



# “WHY CATHOLICS DO WHAT THEY DO” (IN CHURCH)

## Study Guide Page 1

### CANDLES

1. When do you remember seeing candles in church?  
What did these candles symbolize for you?
2. Identify the meaning of the following symbols:
  - a. votive candles
  - b. altar candles
  - c. sanctuary candle
  - d. Paschal candle
  - e.
3. Discuss the following statements:  
“Candles light our way to God.”  
“We surrender ourselves to Christ the way candle wax is consumed by the fire.”
4. Read John 8: 12 and Matthew 5: 14-16.  
Jesus says, “I am the light of the world.”  
How can we be this for others?  
How do the candles we see in Church remind us of this call?

### WATER

1. When do you remember seeing water in church?  
What did it symbolize for you?
2. Identify the meaning of the following “water rituals”:
  - a. blessing ourselves with holy water
  - b. sprinkling rite
  - c. baptism
  - d.
3. Discuss this statement:  
“In prayer we can feel God’s presence in the same way as we can feel the rain pouring down on us.”
4. Read Romans 6: 1-10.  
Water is both destructive and life-giving. How does this relate to the waters of baptism?

### GESTURES

1. What are some of the movements or gestures we make in Church? Were there any you didn’t understand before watching this video?
2. Identify the meaning of the following gestures:
  - a. genuflecting
  - b. bowing
  - c. kneeling
  - d. standing
  - e. sitting
  - f. Sign of peace
3. What is the difference between vertical gestures and horizontal gestures? Why are both impor-

# **“WHY CATHOLICS DO WHAT THEY DO” (IN CHURCH)**

## **Study Guide PAGE 2**

tant?

4. Discuss the following statements:  
“Movement brings your entire body into your prayer, not just your mind.”  
“Movement helps us express what we feel and mean, sometimes in a deeper way than what our words say.”  
“Open arms mean open hearts.”
5. Read Luke 7: 36-50.  
What does the woman’s gestures say about our belief in Jesus as her Lord? How can your gestures be a sign of what you believe?

### **THE CROSS**

1. When do you remember seeing crosses and crucifixes in church? What did they symbolize for you?
2. What are some of the meanings the video presenters give for the cross?
3. What does the cross say about inequality in the world?
4. What are you witnessing to others when you wear the cross as jewelry?
5. Why do we make the sign of the cross when we enter a church?
6. Discuss the following statements:  
“Sacrifice is a way of loving.” What are ways you can sacrifice?  
“The cross is a sign of absolute trust in the Father.”  
“The cross is a special sign of who and whose we are.”
7. Read Philippians 2: 6-11.  
This was the first known creed of the early Christians. How does this passage relate to the cross? How can you practice its call for adoration?