

AUSTRALIAN CATHOLIC CHURCH PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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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. What best describes New Age spiritualities?

- A. They require strict adherence to ancient creeds.
- B. They reject any form of spiritual experience.
- C. They are a formal branch of Catholic doctrine.
- D. They focus on personal wellbeing and happiness outside established religions.

2. From 1971 to 2021, the percentage of people identifying as No Religion in Australia did what?

- A. Decreased from 38.9% to 6.7%.
- B. Fluctuated but showed no net change.
- C. Increased from 6.7% to 38.9%.
- D. Remained constant at around 20%.

3. What are the essential elements of the Sacrament of Anointing of the Sick, and who is the ordinary minister?

- A. Matter: laying on of hands; Form: blessing; Minister: layperson.
- B. Matter: baptismal water; Form: prayers for healing; Minister: deacon.
- C. Matter: oil of the catechumens; Form: exorcism; Minister: bishop.
- D. Matter: anointing with the Oil of the Sick on the forehead and hands; Form: prayers for healing, strength, and grace; Minister: a validly ordained priest (in danger of death, a priest or bishop may be substituted by an ordained deacon with permission in some rites); recipients include the seriously ill, elderly, or those facing major surgery.

4. Who conducted the Anglican First Fleet Chaplaincy during the first Christian service?

- A. Fr. James Dixon
- B. Fr. Jeremiah Maher
- C. Rev. Richard Johnson
- D. Fr. James Quinn

- 5. In the Eucharist, what do the phrases 'This is my body' and 'This is my blood' signify, and who may validly pronounce them?**
- A. They signify the Real Presence; Valid consecration requires a validly ordained priest or bishop; matter is bread and wine; proper form and intention.
 - B. They symbolize a memorial; any baptized person may pronounce them.
 - C. They signify only a symbolic meal; only a bishop may pronounce them.
 - D. They signify the Real Presence; any priest or deacon may pronounce them.
- 6. What are the essential matter, form, and ordinary minister of the Sacrament of Baptism?**
- A. Matter: Oil; Form: Blessing; Minister: Layperson.
 - B. Matter: Bread and Wine; Form: Words of Institution; Minister: Bishop.
 - C. Matter: Water; Form: the Trinitarian formula 'I baptize you in the name of the Father, and of the Son, and of the Holy Spirit.' Minister: a validly ordained bishop, priest, or deacon.
 - D. Matter: Water and Salt; Form: Blessing of Water; Minister: Deacon.
- 7. Which of the following describes the 2021 Jewish population share in Australia?**
- A. 0.04%
 - B. 0.4%
 - C. 1%
 - D. 2%
- 8. Who attends the Plenary Council?**
- A. All lay Catholics
 - B. All bishops of the Church in Australia
 - C. Priests from each diocese only
 - D. Representatives from Vatican offices
- 9. Who celebrated the first Catholic Eucharist in Australia?**
- A. Fr. James Dixon
 - B. Fr. James Quinn
 - C. Fr. Jeremiah Maher
 - D. Rev. Richard Johnson

10. What is the fastest rising religion in Australia since 2016?

- A. Islam
- B. Buddhism
- C. Judaism
- D. Hinduism

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Answers

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

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Explanations

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1. What best describes New Age spiritualities?

- A. They require strict adherence to ancient creeds.
- B. They reject any form of spiritual experience.
- C. They are a formal branch of Catholic doctrine.
- D. They focus on personal wellbeing and happiness outside established religions.**

New Age spiritualities are best understood as eclectic, individual-driven paths that center on personal growth and wellbeing outside the framework of established religious traditions. They bring together ideas and practices from various traditions—meditation, mindfulness, energy healing, astrology, crystals, and holistic health—without demanding adherence to a single creed or institutional authority. That emphasis on personal experience and self-directed happiness fits the description of focusing on personal wellbeing outside established religions. The other options don't fit because they imply strict creedal fidelity, outright rejection of spiritual experience, or a formal doctrinal role within Catholicism, none of which characterizes New Age spirituality.

2. From 1971 to 2021, the percentage of people identifying as No Religion in Australia did what?

- A. Decreased from 38.9% to 6.7%.
- B. Fluctuated but showed no net change.
- C. Increased from 6.7% to 38.9%.**
- D. Remained constant at around 20%.

Religious identification in Australia shows a long-term shift toward no religious affiliation. The data reveal a clear rise from 6.7% in 1971 to 38.9% in 2021. This reflects broader social changes such as increasing secularization, greater acceptance of diverse beliefs, and more people choosing not to identify with any religion. It isn't a story of landing at a mid-point or staying flat; it's a pronounced upward trend across five decades. The other options would imply a decrease, little or no net change, or a constant level, which do not match the census-based trend.

3. What are the essential elements of the Sacrament of Anointing of the Sick, and who is the ordinary minister?

- A. Matter: laying on of hands; Form: blessing; Minister: layperson.
- B. Matter: baptismal water; Form: prayers for healing; Minister: deacon.
- C. Matter: oil of the catechumens; Form: exorcism; Minister: bishop.
- D. Matter: anointing with the Oil of the Sick on the forehead and hands; Form: prayers for healing, strength, and grace; Minister: a validly ordained priest (in danger of death, a priest or bishop may be substituted by an ordained deacon with permission in some rites); recipients include the seriously ill, elderly, or those facing major surgery.**

The essential elements of Anointing of the Sick are the anointing with the Oil of the Sick on the forehead and on the hands, the prayers of the Church for healing, strength, and grace, and the ministry of a validly ordained priest. The oil signifies healing and spiritual strength given by the Holy Spirit, while the prayers request God's grace for the person's illness, their perseverance, and preparation for whatever lies ahead. The minister is normally a priest (a bishop or priest can perform it), with the accompanying nuance that in extraordinary circumstances a deacon may participate with proper permissions in some rites, especially when a priest isn't available. The recipients are those who are seriously ill, the elderly, or those facing major surgery, rather than all Catholics regardless of circumstance.

4. Who conducted the Anglican First Fleet Chaplaincy during the first Christian service?

- A. Fr. James Dixon
- B. Fr. Jeremiah Maher
- C. Rev. Richard Johnson**
- D. Fr. James Quinn

The question is asking who served as the Anglican chaplain to the First Fleet and led the first Christian service in the new colony. Reverend Richard Johnson was appointed as the Church of England chaplain to the First Fleet and sailed with the ships in 1787–88. He conducted the first Anglican worship in the colony, soon after the fleet's arrival, establishing the presence of Anglican ministry for settlers, marines, and convicts. The other names are Catholic priests and did not serve in this Anglican chaplaincy, so they aren't who led that first service.

5. In the Eucharist, what do the phrases 'This is my body' and 'This is my blood' signify, and who may validly pronounce them?

A. They signify the Real Presence; Valid consecration requires a validly ordained priest or bishop; matter is bread and wine; proper form and intention.

B. They symbolize a memorial; any baptized person may pronounce them.

C. They signify only a symbolic meal; only a bishop may pronounce them.

D. They signify the Real Presence; any priest or deacon may pronounce them.

The phrases express the Real Presence: at the moment of consecration, the bread and wine are truly transformed into the Body and Blood of Christ, while retaining their outward appearances. This is the Church's teaching that Jesus is truly present in the Eucharist, not merely symbolically. Who may pronounce them validly? A validly ordained priest or bishop is required to pronounce the words of institution and perform the consecration. Deacons do not confer the Eucharist by pronouncing these words, and laypeople do not have the authority to perform the consecration. The matter used is bread and wine, the form are the words of institution, and there must be the minister's proper intention to do what the Church intends in the Eucharist.

6. What are the essential matter, form, and ordinary minister of the Sacrament of Baptism?

A. Matter: Oil; Form: Blessing; Minister: Layperson.

B. Matter: Bread and Wine; Form: Words of Institution; Minister: Bishop.

C. Matter: Water; Form: the Trinitarian formula 'I baptize you in the name of the Father, and of the Son, and of the Holy Spirit.' Minister: a validly ordained bishop, priest, or deacon.

D. Matter: Water and Salt; Form: Blessing of Water; Minister: Deacon.

The important idea being tested is what makes Baptism valid in its three essential parts: the matter, the form, and the ordinary minister. In Baptism, the matter is water, which signifies cleansing from sin and new life in Christ. The form is the Trinitarian words spoken by the minister—"I baptize you in the name of the Father, and of the Son, and of the Holy Spirit"—which conveys the grace of the sacrament and the believer's incorporation into Christ and the Church. The ordinary minister is a validly ordained bishop, priest, or deacon, who acts in the person of Christ and within the Church's authority to confer Baptism. Oil is not the essential matter of Baptism (it is used in other sacraments like Confirmation or Anointing of the Sick). Bread and wine are the substances of the Eucharist, not Baptism. A blessing of water is part of preparing for baptism, but the actual form is the Trinity formula. Salt is not the operative matter of Baptism. In ordinary circumstances, the ordained minister is required, though in urgent danger of death a person with the correct intent can baptize using water and the proper formula.

7. Which of the following describes the 2021 Jewish population share in Australia?

- A. 0.04%
- B. 0.4%**
- C. 1%
- D. 2%

Think about how census data express a population share. You find the share by dividing the number of people who identify as Jewish by the total population, then multiplying by 100. In 2021, about 0.4% of Australians identified as Jewish, which is roughly one in every 250 people. This aligns with the official census figures, giving the best description of the Jewish population's size at that time. The other options would imply far fewer or far more people than the census counts.

8. Who attends the Plenary Council?

- A. All lay Catholics
- B. All bishops of the Church in Australia**
- C. Priests from each diocese only
- D. Representatives from Vatican offices

A plenary council is a gathering of all the bishops who govern a particular territory. For the Plenary Council in Australia, that means every bishop from every Australian diocese attends. This reflects that such councils are about decisions and directions for the whole Church in that country, made by those who have authority over dioceses. Lay Catholics contribute through consultation and input processes, but they do not attend as plenary members, and it's not a gathering of priests alone or of Vatican office representatives.

9. Who celebrated the first Catholic Eucharist in Australia?

- A. Fr. James Dixon
- B. Fr. James Quinn
- C. Fr. Jeremiah Maher
- D. Rev. Richard Johnson**

The event tests who first led Catholic worship in the new colony. Rev. Richard Johnson, the chaplain aboard the First Fleet, celebrated the first Catholic Mass in Australia in February 1788 at Sydney Cove. He is recognized as the colony's first Catholic priest, establishing the presence of the Church in the early settlement. The other names are not linked to that inaugural Eucharist, having roles or timeframes later than the very first celebration.

10. What is the fastest rising religion in Australia since 2016?

- A. Islam
- B. Buddhism
- C. Judaism
- D. Hinduism**

Since the 2016 census, the Hindu community in Australia has grown more quickly than the other listed faiths. This rise is driven by ongoing immigration from countries with large Hindu populations and the development of a strong community infrastructure—temples, cultural groups, and schools—that supports younger generations. Because these factors produced the largest proportional increase in adherents among the options, Hinduism stands out as the fastest rising faith in that period. Islam and Buddhism also grow with population shifts, but not at the same rate, and Judaism remains smaller with slower growth.

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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.

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

<https://australiancatholicchurch.examzify.com>

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

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