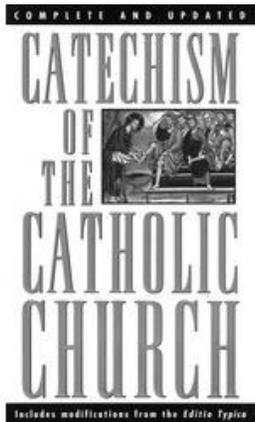


The Catechism of the Catholic Church



The word **CATECHESIS** describes the work of the Catholic Church “to make disciples, to help us believe that Jesus is the Son of God so that believing we might have life in His name, and to educate and instruct us in this life, thus building up the body of Christ” (*from the Prologue*).

The word **CATECHISM** means “instruction”. The Catechism of the Catholic Church instructs us on the teachings of the Church. It is a great reference book which contains a complete summary of what Catholics throughout the world believe.

The Catechism draws on the Bible, the Mass, the sacraments, Church tradition and teaching, and the lives of the saints. It comes with a complete index, footnotes and cross-references for a fuller understanding of every subject. It is divided into four parts:

The Profession of Faith (The Creed) – which explains what the Church believes

The Celebration of the Christian Mystery – which explains the sacraments

Life in Christ (The Commandments) – which explains the way to live

Christian Prayer – which explains how and why we should pray, giving special attention to the Lord’s Prayer, which Jesus Himself taught us

The Catechism of the Catholic Church offers answers for all those interested in learning about the mystery of the Catholic faith. St. John Paul II initiated the publication of this new catechism in response to a desire expressed by the Bishops that their people needed a resource to help them better understand Catholic doctrine regarding both faith and morals.

How to find what you’re looking for in the Catechism:

At the back of the book, you’ll find an index. Next to each topic you’ll find numbers where you can find information about that topic. These are not page numbers; they are paragraph numbers. You’ll find these numbers at the beginning of each paragraph in the book.

When you look up the paragraph, you’ll find italicized numbers in the margin that will lead you to supplemental information.

At the bottom of the page are footnote numbers, indicating where the information comes from: the Scriptures, a council document, the writings of a Church leader or Saint, a prayer.

On the back of this page you’ll find an exercise to help you walk through the process of using the Catechism of the Catholic Church.



Practice looking up what the church teaches about HAPPINESS.

In the index at the back of the Catechism look up the word “HAPPINESS”. Two concepts about happiness are explained. What paragraph is indicated for each concept?

Substance of true happiness _____

Virtue of hope and desire for happiness _____

Look up the first paragraph where you can find the substance (source) of true happiness and complete this statement:

“....true happiness is not found in _____ or _____ - _____, in _____ or _____, or in any human achievement but in _____ alone.”

Now, look up the second cross-reference found in the margin: CCC # _____ It tells us the one thing that is required of us if we are going to achieve happiness. “It means _____ God in all circumstances, even in _____.

In the margin we find two more cross references: # _____ and # _____. Look up the first cross reference. It says that “We know that in _____ God works for good for those who love him.” The footnote tells us where this quote is found in Scripture: _____ 8:28

Thus, we learn that as Catholics we believe that God is our source of true happiness, which we can only find in an intimate, trusting relationship with Him.

Answers:

Substance of true happiness **1723**

Virtue of hope and desire for happiness **1818**

“....true happiness is not found in **riches** or **well-being**, in **human fame** or **power**, or in any human achievement but in **God** alone.”

Second cross-reference found in the margin: **CCC # 227** It says to achieve true happiness, “It means **trusting** God in every circumstance, even in **adversity**.”

In the margin we find two more cross references: **#313** and **#2090** Look up the first cross reference. It says “We know that in **everything** God works for good for those who love him.” The footnote tells us where this quote is found in Scripture: **Romans** 8:28