

OUR HOLY FAITH

BOOK FOUR

BREAD  
OF LIFE

TAN Books  
Gastonia, North Carolina

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# Publisher's Note

The original editions of the *Our Holy Faith* series textbooks were published between 1959 and 1964. They were compiled by many different authors over the course of several years. Consequently, the texts varied in their organization from year to year, with similar sections appearing with different names throughout the series and often in varying sequences.

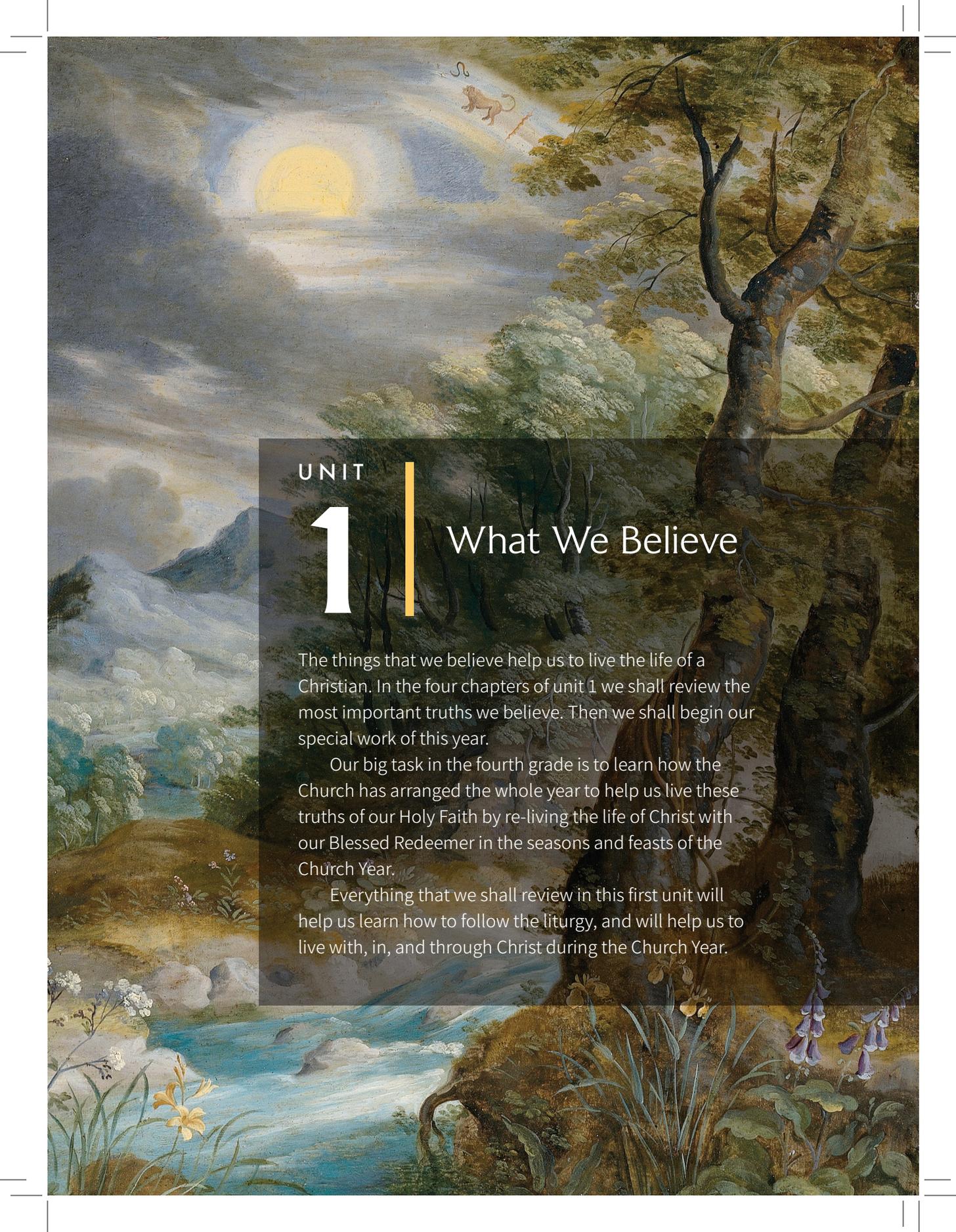
For greater ease of use and consistency, we have reorganized each book so that the Catechism lessons, tests, and other exercises are placed at the end of each relevant chapter or lesson. We have also included answer keys for your convenience in the back of each book.

While the teachings in the original editions remain relevant due to the enduring truths of our Faith, it was necessary to update other aspects in order to more accurately reflect the Church today. These new editions have been revised to incorporate some of the changes to the practices of the Catholic Church.

To the extent possible, we have adapted the text to reflect both the ordinary and extraordinary forms of the Mass and liturgical calendars. In addition to these updates, we have inserted, where relevant to the text, traditional prayers and quotes from the Bible, the Catechism, and the saints.

This new *Our Holy Faith* series is faithful to the work of the original authors. It honors the fundamental and unchanging truths of the Catholic Church and is heavily influenced by tradition. We believe it is the catechesis you can trust with your children's faith.





UNIT

# 1

## What We Believe

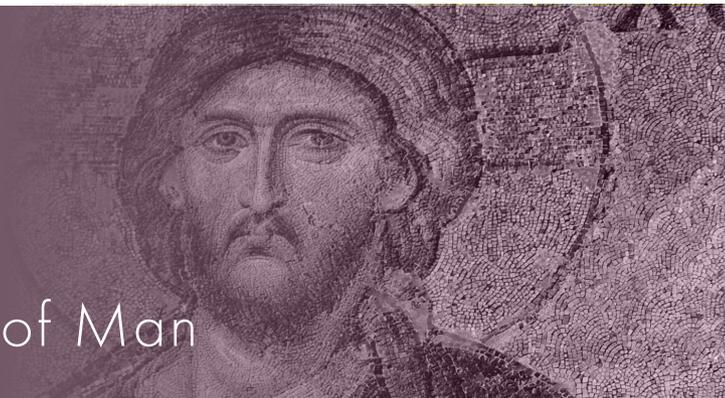
The things that we believe help us to live the life of a Christian. In the four chapters of unit 1 we shall review the most important truths we believe. Then we shall begin our special work of this year.

Our big task in the fourth grade is to learn how the Church has arranged the whole year to help us live these truths of our Holy Faith by re-living the life of Christ with our Blessed Redeemer in the seasons and feasts of the Church Year.

Everything that we shall review in this first unit will help us learn how to follow the liturgy, and will help us to live with, in, and through Christ during the Church Year.

## CHAPTER 1

# God the Father: Creation and Fall of Man



*“I believe in God, the Father Almighty, Creator of heaven and earth. . . .”*

## God and His Perfections

Last year we learned that God is the Creator of heaven and earth. God alone had no beginning. No one made Him. He lives from all eternity. He always was and He always will be. God is *eternal*.

God needs no one. He depends upon no one for anything. Since He is above every created thing, we call Him the *Supreme Being*. He is all that is true, all that is good, all that is beautiful. He is powerful and wise. He knows all things—past, present, and future. He knows our deepest secrets. There is nothing that we can hide from God. He is *all-knowing*. He is everywhere. He is *all-present*.

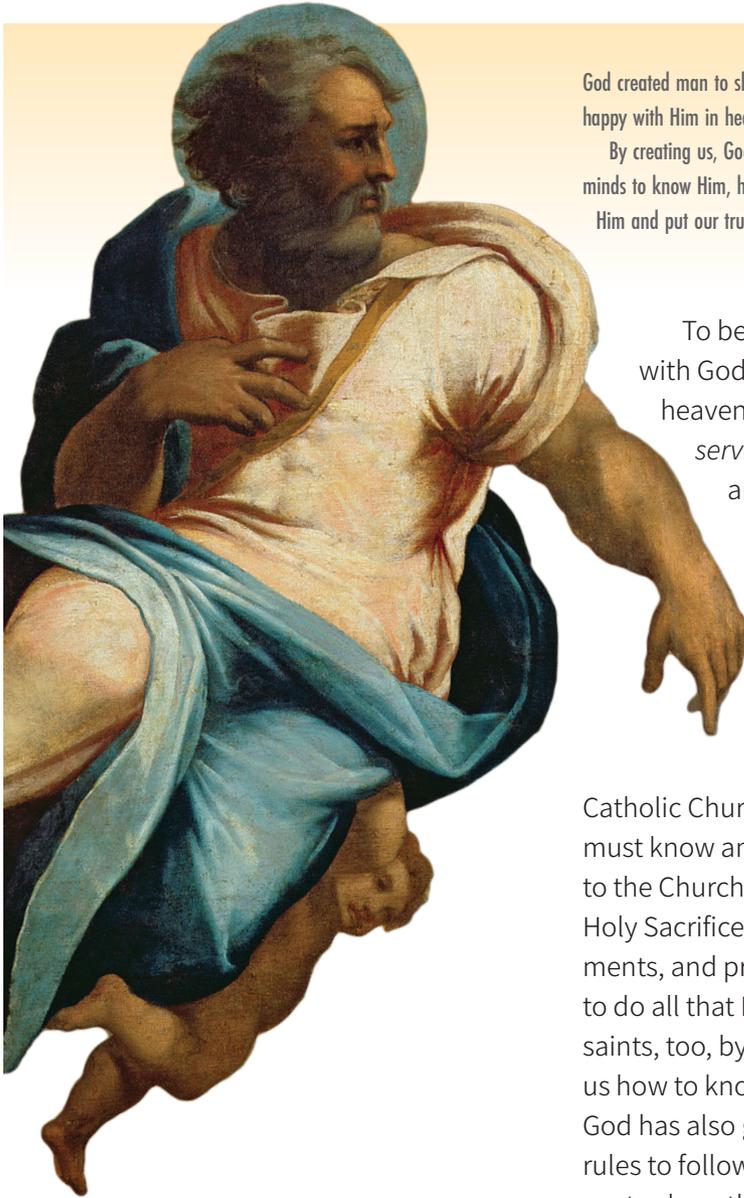
Because God is *all-good* as well as *almighty* and *all-wise*, He created the world. He made the world out of nothing. We can make an airplane, a wagon, or a doll dress if we have the materials on hand. We cannot make any of these things if we have no supplies. A man can build a house; but he needs wood, bricks, and other things to make the house. He cannot build a house



from nothing. God, however, can make things from nothing, and for this reason we say *God is the Creator of heaven and earth and of all things.*

## Why God Made Man

Do you remember the wonderful story of the creation? How did God make the first man? He formed man's body from the dust of the earth and gave it a soul. The soul is immortal. It will never die. God made man to His own image and likeness. Therefore, *man is a creature composed of body and soul and made in the image and likeness of God.* By "man" we mean every human being—you and me and all people.



God created man to show forth His goodness. He made man to be happy with Him in heaven.

By creating us, God shared His goodness with us. He gave us minds to know Him, hearts to love Him, and free wills to choose Him and put our trust in Him.

To become holy and to be happy with God in this world and forever in heaven we must *know, love, and serve* Him. By knowing, loving, and serving God in this life, we fulfill His will and begin to enjoy a taste of the joys of heaven. God wants to give us Himself today, but He will do so only if we open our hearts to His presence. Through the

Catholic Church, God teaches us what we must know and do in order to be faithful to the Church's teachings. Through the Holy Sacrifice of the Mass, the sacraments, and prayer, God gives us the grace to do all that He wants us to do. The saints, too, by their holy example teach us how to know, love, and serve God. God has also given us certain laws or rules to follow. These laws are like signposts along the road to heaven, showing us the way to the home of our heavenly Father. Some of these laws are the *Ten Commandments*. Do you remember

them? They were given to us by God on Mount Sinai. If we really love God, we will keep His commandments. By being faithful to the laws and teachings of the Church, we can better understand the unique plan God has for each of us.

*Not every one that says to me, Lord, Lord, shall enter into the kingdom of heaven: but he that does the will of my Father who is in heaven, he shall enter into the kingdom of heaven.*

—Matthew 7:21

## The Fall of Man

When God placed Adam and Eve in the beautiful Garden of Eden, they were completely happy. Nobody on earth has ever been so happy as they were. There was no pain or sorrow. God gave our first parents everything; the whole world was theirs. Above all, God adopted them as His children and gave them a share in His divine life. They received a special supernatural gift that made them holy and pleasing to God. This gift was *sanctifying grace*.

They knew that they would remain happy as long as they served God. They were to pass their happiness on to all the

people who came after them. However, Adam and Eve’s perfect harmony with God was put to the test. The Bible tells us a story to help us understand.

In the Garden of Eden there were many trees. God told our first parents that they could eat the fruit from these trees. There was one tree, however, whose fruit God forbade them to eat. This tree was called the tree “of the knowledge of good and evil” (Gen. 2:17). Adam and Eve, influenced by the cunning serpent, took the forbidden fruit and ate of it. After Adam and Eve disobeyed God, sin, suffering, sadness, evil, and death came into the world. Worst of all, they lost sanctifying grace. God stopped dwelling perfectly in their souls, and the gates of heaven were closed. Adam, as the head of the human race, was told that he would have to work hard for the rest of his life. Eve, too, was punished. What did God tell her?



# The Promise of a Redeemer

God sent our first parents out of the Garden of Eden into a world of pain, hard work, and death; but He did not stop loving them because they had disobeyed Him. He promised to send a Redeemer who would save the world.

Satan received his punishment, too. God said that the power of Satan would be broken by a Child born of a woman. He said to the devil: “I will put enmities between you and the woman, between your seed and her seed: she shall crush your head . . .” (Gen. 3:15).

God made His promise to send a Redeemer to Adam and Eve. He repeated this promise to many holy men and women who lived long before Christ was born.

## Abraham

Many years after the flood, God repeated the promise of a Messiah. This time He spoke to a man who always kept His laws. Do you remember how God tested Abraham’s love? How did Abraham prove that he loved God more than he did his son, Isaac?

God tested Abraham and found that he was faithful. God said: “And I will make of you a great nation, and I will bless you, and magnify your name. . . in you shall all the kindred of the earth be blessed” (Gen. 12:2–3).

What did God mean when He said: “In you shall all the nations of the earth be blessed”?

## Jacob

It was not time for Christ to come yet. The world was not ready for the Messiah. God continued His preparation for the coming of His Son. Evil had to be overcome, and belief in the one true God had to be made stronger. Again and again, God reminded His people that a Redeemer would come.

One night when Jacob was running away from his angry brother, Esau, he stopped to rest. During his sleep, he saw a ladder reaching from earth to heaven. Angels were going up and down the ladder, and on the very top step stood the Lord Himself. He spoke to Jacob thus: "I am the Lord God of Abraham your father, and the God of Isaac; the land, wherein you sleep, I will give to you and to your seed" (Gen. 28:13–14). Again the wonderful promise of a Redeemer was given. God said: ". . . in you and your seed all the tribes of the earth shall be blessed" (Gen. 28:14).

Jacob lived to be a very old man. Shortly before his death, Jacob blessed his twelve sons. At this time he told Judah that the promised Redeemer would come from his family. "The sceptre shall not be taken away from Judah . . . till he come that is to be sent, and he shall be the expectation of nations" (Gen. 49:10).

### David

David, a just and holy man, was chosen by God to be the King of Israel. While he ruled his people David sought to bring them back to God. God was very pleased with this work. He rewarded David by promising him that the Redeemer would come from his descendants. "And when your days shall be fulfilled and you sleep with your fathers, I will raise up your seed after you . . . and I will establish his kingdom" (2 Sam. 7:12, 13).



**FOR ME TO REVIEW***Catechism Lesson*

1. **Q. Who made the world?**  
A. God made the world.
2. **Q. Who is God?**  
A. God is the Creator of heaven and earth, and of all things.
6. **Q. Why did God make you?**  
A. God made me to know Him, to love Him, and to serve Him in this world, and to be happy with Him forever in the next.
9. **Q. What must we do to be saved?**  
A. To be saved we must worship God by faith, hope, and charity; that is, we must believe in Him, hope in Him, and love Him with all our heart.
10. **Q. How shall we know the things which we are to believe?**  
A. We shall know the things which we are to believe from the Catholic Church, through which God speaks to us.
13. **Q. What is God?**  
A. God is a spirit infinitely perfect.
14. **Q. Does God have a beginning?**  
A. God has no beginning; He always was and He always will be.
18. **Q. Does God know all things?**  
A. God knows all things, even our most secret thoughts, words, and actions.
16. **Q. If God is everywhere, why do we not see Him?**  
A. We do not see God, because He is a pure spirit and cannot be seen with bodily eyes.

17. **Q. Does God see us?**  
A. God sees us and watches over us.
19. **Q. Can God do all things?**  
A. God can do all things, and nothing is hard or impossible to Him.
32. **Q. Who created heaven and earth, and all things?**  
A. God created heaven and earth, and all things.
3. **Q. What is man?**  
A. Man is a creature composed of body and soul, and made in the image and likeness of God.
39. **Q. Who were the first man and woman?**  
A. The first man and woman were Adam and Eve.
41. **Q. Did God give any command to Adam and Eve?**  
A. To test their obedience God commanded Adam and Eve not to eat of a certain fruit which grew in the garden of Paradise.
43. **Q. Did Adam and Eve remain faithful to God?**  
A. Adam and Eve did not remain faithful to God; but broke His command by eating the forbidden fruit.
44. **Q. What befell Adam and Eve on account of their sin?**  
A. Adam and Eve, on account of their sin, lost innocence and holiness, and were doomed to sickness and death.
60. **Q. Did God abandon man after he fell into sin?**  
A. God did not abandon man after he fell into sin, but promised him a Redeemer, Who was to satisfy for man's sin and reopen to him the gates of heaven.
313. **Q. What are the commandments of God?**  
A. The commandments of God are these ten:  
1. I am the Lord thy God, who brought thee out of the land of Egypt, out of the house of bondage. Thou

shalt not have strange gods before Me. Thou shalt not make to thyself a graven thing, nor the likeness of anything that is in heaven above, or in the earth beneath, nor of those things that are in the waters under the earth. Thou shalt not adore them, nor serve them.

2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember thou keep holy the Sabbath day.
4. Honor thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbor.
9. Thou shalt not covet thy neighbor's wife.
10. Thou shalt not covet thy neighbor's goods.

#### *Questions*

1. Who created the world?
2. Who is God?
3. What are some of the perfections of God?
4. What is man?
5. Why did God make us?
6. Who were the first man and woman?
7. How did God punish our first parents for their sin of disobedience?



**FOR ME TO REMEMBER**

1. God is the Creator of heaven and earth, and of all things.
2. God is the Supreme Being. He is eternal, all-knowing, all-present, all-good, almighty, and all-wise.
3. Man is composed of body and soul.
4. Man was created to the image and likeness of God.
5. Man was created for heaven.
6. Adam and Eve were the first man and woman.
7. Grace is a supernatural gift of God which makes us children of God and helps us to save our soul.
8. God promised to send a Redeemer who would save the world.



**FOR ME TO DO**

1. Discuss how God showed His goodness, power, and wisdom in creating the world.
2. Draw a map showing the creation of the world.
3. Learn the poem “The Wonderful World.”
4. Compose a prayer in which you ask God to give you the grace to know, love, and serve Him better.
5. Read or tell the story of Moses and the Ten Commandments.
6. When God sent our first parents out of Eden, He said to Adam: “Dust thou art and unto dust thou shalt return.” When do we hear the priest use these words? Of what do they remind us?