

HABITS TO FORM

The Office of Religious Education for the Diocese of Lincoln has designed a schedule for students to develop good habits of virtue in addition to the schedule for students to learn and memorize certain traditional prayers.

In the ***First Grade***, the following habits are proposed to be taught and practiced:

- Proper and regular use of Holy Water
- Making a genuflection on the right knee
- Proper manner of sitting, standing and kneeling in church
- Ways to fold hands during prayer
- Striking one's chest during the Confiteor
- Making the triple Sign of the Cross before the Gospel
- Bowing or kneeling when we say "and became man" in the Creed
- Quiet and reverent while in church
- How to pray in one's own words, spontaneously
- Encourage daily prayer (especially in morning, evening, at mealtimes)
- Observe the liturgical seasons of Advent, Lent and Christmas

In the ***Second Grade***, the following habits are proposed to be taught and practiced:

- Daily practice of the examination of conscience
- Familiarity with the steps for going to Confession
- Saying "I am sorry, forgive me" to anyone offended
- Preparation for reception of Holy Communion
- Making an act of reverence before receiving Holy Communion (bow, genuflect)
- Proper way to receive Holy Communion on the tongue, in the hand
- Participating fully at Mass
- Observe the liturgical celebrations of Holy Week
- Devotion to one's Guardian Angel

In the ***Third Grade***, the following habits are proposed to be taught and practiced:

- Frequent Confession (at least once a month)
- Frequent Communion (at least every Sunday)
- Proper manner for serving at Mass
- Proper manner for reading at Mass
- Making visits to the Blessed Sacrament in the tabernacle
- Familiarity with how to participate at a Benediction Service
- Encourage devotion to Mary (especially on Saturday, in October and May)
- Praying the Rosary
- Prayer for the Poor Souls in Purgatory
- Proper use of medals, scapulars, crucifix, holy cards, etc.
- Obedience to those who have authority to tell others what to do
- Practice tithing in support of the Church and the poor
- Practice stewardship of natural resources and material possessions

In the ***Fourth Grade***, the following habits are proposed to be taught and practiced:

- Practice the spiritual and corporal works of mercy
- Practice the Beatitudes

Proper observance of Sunday and Holy Days of Obligation
Proper observance of the liturgical season of Lent
Foster devotion to the Holy Spirit
Use the steps for good decision-making
Prayer for the needs of others

In the **Fifth Grade**, the following habits are proposed to be taught and practiced:

Proper manner of participating in a Wake Service for the deceased
Involvement in pro-life activities
Practice devotion to one's patron saint
Pray to know one's vocation in life

In the **Sixth Grade**, the following habits are proposed to be taught and practiced:

Practice of the Way of the Cross
Familiarity with the books of the Bible
How to look up a passage in the Bible

In the **Seventh Grade**, the following habits are proposed to be taught and practiced:

Praying with the Scriptures
Practice of the theological and cardinal virtues
Develop a regimen of "spiritual exercises"
Promote pro-abstinence activities

In the **Eighth Grade**, the following habits are proposed to be taught and practiced:

Practice works of penance (e.g., fasting, abstaining)

Please assist your child's religion teacher by practicing these good habits yourself, thereby giving good example.