of Christ given for you,” You quietly say, “Amen” **DO NOT EAT THE BREAD JUST YET!**



- ▶ To receive the wine (juice) or the Blood of Christ, the assisting minister will hold a large cup and will say “the blood of Christ, shed for you.” You then quietly say, “Amen.” You grasp the bread tightly and dip just the edge of it into the wine and then eat the bread.
- ▶ You make the sign of the cross and quietly return to your seat.

If you decided not to take communion, you may cross your arms across your chest to let the priest know not to serve you bread and wine but you would like to receive a blessing, which the priest will offer.

Once you have communed, you may return to your seat. If you are communing as a group at the altar rail, you may need to wait until everyone is served before returning to your seat. If communion is distributed in one continuous line, you may immediately return to your seat. Remain quiet or singing hymns or praying as the congregation continues to receive communion. This is a good time to meditate on what Jesus Christ has done for you!

# What's wrong with this picture?



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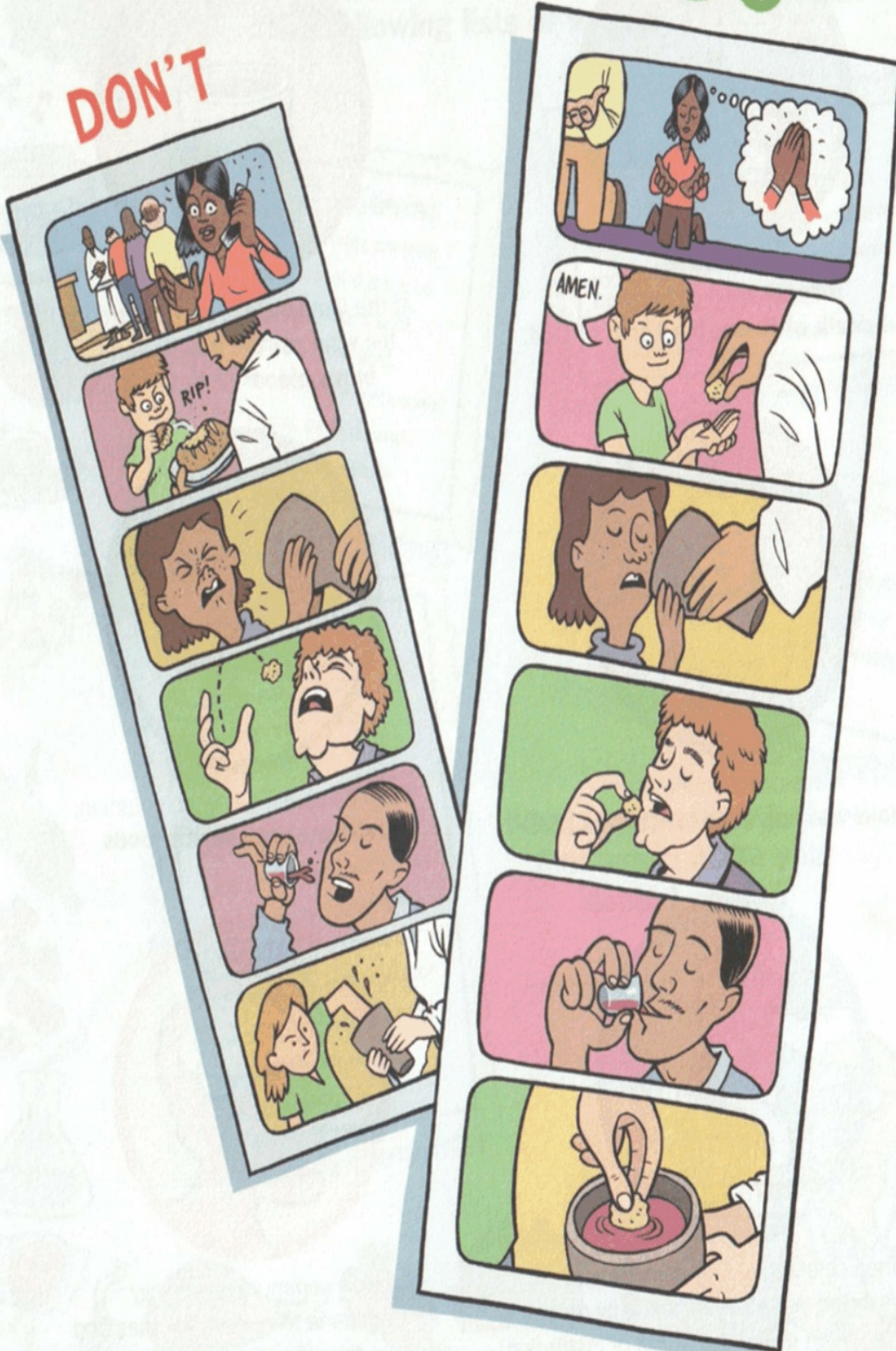
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# Communion DOs and DON'Ts

DO

DON'T



# HOW WE WORSHIP

## *The Work of the People*

The Bible is the heart of Episcopal worship. Attending church services regularly helps strengthen our faith in community. We gather together as a church family to remember and celebrate that Jesus is with us. We thank God for Jesus, the Son of God, and for all that Jesus did for us. This celebration is called the Mass.

### We Listen

We believe God's Word comes to us through the sacraments and the preaching of Holy Scripture. In the Episcopal church worship service begins with gathering, then listening and preaching the Word of God, sharing the meal and sending us out to teach and serve others.

Sometimes we must listen very hard to hear important things. Sometimes we must listen very hard to hear God speak to us. We listen to God's word in the worship service. We listen to readings from the Bible – we heard the word of God read to us – we pray a psalm. Before the gospel is read, we join with our parish congregation in song – we sing “Halle, Halle, Hallelujah”. We sing this song to say how happy we are to listen to the Good News of Jesus Christ, the Son of God.

We listen as the pastor explains what God's word means for us – this is called the homily or sermon. Then we all together proclaim our Christian faith in the Apostles' Creed or the Nicene Creed. We then pray for the Church, and all people. We even quietly or by name pray for the people we love or for our own needs. This ends the Liturgy of Word, the first part of the worship service.

What would you like to pray for this week?

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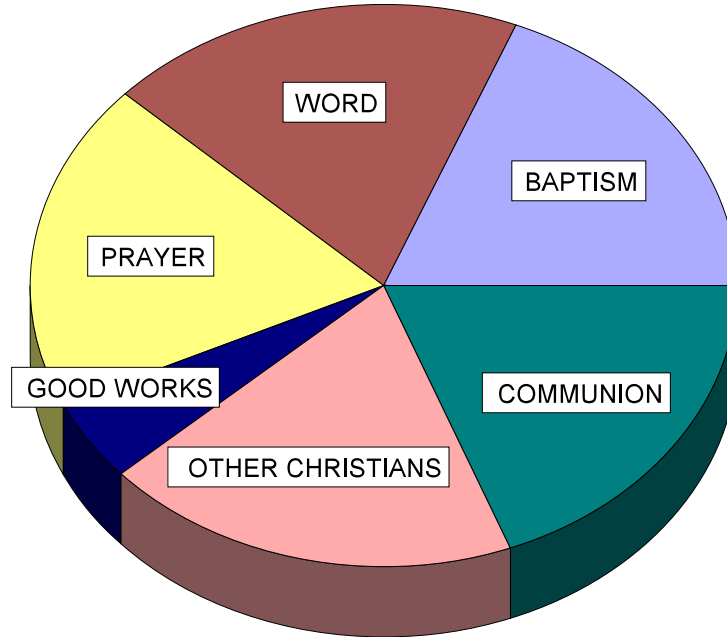
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Take turns reading your prayer aloud. After each one, answer together:  
“Lord, hear our prayer”

# FAITH WHEEL



## How Do We Grow in Faith?

God supplies us with everything we need to build a strong faith.

**WORD:** God's Word = Jesus, the Bible, and preaching is the primary source of our faith.

**PRAYER:** Communication with God is practiced daily. It may include thought, words, songs, dance, or art. It always includes listening to God.

**GOOD WORKS:** Christians should never assume that their good works earn points or make them more lovable to God. Christ has earned all the points for you. Once we realize that we are saved by Christ alone, there are no amount of good works that we can do to work our way to heaven.

**OTHER CHRISTIANS:** Every attempt should be made to worship, eat and serve – be in fellowship – regularly with other like minded people.

**BAPTISM:** In baptism, God forgives sin, delivers from death and the devil, and gives everlasting salvation to all who believe what he has promised

COMMUNION: Communing regularly gives us Christ's promise of real as well as the forgiveness he offers.

Look at all the things that strengthen us in faith. Are they any parts of the wheel you are not getting enough of?

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# HOW WE WORSHIP

## *I Can Serve*

The church is really just people called to faith in Jesus Christ and sent on a mission to the world. Jesus asks that people care for one another, worship together and raise children in faith. Every Christian has responsibilities to be God's witnesses, even children.

- By the spoken word, we can be witnesses by telling other's about Jesus.
- By the written word, we can be witnesses by passing on the Bible and other church materials to explain the real meaning of church.
- By example, we can be witnesses by living a life of love and service to others and the church.

As youth, you can be of service by giving your time and talent to the church. You can sing in the choir, become a liturgy dancer, visit the aged and he shut-in, serve as an acolyte or crucifer. As a follower of Christ, you should learn to live selflessly – share your faith for the salvation of all people! Being Episcopalian means living a vital membership in the body of Christ – not being just a member, but a disciple – someone who is willing to forget about yourself and work for Christ!

You need the church – and the church needs You!

What is an acolyte?

A long time ago, the church decided that pastors should be assisted by specially trained persons when Christians came to worship. Pastors or priests were assisted by persons who had such titles as deacons, subdeacons, cantors, readers and doorkeepers. Not long after that came acolytes – persons trained to carry the cross and candles and incense in procession and to assist the other worship leaders during the service. (In the early days of the church, serving as an acolyte was one of the steps toward becoming a pastor.)

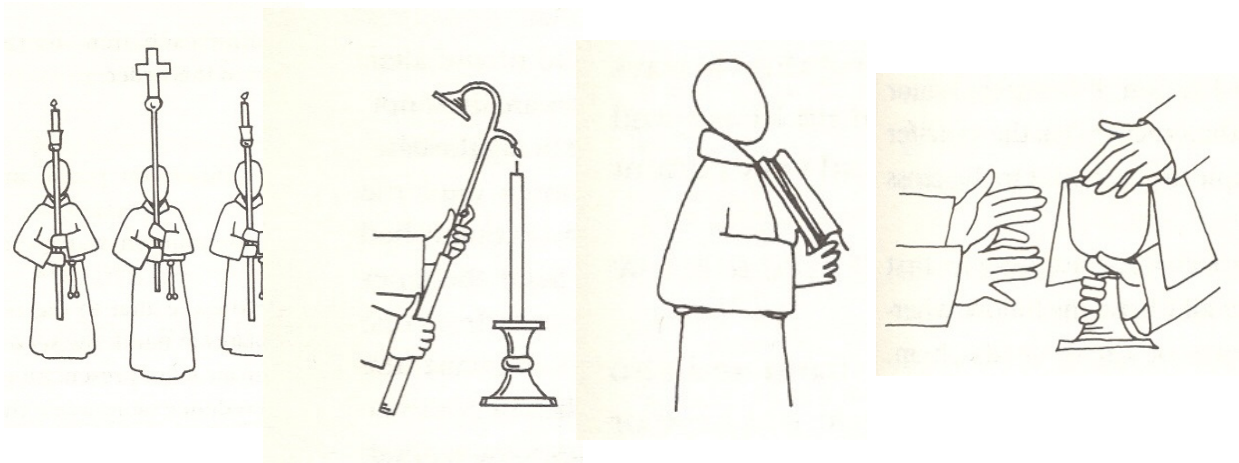
The word "acolyte" means "follower" or "attendant". Acolytes are needed because they have a special ministry to perform at each service. Acolytes serve as torchbearers, candle lighters, crucifers, readers or lectors, book bearers, banner bearers, and communion assistants.

Acolytes are ministers of the church. It's a ministry that deserves careful preparation and the acolyte's very best efforts. Good acolytes aren't sloppy or careless. They know that God is being served at worship and that God should not have to put up with anything less than the best.

## Acolytes:

- want worshipers to notice God – not them;
- will make sure their appearance is neat and clean;
- will participate in the service by praying, singing and reading;
- will sit and stand and kneel and bow and make the sign of the cross along with the congregation;
- will not scratch, yawn, slouch, chew gum or fidget; after all acolytes are ministers too, – what would your pastor look like scratching, yawning, slouching, chewing gum or fidgeting?

Because they have prayed, prepared and practiced. The acolyte will serve with reverence, calmness and grace. Because of your service, everyone will see the majesty and glory of God.



# HOW WE WORSHIP

## *Liturgical Seasons*

### Advent

**Worship Purpose:** The church begins with Advent which is a season of preparation looking forward to Jesus Christ's first coming to Bethlehem, his death which leads to salvation and His Second Coming. Advent is a time for the Christian community to practice hope.

**Key Scripture:** Isaiah 40:3-5; Matthew 3:3; Mark 1:1-3

**Liturgical Color:** The preferred color for the season of Advent is blue symbolic of hope. Blue is the color of innocence and of devotion, Purple is sometimes used as an alternative to signify royalty.

**Liturgical Symbols:** Advent wreath is symbolic of light as "Jesus is the light of the world." Angel is the messenger who delivered the Good News of Jesus' birth. The manger symbolizes Jesus' humble birth.



### Christmas

**Worship Purpose:** Christmas is one of the three high seasons in the church year. Christmas is the festival of lights. It is the time to celebrate God's great gift to the world – Emmanuel which means "God with us." It begins at eventide December 24 and lasts just 12 short days until January 5.

**Key Scripture:** Matthew 1:18-21; Luke 2:1-20

**Liturgical Color:** The color for the Christmas season is white with gold as an accent color. White is symbolic of light, joy, purity, glory and the bright light of truth.

**Liturgical Symbols:** Prickly points and red berries of the holly remind us of the thorns and blood the Christ Child would suffer. The poinsettia reminds us of the star of Bethlehem. The Five-pointed star that symbolizes the first appearance of Jesus.



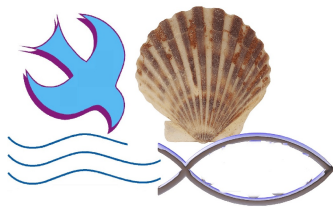
## Epiphany

**Worship Purpose:** Epiphany is a time for remembering the various times and ways Jesus was revealed to humankind. The emphasis is on the beginning of Jesus' ministry, his works and his teachings. The beginning date of the season is January 6– the Day of Epiphany. The first Sunday after the Day of Epiphany remembers the Baptism of our Lord. The last Sunday of Epiphany is known as Transfiguration of our Lord. It points to the revelation of the true nature of Jesus to his disciples.

**Key Scripture:** Matthew 2: 1-12; Luke 9:28-36; Psalm 51

**Liturgical Color:** The color of the season of Epiphany is green. Green is symbolic of the newness of life, hope and growth. White is used on the Baptism of Our Lord and on Transfiguration Sunday.

**Liturgical Symbols:** The Holy Spirit descending upon Jesus at His Baptism – recognizes Jesus as the Son of God. The shell symbolizes Jesus' Baptism as well as our own. The fish used to identify fellow Christians – Jesus Christ's disciples are "fishers of men."



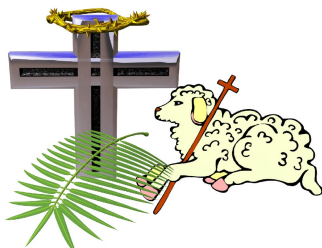
## Lent

**Worship Purpose:** Lent is the season when we reflect on the events which led Jesus to Calvary. It is a time for special prayer and meditation. It begins with Ash Wednesday and covers 40 days of repentance culminating with Holy Week (Palm Sunday, Maundy Thursday, Good Friday and Vigil of Easter).

**Key Scripture:** Luke 4: 1-13; Matthew 26:20-30; Mark 15: 42-47;

**Liturgical Color:** The preferred color for the season of Lent is purple used to denote royalty, praying, fasting, and penitence. Red is used on Palm Sunday to denote the passion and black is used on Maundy Thursday and Good Friday to represent grief, sorrow, mourning and death.

**Liturgical Symbols:** The palm leaf represents the entry of Jesus into Jerusalem as king. The cross is the symbol of the great gift given to us by Jesus' sacrifice. The thorns are symbolic of the suffering and cruelty of man against the kingship of Christ. Jesus is the Lamb of God who takes away the sins of the world.





## Easter

**Worship Purpose:** Easter is the most holy of seasons in the church calendar year. Our faith centers around the resurrection of our Lord. This resurrection is the victory that is central to our joy. We celebrate our faith, hope and life. Easter is the oldest festival of the church occurring with the Jewish Passover. Without Easter, there would be no Christian faith.

**Key Scripture:** Matthew 28: 1-7; Mark 16: 1-8; John 20:1-9

**Liturgical Color:** The color for the Easter season is white which denotes joy, delight and glory in God through the rising of His Son, Jesus Christ. Gold is also used to symbolize Jesus' kingship and the price He paid on Calvary.

**Liturgical Symbols:** The butterfly represents the coming of new life from the tomb as a butterfly emerges from the cocoon. The cross represents renewal through the resurrection. The Easter lily symbolizes life from death as the white flower blooms from an enclosed bulb.



## Pentecost

**Worship Purpose:** Pentecost celebrates the birth of the Christian church. The Day of Pentecost remembers the day the Holy Spirit came upon the disciples and they began preaching about Jesus Christ to all peoples of different languages or tongues. The Day of Pentecost occurs 50 days after the Passover. (Pentecost is Greek for fifty.) Trinity Sunday is the first Sunday after the Day of Pentecost and celebrates the triune nature of God – the Father, the Son and the Holy Spirit. Christ the King Sunday is the last Sunday in Pentecost which focuses on the Lordship of Christ.

**Key Scripture:** John 14: 16-21; Acts 2: 1-21; Mark 16: 19-20

**Liturgical Color:** Red is the color for the Day of Pentecost symbolizing the witness, power, and zeal of discipleship, the blood of Christ and the fire of the Holy Spirit. The Sundays after Pentecost are represented by the color green denoting hope and growth of the church through Jesus' message and ministry.

Liturgical Symbols: Dove symbolic of the Holy Spirit descending upon us bringing the fire – its power and energy that will transform our lives. Interlocking circles represents the trinity – the unity, equality and the eternal nature of the triune God. The shamrock is also symbolic of the Trinity used by St, Patrick in Ireland to explain the nature of 3-in- 1.

