



St. John's Parish Office of Religious Education

To Learn and Memorize

7th Grade

1) **7 Principles of Catholic Social Teaching** -

- 1) Life and dignity of the human person
- 2) Call to Family, Community, and Participation
- 3) Rights and Responsibilities
- 4) Option for the Poor and Vulnerable
- 5) The Dignity of Work and the Rights of Workers
- 6) Solidarity
- 7) Care for God's Creation

2) **Steps for Lectio Divina Prayer** -

- 1) **Lectio** - Reading the Bible passage gently and slowly several times. The passage itself is not as important as the savoring of each portion of the reading, constantly listening for the "still, small voice" of a word or phrase that somehow speaks to the practitioner.
- 2) **Meditatio** - Reflecting on the text of the passage and thinking about how it applies to one's own life. This is considered to be a very personal reading of the Scripture and very personal application.
- 3) **Oratio** - Responding to the passage by opening the heart to God. This is not primarily an intellectual exercise, but is thought to be more of the beginning of a conversation with God.
- 4) **Contemplatio** - Listening to God/resting in God. This is a freeing of oneself from one's own thoughts, both mundane and holy, and hearing God talk to us. Opening the mind, heart, and soul to the influence of God.

3) **Anima Christi** -

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 thy wounds hide me.
Suffer me not to be separated from thee.
From the malicious enemy defend me.
In the hour of my death call me.
And bid me come unto thee,
That with thy saints I may praise thee
For ever and ever. Amen

