

# Assessment of Religious Knowledge (ARK) Test 7th Grade Practice (Sample)

## Study Guide



**Everything you need from our exam experts!**

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# Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

**Remember:** successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

# How to Use This Guide

**This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:**

## **1. Start with a Diagnostic Review**

**Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.**

## **2. Study in Short, Focused Sessions**

**Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.**

## **3. Learn from the Explanations**

**After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.**

## **4. Track Your Progress**

**Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.**

## **5. Simulate the Real Exam**

**Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.**

## **6. Repeat and Review**

**Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.**

**There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!**

## Questions

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- 1. Which Sacrament is the Body and Blood of Christ under the appearances of bread and wine?**
  - A. Intercession**
  - B. Fortitude**
  - C. Great Flood**
  - D. Eucharist**
  
- 2. Which sacrament is described as the source and summit of our Christian life?**
  - A. Gospel**
  - B. Conscience**
  - C. Eucharist**
  - D. Holy Spirit**
  
- 3. Who did the Apostles hand on the Word of God to?**
  - A. The bishops**
  - B. The apostles**
  - C. The prophets**
  - D. The pastors**
  
- 4. Which statement best describes mortal sin?**
  - A. Mortal sin is a serious sin that completely rejects God's love and separates us from God**
  - B. Mortal sin is always forgiven automatically**
  - C. Mortal sin is the same as venial sin**
  - D. Mortal sin has no eternal consequences**
  
- 5. Which virtue involves self-mastery of sexual feelings and is modeled by Jesus Christ?**
  - A. Fortitude**
  - B. Temperance**
  - C. Chastity**
  - D. Prudence**

- 6. Which Sacrament is also known as Penance or Confession?**
- A. Sacrament of Reconciliation**
  - B. Baptism**
  - C. Anointing of the Sick**
  - D. Eucharist**
- 7. What term names the minimum duties required by the Church for Christian living?**
- A. Precepts of the Church**
  - B. Sacraments**
  - C. Canon Law**
  - D. Cardinal Virtues**
- 8. Which term refers to the four Gospels that proclaim the Good News?**
- A. Intercession**
  - B. Gospel**
  - C. Deposit of Faith**
  - D. Holy Spirit**
- 9. Which term refers to the four Gospels that are the heart of the Scriptures?**
- A. Deposit of Faith**
  - B. Gospel**
  - C. Liturgy of the Hours**
  - D. Great Flood**
- 10. Which event will reveal all of our choices for or against God and how they affected others and the whole creation, leading to eternal life or Hell?**
- A. Final Judgment**
  - B. Day of Reckoning**
  - C. Last Judgment**
  - D. Judgment Day**

## Answers

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1. D
2. C
3. A
4. A
5. C
6. A
7. A
8. B
9. B
10. C

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## **Explanations**

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**1. Which Sacrament is the Body and Blood of Christ under the appearances of bread and wine?**

- A. Intercession**
- B. Fortitude**
- C. Great Flood**
- D. Eucharist**

This question tests which Sacrament involves the Body and Blood of Christ under the appearances of bread and wine. That is the Eucharist, also called Holy Communion. In this Sacrament, Catholics believe the bread and wine truly become the Body and Blood of Jesus while still looking and tasting like bread and wine. This presence of Christ in the elements is what makes the Eucharist unique and central to the practice of faith. Intercession is praying on behalf of others and isn't a Sacrament; Fortitude is a virtue, not a Sacrament; the Great Flood is a biblical event, not a sacramental rite. So the description fits the Eucharist best.

**2. Which sacrament is described as the source and summit of our Christian life?**

- A. Gospel**
- B. Conscience**
- C. Eucharist**
- D. Holy Spirit**

The Eucharist is the source and summit of Christian life because it is where Christians most fully encounter and receive Christ's life. In the Mass, the bread and wine become the Body and Blood of Jesus, and sharing in this sacrament nourishes our faith and strengthens us to love God and neighbor. It also makes present Christ's one saving sacrifice, uniting believers with Him and with one another as members of the Body of Christ. Because of this, grace flows from the sacrament and points everything in worship and mission toward its center. The Gospel, conscience, and the Holy Spirit are all essential to faith, but the Eucharist uniquely provides the tangible, ongoing encounter with Christ that sustains and unites the Church.

**3. Who did the Apostles hand on the Word of God to?**

- A. The bishops**
- B. The apostles**
- C. The prophets**
- D. The pastors**

Apostolic succession and the way the Word of God is carried forward. After Jesus, the Apostles entrusted what they taught to successors who could guard and hand it on faithfully through the generations. In the Church, that ongoing responsibility belongs to the bishops, who preserve the teaching and lead the Church, ensuring Scripture and Tradition remain united and true over time and in every place. Prophets played a role in proclaiming God's messages in the early communities, and pastors or priests teach and shepherd local congregations, but the official transmission of the Apostles' teaching is carried by the bishops as their successors.

**4. Which statement best describes mortal sin?**

- A. Mortal sin is a serious sin that completely rejects God's love and separates us from God**
- B. Mortal sin is always forgiven automatically**
- C. Mortal sin is the same as venial sin**
- D. Mortal sin has no eternal consequences**

Mortal sin means a grave action done with full knowledge and deliberate consent that destroys charity in the soul and breaks our relationship with God. Because it severs that bond, it isn't forgiven automatically—repentance and usually the sacrament of reconciliation are needed to restore grace. It's different from venial sin, which is a less serious fault that weakens our love for God but doesn't completely sever the relationship. And there are eternal consequences if mortal sin is not repented, since it involves turning away from God's grace. The statement that mortal sin is a serious sin that completely rejects God's love and separates us from God best expresses this understanding.

**5. Which virtue involves self-mastery of sexual feelings and is modeled by Jesus Christ?**

- A. Fortitude**
- B. Temperance**
- C. Chastity**
- D. Prudence**

Chastity is the virtue that involves self-mastery of sexual feelings and seeks to order those desires to love in a proper and good way. It focuses specifically on sexual integrity and purity, living in a way that aligns with God's plan for sexuality. Jesus Christ is the perfect model of chastity, showing self-control and fidelity in thought and action, even in the face of temptation, and giving himself for others. Fortitude is about courage in the face of difficulty, not specifically about sexual desires. Temperance covers moderation in all appetites, but chastity targets the area of sexuality in particular. Prudence is about wise decision-making and discernment. Therefore, chastity best fits the description of self-mastery of sexual feelings and the example given by Jesus.

**6. Which Sacrament is also known as Penance or Confession?**

- A. Sacrament of Reconciliation**
- B. Baptism**
- C. Anointing of the Sick**
- D. Eucharist**

Penance or Confession describe a sacrament that reconciles sinners with God and the Church through confessing sins to a priest, expressing true contrition, and receiving absolution. This practice is formally called the Sacrament of Reconciliation, which is why it's the best answer. It centers the forgiveness of sins and restoration of grace within the community of faith. Baptism is about initiating someone into the Christian life and the community of the Church, not about confessing sins. Anointing of the Sick focuses on grace, healing, and comfort for those who are ill. The Eucharist is the reception of Christ's Body and Blood to nourish spiritual life.

**7. What term names the minimum duties required by the Church for Christian living?**

**A. Precepts of the Church**

**B. Sacraments**

**C. Canon Law**

**D. Cardinal Virtues**

The term for the minimum duties required by the Church for Christian living is the Precepts of the Church. These are binding obligations that guide how believers participate in worship and support the Church in daily life. Typical examples include attending Mass on Sundays and Holy Days of Obligation, confessing sins at least once a year, receiving Holy Communion at least once during the Easter season, observing fasting and abstinence on designated days, and helping provide for the needs of the Church. Sacraments are the channels of grace, not a checklist of duties. Canon Law is the system of church laws, while Cardinal Virtues are moral virtues guiding how we act, not obligatory actions themselves.

**8. Which term refers to the four Gospels that proclaim the Good News?**

**A. Intercession**

**B. Gospel**

**C. Deposit of Faith**

**D. Holy Spirit**

Gospel is the term for the message of good news about Jesus, and it is also used to name the written accounts that proclaim that news. The four Gospels—Matthew, Mark, Luke, and John—tell the story of Jesus’ life, teachings, death, and resurrection, and together they present the Good News in written form. Intercession is prayer on behalf of others, the Deposit of Faith refers to the body of revealed truth handed down by the Church, and the Holy Spirit is the divine guide of believers—none of these names the four Gospel accounts. So, the word that both means “good news” and denotes the set of writings that proclaim it is Gospel.

**9. Which term refers to the four Gospels that are the heart of the Scriptures?**

**A. Deposit of Faith**

**B. Gospel**

**C. Liturgy of the Hours**

**D. Great Flood**

The term used to name the four Gospel accounts that tell the life, teachings, death, and resurrection of Jesus is Gospel. In many Christian uses, the Gospel refers to the message about Jesus, but it’s also common to speak of the four written narratives themselves as the Gospels. Matthew, Mark, Luke, and John are the primary witnesses about Jesus that anchor the New Testament, so they’re described collectively as the Gospels—the heart of Scripture because they present the story of Jesus at the center of the Christian faith. The other terms don’t fit this specific idea. The Deposit of Faith is the full body of revealed truth handed down, not the name for the four books. The Liturgy of the Hours is the Church’s daily prayer, not a title for the Gospels. The Great Flood is a story from the Old Testament, not a term for the four Gospel accounts.

**10. Which event will reveal all of our choices for or against God and how they affected others and the whole creation, leading to eternal life or Hell?**

- A. Final Judgment**
- B. Day of Reckoning**
- C. Last Judgment**
- D. Judgment Day**

In Christian belief, there will be a final, universal judgment when every person's choices to love or reject God are revealed and weighed, and the effects of those choices on others and on all creation become clear. This decisive verdict determines eternal life or Hell, a single culmination of history. That's why the Last Judgment is the best fit: it names the ultimate, comprehensive judging moment that settles everyone's fate. Other terms are often used to talk about the same idea in different ways, but Last Judgment specifically highlights the final, universal ruling that ends history and reveals the true outcome of all lives lived.

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## Next Steps

**Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.**

**As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.**

**If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at [hello@examzify.com](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://ark7thgrade.examzify.com>**

**We wish you the very best on your exam journey. You've got this!**

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