

TESTING GUIDE

St Thomas Syro-Malabar Diocese of Chicago

GRADING

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TESTING GUIDE

First Mid Term Exam - 12/15/2024

Second Mid Term Exam -05/18/2025

GRADING

90% –100% A

80% – 89% B

70% – 79% C

60% – 69% D

Below 60% F

Breakdown of the 100% :-

→ **Attendance: 10%**

→ **Assignments: 10%**

→ **Dei Verbum Bible quiz: 10%**

→ **Test: 70%**

Attendance: 10%

To be graded based on attendance in class

Assignments 10%

Can be graded based on one or more of the following:

- Bible Quiz
- Homework
- Outreach activities
- Class conduct
- Overall performance
- Project work

TEST SYLLABUS

- First Semester:
 - Chapters 1-7 for grades 1-10
 - Chapters 1-6 for grades 11 & 12
- Second Semester:
 - Chapters 8-14/15 for grades 1-10
 - Chapters 7-12 for grades 11 & 12

QUESTIONS

Types of questions to expect:

- Multiple Choice
- True or False
- Match the following
- Fill in the blanks
- Prayer (all grades)
- Descriptive (grades 3 - 12)
- Comprehension (grades 9-12)

Comprehension paragraph/s can be expected from:

- The textbook
- YOUCAT
- The Bible
- Papal Encyclicals

PRAYER GUIDE FOR GRADES

The prayers assigned to the grades for each semester exam and the words of the prayers are given below.

This being the first year of including prayer in the exams, just one prayer per semester is assigned to encourage memorization.

Grade	Semester	Prayer
1	I	Guardian Angel Prayer
	II	Grace Before Meals
2	I	Our Father
	II	Hail Mary
3	I	Confiteor (I Confess)
	II	Act of Contrition
4	I	Memorare
	II	Salve Regina (Hail Holy Queen)
5	I	Angelus
	II	Apostles Creed
6	I	Joyful and Sorrowful Mysteries
	II	Glorious and Luminous Mysteries
7	I	Litany of the Rosary (first half)
	II	Litany of the Rosary (second half)
8	I	Divine Mercy Chaplet
	II	Anima Christi (Soul of Christ)
9	I	Regina Caeli (Queen of Heaven)
	II	Prayer to the Holy Spirit
10	I	Prayer for Priests
	II	Stations of the Cross
11	I	Nicene Creed

	II	Stations of the Cross
12	I	Prayer to St. Michael
	II	Stations of the Cross

THE PRAYERS

GUARDIAN ANGEL PRAYER

Angel of God, my guardian dear,
 to whom God's love commits me here,
 ever this day be at my side,
 to light and guard, to rule and guide.
 Amen.

GRACE BEFORE MEALS

Bless us, O Lord, and these Thy gifts,
 which we are about to receive from Thy bounty,
 through Christ our Lord.
 Amen.

OUR FATHER

Our Father, who art in heaven,
 hallowed be thy name;
 thy kingdom come,

thy will be done
on earth as it is in heaven.
Give us this day our daily bread,
and forgive us our trespasses,
as we forgive those who trespass against us;
and lead us not into temptation,
but deliver us from evil.
Amen.

HAIL MARY

Hail, Mary, full of grace,
the Lord is with thee.
Blessed art thou among women
and blessed is the fruit of thy womb, Jesus.
Holy Mary, Mother of God,
pray for us sinners,
now and at the hour of our death.
Amen.

CONFITEOR (I Confess)

I Confess to Almighty God,
and to you, my brothers and sisters,
that I have sinned through my own fault,
in my thoughts and in my words,

in what I have done, and in what I have failed to do.

And I ask blessed Mary, ever Virgin, all the angels and saints and you, my brothers and sisters, to pray for me to the Lord, Our God.

ACT OF CONTRITION

My God,

I am sorry for my sins with all my heart.

In choosing to do wrong

and failing to do good,

I have sinned against you

whom I should love above all things.

I firmly intend, with your help,

to do penance, to sin no more,

and to avoid whatever leads me to sin.

Our Savior Jesus Christ suffered and died for us.

In His name, my God, have mercy.

MEMORARE

Remember, O most gracious Virgin Mary,

that never was it known that

anyone who fled to thy protection,

implored thy help, or sought thy intercession,

was left unaided.

Inspired by this confidence I fly unto thee,

O Virgin of virgins, my Mother.

To thee do I come, before thee I stand,
sinful and sorrowful.

O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy hear and answer me.
Amen.

SALVE REGINA (Hail Holy Queen)

Hail, Holy Queen, Mother of Mercy,
our life, our sweetness and our hope.
To thee do we cry,
poor banished children of Eve.
To thee do we send up our sighs,
mourning and weeping in this valley of tears.
Turn then, most gracious advocate,
thine eyes of mercy toward us,
and after this our exile
show unto us the blessed fruit of thy womb, Jesus.
O clement, O loving,
O sweet Virgin Mary.

ANGELUS

V. The Angel of the Lord declared unto Mary,
R. And she conceived of the Holy Spirit.
Hail Mary...

V. Behold the handmaid of the Lord,

R. Be it done unto me according to your Word.

Hail Mary...

V. And the Word was made flesh,

R. And dwelt among us.

Hail Mary...

V. Pray for us, O holy Mother of God,

R. That we may be made worthy of the promises of Christ.

Pour forth, we beseech you, O Lord,

your grace into our hearts: that we,

to whom the Incarnation of Christ your Son

was made known by the message of an Angel,

may by His Passion and Cross

be brought to the glory of his Resurrection.

Through the same Christ our Lord.

Amen.

THE APOSTLES' CREED

I believe in God,

the Father almighty,

Creator of heaven and earth,

and in Jesus Christ, his only Son, our Lord,

who was conceived by the Holy Spirit,

born of the Virgin Mary,

suffered under Pontius Pilate,

was crucified, died and was buried;

he descended into hell;
on the third day he rose again from the dead;
he ascended into heaven,
and is seated at the right hand of God the Father almighty;
from there he will come to judge the living and the dead.
I believe in the Holy Spirit,
the holy Catholic Church,
the communion of saints,
the forgiveness of sins,
the resurrection of the body,
and life everlasting.
Amen.

THE JOYFUL MYSTERIES

(Mondays & Saturdays)

1. The Annunciation of Our Lord
2. The Visitation
3. The Nativity of Jesus
4. The Presentation in the Temple
5. The Finding of Jesus in the Temple

THE SORROWFUL MYSTERIES (Tuesdays & Fridays)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross

5. The Crucifixion and Death

THE GLORIOUS MYSTERIES (Wednesdays and Sundays)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary
5. The Coronation of Mary

THE LUMINOUS MYSTERIES (Thursdays)

1. Baptism in the Jordan
2. The Wedding Feast at Cana
3. Proclamation of the Kingdom of God
4. Transfiguration
5. Institution of the Eucharist

THE LITANY OF THE BLESSED VIRGIN MARY

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, hear us,

Lord, have mercy.

Christ, have mercy.

Lord, have mercy.

Christ, graciously hear us.

God the Father of Heaven,

God the Son, Redeemer of the World,

God the Holy Spirit,

have mercy on us.

have mercy on us.

have mercy on us.

Holy Trinity, one God,

have mercy on us.

Holy Mary,

pray for us.

Holy Mother of God,

“

Holy Virgin of virgins,

“

Mother of Christ,

“

Mother of the Church,

“

Mother of mercy,

“

Mother of divine grace,

“

Mother of hope,

“

Mother most pure,

“

Mother most chaste,

“

Mother inviolate,

“

Mother undefiled,

“

Mother most amiable,

“

Mother most admirable,

“

Mother of good counsel,

“

Mother of our Creator,

“

Mother of our Savior,

“

Virgin most prudent,

“

Virgin most venerable,

“

Virgin most renowned,

“

Virgin most powerful,

“

Virgin most merciful,

“

Virgin most faithful,

“

Mirror of justice,

“

Seat of Wisdom,

“

Cause of our joy,

“

Spiritual vessel,

“

Vessel of honor,

“

Singular vessel of devotion,

“ ↑(Sem I)

↓(Sem II) Mystical rose,

“

Tower of David,

“

Tower of ivory,

“

House of gold,

“

Ark of the covenant,

“

Gate of Heaven,

“

Morning star,

“

Health of the sick,

“

Refuge of sinners,

“

Solace of migrants,

“

Comforter of the afflicted,

“

Help of Christians,

“

Queen of angels,

“

Queen of patriarchs,

“

Queen of prophets,

“

Queen of apostles,

“

Queen of martyrs,

“

Queen of confessors,

“

Queen of virgins,

“

Queen of all saints,

“

Queen conceived without original sin,

“

Queen assumed into Heaven,

“

Queen of the most holy Rosary,

“

Queen of families,

“

Queen of peace,

“

Lamb of God, who takes away the sins of the world,

spare us, O Lord.

Lamb of God, who takes away the sins of the world,

graciously hear us,

O Lord.

Lamb of God, who takes away the sins of the world, have mercy on us,

O Lord.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Grant, we beseech You, O Lord God, that we Your servants may enjoy perpetual health of mind and body, and by the glorious intercession of the Blessed Mary, ever Virgin, be delivered from present sorrow and obtain eternal joy. Through Christ our Lord.

Amen.

DIVINE MERCY CHAPLET

You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You! (repeat 3 times)

Our Father

Hail Mary

The Apostles' Creed

Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ, in atonement for our sins and those of the whole world.

For the sake of His sorrowful Passion,

have mercy on us and on the whole world.

Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world.

Eternal God, in whom mercy is endless and the treasury of compassion — inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

ANIMA CHRISTI (Soul Of Christ)

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, inebriate me.

Water from the side of Christ, wash me.

Passion of Christ, strengthen me.

O good Jesus, hear me.

Within your wounds, hide me.

Let me never be separated from you.

From the malignant enemy, defend me.

In the hour of my death, call me,

And bid me come to you,

That with your saints I may praise you

Forever and ever.

Amen.

REGINA CAELI (QUEEN OF HEAVEN)

V. Queen of Heaven, rejoice, alleluia.

R. For He whom you did merit to bear, alleluia.

V. Has risen, as he said, alleluia.

R. Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia.

R. For the Lord has truly risen, alleluia.

Let us pray

O God, who gave joy to the world

through the resurrection of Thy Son,

our Lord Jesus Christ,

grant we beseech Thee,

that through the intercession of the Virgin Mary, His Mother,

we may obtain the joys of everlasting life.

Through the same Christ our Lord.

Amen.

PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill the hearts of your faithful

and kindle in them the fire of your love.

Send forth your Spirit and they shall be created.

And you shall renew the face of the earth.

O God, who by the light of the Holy Spirit,

did instruct the hearts of the faithful,

grant that by the same Holy Spirit

we may be truly wise and ever enjoy his consolations.
Through the same Christ Our Lord.
Amen.

PRAYER FOR PRIESTS

O Jesus, eternal Priest,
keep your priests within the shelter of Your Sacred Heart,
where none may touch them.
Keep unstained their anointed hands,
which daily touch Your Sacred Body.
Keep unsullied their lips,
daily purpled with your Precious Blood.
Keep pure and holy their hearts,
sealed with the sublime mark of your glorious priesthood.
Let Your holy love surround them and
shield them from the world's corruption.
Bless their labors with abundant fruit and
may the souls to whom they minister here be their joy and consolation
and in heaven their beautiful and everlasting crown.
Jesus the savior of the world,
Sanctify your priests and seminarians.
Mary the queen of priests,
Pray for priests.
St. John Vianney, the patron of priests,
Pray for priests.
Amen.

THE NICENE CREED

We believe in One God,
the Father almighty, Creator of all things, visible and invisible,
and in one Lord Jesus Christ, the only begotten Son
of God, the first born of all creatures, born of the
Father before all ages, and not made, true God from
true God, consubstantial with his Father. Through
Him the worlds were formed and all things were created,
For the sake of us men and for our salvation
He came down from heaven; and became incarnate by the Holy Spirit and
became man,
and was conceived and born of the Virgin Mary.
He suffered and was crucified in the days of Pontius Pilate
died and was buried; and on the third day rose again as it is written.
He ascended into heaven and sits at the right hand of his Father.
He will come again to judge the dead and the living.
We believe in one Holy Spirit; the spirit of truth,
who proceeds from the Father and the Son the life giving Spirit.
We believe in one, holy, catholic, and apostolic Church.
We confess one baptism for the remission of sins,
the resurrection of the body, and life everlasting.
Amen.

PRAYER TO ST. MICHAEL

St. Michael the Archangel,
defend us in battle.
Be our defense against the wickedness

and snares of the Devil.
May God rebuke him, we humbly pray,
and do thou, O Prince of the heavenly hosts,
by the power of God,
thrust into hell Satan,
and all the evil spirits,
who prowl about the world
seeking the ruin of souls.
Amen.

STATIONS OF THE CROSS

The First Station: Jesus is condemned to death
The Second Station: Jesus takes up His Cross
The Third Station: Jesus falls the first time
The Fourth Station: Jesus meets His mother, Mary
The Fifth Station: Simon helps Jesus carry the Cross
The Sixth Station: Veronica wipes the face of Jesus
The Seventh Station: Jesus falls the second time
The Eighth Station: Jesus speaks to the women of Jerusalem
The Ninth Station: Jesus falls a third time
The Tenth Station: Jesus is stripped of His clothes
The Eleventh Station: Jesus is nailed to the Cross
The Twelfth Station: Jesus dies on the Cross
The Thirteenth Station: Jesus' Body is taken down from the Cross
The Fourteenth Station: Jesus' Body is laid in the tomb

COMPREHENSION

An example of comprehension type of question:

Read the following paragraphs and answer the questions below:

Holy Eucharist is the sacrament in which Jesus Christ gives his Body and Blood—himself— for us, so that we too might give ourselves to him in love and be united with him in Holy Communion. In this way we are joined with the one Body of Christ, the Church. (Youcat answer 208, CCC 1322,1324,1409,1413). The Eucharist is the source and summit of the Christian life. The other sacraments, and indeed all ecclesiastical ministries and works of the apostolate, are bound up with the Eucharist and are oriented toward it. For in the blessed Eucharist is contained the whole spiritual good of the Church, namely Christ himself, our Pasch. (CCC1324). The Eucharist is the sum and summary of our faith: "Our way of thinking is attuned to the Eucharist, and the Eucharist in turn confirms our way of thinking. (CCC 1327)

Someone who would like to receive Holy Eucharist must be Catholic. If he has a serious sin on his conscience, he must first make a confession. Before approaching the altar, one should be reconciled with his neighbors. (YOUCAT answer 220). To respond to the invitation to receive Holy Communion we must prepare ourselves for so great and so holy a moment. St. Paul urges us to examine our conscience: "Whoever, therefore, eats the bread or drinks the cup of the Lord in an unworthy manner will be guilty of profaning the body and blood of the Lord. Let a man examine himself, and so eat of the bread and drink of the cup. For anyone who eats and drinks without discerning the body eats and drinks judgment upon himself." Anyone conscious of a grave sin must receive the sacrament of Reconciliation before coming to communion. (CCC 1385). To prepare for worthy reception of this sacrament, the faithful should observe the fast required in their Church. Bodily demeanor

(gestures, clothing) ought to convey the respect, solemnity, and joy of this moment when Christ becomes our guest. (CCC 1387)

1. Can all Catholics receive Holy Communion at all times? Substantiate your answer with reason(s).
2. Why do we need to dress appropriately in church?
3. 'You must receive Holy Eucharist whenever you attend Holy mass even if you are not prepared'. Agree or disagree? Explain why.