



« SCOPE & SEQUENCE »

Our Catholic Life

A READING AND STUDY GUIDE FOR ADULT FAITH FORMATION

A program based on the four parts of the Catechism of the Catholic Church

This engaging summary of the main themes of the *Catechism* helps adults understand their faith through the lens of modern life and their own experiences. The seven books break open the *Catechism*'s main themes—the Mystery of God, Christology, Christian Anthropology, Ecclesiology, Sacraments, Morality, and Liturgy and Prayer. Each includes a group sessions guide. A comprehensive Leader's Guide is available on our website.

ONE: THE HUMAN JOURNEY OF FAITH				
SESSION	THEME	CATECHISM	SCRIPTURE	MAIN POINTS
1	The inborn hunger for God Part 1: The inborn hunger Part 2: Knowing and seeing God Part 3: The Church teaches	26-43 Summary in 44-49	Acts 17:26-28	<ul style="list-style-type: none"> We are religious beings by nature. We are made to live in communion with God. When we listen to the message of creation and to the voice of conscience, we can arrive at certainty about the existence of God.
2	The response to revelation is faith Part 1: Do you believe? Part 2: What is faith? Part 3: Believe freely	142-175 Summary in 176-184	John 1:14, 16-18	<ul style="list-style-type: none"> Faith is a personal loyalty of our whole being to God who reveals God's self. In order to believe, we need the interior help of the Holy Spirit. Believing is a human act, conscious and free, corresponding to the dignity of the human person.
3	Made in God's image Part 1: Visible and invisible Part 2: Partners for life Part 3: Two accounts	325-349 and 355-379 Summaries in 350-354 and 380-384	Hebrews 11:1-3	<ul style="list-style-type: none"> God willed the diversity of all the creatures and their own particular goodness, their interdependence, and their order. God destined all material creatures for the good of the human race. We humans, though made of body and soul, are a unity of body and soul.
4	The human inclination to sin Part 1: Created for paradise Part 2: The fall from grace Part 3: Hope	385-412 Summary in 413-421	Romans 5:16-18	<ul style="list-style-type: none"> From the beginning we humans have experienced within us an inclination to be selfish and unilateral. This is called "original sin." As a result of original sin, human nature is weakened and inclined to sin. Everyone experiences original sin.
5	Mercy, grace, and sin Part 1: Mercy Part 2: How we sin Part 3: Grave matter and free consent	1846-1869 Summary in 1870-1876	John 1:6-10	<ul style="list-style-type: none"> Sin is an utterance, a deed, or a desire contrary to the eternal law. It rises up against God in a disobedience contrary to the obedience of Christ. To choose deliberately—that is, both knowing it and willing it—something gravely contrary to the divine law and to the ultimate purpose of human life is to commit a mortal sin. Venial sin is a moral disorder that is reparable by charity.
6	The dignity of the human person Part 1: Human dignity Part 2: Human destiny Part 3: Human freedom	1691-1709, 1716-1724, and 1730-1742 Summaries in 1710-1715, 1725-1729 and 1743-1748	Matthew 5:3-10	<ul style="list-style-type: none"> We are obliged to follow the moral law, which urges us "to do what is good and avoid what is evil." The Beatitudes take up and fulfill God's promises from Abraham on by ordering them to the kingdom of heaven. The right to the exercise of freedom, especially in religious and moral matters, is an inalienable requirement of human dignity.
7	The communion of saints and the end of life Part 1: The communion of Saints Part 2: Our own resurrection Part 3: Being cleansed	946-959, 963-972, 976-983, 988-1014, & 1020-1050, summaries in 960-962, 973-975, 984-987, 1015-1019, 1051-1060	1 Corinthians 15:12-14	<ul style="list-style-type: none"> The Church is a "communion of saints" united above all by the Eucharist. Everyone receives his or her eternal recompense from the moment of his or her death in a particular judgment by Christ, the judge of the living and the dead. By following the example of Christ, the Church warns the faithful of the "sad and lamentable reality of eternal death," also called "hell."

TWO: THE MYSTERY OF GOD				
SESSION	THEME	CATECHISM	SCRIPTURE	MAIN POINTS
1	God reveals his loving plan of goodness Part 1: Where do we meet God? Part 2: The promise Part 3: God's word	50-67 Summary in 68-73	Ephesians 1:8-13	<ul style="list-style-type: none"> God reveals the divine to us by gradually communicating God's own mystery in deeds and in words. God has communicated God's own self to us from the beginning of the human race. God has revealed God's own self fully through Jesus Christ, in whom God has established an eternal covenant.
2	Sacred Scripture is the Word of God Part 1: God's word Part 2: The Spirit as teacher Part 3: The books of the Bible	101-133 Summary in 134-141	Luke 1:1-4	<ul style="list-style-type: none"> God is the author of sacred Scripture because God inspired its human authors. The Church accepts and venerates as inspired the 46 books of the Old Testament and the 27 books of the New. The four gospels occupy a central place because Christ Jesus is their center.
3	I believe in God the Father Part 1: What is God like? Part 2: The divine mystery Part 3: God is love	198-227 Summary in 228-231	Mark 12:28-31	<ul style="list-style-type: none"> God is love. God is neither male nor female. God is just God. God's name is YHWH, which means, I AM.
4	The love of the Trinity Part 1: The basis of our faith Part 2: The Trinity of love Part 3: One God	232-260 Summary in 261-267	John 16:13-15	<ul style="list-style-type: none"> We believe in one God. God alone is the origin of life and our ultimate goal. The mystery of the Trinity is the central Christian mystery. God is three in one: Father, Son, and Holy Spirit.
5	God, the creator Part 1: Holy power Part 2: The Creator Part 3: The journey of creation	268-274, 279-314 Summaries in 275-278 and 315-324	Genesis 1:1-5	<ul style="list-style-type: none"> In Creation of the world and of us, God gave the first and universal witness to God's almighty love and wisdom. God alone created the universe freely, directly, and without any help. God created the universe and keeps it in existence through Jesus Christ.
6	Our guide and inspiration: the Holy Spirit Part 1: God Part 2: Holy anointing Part 3: The Spirit in the New Testament	683-741 Summary in 742-747	1 Corinthians 12:4-7	<ul style="list-style-type: none"> Whenever God sends Christ, he always sends the Spirit: their mission is conjoined and inseparable. The Holy Spirit, whom Christ sends, builds, animates, and sanctifies the Church. The Church is the sacrament of the Holy Trinity's communion with us.

THREE: DRAWING CLOSER TO CHRIST				
SESSION	THEME	CATECHISM	SCRIPTURE	MAIN POINTS
1	Jesus Christ: the only Son of God Part 1: The good news Part 2: Who do we say he is? Part 3: Jesus is born	422-451 and 456-478 Summary in 452-455 and 479-483	Mark 8:27-29	<ul style="list-style-type: none"> The name Jesus means "God saves." The title "Christ" means "Anointed One" or Messiah. Jesus Christ is true God and true man, in the unity of his divine person, God incarnate.
2	Mary: Mother of God and Mother of the Church Part 1: Born of the Virgin Mary Part 2: Mary, ever virgin Part 3: Mother of the Church	484-507 and 963-972 Summaries in 508-511 and 973-975	Luke 1:41-42	<ul style="list-style-type: none"> Mary is truly "Mother of God," Theotokos. By pronouncing her "fiat" at the Annunciation and giving her consent to the Incarnation, Mary was already collaborating with the whole work her Son was to accomplish. Mary is now with God where she already shares in the glory of her Son's resurrection, anticipating the resurrection of all.
3	The reign of God Part 1: The life of Jesus of Nazareth Part 2: The long wait Part 3: Message	512-560 Summary in 561-570	Mark 6:30-34	<ul style="list-style-type: none"> The whole of Christ's life was a continual teaching: his silences, his miracles, his gestures, his prayer, his love for people, his special affection for the little and the poor, his way of the cross, and his resurrection. In his teaching, Jesus announced the Reign of God. We, too, are called to live out the Pascal mystery as Christ did.
4	The Passion of Christ Part 1: The stage is set Part 2: Changing our minds Part 3: To set us free	557-560, 571-591, and 595-618 Summaries in 592-594 and 619-623	Mark 15:12-15	<ul style="list-style-type: none"> Jesus' was a prophetic voice which threatened the church leaders of his day. Jesus gave us a tremendous sign of his love for us at the Last Supper when he washed the feet of his disciples. Jesus freely offered himself for our salvation.
5	The resurrection and the ascension Part 1: He is dead Part 2: The risen Christ Part 3: He is ascended!	624-628, 631-635, 638-655, 659-664, and 668-679 Summaries in 629-630, 636-637, 656-658, 665-667, and 680-682	Luke 24:1-5	<ul style="list-style-type: none"> The early followers of Christ experienced him alive among them after his death. In baptism we enter into the death of the Lord, so to enter also into his resurrection. Christ lives now in the heart of God from whence he came and opens for us all the way to that divine heart.
6	Society and human dignity Part 1: Society Part 2: Authority Part 3: Participation	1877-1889, 1897-1917, and 1928-1942 Summaries in 1890-1896, 1918-1927, and 1943-1948	James 2:14-17	<ul style="list-style-type: none"> There is a likeness between the unity of the Trinity and the community that we humans ought to establish among ourselves. Public authority is exercised legitimately only if it is committed to the common good of society. To attain this it must employ morally acceptable means. The equal dignity of human persons requires the effort to reduce excessive social and economic inequalities.
7	Grace and merit Part 1: The law Part 2: The New Law Part 3: Grace	1949-1974, 1987-2016 Summaries in 1975-1986 and 2017-2029	Philippians 2:12-13	<ul style="list-style-type: none"> The natural law is our participation in God's wisdom and goodness. It expresses the dignity of the human person and forms the basis of our fundamental rights and duties. The New Law is the grace of the Holy Spirit received in Christ. It is expressed in the words of the gospels and celebrated in the sacraments. Moved by grace, we turn toward God and away from sin. This movement is called "conversion."

FOUR: THE MYSTERY OF THE CHURCH				
SESSION	THEME	CATECHISM	SCRIPTURE	MAIN POINTS
1	The Church hands on divine revelation Part 1: How we know Part 2: Traditionally speaking Part 3: The deposit of faith	74-95 Summary in 96-100	John 16:12-15	<ul style="list-style-type: none"> What Christ entrusted to the apostles, they in turn handed on by their preaching and writing, under the inspiration of the Holy Spirit, to all generations. Sacred Tradition and Sacred Scripture form a single sacred statement of the Word of God. The Church, in her doctrine, life, and worship, passes on to every generation all that she believes.
2	The Mystery of the Church Part 1: Lumen Gentium Part 2: The body of Christ Part 3: A priestly, prophetic, and royal people	748-776 and 781-801 Summaries in 777-780 and 802-810	1 Peter 2:9-10	<ul style="list-style-type: none"> The word "Church" designates the assembly of those whom God's Word "convokes," i.e., gathers together to form the People of God, and who themselves, nourished with the body of Christ, become the body of Christ. The Church in this world is the sacrament of salvation, the sign and the instrument of the communion of God and us. The Church is the body of Christ, the bride of Christ, and the temple of the Holy Spirit.
3	One, Holy, Catholic, Apostolic Part 1: Marks of the Church Part 2: Holy Part 3: Tell it on the mountain!	811-865 Summary in 866-870	Ephesians 4:1-6	<ul style="list-style-type: none"> The Jewish faith, unlike other non-Christian religions, is already a response to God's revelation in the Old Covenant. Neither all Jews indiscriminately at that time, nor Jews today, can be charged with the crimes committed during Christ's passion. The Holy Spirit is the "principal agent of the whole of the Church's mission" and that as it continues the mission of the Church unfolds the mission of Christ. The Church is one, holy, catholic, and apostolic.
4	Christ's faithful: the people of the Church Part 1: People of God Part 2: To teach Part 3: To lead	871-933 Summary in 934-945	Romans 10:13-15	<ul style="list-style-type: none"> To proclaim the faith and to plant his reign, Christ sends his apostles and their successors. He gives them a share in his own mission. Helped by the priests, their co-workers, and by the deacons, the bishops have the duty of authentically teaching the faith, celebrating divine worship, above all the Eucharist, and guiding their Churches as true pastors.
5	Morality and conscience Part 1: Moral living Part 2: The passions Part 3: Forming conscience	1749-1756, 1762-1770, and 1776-1794 Summaries in 1757-1761, 1771-1775, and 1795-1802	1 John 3:18-24	<ul style="list-style-type: none"> Conscience is a judgment of reason by which the human person recognizes the moral quality of a concrete act. A well-formed conscience is upright and truthful. It formulates its judgments according to reason, in conformity with the true good willed by the wisdom of the Creator. Everyone must avail himself or herself of the means to form his or her conscience. The word of God is a light for our path. We must assimilate it in faith and prayer and put it into practice.
6	Faith, hope, and love Part 1: Good habits Part 2: Virtues Part 3: Theological virtues	1803-1832 Summary in 1833-1845	Philippians 4:4-9	<ul style="list-style-type: none"> Virtue can be grouped around the four cardinal points: prudence, justice, fortitude, and temperance. There are three theological virtues: faith, hope, and charity. They inform all the moral virtues and give life to them. The seven gifts of the Holy Spirit bestowed upon Christians are wisdom, understanding, counsel, fortitude, knowledge, piety, and awe in the face of God's generous goodness.
7	The Magisterium and the Ten Commandments Part 1: The Church is our teacher Part 2: The guidelines of the Church Part 3: Background	2030-2046 and 2052-2074 Summaries in 2047-2051 and 2075-2082	Matthew 22:34-40	<ul style="list-style-type: none"> The precepts of the Church are: you shall attend Mass on Sundays and holy days; you shall confess your sins at least once a year; you shall receive Holy Communion at least during the Easter season; you shall observe the prescribed days of fasting and abstinence; you have a duty of providing for the material needs of the Church, each according to his abilities. The pope and bishops, as authentic teachers, preach to the People of God the faith which is to be believed and applied in moral life.

FIVE: LIVING THE SACRAMENTS				
SESSION	THEME	CATECHISM	SCRIPTURE	MAIN POINTS
1	Baptism Part 1: Initiation Part 2: How we celebrate Part 3: Who can be baptized?	1212-1274 Summary in 1275-1284	Romans 6:1-5	<ul style="list-style-type: none"> Christian initiation is accomplished in three sacraments together: Baptism which is the beginning of new life; Confirmation which is its strengthening; and the Eucharist which nourishes the disciple with Christ's Body and Blood for transformation in Christ. The essential rite of Baptism consists in immersing the candidate in water or pouring water on his or her head, while pronouncing the invocation of the Most Holy Trinity: the Father, the Son, and the Holy Spirit.
2	Confirmation Part 1: The Spirit of the Lord Part 2: Sacred oil Part 3: Who is confirmed?	1285-1314 Summary in 1315-1321	Acts of the Apostles 2:1-4	<ul style="list-style-type: none"> Confirmation perfects Baptismal grace; it is the sacrament which gives the Holy Spirit in order to incorporate us more firmly into Christ, strengthen our bond with the Church, and help us bear witness to the Christian faith. A candidate for Confirmation who has attained the age of reason must profess the faith, be in the state of grace, have the intention of receiving the sacrament, and be prepared to assume the role of disciple and witness to Christ, both within the ecclesial community and in temporal affairs.
3	Eucharist Part 1: Source and summit Part 2: How we celebrate Part 3: Real presence	1322-1405 Summary in 1406-1419	John 13:12-15	<ul style="list-style-type: none"> The Eucharist celebration always includes the proclamation of the Word of God; thanksgiving to God the Father for all his benefits, above all the gift of his Son; the consecration of bread and wine; and participation in the liturgical banquet by receiving the Lord's Body and Blood. The essential signs of the Eucharist sacrament are wheat bread and grape wine, on which the blessing of the Holy Spirit is invoked and the priest pronounces the words of consecration spoken by Jesus during the Last Supper.
4	Reconciliation (Penance or Confession) Part 1: Forgiveness Part 2: Only God forgives Part 3: Making amends	1420-1484 Summary in 1485-1498	2 Corinthians 5:17-19	<ul style="list-style-type: none"> The essential rite of the sacrament of Penance consists of the penitent's repentance, confession of sins to the priest, and the intention to make reparation and do works of reparation, and the priest's words of absolution and blessing. The spiritual effects of the sacrament of Penance are reconciliation with God by which the penitent recovers grace; reconciliation with the Church; peace and serenity of conscience, and spiritual consolation; an increase of spiritual strength.
5	Anointing of the Sick Part 1: Be healed Part 2: The care of the sick Part 3: How we celebrate	1499-1525 Summary in 1526-1532	James 5:13-15	<ul style="list-style-type: none"> The sacrament of Anointing of the Sick confers a special grace on the Christian experiencing the difficulties inherent in the condition of grave illness or old age. The celebration of the Anointing of the Sick consists essentially in the anointing of the forehead and hands of the sick person. The special grace of the Anointing of the Sick has as its effects: the uniting of the sick person to the passion of Christ, the strengthening, peace, and courage to endure the sufferings of illness or old age.
6	Holy Orders Part 1: We are made for service Part 2: Ordination Part 3: How we ordain	1533-1589 Summary in 1590-1600	2 Timothy 1:5-7	<ul style="list-style-type: none"> The whole Church is a priestly people. Through Baptism all the faithful share in the priesthood of Christ. This participation is called the "common priesthood of the faithful." The ministerial priesthood differs in essence from the common priesthood of the faithful because it confers a sacred power for the service of the faithful. The sacrament of Holy Orders is conferred by the laying on of hands, followed by a solemn prayer of consecration.
7	Matrimony Part 1: Love! Part 2: Christ loves the Church Part 3: The bond	1601-1658 Summary in 1659-1666	Matthew 19:3-6	<ul style="list-style-type: none"> The marriage covenant has been founded and endowed with its own special laws by the Creator. By its very nature it is ordered to the good of the couple, as well as to the generation and education of children. Marriage is based on the consent of the contracting parties in order to live a covenant of faithful and fruitful love. The Christian home is the place where children receive their first proclamation of the faith.

SIX: LIVING THE COMMANDMENTS				
SESSION	THEME	CATECHISM	SCRIPTURE	MAIN POINTS
1	No strange gods: the 1st & 2nd commandments Part 1: The Lord, your God Part 2: False gods Part 3: The 2nd commandment	2083-2132 and 2142-2159 Summaries in 2133-2141 and 2160-2167	Deuteronomy 6:4-9	<ul style="list-style-type: none"> The first commandment calls us to believe in God, to hope in God, and to love God above all else. The second commandment enjoins respect for the Lord's name. The name of the Lord is holy. The second commandment forbids every improper use of God's name. Blasphemy is the use of the name of God, of Jesus Christ, of the Virgin Mary, and of the saints in an offensive way.
2	Keeping holy the Lord's Day: the 3rd commandment Part 1: Keeping holy Part 2: The Sunday assembly Part 3: Rest	2168-2188 Summary in 2189-2195	Deuteronomy 5:12-14	<ul style="list-style-type: none"> The ceremonial observance of the "sabbath," has been replaced by Sunday which recalls the new creation inaugurated by the resurrection of Christ. Sunday is to be considered the foremost holy day of obligation in the universal Church. On Sundays, we are to avoid unnecessary labor and work, allowing time for family and friends.
3	Honoring our parents: the 4th commandment Part 1: Parents and children Part 2: The duties of children Part 3: Civil society and the fourth commandment	2196-2246 Summary in 2247-2257	Deuteronomy 5:16	<ul style="list-style-type: none"> According to the fourth commandment, God has willed that we should honor our parents and those whom he has vested with authority for our good. Children owe their parents respect, gratitude, just obedience, and assistance. Parents have the first responsibility for the education of their children in the faith, prayer, and all the virtues. They have the duty to provide as far as possible for the physical and spiritual needs of their children.
4	You shall not kill: the 5th commandment Part 1: You shall not kill Part 2: Issues of life and death Part 3: Blessed are the peacemakers	2258-2317 Summary in 2318-2330	Matthew 5:21-22a	<ul style="list-style-type: none"> Every human life, from the moment of conception until death, is sacred because the human person is created in the image and likeness of God. The murder of a human being is gravely contrary to the dignity of the person and the holiness of the Creator. We are bound to reject abortion, to protect the embryo, and to defend life in every other way. The death penalty is normally against Church teaching as well.
5	Called to chastity: the 6th & 9th commandments Part 1: God is love Part 2: All are called Part 3: Challenges to marriage	2331-2391, 2514-2527 Summaries in 2392-2400 and 2528-2533	Matthew 5:27-30	<ul style="list-style-type: none"> By creating the human being man and woman, God gives personal dignity to the one and the other. Each of them, man and woman, should acknowledge and accept his or her sexual identity. The covenant which spouses have freely entered into entails faithful love. It imposes on them the obligation to keep their marriage indissoluble. The ninth commandment warns against lust or carnal concupiscence.
6	Possessions, greed, & generosity: the 7th and 10th commandments Part 1: Possessions, greed, and generosity Part 2: The care of the animals Part 3: Loving the poor	2401-2449 and 2534-2550 Summaries in 2450-2463 and 2551-2557	Matthew 6:19-21, 24	<ul style="list-style-type: none"> The seventh commandment calls us to the practice of justice and charity in how we handle and manage earthly goods and the fruits of our labor. The dominion granted by the Creator over the mineral, vegetable, and animal resources of the universe cannot be separated from respect for moral obligations, including those toward generations to come. The tenth commandment forbids avarice arising from a passion for riches and their attendant power.
7	Honesty: the 8th commandment Part 1: Open, honest, loving, and kind Part 2: Untruth Part 3: The media	2464-2503 Summary in 2504-2513	Matthew 5:33-37	<ul style="list-style-type: none"> Respect for the reputation and honor of persons forbids all gossip, and speaking badly of others, even if it is a true statement. Lying consists in saying what is false with the intention of deceiving one's neighbor. The sacramental seal is inviolable. Professional secrets must be kept. Confidences prejudicial to another are not to be divulged.

SEVEN: PRAYING OUR WAY THROUGH LIFE				
SESSION	THEME	CATECHISM	SCRIPTURE	MAIN POINTS
1	Liturgy is the work of the Trinity Part 1: Why the liturgy? Part 2: It is Christ who acts Part 3: Our theology of sacrament	1066-1109 and 1113-1130 Summaries in 1110-1112 and 1131-1134	Ephesians 3:14-19	<ul style="list-style-type: none"> In the liturgy of the Church, God the Father is blessed as the source of all the blessings of creation with which he has blessed us in Christ, in order to give us the Spirit of filial adoption. The mission of the Holy Spirit in the liturgy of the Church is to prepare the assembly to encounter Christ. The sacraments are signs of grace, instituted by Christ and entrusted to the Church, by which divine life is dispensed to us.
2	The people, places and rites of the liturgy Part 1: We all celebrate liturgy! Part 2: Meeting God Part 3: Where do we celebrate?	1135-1186 and 1200-1206 Summaries in 1187-1199 and 1207-1209	1 Peter 2:9-10	<ul style="list-style-type: none"> The Liturgy of the Word is an integral part of each liturgy celebrated by the Church. Sunday is the principal day for the celebration of the Eucharist because it is the day of the resurrection. The Church, "in the course of the year, ... unfolds the whole mystery of Christ from his incarnation and Nativity through his Ascension, to Pentecost and the expectation of the blessed hope of the coming of the Lord."
3	Called to an encounter with God Part 1: A surge of the heart Part 2: Down through history Part 3: The Psalms	2558-2589 Summary in 2590-2597	Psalms 130:1-4	<ul style="list-style-type: none"> In prayer, the Holy Spirit raises our mind and heart to God. Prayer is the privileged moment of intimacy with God where we discuss our lives, the needs of the world, and the ways our hearts move within us. God calls each person to this mysterious encounter with Godself.
4	Forms of Prayer Part 1: The Word Part 2: The prayer of faith Part 3: Forms of prayer	2598-2619 and 2623-2643 Summaries in 2620-2622 and 2644-2649	Romans 8:26-27	<ul style="list-style-type: none"> The Holy Spirit who teaches the Church and helps us remember all that Jesus said also instructs us in the life of prayer. The basic forms of prayer are blessing, petition, intercession, thanksgiving, and praise. The gospels provide an image of Jesus as constantly prayerful. Because God blesses the human heart, it can in return bless God who is the source of every blessing.
5	The Wellsprings of Prayer Part 1: The will to pray Part 2: The way of prayer Part 3: Guides to prayer	2650-2660, 2663-2679, and 2683-2691 Summaries in 2661-2662, 2680-2682, and 2692-2696	Matthew 11:27-30	<ul style="list-style-type: none"> The Holy Spirit in the church teaches us to pray as the children of God. The word of God, the liturgy of the Church, and the virtues of faith, hope, and charity are sources of prayer. The different schools of Christian spirituality share in the living tradition of prayer and are precious guides for the spiritual life. The Christian family is the first place for education in prayer.
6	Ways to pray & obstacles to prayer Part 1: The life of prayer Part 2: The struggle to pray Part 3: Does God answer prayer?	2697-2719 and 2725-2751 Summaries in 2720-2724 and 2752-2758	John 17:20-23	<ul style="list-style-type: none"> The Church invites the faithful to regular prayer: daily prayers, the Liturgy of the Hours, Sunday Eucharist, the feasts of the liturgical year. It is always possible to pray; it is even a vital necessity. Prayer and Christian life are inseparable.
7	The Lord's Prayer Part 1: The gospel Part 2: Let us pray Part 3: We say Amen	2759-2772, 2777-2796, and 2803-2856 Summaries in 2773-2776, 2797-2802, and 2857-2865	Matthew 6:7-13	<ul style="list-style-type: none"> The Lord's Prayer is truly the summary of the whole gospel. The Lord's Prayer is the basic prayer of the Christian life. Praying to our Father should develop in us the will to become like God and foster in us a humble and trusting heart.