



CONQUEST

FORGED IN VIRTUE. CALLED TO SERVE.

POWERED BY  ECyD

 Challenge

powered by

 ECyD



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POWERED BY 



Mission

Network of Catholic clubs and camps for boys & girls in 5th -12th grade who want to grow in their Catholic faith, friendship with Christ and make a difference in the world around them.

Method

Gender
Specific

Team
Based

Virtue
Centered
Curriculum

Service
Driven

Teen
Led

Materials

Club Leader Kits: Curriculum Planner, Handbook, CD & more.

Team Leader Kits: 15+ Guidebooks with 90 weeks of curriculum and 6 service projects

Member Kits: Prayer Book, Saints Calendar & T-Shirt & more!

Activities

Weekly Team Activities

Service Projects

Retreats & Camps

**There is another element
we have been wanting to enhance in**




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Challenge
powered by 

**...and that is a way to help young
people grow in their personal
friendship with Christ and prayer life.**

We have found a way to do that by bringing the
 Pledge of friendship & cards
into Challenge and Conquest.



is an international Catholic association of youth who participate in programs or activities that spark specific experiences, convictions and decisions that mark their Christian way of life and encourage them to build a lasting friendship with Christ and be his apostle.

 **stands for** **E**xperiences, **C**onvictions and **y**our **D**ecisions.



The most important element in ECyD is helping young people develop a personal friendship with Christ and be his apostle.

- **Prayer is the starting point and way to sustain friendship with Christ.** That is why part of the ECyD method is to encourage kids to make a **Friendship Pledge to Christ**. It is a simple prayer pledging their efforts to try to grow daily in their knowledge of Christ by praying more and living like a true Christian.
- To help the kids live out this pledge of friendship, we provide them with **Pledge Cards and Symbols** for each grade with suggestions and ways they can grow in their friendship with Christ. It has a simple list of prayers, actions and attitudes that they can live out to grow in virtue each day.
- **It is gradual and progressive.** Each year when the kids renew their pledge to Christ, they receive a new pledge card and a symbol, which will encourage or help them learn a new prayer or virtue.

**Pledge of
Friendship to
Christ:**
Prayer and Pact



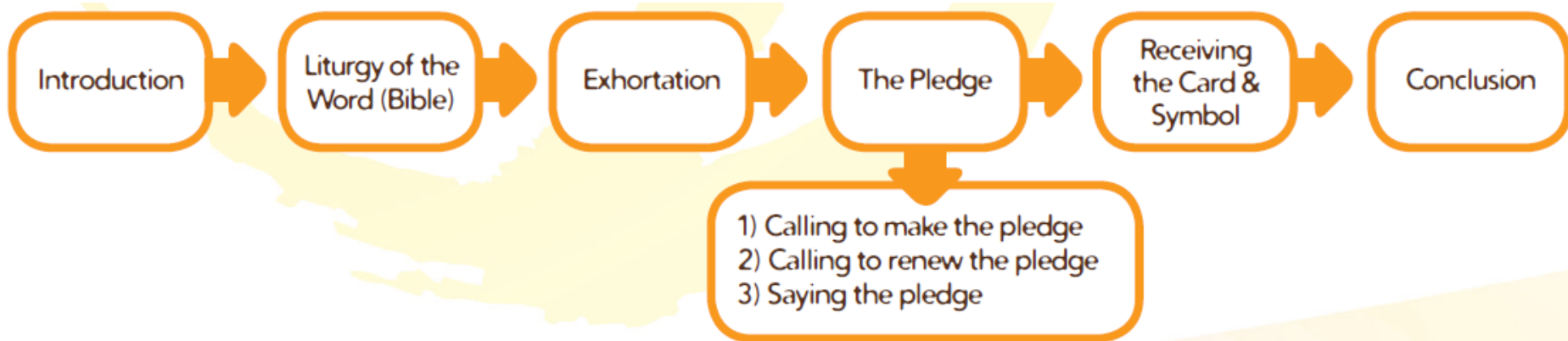
**Pledge Cards &
Symbols**
by grade to
encourage them to
pray and live
Christian virtue



Goal is to help build a
progressive and
lasting **friendship**
with Christ from
the time they are
young

ECyD **Pledge of Friendship Ceremony**

- The ECYD Pledge of Friendship can be a powerful personal experience of one's Catholic faith. The pledge is a public affirmation of faith in front of peers that can leave a lasting impression upon those who make it. That is why we think it is worthy of a simple ceremony.
- The club leader, team leader, parish priest, or any spiritual mentor can lead this ceremony. Family members and friends are welcome to attend. It should take place in a location that helps foster prayer, preferably in a church or chapel in the presence of the Blessed Sacrament. It can be done at the end of a retreat, camp or at sometime during the year. The ceremony is divided into 6 simple parts.





Pledge of Friendship to Christ

Leader: Place your right hand on your heart and pledge your friendship to Jesus Christ.

Response: Jesus, I come here today before you because I believe in you and trust that you are present in my life and in the world. I am glad you made me and gave me this life to live, because you want me to be happy. I know my life has meaning and you put me here on this earth for a mission. I know you are the ultimate friend and you can show me the way, because you are the Way; you can lead me to the truth because you are the Truth; and you can give meaning to my life because you are the Life. In the Catholic Church, I can find you and follow you. I can be happy if I live my life close to you and live for others. Lord Jesus, I love you. I want to be true to myself and to you. I will give the best of myself, taking responsibility for my life, and striving to live as a better Christian and friend to you. I will give the best of myself to you and to other people by loving them and not looking for anything in return. I will dedicate time and effort to better my world, because you made me to love and with your grace I can change the world one person at a time by treating others with respect, kindness and true charity. I am yours, Lord, and yours I want to be. Here, before you and the Blessed Virgin Mary, I pledge with all my heart: I will do my very best each day to be your faithful friend and apostle.

In Challenge & Conquest, we encourage adolescents to make age appropriate steps to grow in friendship with Jesus Christ and prayer life.

- The Pledge Cards encourage the kids to take gradual steps each year and learn new prayers and ways to grow in friendship with Christ.
- Virtue is a good habit or repetition of good acts. So even though each grade level has a specific emphasis on one new prayer or act of virtue, there are some basic suggestions that are common to all grades.

DAILY

- Morning and Night Prayers
- Treat others the way you want to be treated
- Respect your parents
- Respect your teachers and those in authority
- Read the lives of the saints

REGULARLY

- Mass on Sundays and holy days of obligation
- Confession
- Decade of the Rosary on Saturday
- Special sacrifice on Friday
- Serve others through apostolate and charitable action
- Speak with a spiritual mentor when needed
- Attend retreats and summer camps if possible

There is also a place for the kids to write their own act of friendship to Christ.

Gradual path to grow in friendship with Christ, develop prayer life & virtue.



Symbol:
Medal of Mary



Symbol:
Rosary Ring



Symbol:
Gospel or Bible



Symbol:
Candle



Symbol:
Ecyd Cross



Symbol:
YouCat



Symbol:
Crucifix



All prayers and acts of virtue are new since this is the first year.



New Prayer:
Decade of the rosary daily



New Prayer:
Read the Gospel daily (replaces Read Lives of Saints)



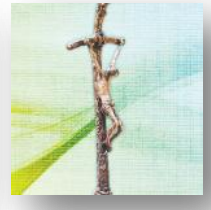
New Prayer:
Examination of Conscience with Night Prayers



New Prayer:
Adoration of the Blessed Sacrament Regularly



New Prayer:
Read & study the YouCat Regularly



New Prayer:
Daily Meditation (replaces Gospel Reading)

5th -8th Grade cards have check boxes on the Pledge Cards to help kids keep track



Card includes:
Explanation and prayers for adoration

Card includes:
How and why to read the YouCat

Card includes:
Suggestions on how to do a Meditation

Explanation of the Pledge Card

Explanation of symbol for that grade

By grade

Ways to grow in friendship

Morning & Night Prayers

New Pledge of friendship made in ceremony

Image of the symbol

Inspirational quote from Saint

Image reinforcing the symbol or new prayers

Explanation of what the pledge card is about

Check boxes are for the whole school year, not for a month

How to use the pledge card and fill out the boxes

Explanation that the kids can write in their own act of friendship they want to do on the blank line

Pledge of Friendship
 Jesus, I come here today before you because I believe in you and trust that you are present in my life and in the world. I am glad you made me and gave me this life to live, because you want me to be happy. I know my life has meaning and you put me here on this earth for a mission. I know you are the ultimate friend and you can show me the way, because you are the Way; you can lead me to the truth because you are the Truth; and you can give meaning to my life because you are the Life. In the Catholic Church, I can find you and follow you. I can be happy if I live my life close to you and live for others. Lord Jesus, I love you. I want to be true to myself and to you. I will give the best of myself, taking responsibility for my life, and striving to live as a better Christian and friend to you. I will give the best of myself to you and to other people by loving them and not looking for anything in return. I will dedicate time and effort to better my world, because you made me to love and with your grace I can change the world one person at a time by treating others with respect, kindness and true charity. I am yours, Lord, and yours I want to be. Here, before you and the Blessed Virgin Mary, I pledge with all my heart: I will do my very best each day to be your faithful friend and apostle.

5th Grade Symbol of Friendship: Medal of Blessed Virgin Mary

Mary is Jesus' mother, the mother of God. On the cross, Jesus said "Behold your mother" and he gave Mary to us as a spiritual mother who would look out for us from heaven. We wear medals with images of the Blessed Virgin Mary because they are a witness of our faith in God and trust in her protection. One of the most popular medals is the "Miraculous Medal". In 1830, Mary appeared to St. Catherine Laboure in Paris and gave her instructions on what the medal should look like. The promise Our Lady made to St. Catherine was that "those who wear the medal will receive great graces".



"No one knows Christ better than Mary, no one can introduce us to him better than his mother."
 - Blessed John Paul II



5th Grade Pledge Card

Ways to grow in my friendship with Christ



This pledge card will help you stay close to Jesus Christ as you grow. Praying and doing these good acts will help you to experience your Catholic faith personally, develop deep convictions, and strengthen you to make mature decisions for the rest of your life.

MORNING PRAYERS

Our Father and this prayer:
 Lord Jesus, I give you my hands to do your work. I give you my feet to follow your path. I give you my eyes to see as you see. I give you my tongue to speak your words. I give you my mind so you can think in me. I give you my spirit so you can pray in me. Above all I give you my heart so in me you can love your Father and all people. I give you my whole self so you can grow in me; until it is you, Christ, who live and work and pray in me. Amen.

NIGHT PRAYERS

Hail Mary and this prayer:
 Lord Jesus, thank you for being with me today. Thank you for the gift of my life, of my family, and of belonging to your Church. Help me to know you better, to follow you more closely, and to make you known to all people. Inspire me with courage and enthusiasm to make friends with everyone I meet and to bring them closer to you. Forgive me for hurting you with my sins, and keep me from offending you again through my negligence, words, or actions. Keep me close to you and make me, my family and friends strong and active members of your Church. Strengthen and increase your life in us so that all we do will be done with you and for you. Amen.



WAYS TO GROW IN MY FRIENDSHIP WITH CHRIST

DAILY:

- MORNING PRAYERS
- NIGHT PRAYERS
- READ LIVES OF THE SAINTS
- TREAT OTHERS THE WAY YOU WANT TO BE TREATED
- RESPECT YOUR PARENTS
- RESPECT YOUR TEACHERS AND THOSE IN AUTHORITY

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To use this card, simply fill in the little square with the day of the month when you fulfill all your daily commitments. On the blank line below you can add your own personal daily act of friendship to Christ.

REGULARLY:

- MASS ON SUNDAYS AND HOLY DAYS OF OBLIGATION
- DECADE OF THE ROSARY ON SATURDAY
- SPECIAL SACRIFICE ON FRIDAY
- CONFESSION
- ATTEND RETREATS AND SUMMER CAMPS
- SPEAK WITH A SPIRITUAL MENTOR
- SERVE OTHERS THROUGH APOSTOLATE AND CHARITABLE ACTION

The card folds in to make it compact for the kids to carry around.

Suggestions for daily acts of prayer and virtue

Some suggestions are not to be done daily, but regularly

Pledge of Friendship

Jesus, I come here today before you because I believe in you and trust that you are present in my life and in the world. I am glad you made me and gave me this life to live, because you want me to be happy. I know my life has meaning and you put me here on this earth for a mission. I know you are the ultimate friend and you can show me the way, because you are the Way; you can lead me to the truth because you are the Truth; and you can give meaning to my life because you are the Life. In the Catholic Church, I can find you and follow you. I can be happy if I live my life close to you and live for others. Lord Jesus, I love you. I want to be true to myself and to you. I will give the best of myself, taking responsibility for my life, and striving to live as a better Christian and friend to you. I will give the best of myself to you and to other people by loving them and not looking for anything in return. I will dedicate time and effort to better my world, because you made me to love and with your grace I can change the world one person at a time by treating others with respect, kindness and true charity. I am yours, Lord, and yours I want to be. Here, before you and the Blessed Virgin Mary, I pledge with all my heart: I will do my very best each day to be your faithful friend and apostle.

6th Grade Symbol of Friendship: The Rosary

The Rosary is a devotional Catholic prayer where you use a set of prayer beads to help you get to know the life of Christ and the life of his mother Mary. The rosary is simple to pray and is made up of five decades, each one with one Our Father, ten Hail Marys and a Glory Be. There are four sets of mysteries of the rosary that help us to reflect on the life of Jesus Christ and his mother: the joyful mysteries (Monday and Saturday); the luminous mysteries (Thursday); the sorrowful mysteries (Tuesday and Friday); and the glorious mysteries (Wednesday and Sunday).



"The rosary is my favorite prayer! Mary lived with her eyes fixed on Christ. The memories she had of Jesus' life were always with her."

— Blessed John Paul II



6th Grade Pledge Card

Ways to grow in my friendship with Christ



This pledge card will help you stay close to Jesus Christ as you grow. Praying and doing these good acts will help you to experience your Catholic faith personally, develop deep convictions, and strengthen you to make mature decisions for the rest of your life.

MORNING PRAYERS

Our Father and this prayer:

Lord Jesus, I give you my hands to do your work. I give you my feet to follow your path. I give you my eyes to see as you see. I give you my tongue to speak your words. I give you my mind so you can think in me. I give you my spirit so you can pray in me. Above all I give you my heart so in me you can love your Father and all people. I give you my whole self so you can grow in me; until it is you, Christ, who live and work and pray in me. Amen.

NIGHT PRAYERS

Hail Mary and this prayer:

Lord Jesus, thank you for being with me today. Thank you for the gift of my life, of my family, and of belonging to your Church. Help me to know you better, to follow you more closely, and to make you known to all people. Inspire me with courage and enthusiasm to make friends with everyone I meet and to bring them closer to you. Forgive me for hurting you with my sins, and keep me from offending you again through my negligence, words, or actions. Keep me close to you and make me, my family and friends strong and active members of your Church. Strengthen and increase your life in us so that all we do will be done with you and for you. Amen.



WAYS TO GROW IN MY FRIENDSHIP WITH CHRIST

DAILY:

- MORNING PRAYERS
- NIGHT PRAYERS
- READ LIVES OF THE SAINTS
- TREAT OTHERS THE WAY YOU WANT TO BE TREATED
- RESPECT YOUR PARENTS
- DECADE OF ROSARY EACH DAY
- RESPECT YOUR TEACHERS AND THOSE IN AUTHORITY

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To use this card, simply fill in the little square with the day of the month when you fulfill all your daily commitments. On the blank line below you can add your own personal daily act of friendship to Christ:

REGULARLY:

- MASS ON SUNDAYS AND HOLY DAYS OF OBLIGATION
- SPECIAL SACRIFICE ON FRIDAY
- CONFESSION
- ATTEND RETREATS AND SUMMER CAMPS
- SPEAK WITH A SPIRITUAL MENTOR
- SERVE OTHERS THROUGH APOSTOLATE AND CHARITABLE ACTION

Pledge of Friendship

Jesus, I come here today before you because I believe in you and trust that you are present in my life and in the world. I am glad you made me and gave me this life to live, because you want me to be happy. I know my life has meaning and you put me here on this earth for a mission. I know you are the ultimate friend and you can show me the way, because you are the Way; you can lead me to the truth because you are the Truth; and you can give meaning to my life because you are the Life. In the Catholic Church, I can find you and follow you. I can be happy if I live my life close to you and live for others. Lord Jesus, I love you. I want to be true to myself and to you. I will give the best of myself, taking responsibility for my life, and striving to live as a better Christian and friend to you. I will give the best of myself to you and to other people by loving them and not looking for anything in return. I will dedicate time and effort to better my world, because you made me to love and with your grace I can change the world one person at a time by treating others with respect, kindness and true charity. I am yours, Lord, and yours I want to be. Here, before you and the Blessed Virgin Mary, I pledge with all my heart: I will do my very best each day to be your faithful friend and apostle.

7th Grade Symbol of Friendship: Word of God

The Bible is like a long letter from God written to each one of us. It is called the Word of God or Sacred Scriptures because God inspired a group of men to write down the history of salvation. The Christian bible is made up of 73 books which are divided into the Old Testament (written before Christ was born) and the New Testament (written about the life of Christ and his apostles). The New Testament includes the four Gospels of Matthew, Mark, Luke and John. The Gospels are the center of Sacred Scripture and treasure of the Church because they are all about the life of Christ on earth. As Christians, we want to get to know Christ, and the best way to do this is to read about his life in the Gospels. Taking a few minutes each day to read the Gospels and bible, can bring us much closer to God in prayer. (cfr. YOUcat #16)



"To read Sacred Scripture means to turn to Christ for advice." – St Francis Assisi



7th Grade Pledge Card

Ways to grow in my friendship with Christ



This pledge card will help you stay close to Jesus Christ as you grow. Praying and doing these good acts will help you to experience your Catholic faith personally, develop deep convictions, and strengthen you to make mature decisions for the rest of your life.

MORNING PRAYERS

Our Father and this prayer:

Lord Jesus, I give you my hands to do your work. I give you my feet to follow your path. I give you my eyes to see as you see. I give you my tongue to speak your words. I give you my mind so you can think in me. I give you my spirit so you can pray in me. Above all I give you my heart so in me you can love your Father and all people. I give you my whole self so you can grow in me; until it is you, Christ, who live and work and pray in me. Amen.

NIGHT PRAYERS

Hail Mary and this prayer:

Lord Jesus, thank you for being with me today. Thank you for the gift of my life, of my family, and of belonging to your Church. Help me to know you better, to follow you more closely, and to make you known to all people. Inspire me with courage and enthusiasm to make friends with everyone I meet and to bring them closer to you. Forgive me for hurting you with my sins, and keep me from offending you again through my negligence, words, or actions. Keep me close to you and make me, my family and friends strong and active members of your Church. Strengthen and increase your life in us so that all we do will be done with you and for you. Amen.



WAYS TO GROW IN MY FRIENDSHIP WITH CHRIST

DAILY:

- MORNING PRAYERS
- NIGHT PRAYERS
- READ THE GOSPEL
- TREAT OTHERS THE WAY YOU WANT TO BE TREATED
- RESPECT YOUR PARENTS
- DECADE OF ROSARY EACH DAY
- RESPECT YOUR TEACHERS AND THOSE IN AUTHORITY

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Pledge of Friendship

Jesus, I come here today before you because I believe in you and trust that you are present in my life and in the world. I am glad you made me and gave me this life to live, because you want me to be happy. I know my life has meaning and you put me here on this earth for a mission. I know you are the ultimate friend and you can show me the way, because you are the Way; you can lead me to the truth because you are the Truth; and you can give meaning to my life because you are the Life. In the Catholic Church, I can find you and follow you. I can be happy if I live my life close to you and live for others. Lord Jesus, I love you. I want to be true to myself and to you. I will give the best of myself, taking responsibility for my life, and striving to live as a better Christian and friend to you. I will give the best of myself to you and to other people by loving them and not looking for anything in return. I will dedicate time and effort to better my world, because you made me to love and with your grace I can change the world one person at a time by treating others with respect, kindness and true charity. I am yours, Lord, and yours I want to be. Here, before you and the Blessed Virgin Mary, I pledge with all my heart: I will do my very best each day to be your faithful friend and apostle.

8th Grade Symbol of Friendship: Candle

Candles are a symbol of the light that is Christ. Christ said: "I am the light of the world; he who follows me will have the light of life" (Jn 8:12). He said to his apostles, "You are the light of the world." Christ's life was an example of how we should live our lives. We need to let our light shine and be authentic, good Christians. One way to keep our light burning bright, is to examine our conscience each day. Our conscience is the inner voice where God speaks to us and helps us to know what is good and bad. (Cfr YOUCat #295) To examine your conscience each day, simply thank God for all he has given you during the day and then review your day with him, to see where you can improve tomorrow. Blessed John Paul II once wrote "Christians have a great help for the formation of conscience in the Church and her magisterium."



"Our personal encounter with Christ in prayer brings a new light to life, sets us on the right path, and sends us out to be his witnesses." – Blessed John Paul II



8th Grade Pledge Card

Ways to grow in my friendship with Christ



This pledge card will help you stay close to Jesus Christ as you grow. Praying and doing these good acts will help you to experience your Catholic faith personally, develop deep convictions, and strengthen you to make mature decisions for the rest of your life.

MORNING PRAYERS

Our Father and this prayer:

Lord Jesus, I give you my hands to do your work. I give you my feet to follow your path. I give you my eyes to see as you see. I give you my tongue to speak your words. I give you my mind so you can think in me. I give you my spirit so you can pray in me. Above all I give you my heart so in me you can love your Father and all people. I give you my whole self so you can grow in me; until it is you, Christ, who live and work and pray in me. Amen.

NIGHT PRAYERS

Hail Mary, this prayer and an examination of conscience:

Lord Jesus, thank you for being with me today. Thank you for the gift of my life, of my family, and of belonging to your Church. Help me to know you better, to follow you more closely, and to make you known to all people. Inspire me with courage and enthusiasm to make friends with everyone I meet and to bring them closer to you. Forgive me for hurting you with my sins, and keep me from offending you again through my negligence, words, or actions. Keep me close to you and make me, my family and friends strong and active members of your Church. Strengthen and increase your life in us so that all we do will be done with you and for you. Amen.



WAYS TO GROW IN MY FRIENDSHIP WITH CHRIST

DAILY:

	AUGUST			SEPTEMBER			OCTOBER			NOVEMBER			DECEMBER			JANUARY			FEBRUARY			MARCH			APRIL			MAY			JUNE			JULY		
• MORNING PRAYERS	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3			
• NIGHT PRAYERS	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6	4	5	6			
• READ THE GOSPEL	7	8	9	7	8	9	7	8	9	7	8	9	7	8	9	7	8	9	7	8	9	7	8	9	7	8	9	7	8	9	7	8	9			
• TREAT OTHERS THE WAY YOU WANT TO BE TREATED	10	11	12	10	11	12	10	11	12	10	11	12	10	11	12	10	11	12	10	11	12	10	11	12	10	11	12	10	11	12	10	11	12			
• RESPECT YOUR PARENTS	13	14	15	13	14	15	13	14	15	13	14	15	13	14	15	13	14	15	13	14	15	13	14	15	13	14	15	13	14	15	13	14	15			
• EXAMINATION OF CONSCIENCE	16	17	18	16	17	18	16	17	18	16	17	18	16	17	18	16	17	18	16	17	18	16	17	18	16	17	18	16	17	18	16	17	18			
• DECADE OF ROSARY EACH DAY	19	20	21	19	20	21	19	20	21	19	20	21	19	20	21	19	20	21	19	20	21	19	20	21	19	20	21	19	20	21	19	20	21			
• RESPECT YOUR TEACHERS AND THOSE IN AUTHORITY	22	23	24	22	23	24	22	23	24	22	23	24	22	23	24	22	23	24	22	23	24	22	23	24	22	23	24	22	23	24	22	23	24			
	25	26	27	25	26	27	25	26	27	25	26	27	25	26	27	25	26	27	25	26	27	25	26	27	25	26	27	25	26	27	25	26	27			
	28	29	30	28	29	30	28	29	30	28	29	30	28	29	30	28	29	30	28	29	30	28	29	30	28	29	30	28	29	30	28	29	30			
	31			31			31			31			31			31			31			31			31			31			31					

To use this card, simply fill in the little square with the day of the month when you fulfill all your daily commitments. On the blank line below you can add your own personal daily act of friendship to Christ:

REGULARLY:

- MASS ON SUNDAYS AND HOLY DAYS OF OBLIGATION
- SPECIAL SACRIFICE ON FRIDAY
- CONFESSION
- ATTEND RETREATS AND SUMMER CAMPS
- SPEAK WITH A SPIRITUAL MENTOR
- SERVE OTHERS THROUGH APOSTOLATE AND CHARITABLE ACTION

Pledge of Friendship

Jesus, I come here today before you because I believe in you and trust that you are present in my life and in the world. I am glad you made me and gave me this life to live, because you want me to be happy. I know my life has meaning and you put me here on this earth for a mission. I know you are the ultimate friend and you can show me the way, because you are the Way; you can lead me to the truth because you are the Truth; and you can give meaning to my life because you are the Life. In the Catholic Church, I can find you and follow you. I can be happy if I live my life close to you and live for others. Lord Jesus, I love you. I want to be true to myself and to you. I will give the best of myself, taking responsibility for my life, and striving to live as a better Christian and friend to you. I will give the best of myself to you and to other people by loving them and not looking for anything in return. I will dedicate time and effort to better my world, because you made me to love and with your grace I can change the world one person at a time by treating others with respect, kindness and true charity. I am yours, Lord, and yours I want to be.

9th Grade Symbol of Friendship: ECYD Cross

ECYD stands for experiences, convictions and your decisions. Your friendship and journey with Christ is full of experiences which help you learn life lessons and forge convictions about what is truly important. These convictions lead you to live your life with increasing maturity, making decisions as an adult Christian. The ECYD cross should be a constant reminder that being a faithful friend and true follower of Christ is a life changing adventure.



"What really matters in life is that we are loved by Christ and that we love Him in return. In comparison to the love of Jesus, everything else is secondary. And, without the love of Jesus, everything is useless."
- Blessed John Paul II



Ways to grow in my friendship with Christ



This pledge card will help you stay close to Jesus Christ as you grow. Praying and doing these good acts will help you to experience your Catholic faith personally, develop deep convictions, and strengthen you to make mature decisions for the rest of your life.

MORNING PRAYERS

Our Father and this prayer:

Lord Jesus, I give you my hands to do your work. I give you my feet to follow your path. I give you my eyes to see as you see. I give you my tongue to speak your words. I give you my mind so you can think in me. I give you my spirit so you can pray in me. Above all I give you my heart so in me you can love your Father and all people. I give you my whole self so you can grow in me; until it is you, Christ, who live and work and pray in me. Amen.

NIGHT PRAYERS

Hail Mary, this prayer and an examination of conscience:

Lord Jesus, thank you for being with me today. Thank you for the gift of my life, of my family, and of belonging to your Church. Help me to know you better, to follow you more closely, and to make you known to all people. Inspire me with courage and enthusiasm to make friends with everyone I meet and to bring them closer to you. Forgive me for hurting you with my sins, and keep me from offending you again through my negligence, words, or actions. Keep me close to you and make me, my family and friends strong and active members of your Church. Strengthen and increase your life in us so that all we do will be done with you and for you. Amen.

DAILY:

- MORNING PRAYERS
- NIGHT PRAYERS AND EXAMINATION OF CONSCIENCE
- READ THE GOSPEL
- TREAT OTHERS THE WAY YOU WANT TO BE TREATED
- RESPECT YOUR PARENTS
- DECADE OF ROSARY EACH DAY
- RESPECT YOUR TEACHERS AND THOSE IN AUTHORITY

On the blank lines below you can add your own personal daily act of friendship to Christ:

WAYS TO GROW IN MY FRIENDSHIP WITH CHRIST

REGULARLY:

- CONFESSION AND SPIRITUAL MENTORSHIP
- ATTEND RETREATS AND SUMMER CAMPS
- ADORATION OF THE BLESSED SACRAMENT
- MASS ON SUNDAYS AND HOLY DAYS OF OBLIGATION
- SPECIAL SACRIFICE ON FRIDAY
- SERVE OTHERS THROUGH APOSTOLATE AND CHARITABLE ACTION

"Jesus waits for us. Let us be generous with our time in going to meet Him in adoration that is full of faith. May our adoration never cease."

- Pope John Paul II

What is Adoration of the Blessed Sacrament?

Christ is with us on this journey and he is present here on earth in the Blessed Sacrament or Eucharist. Eucharistic Adoration is the adoration of Jesus Christ present in the Holy Eucharist. In the many Churches that have this adoration, the Eucharist is displayed in a special holder called a monstrance, and people come to pray and worship Jesus continually throughout the day and often the night.

Although we can pray anywhere, praying face to face with Christ in the Eucharist in adoration occasionally is very special. Adoration can be for as long as you need, although there is a Catholic tradition called the Holy Hour where you spend an hour in prayer. You can read a passage of the gospel during your Holy Hour or the rosary, or simply spend time in silent prayer. Make sure you take a moment to present your prayers and needs to God and to pray for your family, friends and the people in this world who suffer.

"Jesus Christ is present in the host consecrated during the Mass. This is a great mystery before which we worship and we believe. Jesus, who loves us very much, is truly present in the tabernacles of all the churches around the world, in the tabernacles of the churches in your neighborhoods and in your parishes. I ask you to visit him often to tell him of your love for him." - Pope Benedict XVI

"My Lord Jesus Christ, I believe that You are truly present in the Sacrament of the altar. I adore You humbly, and I thank You for all the graces which You have given me." - St Alphonsus Liguori



Pledge of Friendship

Jesus, I come here today before you because I believe in you and trust that you are present in my life and in the world. I am glad you made me and gave me this life to live, because you want me to be happy. I know my life has meaning and you put me here on this earth for a mission. I know you are the ultimate friend and you can show me the way, because you are the Way; you can lead me to the truth because you are the Truth; and you can give meaning to my life because you are the Life. In the Catholic Church, I can find you and follow you. I can be happy if I live my life close to you and live for others. Lord Jesus, I love you. I want to be true to myself and to you. I will give the best of myself, taking responsibility for my life, and striving to live as a better Christian and friend to you. I will give the best of myself to you and to other people by loving them and not looking for anything in return. I will dedicate time and effort to better my world, because you made me to love and with your grace I can change the world one person at a time by treating others with respect, kindness and true charity. I am yours, Lord, and yours I want to be. Here, before you and the Blessed Virgin Mary, I pledge with all my heart: I will do my very best each day to be your faithful friend and apostle.

10th Grade Symbol of Friendship: YOUCat

The YOUCat (Youth Catechism of the Catholic Church) is the official Catholic catechism for young people. It takes all the content of the Catechism and makes the teachings of the Church easily understood through a questions and answer format. If we want to be strong Christians, we need to know and love our faith.



"This Catechism was not written to please you. It will not make life easy for you, because it demands of you a new life. It places before you the Gospel message as the "pearl of great value" (Mt 13:46) for which you must give everything. So I beg you: Study this Catechism with passion and perseverance. Make a sacrifice of your time for it!"

— Pope Benedict XVI



10th Grade Pledge Card

Ways to grow in my friendship with Christ



This pledge card will help you stay close to Jesus Christ as you grow. Praying and doing these good acts will help you to experience your Catholic faith personally, develop deep convictions, and strengthen you to make mature decisions for the rest of your life.

MORNING PRAYERS

Our Father and this prayer:

Lord Jesus, I give you my hands to do your work. I give you my feet to follow your path. I give you my eyes to see as you see. I give you my tongue to speak your words. I give you my mind so you can think in me. I give you my spirit so you can pray in me. Above all I give you my heart so in me you can love your Father and all people. I give you my whole self so you can grow in me; until it is you, Christ, who live and work and pray in me. Amen.

NIGHT PRAYERS

Hail Mary, this prayer and an examination of conscience:

Lord Jesus, thank you for being with me today. Thank you for the gift of my life, of my family, and of belonging to your Church. Help me to know you better, to follow you more closely, and to make you known to all people. Inspire me with courage and enthusiasm to make friends with everyone I meet and to bring them closer to you. Forgive me for hurting you with my sins, and keep me from offending you again through my negligence, words, or actions. Keep me close to you and make me, my family and friends strong and active members of your Church. Strengthen and increase your life in us so that all we do will be done with you and for you. Amen.

WAYS TO GROW IN MY FRIENDSHIP WITH CHRIST

DAILY:

- MORNING PRAYERS
- NIGHT PRAYERS AND EXAMINATION OF CONSCIENCE
- READ THE GOSPEL
- TREAT OTHERS THE WAY YOU WANT TO BE TREATED
- RESPECT YOUR PARENTS
- DECADE OF ROSARY EACH DAY
- RESPECT YOUR TEACHERS AND THOSE IN AUTHORITY

On the blank lines below you can add your own personal daily act of friendship to Christ:

REGULARLY:

- CONFESSION AND SPIRITUAL MENTORSHIP
- ATTEND RETREATS AND SUMMER CAMPS
- ADORATION OF THE BLESSED SACRAMENT
- MASS ON SUNDAYS AND HOLY DAYS OF OBLIGATION
- SPECIAL SACRIFICE ON FRIDAY
- SERVE OTHERS THROUGH APOSTOLATE AND CHARITABLE ACTION
- READ AND STUDY THE YOUCAT



Why should we read and study the YOUCat?

You need to know what you believe. You need to know your faith with that same precision with which an IT specialist knows the inner workings of a computer. You need to understand it like a good musician knows the piece he is playing. Yes, you need to be more deeply rooted in the faith than the generation of your parents so that you can engage the challenges and temptations of this time with strength and determination.

Many people say to me: The youth of today are not interested in this. I disagree, and I am certain that I am right. The youth of today want to know what life is really all about. This book is exciting because it speaks of our own destiny and so deeply engages every one of us." —

Pope Benedict XVI

How should we read or study the YOUCat?

"Study it in the quiet of your room; read it with a friend; form study groups and networks; share with each other on the Internet. By all means continue to talk with each other about your faith."

— Pope Benedict XVI

As the Pope says, take a few minutes each day to read and understand one of the questions.



Pledge of Friendship

Jesus, I come here today before you because I believe in you and trust that you are present in my life and in the world. I am glad you made me and gave me this life to live, because you want me to be happy. I know my life has meaning and you put me here on this earth for a mission. I know you are the ultimate friend and you can show me the way, because you are the Way; you can lead me to the truth because you are the Truth; and you can give meaning to my life because you are the Life. In the Catholic Church, I can find you and follow you. I can be happy if I live my life close to you and live for others. Lord Jesus, I love you. I want to be true to myself and to you. I will give the best of myself, taking responsibility for my life, and striving to live as a better Christian and friend to you. I will give the best of myself to you and to other people by loving them and not looking for anything in return. I will dedicate time and effort to better my world, because you made me to love and with your grace I can change the world one person at a time by treating others with respect, kindness and true charity. I am yours, Lord, and yours I want to be. Here, before you and the Blessed Virgin Mary, I pledge with all my heart: I will do my very best each day to be your faithful friend and apostle.

11th & 12th Grade Symbol of Friendship: Crucifix

Christ came down to this earth to save mankind from our sinful ways. He was born in a stable, grew up in a family, worked, taught, helped people and made an impact on the world around him. When he was about 33 years old, he was accused of being a liar because he said he was the Son of God. He was crucified (nailed to the cross) and died for our sins. But his life did not end on this sad note. Christ rose from the dead and is now seated at the right hand of the Father. He shows us that life is not over when we die – we have an eternity to be with God in heaven. The cross is a symbol that Christ conquered death and that we can be with him in heaven.

"When we look at the cross, we understand the greatness of God's love."

– Blessed Mother Teresa of Calcutta



ECyD 11th & 12th Grade Pledge Card

Ways to grow in my friendship with Christ



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MORNING PRAYERS

Our Father and this prayer:

Lord Jesus, I give you my hands to do your work. I give you my feet to follow your path. I give you my eyes to see as you see. I give you my tongue to speak your words. I give you my mind so you can think in me. I give you my spirit so you can pray in me. Above all I give you my heart so in me you can love your Father and all people. I give you my whole self so you can grow in me; until it is you, Christ, who live and work and pray in me. Amen.

NIGHT PRAYERS

Hail Mary, this prayer and an examination of conscience:

Lord Jesus, thank you for being with me today. Thank you for the gift of my life, of my family, and of belonging to your Church. Help me to know you better, to follow you more closely, and to make you known to all people. Inspire me with courage and enthusiasm to make friends with everyone I meet and to bring them closer to you. Forgive me for hurting you with my sins, and keep me from offending you again through my negligence, words, or actions. Keep me close to you and make me, my family and friends strong and active members of your Church. Strengthen and increase your life in us so that all we do will be done with you and for you. Amen.

WAYS TO GROW IN MY FRIENDSHIP WITH CHRIST

DAILY:

- MORNING PRAYERS
- NIGHT PRAYERS AND EXAMINATION OF CONSCIENCE
- DAILY MEDITATION
- TREAT OTHERS THE WAY YOU WANT TO BE TREATED
- RESPECT YOUR PARENTS
- DECADE OF ROSARY EACH DAY
- RESPECT YOUR TEACHERS AND THOSE IN AUTHORITY

On the blank lines below you can add your own personal daily act of friendship to Christ:

REGULARLY:

- CONFESSION AND SPIRITUAL MENTORSHIP
- ATTEND RETREATS AND SUMMER CAMPS
- ADORATION OF THE BLESSED SACRAMENT
- MASS ON SUNDAYS AND HOLY DAYS OF OBLIGATION
- SPECIAL SACRIFICE ON FRIDAY
- SERVE OTHERS THROUGH APOSTOLATE AND CHARITABLE ACTION
- READ AND STUDY THE YOUCAT

"If you are seeking God and do not know how to begin, learn to pray and make the effort to pray every day."

– Blessed Mother Teresa of Calcutta



Why should we pray and do daily meditation?

Prayer is simply turning your heart towards God, speaking to him and listening to him. Someone who prays realizes that God exists and you can speak to him. Prayer gives you strength and wisdom because it helps you to see life with God. We all need to pray. We can forget God or avoid him, but he is always there willing to listen. God created us and he knows what we need to be happy. That is why people who pray are happier people. (Cfr. YOUCat #469)

"Jesus often went off by himself to pray. Like Jesus, I too can find a calm place to pray where I can quietly stand before a Cross or a holy picture in order to speak to Jesus and to listen to him. I can also use the Gospels. That way, I keep within my heart a passage which has touched me and which will guide me throughout the day." – Pope Benedict XVI

How do you do a daily meditation?

There are different types of prayer and one important type to get to know Christ is meditation. You don't read the Bible or life of Christ like you would read the newspaper or a book. Instead, we meditate on them. Meditation is simple. We read something from the Bible or a spiritual book and then we make it a moment of prayer by turning our minds and hearts to God to listen to him and try to understand what he is trying to tell you through these texts. Prayer and meditation require silence, and opening up to God honestly about our lives. Doing this is not easy but it is important to grow closer to God. (Cfr YOUCat #502)

"Prayer is nothing more than a close moment shared between friends. It is taking time frequently to be alone with someone who we know loves us very much." – St Teresa of Avila

