



# My Faith Journal

Name:

Primary School:



# My Faith Journey to St Mary's



**WHO AM I?**

**Facts all about me!!**

**My Full Name:**

**My Birthday:**

**Where I was born:**

**Where do I go to Church:**

**Date I started Primary School:**

**What I enjoy most about Primary School:**

**Important people in my Life:**

**One fun fact about me is:**





**Activities I enjoy are:**

**I am skilled at:**

**I dream about achieving/becoming:**

# Sacraments I have Received



“What is a Sacrament? ...”



I became a member of God's family on \_\_\_\_\_ ,  
when I was Baptised by \_\_\_\_\_  
at \_\_\_\_\_

There are 7 Sacraments in the Catholic Church. Can you name them?

Here are some clues!



Check your answers on the next page!

I took my next step on my faith journey on \_\_\_\_\_ , when I received the  
Sacrament of Reconciliation on \_\_\_\_\_ at \_\_\_\_\_ .



I received the Sacrament of Holy Eucharist for the  
first time at \_\_\_\_\_

My fourth sacrament will be Confirmation.



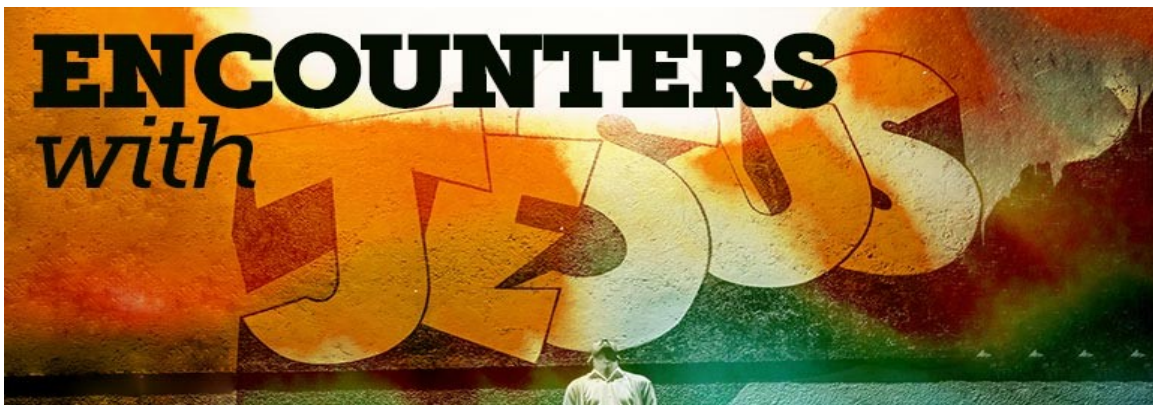


# The Seven Sacraments of the Church

(YouCat #193) 'Sacraments are an encounter with Christ'

*(Draw a line to link the correct sacrament with the meaning)*

- |                                |  |
|--------------------------------|--|
| 1. Baptism                     | a) gives us his Spirit   |
| 2. Confession (Reconciliation) | b) unites us with him  |
| 3. Confirmation                | c) Christ heal, strengthens and consoles   |
| 4. Eucharist                   | d) reconciles us with Christ   |
| 5. Marriage                    | e) makes men priests, to forgive sins and celebrate the Holy Sacrifice of the Mass |
| 6. Holy Orders                 | f) joins us with Christ  |
| 7. Anointing of the Sick       | g) promises Christ's love in our love and his fidelity in our fidelity             |



ANSWERS: 1) f 2) d 3) a 4) b 5) g 6) e 7) c

# Memories from my Sacraments

**Create a collage of your memories**

# GROWING IN FAITH, DAILY!

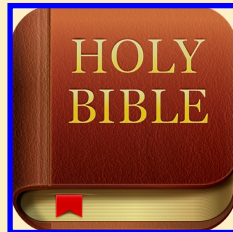
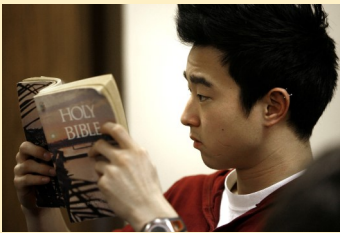
“Consequently, faith comes from hearing the message, and the message is heard through the word about Christ.”

ROMANS 10:17



How can I help my faith to grow?

Read the Bible



TheRosary.online

Pray



Go to Mass  
every week



Go to Confession at  
least once a year

Suggest other ways that help your faith to grow:



# **Sharing My Faith: What do I believe?**

**I believe that God is ...**

**God the Father wants us to be like Jesus.**

**I can be like this by...**

**Prayer is important in a Catholic's life because...**

**I like to pray most when ...**





- **If I could ask God one question, it would be...**

--

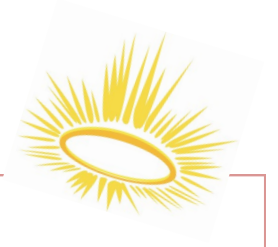
- **What does God think of me?**

--

- **What do I think of God's Creation?**

--

# Patron Saints



**The Patron Saint of my current school is:**

**The Patron Saint of my new school will be:**

**The Patron Saint of my school has inspired me in the following ways:**

**A Saint that is important to me is:**

**I think Saints are important because...**



## School Motto

**My new school Motto is:**

**In school, I will live this by...**

# Church Life



**Ways I am involved in my parish are:**



**Ways I would like to be involved are:**



## Other religions

**My experiences of other religions are?**

**(both home and School)**





**'You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.**

**Matthew 5: 14-17**



# **My Own Prayer**

**A Prayer of Thanksgiving for my time in  
Primary School**

**A Prayer to prepare me for Secondary School**



LET *everything*  
THAT HAS *breath*  
PRAISE THE *Lord*  
PSALM 150:6  
~~~~~

My favourite hymn is:

Hymns I like to sing are:

I am/have been in a choir: Yes / No

I would like to be part of the school choir: Yes/No



For Prayer is nothing else than  
being in terms of friendship to God.

St Teresa of Avila



# A Symbol of my Faith



**This is my symbol, which shows how God is working through me:**

**I chose this as my symbol because...**

Faith is to believe what you do  
not see; the reward of this  
faith is to see what you believe.

~ Saint Augustine ~



Faith in action is love, and love in action is  
service. By transforming that faith into living  
acts of love, we put ourselves in contact  
with God Himself, with Jesus our Lord.

Saint (Mother) Teresa of Calcutta



# My Contribution to the Common Good

**It is important to help and support one another  
because...**

**I hope to do this in  
Secondary School by...**



**I will get involved in Charity  
events in school by...**

Matthew 25:40

“as you did to the least of these my  
brethren, you did it to me.”





## Common Good

This is the good that is shared by all in common.

“it allows people, either as groups or as individuals to reach their fulfillment more fully and more easily. “

Gaudium et Spes)

**I will contribute to the Common Good by.....**

**I will do this because.....**

INSTEAD, BE KIND

TO EACH OTHER,

*tenderhearted,*

*forgiving one another,  
just as God through  
Christ has forgiven you.*

—EPHESIANS 4:32



## St Mary's Catholic School

Windhill

Bishop's Stortford  
Herts, CM23 2NQ

Tel: 01279 654901  
Fax: 01279 653889

E-mail: [info@stmarys.net](mailto:info@stmarys.net)  
Website: [www.stmarys.net](http://www.stmarys.net)