

## Bible Basics

*The purpose of this lesson is to give some history to what the Bible is and to encourage/ignite the desire of the students to read scripture daily and turn to scripture for inspiration. Use this as a guide for things to cover, but feel free to present any way you'd like. You can quiz them on some of these points as you begin to talk about them. And you're encouraged to share how the Bible has been a part of your faith walk as well. They need real life examples of how to implement scripture into their daily lives.*

- You can use the crossword handouts as an icebreaker as students are entering class

An icebreaker you can use here and then explain at a later point, is the telephone game.

*A fun spin on this is to have them line up, give only the first person in the line a word that they must act out to the next person in line (with everyone else not seeing, and without speaking), then the second person acts it out to the third person, and so on, until the last person in line has to guess what the word was.*

[ Open in prayer ]

God reveals Himself to us in 2 ways:

1. Sacred Scripture (the Bible)
2. Sacred Tradition (teachings)

The Church offers a whole arsenal of effective weapons we can use to combat the enemy, but one of the most powerful is the Bible, or the Word of God.

The Bible is described as being "living and effective, sharper than any two-edged sword" (Hebrews 4:12).

The Bible is also described as being the "sword of the Spirit" by Saint Paul (Eph 6:17).

2 Tm 3:14-17

*"But you, remain faithful to what you have learned and believed, because you know from whom you learned it, and that from infancy you have known [the] sacred scriptures, which are capable of giving you wisdom for salvation through faith in Christ Jesus. All scripture is inspired by God and is useful for teaching, for refutation, for correction, and for training in righteousness, so that one who belongs to God may be competent, equipped for every good work."*

Pope Benedict talked about the Bible as "an inheritance, a testament handed over to readers so that they can put into practice in their own lives the history of salvation witnessed in the text [...] the people cannot exist without the Book, because it is in it that they find their reason for living, their vocation and their identity [...] The Word that leaves the mouth of God, witnessed in the Scriptures, returns to Him in the shape of prayerful response, of a living answer, of an answer of love."

The Bible:

- Contains various instructions regarding proper morals and behavior.
- Instructs us regarding what is necessary for salvation, historical information and it covers the good and the bad, the rich and the poor etc.
- Is to lead all persons to Christ and into His Church, the Holy Catholic Church and of course, thereby help us realize our ultimate purpose - to know, love, and serve God.
- Teaches us about God and His love for us.

\*\* "Ignorance of Scripture is ignorance of Christ!" - St. Jerome

## An Overview:

### What is the Bible?

- The word "Bible" is derived from the Greek meaning "books".
- The Bible is the Word of God in written form - Sacred Scripture

It's divided into two main sections:

#### 1) Old Testament

- The old covenant – salvation through the Mosaic Law
- Record of salvation history from creation until the time of Christ
- Prophecies and signs of Christ

#### 2) New Testament

- The new covenant – salvation through Jesus Christ
- Record of Christ's public life, Acts of the Apostles, Epistles plus Revelation
- Fulfillment of all Old Testament prophecies

### How it came to be - a little history:

- The first official list of Scriptures was compiled in 393 at the Council of Hippo, then again in Carthage in 397 and 419. The universal Church accepted this canon and used it without controversy for over 1000 years. The Church did not infallibly define these books until the Council of Trent, when it was called into question by Martin Luther and other Protestant Reformers, in 1556.
- Originally passed down by the Jewish people and early Christians via oral tradition (consider talking about the telephone game here)
- The Old Testament was written before the coming of Christ.
- The New Testament was written in the 1st century AD. It is estimated that the 1st word of NT was not authored until around 6 years – 2+ decades after Jesus' death that the last word was written around 10AD. It was not until the fourth century that the Catholic Church officially determined the list of inspired books of the Bible and formally placed all inspired books under one cover.
- Later recorded by hand on scrolls and parchments and eventually printed for wider consumption.
- Now comprised of designated books, translated and contextualized by Catholic scholars.
- The USCCB recommends the current version for us: **New American Bible Revised Edition.**

### The Catholic Bible vs other Bibles:

- The Catholic Bible is under the care of the Pope and the Magisterium who brought us NABRE
- Other Bibles may have missing books, missing texts or changed meanings.

Omitted books from Protestant Bibles:

- |                                      |  |
|--------------------------------------|--|
| - Tobit                              | - Judith                               |
| - The Book of Wisdom                 | - Sirach (also called Ecclesiasticus)  |
| - Baruch                             | - 1 Maccabees                          |
| - 2 Maccabees                        | - Seven chapters in the book of Esther |
| - Two chapters in the book of Daniel |  |

## How to read the Bible:

"Ways to Read the Bible" - Fr. Mike Schmitz video (8:17 mins)

<https://www.youtube.com/watch?v=6hb7nSL1gKU>

Matthew Kelly recommends we start with 3 books, reading one chapter a day (128 days ~ 4 months):

1. The Gospel of Matthew (28 days)
2. Genesis (50 days)
3. The Psalms (50 days)

- Citations: Book, Chapter, Verse (i.e. Jn (John) 3:16)
- A Footnote is an extra note at the bottom of the page which provides extra information about a particular sentence or section of a book.
- A cross-reference directs you to another verse with what you are currently reading. (Show and explain what footnotes and cross-references are, using the reading for that day.)

### Tips:

- Start by reading the Gospels. Use the bolded headers to find stories in the Gospel you're not as familiar with.
- Read the introductions for insights into what to expect in each book.
- Get books that have the readings and reflections of the day. (The Magnificat, The Word Among Us, Life Teen resources, for example)
- Use Bible Apps
- Write notes on your mirrors with dry erase markers with reminders and/or scripture verses
- Use sticky notes on your nightstands, phones, or other places you'll see often
- Use phone alarms that remind you to read the Bible
- Start small, even 5-10 minutes a day
- Pray before and after reading the Bible. Ask God to provide you guidance or comfort through Scripture. He may speak to your heart based on what you read and what's going on in your life.  
*Lectio Divina*

\*\* If you don't have time to pray and read the scriptures, you are busier than God ever intended you to be.

\*\* Remember you might be the only bible someone will meet.

## Lectio Divina

- Explain that you will be reading a passage from scripture several times, with the purpose of God being able to speak to them through it, and that you will discuss it afterwards.
- Ask the students to close their eyes and to put themselves within the story and see if anything in particular stands out to them.
- Open in prayer and invite the Holy Spirit to be present and to open our ears and our hearts to what it is that the Lord wants to reveal to us. (Read the passage slowly and reflectively)

### Matthew 14: 22-33

*Then he made the disciples get into the boat and precede him to the other side, while he dismissed the crowds. After doing so, he went up on the mountain by himself to pray. When it was evening he was there alone. Meanwhile the boat, already a few miles offshore, was being tossed about by the waves, for the wind was against it. During the fourth watch of the night,\* he came toward them, walking on the sea. When the disciples saw him walking on the sea they were terrified. "It is a ghost," they said, and they cried out in fear. At once [Jesus] spoke to them, "Take courage, it is I;\* do not be afraid." Peter said to him in reply, Lord, if it is you, command me to come to you on the water." He said, "Come." Peter got out of the boat and began to walk on the water toward Jesus. But when he saw how [strong] the wind was he became frightened; and, beginning to sink, he cried out, "Lord, save me!" Immediately Jesus stretched out his hand and caught him, and said to him, "O you of little faith,\* why did you doubt?" After they got into the boat, the wind died down. Those who were in the boat did him homage, saying, "Truly, you are the Son of God."*

- Tell them to keep their eyes closed, and to see if there is a particular sentence that is speaking to them as you read it a 2nd time.
- Then read it a 3rd time, asking them to see if there is a particular word that speaks to them this time.

Then start having a discussion, asking them to share what it is that stuck out to them and if they know what the Lord is trying to tell them through that. Be prepared to have an answer yourself.

\*\* Let them know that it is ok if they didn't get anything from this, but encourage them to pray with scripture like this on their own.

If you still have more time, you can discuss the following questions to get them thinking about how they can make reading the Bible a habit and a priority in their lives. Share any of your routines with them as well.

"Thoughts become choices, choices become actions, actions become habits, habits become character, and your character is your destiny." - Matthew Kelly

Habits are incredibly powerful. Our lives change when our habits change. If you want your life to be different, change your habits.

- What are some great habits that you or someone you know has?
- What are some obstacles that keep us from establishing good habits?
- Do you have your own Bible?
- Do you and your family ever read the Bible together?

The Bible was originally written in Hebrew and Greek, and has been translated into more languages than any other book. It was written by hundreds of different authors between approximately 1500 BC and 100 AD.

In the Old Testament God reveals himself as the Creator who is deeply interested in a relationship with humanity. In the New Testament he reveals his mercy and overwhelming desire that all people experience his love—more proof of God's incredible yearning for a relationship with us.

If you want to get a sense of what the Old Testament is all about, read Genesis. The book of Genesis demonstrates that there is a great cause-and-effect relationship between obedience to God and happiness, and between disobedience and misery. Genesis shows us, over and over again, what happens if you follow the ways of God and what happens if you follow the ways of the world. In Genesis we see an in-depth study of the human condition.

The New Testament presents the life and teachings of Jesus Christ and the life of the early Church.

All this might lead you to ask, where did the Bible come from?

It did not fall from Heaven as a single book. Nor did God dictate it mechanically to scribes. God chose certain people whom he inspired to write down what he wanted to convey to humanity. The Bible came together over the course of more than sixteen hundred years, and hundreds of authors were involved in writing the Bible as we know it today.

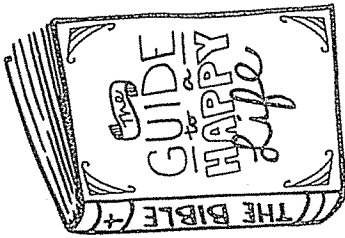
You could spend your whole life just studying Sacred Scripture and it would be a life well spent. And truth be told, very few lives are really well spent. I hope you spend yours well and I hope this program is helping to prepare you for that.

But if you did spend your whole life studying the Bible you would discover that it is not just a theological book. The Bible is immensely practical. It can show you how to get to Heaven, but it can also show you how to live on earth. In many ways it is a guide to a happy life.



What do you think were Mary's hopes and fears?

Saint Edith Stein



## 5.2 INTRODUCTION TO THE BIBLE

One of the ways God loves us is by revealing himself to us. He does not remain a distant, anonymous God; he allows us to know him. Not only does God reveal himself to us but he also reveals his loving plans. We call this Divine Revelation.

There are many things we can know just by observing the natural world, such as the law of gravity and the regularity of the seasons from one year to the next. But there are some things we can only know because God reveals them to us; for example, the Trinity, the fact that God is three persons in one: Father, Son, and Holy Spirit. We only know this because God has revealed it to us.

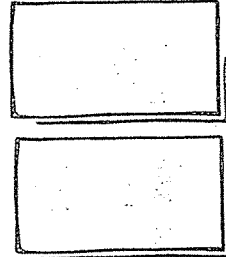
God reveals himself to us in two ways, through Sacred Scripture and through Sacred Tradition. Sacred Scripture is the Bible. Sacred Tradition is the teachings that have been handed down from the apostles to their successors through preaching, example, and life of worship, even before the New Testament was written.

Both Scripture and Tradition make up the Word of God, and both were entrusted to the Church to interpret and share with the people of every place and time. If you separate the Scriptures from Tradition, the Scriptures begin to die. They are kept alive through their connection with Sacred Tradition. Separate the Scriptures from Tradition and it becomes very easy to misinterpret them.

The first generation of Christians didn't have a written New Testament; the Church existed before it was written. The New Testament itself is the fruit of Sacred Tradition, and a beautiful demonstration of the role Tradition has always played in the lives of Christians from the very beginning. It is impossible to truly appreciate the Bible unless we understand the connection between the Bible and the Sacred Tradition of the Catholic Church.

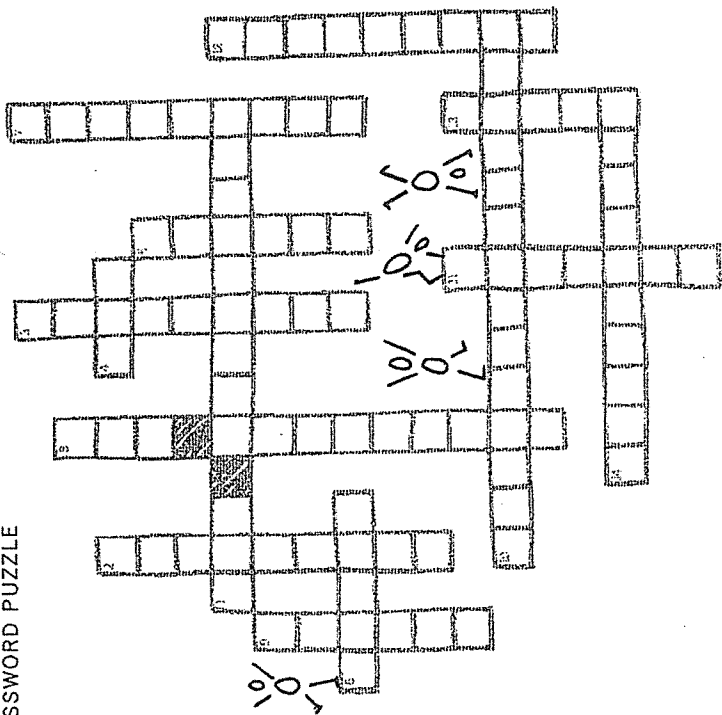
The Bible is made up of seventy-three books—forty-six in the Old Testament and twenty-seven in the New Testament. The Old Testament can be divided into three sections: the Historical Books, the Wisdom Books, and the Prophets. The New Testament can be divided into five sections: the Gospels, the Acts of the Apostles, the Letters of Saint Paul, the Catholic Letters, and the book of Revelation.

The books of the Bible are:



# THE BIBLE

CROSSWORD PUZZLE



**ACROSS**

- The twenty-seven books of the Bible that tell the story of the life of Jesus and his followers and include the Gospels, Catholic Letters, Acts of the Apostles, and Letters of Saint Paul
- A picture or chart used to find one's way that shows rivers, mountains, streets, etc.
- A pattern of behavior that is acquired through frequent repetition
- A thorough or dramatic change
- A spiritual journey to a holy place

**DOWN**

- The course or path in which someone is moving
- The teachings that have been handed down from the apostles to their successors
- The first of Saint Paul's Letters
- God reveals himself to us in two ways, through Sacred \_\_\_\_\_ and through Sacred Tradition.
- The first forty-six books of the Bible
- What God wants us all to experience after we die
- Father, Son, and Holy Spirit
- Every day you make thousands of \_\_\_\_\_
- The Word of God

# THE OLD TESTAMENT

**THE HISTORICAL BOOKS**

- Genesis
- Exodus
- Leviticus
- Numbers
- Deuteronomy
- Joshua
- Judges
- Ruth
- 1 Samuel
- 2 Samuel
- 1 Kings
- 2 Kings
- 1 Chronicles
- 2 Chronicles
- Ezra
- Nehemiah
- Tobit

**THE WISDOM BOOKS**

- Job
- Psalms
- Proverbs
- Ecclesiastes
- Song of Solomon
- Wisdom
- Sirach (Ecclesiasticus)

**THE PROPHETS**

- Isaiah
- Jeremiah
- Lamentations
- Baruch
- Ezekiel
- Daniel
- Hosea
- Joel
- Amos
- Obadiah
- Jonah
- Micah
- Nahum
- Habakkuk
- Zephaniah
- Haggai
- Zechariah
- Malachi

# THE NEW TESTAMENT

**THE GOSPELS**

- Matthew
- Mark
- Luke
- John

**THE ACTS OF THE APOSTLES**

- 1 Thessalonians
- 2 Thessalonians
- 1 Timothy
- 2 Timothy
- Titus
- Philemon
- Hebrews

**THE LETTERS OF SAINT PAUL**

- Romans
- 1 Corinthians
- 2 Corinthians
- Galatians
- Ephesians
- Philippians
- Colossians
- 1 Thessalonians
- 2 Thessalonians
- 1 Timothy
- 2 Timothy
- Titus
- Philemon
- Hebrews

**THE CATHOLIC LETTERS**

- James
- 1 Peter
- 2 Peter
- 1 John
- 2 John
- 3 John
- Jude

**REVELATION (APOCALYPSE)**

**SESSION ONE**  
p. 28

REBEL A VRY  
CHOICES  
CHARACTER  
CONSCIENCE  
REASON  
VIRTUE  
FREEDOM  
MISDEED  
MARRIAGE  
HAPPINESS  
WILL  
SELF CONTROL

**SESSION TWO**  
p. 55

HE DONISM  
RIGHT LIVING  
FALL EN MATURE  
COURAGE  
INDIVIDUALISM  
RELATIVISM  
P L L E A  
M A N I M E A  
H A T T M E A  
H H P P R A L I S M  
R O N T Y L S M E  
E P E H M E

**SESSION SEVEN**  
p. 188

TABERNACLE  
EUCHARIST  
TRANSUBSTANTIATION  
GRACE  
REVELATION  
W A A I I A T I O N  
F L L P  
D O U B T  
W E R Y  
A D O R L L  
F A I T H  
I R R A C I A T I O N  
L E

**SESSION EIGHT**  
p. 212

KINDNESS  
GENTLENESS  
PATIENCE  
TRUTH  
TRINITY  
PRETENTIVE  
G O O D N E S S  
M D E  
P L A  
V O L L E N E S S  
S P A  
I R I T U N I T Y  
P L A  
P A  
I I E N  
P R E N T E C O I S T

**SESSION THREE**  
p. 84

CHASTITY  
ADULTERY  
PEACE  
SUFFERING  
GOSPELS  
GRACE  
PERSECUTION  
V O  
S  
R A C H A S T I T Y  
A D U L T E R Y  
I C J  
P E A C E  
S U F F E R I N G  
G O S P E L S  
G R A C E  
P E R S E C U T I O N

**SESSION FOUR**  
p. 109

SOU L A W A  
M I S T E R Y  
S I L E N C E  
P R I O R I T Y  
P R A Y E R  
O T H E R S  
P R A C T I C E  
G R A T I T U D E  
L S M C S  
G H S J O Y  
P R A Y E R  
P R A Y E R  
O T H E R S

**SESSION FIVE**  
p. 138

NEW TESTAMENT  
HABIT  
TRINITY  
PILGRIMAGE  
S O R I P  
L D I O  
M A P  
D I O  
E S T A M E N T  
I O N S  
T R A N S F O R M A T I O N S  
P I L G R I M A G E

**SESSION SIX**  
p. 164

FOUNDATION  
COMMUNITY  
WISELLY  
MARRIAGE  
FRIENDSHIP  
ABUNDANCE  
S E R  
F O U N D A T I O N  
W I S E L Y  
P U  
M A R R I A G E  
G O D  
F R I E N D S H I P  
A B U N D A N C E

**SESSION TEN**  
p. 266

HABITUS  
COUNSEL  
REFERENCE  
ACRAMENTS  
KNOWLEDGE  
V I D E R  
C H R I S M  
F A I T H  
M O D E R N  
P A N D I T  
S A C R A M E N T S  
L L A A L  
L L A A L  
R E F E R E N C E  
T L L A M T I U D G E  
K I N O W L E D G E

**SESSION NINE**  
p. 240

SAINTE  
HISTORICAL  
THEOLOGICAL  
RITUALS  
APOSTOLICAL  
D I V I N E  
V I R T U E S  
R I T U A L S  
P R A Y E R  
H I S T O R I C A L  
T H E O L O G I C A L  
R I T U A L S  
A P O S T O L I C A L  
R I T U A L S

**SESSION TWELVE**  
p. 325

DECISION  
TECHNICAL  
GENEROSITY  
PATIENCE  
H I S T O R I C A L  
T E C H N I C A L  
G E N E R O S I T Y  
P A T I E N C E

**SESSION ELEVEN**  
p. 294

TECHNICAL  
GENEROSITY  
PATIENCE  
SAMARITAN  
NEED  
INTENTIONAL  
GENIUS  
M I S S  
T E C H N I C A L  
G E N E R O S I T Y  
P A T I E N C E  
S A M A R I T A N  
N E E D  
I N T E N T I O N A L  
G E N I U S