

Prayers, Beliefs,  
and Practices  
of our  
Catholic Faith

Diocese of Lake Charles

June 2017

My dear Students and Teachers of our Catholic Faith,

With this letter, I introduce to you the booklet, *Prayers, Beliefs, and Practices of our Catholic Faith*, for the Diocese of Lake Charles. This valuable educational resource is given to you in the hope that it will offer a quick and speedy summary of what it is we, as Catholics, should know about our precious faith. It does not replace your textbooks, nor does it substitute for the important resources used by all good teachers to impart knowledge and understanding.

For example, the booklet offers Scriptural references with each and every sacrament. You should with eager curiosity read those references in the Holy Bible that refer to these sacraments, reflect on them, pray with them, absorb them, and live them.

It is good to have the basics in one place. That is why we have dictionaries and catechisms. Please use this booklet as a reminder and helper.

We want not only to know our Catholic faith but also to live that faith. It is not a question of words and definitions alone. Yet, could we learn how to write without learning the definition of words? Or learn how to play football without learning the rules of the sport? Living the faith requires a knowledge and understanding of what it is we say we believe. Let this booklet help you.

With prayers for your intentions, as we strive to live more fully our Catholic faith, I remain

Devotedly yours in our Lord,



†Glen John Provost  
Bishop of Lake Charles

June 2017

Dear Students, Parents, Pastors, and Catechists,

This booklet contains many of the most important prayers, beliefs, and practices of our Catholic Faith. Today's world needs witnesses who can show others the love of Christ. Before we love, however, we must have knowledge. Memorizing these truths can help us to better know our faith and so enter into a deeper relationship with Our Lord.

Students, please study these pages so that you can learn by heart what Our Lord taught. Knowing these prayers, beliefs, and practices will greatly help you learn more in your religion classes.

Parents, as the first teachers of your children in the ways of the faith, this booklet can help you in that great task. You can use it to study with your children and as a springboard to talk to them about faith and what it means to follow Christ.

Pastors and catechists, thank you for your work in forming our young people in the Catholic faith. These Catholic basics are meant to be used alongside the lessons being taught. It is clear that this book is not everything we expect a young person to know, but it provides a solid foundation, which we hope will foster a disposition in students which will gradually configure them more and more to our dear Lord, Jesus Christ who loves them and desires a relationship with them.

Sincerely in Christ,

A handwritten signature in cursive script, reading "Sister Marirose Rudek, RSM". The signature is written in dark ink and is positioned below the typed name.

Sister Marirose Rudek, RSM  
Diocesan Director of Religious Education

# GRADE LEVEL EXPECTATIONS

## **PK 3, PK 4, K, and First Grade**

1. Sign of the Cross
2. The Lord's Prayer
3. Hail Mary
4. Glory Be
5. Grace Before Meals
6. Spontaneous Prayer
7. Angel of God Prayer



## **Second Grade**

**All in previous grade, plus**

8. Praise Prayer
9. Act of Contrition
10. Two Main Parts of the Mass
11. Two Main Parts of the Bible
12. Sacrament of Penance
13. Sacrament of Eucharist (Spiritual Communion)
14. Great Commandment
15. Order of the Mass (Introduce, Master by 5th)

## **Third Grade**

**All in previous grades, plus**

16. Apostle's Creed
17. Ten Commandments
18. The Rosary (Introduce, Master by 6th)
19. Locate Bible passages by book, chapter, and verse
20. New Commandment

## **Fourth Grade**

**All in previous grades, plus**

21. Books in the Pentateuch
22. Historical Books in the Bible (Introduce)
23. Prophetic Books in the Bible (Introduce)
24. Spiritual and Corporal Works of Mercy (Introduce)
25. Hail Holy Queen
26. Beatitudes (Introduce, Master by 7th)

## **Fifth Grade**

**All in previous grades, plus**

- 27. Sacraments
- 28. Prayer to the Holy Spirit (Introduce, Master by 8th)
- 29. Types of Sin
- 30. Stations of the Cross
- 31. Wisdom Books in the Bible

## **Sixth Grade**

**All in previous grades, plus**

- 32. Holy Days of Obligation
- 33. Theological and Cardinal Virtues (Master by 8th)
- 34. Sacramental Understanding of Marriage
- 35. Old Testament Books

## **Seventh Grade**

**All in previous grades, plus**

- 36. New Testament Books
- 37. All Books in the Bible
- 38. Gifts of the Holy Spirit
- 39. Fruits of the Spirit
- 40. Four Marks of the Church



## **Eighth Grade**

**All in previous grades, plus**

- 41. Precepts of the Church
- 42. Days of Fasting and Abstinence
- 43. Nicene Creed

## **Ninth through Twelfth Grade**

**All in previous grades, plus**

- 44. Sacraments – Their Meaning and Scriptural Foundations

## **1. THE SIGN OF THE CROSS**

In the name of the Father, and of the Son, and of the Holy Spirit.  
Amen.

## **2. THE LORD'S PRAYER**

Our Father, who art in heaven, hallowed be thy name. Thy kingdom come. Thy will be done on earth, as it is in heaven. Give us this day our daily bread, and forgive us our trespasses, as we forgive those who trespass against us, and lead us not into temptation, but deliver us from evil. Amen.

## **3. HAIL MARY**

Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

## **4. GLORY BE**

Glory be to the Father, and to the Son, and to the Holy Spirit, as it was in the beginning, is now, and ever shall be, world without end. Amen.

## **5. GRACE BEFORE MEALS**

Bless us, O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ, Our Lord. Amen.

## **6. SPONTANEOUS PRAYER**

Praying in our own words.

## **7. ANGEL OF GOD**

Angel of God, my guardian dear, to whom God's love commits me here. Ever this day be at my side, to light and guard, to rule and guide. Amen.

## **8. PRAISE PRAYER**

Give thanks to the Lord, for he is good, for his mercy endures forever. Amen.

## 9. ACT OF CONTRITION

O my God, I am heartily sorry for having offended thee, and I detest all my sins because of thy just punishment, but most of all because I have offended thee, my God, who are all good and deserving of all my love. I firmly resolve, with the help of thy grace, to sin no more, and to avoid the near occasion of sin. Amen.

## 10. TWO MAIN PARTS OF THE MASS

- Liturgy of the Word
- Liturgy of the Eucharist



## 11. TWO MAIN PARTS OF THE BIBLE

- Old Testament
- New Testament

## 12. SACRAMENT OF PENANCE

(Added additional names of the Sacraments 1/16)

The Sacrament of Penance is also sometimes called the *sacrament of conversion*, *sacrament of confession*, *sacrament of forgiveness* and *sacrament of reconciliation* (CCC 1424).

### Individual Rite of Reconciliation

- Welcome
- Reading from Scripture (optional)
- Confession of Sins
- Priest assigns a penance
- Act of Contrition
- Absolution
- Closing Prayer



## 13. SACRAMENT OF EUCHARIST

The Sacrament of the Eucharist is also sometimes called, *The Lord's Supper*, *The Breaking of Bread*, *The memorial of the Lord's Passion and Resurrection*, *The Holy Sacrifice of the Mass*, and *the Holy and Divine Liturgy*, *Holy Communion* and *Holy Mass* (CCC 1328-1332).

## How to Receive Holy Communion

We receive the Body, Blood, Soul, and Divinity of Christ in Holy Communion. To receive the King of kings and Lord of lords in our bodies, we must know how to receive Him (CCC 1374, 1413).

(Added 1/16)

- To receive Holy Communion, you must be free from mortal sin and sorry for any venial sin committed since your last confession. The penitential rite at the beginning of Mass is an opportunity to express your sorrow.
- To honor the Lord, we fast for one hour before receiving Holy Communion. Fasting means going without food and drink, except water and medicine.
- Catholics are required to receive Holy Communion at least once a year during Easter time. But, it is important to receive Holy Communion often—if possible, at every Mass.
- Usually, Catholics are permitted to receive Holy Communion only once a day. There are some exceptions, such as attendance at a wedding or a funeral liturgy.
- If a Catholic is not able to receive Holy Communion, it is still a serious obligation to attend Mass on Sundays and Holy Days of Obligation. If one cannot receive Holy Communion at Mass, one may make a “Spiritual Communion” to our Lord to express one’s desire to receive Him in one’s heart:

### Act of Spiritual Communion

My Jesus, I believe that You are in the Blessed Sacrament. I love You above all things, and I long for You in my soul. Since I cannot now receive You sacramentally, come at least spiritually into my heart.

I know You have already come. I embrace You and unite myself entirely to You; never permit me to be separated from You. Amen.

## 14. GREAT COMMANDMENT

(Matthew 22:34-40; Mark 12:28-34; Luke 10:25-28)

You shall love the Lord your God with all your heart, with all your soul, with all your strength, and with all your mind. You shall love your neighbor as yourself.

## 15. ORDER OF MASS *(Memorize bolded parts. Be familiar with the others.)*

### **Introductory Rites**

- Entrance *(with song)*
- Veneration of the Altar and Greeting
- Penitential Rite or Rite of Blessing and Sprinkling with Holy Water
- Glory to God *(Gloria – except during Advent and Lent)*
- Opening Prayer

### **Liturgy of the Word**

- First Reading *(usually from the Old Testament or the Acts of the Apostles)*
- Responsorial Psalm
- Second Reading *(not on weekdays unless a Feast – from the New Testament Letters)*
- Gospel Acclamation *(Alleluia, except during Lent)*
- Gospel Reading
- Homily
- Profession of Faith *(Creed)*
- General Intercessions



### **Liturgy of the Eucharist**

- Preparation of the Gifts *(with music or song)*
- Eucharistic Prayer *(with sung acclamations – Holy-Holy [Sanctus], Memorial Acclamation, Great Amen)*
- Distribution of Communion *(with song)*

### **Concluding Rite**

- Greeting
- Blessing
- Recessional *(with song)*

## 16. APOSTLES' CREED

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, his only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; he descended into hell; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will come to judge the living and the dead. I believe in the Holy Spirit, the holy catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

## 17. THE TEN COMMANDMENTS

(Exodus 20:1-17; Deuteronomy 5:4-22) (Numbered Commandments 1/16)

First: I am the Lord your God; you shall not have strange gods before me.

Second: You shall not take the name of the Lord your God in vain.

Third: Remember to keep holy the Lord's Day.

Fourth: Honor your father and your mother.

Fifth: You shall not kill.

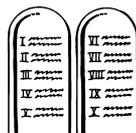
Sixth: You shall not commit adultery.

Seventh: You shall not steal.

Eighth: You shall not bear false witness against your neighbor.

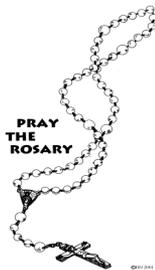
Ninth: You shall not covet your neighbor's wife.

Tenth: You shall not covet your neighbor's goods.



## 18. THE ROSARY

- Begin the rosary with the Sign of the Cross.
- Recite the Apostles' Creed.
- Pray one Our Father,
- Three Hail Mary's,
- One Glory Be.
- To pray each decade, meditate on the mystery saying the Our Father on the large single bead and a Hail Mary on each of the ten smaller beads. Close each decade by praying the Glory Be. Pray the Hail, Holy Queen as the last prayer of the rosary.



**MYSTERIES OF THE ROSARY** Scripture verses are for reference, students should, at some point, read the Scripture passages corresponding to each mystery. (Scriptural References added 1/16)

### Joyful Mysteries

- The Annunciation (Luke 1: 26-38; John 1:14)
- The Visitation (Luke 1:39-56)
- The Nativity (Luke 2:6-20; Matthew 1:18-25)
- The Presentation (Luke 2:22-39)
- The Finding of Jesus in the Temple (Luke 2:41-51)

## Sorrowful Mysteries

- The Agony in the Garden (Matthew 26:36-46; Mark 14:32-42; Luke 22: 39-46)
- The Scourging at the Pillar (Matthew 27:26)
- The Crowning with Thorns (Matthew 27:29-30; Mark 15:16-20; John 1:2-3)
- The Carrying of the Cross (Matthew 27:31-32; Mark 15:21; Luke 23:26-32)
- The Crucifixion (Matthew 27:33-54; Mark 15:22-39; Luke 23:33-47; John 19:17-37)

## Glorious Mysteries

- The Resurrection (Matthew 28: 1-10; Mark 16: 1-18; Luke 24: 1-49; John 20:1-29)
- The Ascension (Mark: 16: 19-20; Luke 24: 50-51; Acts 1: 6-11)
- The Coming of the Holy Spirit (Acts 2: 1-41)
- The Assumption (Revelation 12:1)
- The Coronation of Mary as Queen of Heaven (Revelation 12:1)

## Luminous Mysteries

- The Baptism in the Jordan (Matthew 3:11-17; Luke 3:15-22; John 1:22-34)
- The Miracle at Cana (John 2: 1-12)
- The Proclamation of the Kingdom of God (Mark 1:14-15; Matthew 5:1-8; Matthew 6:33; Matthew 7:21)
- The Transfiguration (Luke 9:28-36; Matthew 17:1-8)
- The Institution of the Eucharist (Matthew 26:26-28; John 6: 33-59)

## 19. LOCATE BIBLE PASSAGES BY BOOK, CHAPTER, AND VERSE

For example: Genesis 1:13-14

Genesis is the name of the book in the Bible; the number before the colon stands for the chapter; the number (s) after the colon stands for the verse (s).



## 20. NEW COMMANDMENT (John 13:34)

This is my commandment, that you love one another as I have loved you.

## 21. BOOKS IN THE PENTATEUCH (first five books of the Bible)

Genesis, Exodus, Leviticus, Numbers, Deuteronomy

## 22. HISTORICAL BOOKS IN THE BIBLE

Joshua, Judges, Ruth, 1Samuel, 2Samuel, 1Kings, 2Kings, 1Chronicles, 2Chronicles, Ezra, Nehemiah, Tobit, Judith, Esther, 1Maccabees, 2Maccabees

These books contain the religious and historical traditions of the Jews. They include the *Pentateuch* (the first five books of the Bible, called the “Torah” or Law of Moses by the Jews)

*(Faith and Life, Grade 7, p. 20), as well as the books listed above.*

## 23. PROPHETIC BOOKS IN THE BIBLE

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

These books contain the words and messages of God’s chosen spokesmen, the prophets. This category also includes the books of Lamentations and Baruch

*(Faith and Life, Grade 7, p. 20).*

## 24. SPIRITUAL AND CORPORAL WORKS OF MERCY

*(Be sure to understand what these mean. What would be concrete practical ways YOU could live these?)*

### **Spiritual Works of Mercy**

- To instruct the ignorant.
- To counsel the doubtful.
- To admonish sinners.
- To bear wrongs patiently.
- To forgive offenses.
- To comfort the afflicted.
- To pray for the living and the dead.



### **Corporal Works of Mercy** (Matthew 25:34-36)

- To feed the hungry.
- To give drink to the thirsty.
- To clothe the naked.
- To shelter the homeless.
- To visit the sick.
- To visit those in prison.
- To bury the dead.

## 25. HAIL HOLY QUEEN

Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

V. Pray for us O Holy Mother of God

A. That we may be made worthy of the promises of Christ.

## 26. BEATITUDES (Matthew 5:1-12) (Luke 6:20-26)

**(Students should know practical ways they can live each of these beatitudes)**

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are the meek; for they shall possess the land.
- Blessed are they that mourn; for they shall be comforted.
- Blessed are those who hunger and thirst for justice, for they shall have their fill.
- Blessed are the merciful, for they shall obtain mercy.
- Blessed are the pure of heart, for they shall see God.
- Blessed are the peacemakers; for they shall be called the children of God.
- Blessed are those who are persecuted for justice sake; for theirs is the kingdom of heaven.

## 27. SACRAMENTS

Baptism, Confirmation, Eucharist, Penance, Anointing of the Sick, Matrimony, Holy Orders



## 28. PRAYER TO THE HOLY SPIRIT

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created and you will renew the face of the earth.

Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

## 29. TYPES OF SIN: (Added 1/16)

**Venial Sin:** Weakens our relationship with God, although it does not completely cut us off from God, it does, however, weaken our ability to make good choices and to remain close to God. (CCC 1855)

**Mortal Sin:** Mortal sin cuts us off from relationship with God and destroys charity in our hearts.

There are three conditions necessary for a sin to be mortal: (CCC 1857; Mark 10:19; Mark 3:5-6; Luke 16:19-31)

1. You must disobey God in a serious matter.
2. You must know that it is wrong.
3. You must freely choose to do it anyway.

## 30. STATIONS OF THE CROSS (Be familiar with stations.) (Added numbers of Stations 1/16)

First Station: Jesus is condemned to die.

Second Station: Jesus takes up the cross.

Third Station: Jesus falls the first time.

Fourth Station: Jesus meets his mother.

Fifth Station: Simon helps Jesus carry the cross.

Sixth Station: Veronica wipes the face of Jesus.

Seventh Station: Jesus falls the second time.

Eighth Station: Jesus meets the women of Jerusalem.

Ninth Station: Jesus falls the third time.

Tenth Station: Jesus is stripped of his garments.

Eleventh Station: Jesus is nailed to the cross.

Twelfth Station: Jesus dies on the cross.

Thirteenth Station: Jesus is taken down from the cross.

Fourteenth Station: Jesus is laid in the tomb.



## 31. WISDOM BOOKS IN THE BIBLE

Job, Psalms, Proverbs, Ecclesiastes, Song of Songs, Wisdom, Sirach

These books are a collection of prayers, wise sayings, and advice, often written in poetic forms.

(Faith and Life, Grade 7, p. 20). (Added 1/16)

## 32. HOLY DAYS OF OBLIGATION

In the United States, five "holy days of obligation" have been designated on which the community is expected to gather for the

celebration of the Eucharist just as it does on Sunday. These days are:

- Christmas, the Nativity of the Lord - December 25
- Mary, Mother of God - January 1
- Ascension (When Jesus went to heaven after the Resurrection)
- Assumption - August 15 (When Mary was taken up to heaven, body and soul).
- All Saints - November 1
- Immaculate Conception - December 8 (When we celebrate that Mary was conceived without original sin by a singular grace of God).

When January 1, August 15, or November 1 falls on a Saturday or a Monday, the feast is celebrated, but the obligation to participate in the Eucharist is removed. However, the Immaculate Conception and Christmas are always holy days of obligation. In the state of Louisiana and many provinces in the United States the Ascension has been transferred to the following Sunday.

### 33. THEOLOGICAL AND CARDINAL VIRTUES

#### **Theological virtues - Faith, Hope, Charity**

**Faith** is the virtue by which we believe all that God has revealed to us through Christ and His Church” (*Faith and Life*, Grade 8, p. 105)

**Hope** is the virtue by which we trust in God’s promises of eternal salvation.” (*Faith and Life*, Grade 8, p. 105)

**Charity** is the virtue by which we love God above all things for his own sake and love our neighbor as ourselves.” (*Added 1/16*)

#### **Cardinal virtues - Prudence, Justice, Fortitude, Temperance**

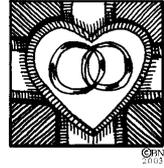
**Prudence** is the ability to make the right choices in life... prudence shows us the way; it ‘tells’ us what to do in order to be faithful to Jesus” (CCC 1806; *Faith and Life*, Grade 7, p. 82)

**Justice** is the virtue which helps us to live honestly by respecting the rights of others. The just person gives to everyone what he deserves” (CCC 1807; *Faith and Life*, Grade 7, p. 82).

**Temperance** is the power to control ourselves” (CCC 1809; *Faith and Life*, Grade 7, p. 83).

**Fortitude** is the virtue that helps us to face every difficulty or danger with inner peace and courage” (CCC 1808; *Faith and Life*, Grade 7, p. 83).  
(Definitions added 1/16)

### 34. SACRAMENTAL UNDERSTANDING OF MARRIAGE (Moved 1/16)



The Sacrament of Marriage is a union between a baptized man and a baptized woman and is properly fulfilled within a liturgical celebration in the presence of a priest or a deacon. The dignity of wedded love requires that the husband and wife fully embrace the essential responsibilities of this sacrament; namely, freedom of choice, faithfulness to each other, and the acceptance and upbringing of children.

### 35. OLD TESTAMENT BOOKS

Genesis, Exodus, Leviticus, Numbers, Deuteronomy, Joshua, Judges, Ruth, 1Samuel, 2Samuel, 1Kings, 2Kings, 1Chronicles, 2Chronicles, Ezra, Nehemiah, Tobit, Judith, Esther, 1Maccabees, 2Maccabees, Job, Psalms, Proverbs, Ecclesiastes, Song of Songs, Wisdom, Sirach, Isaiah, Jeremiah, Lamentations, Baruch, Ezekiel, Daniel, Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, Malachi

### 36. NEW TESTAMENT BOOKS



**Matthew, Mark, Luke, John** are the Four Gospels

(Added 1/16)

Acts of the Apostles, Romans, 1Corinthians, 2Corinthians, Galatians, Ephesians, Philippians, Colossians, 1Thessalonians, 2Thessalonians, 1Timothy, 2Timothy, Titus, Philemon, Hebrews, James, 1Peter, 2Peter, 1John, 2John, 3John, Jude, Revelation

### 37. ALL BOOKS IN THE BIBLE (Be familiar with order to be able to identify them as books of the Bible and approximately where they are in the Bible, added 1/16)

Genesis, Exodus, Leviticus, Numbers, Deuteronomy, Joshua, Judges, Ruth, 1Samuel, 2Samuel, 1Kings, 2Kings, 1Chronicles, 2Chronicles, Ezra, Nehemiah, Tobit, Judith, Esther, 1Maccabees, 2Maccabees, Job, Psalms, Proverbs, Ecclesiastes, Song of Songs, Wisdom, Sirach, Isaiah, Jeremiah, Lamentations, Baruch, Ezekiel, Daniel, Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, Malachi, Matthew, Mark, Luke, John, Acts of the Apostles, Romans, 1Corinthians, 2Corinthians, Galatians, Ephesians, Philippians, Colossians, 1Thessalonians, 2Thessalonians, 1Timothy, 2Timothy, Titus, Philemon, Hebrews, James, 1Peter, 2Peter, 1John, 2John, 3John, Jude, Revelation

### 38. GIFTS OF THE SPIRIT

(Is 11:1-2) (Definitions added 1/16)

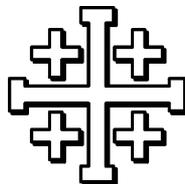
Wisdom, Understanding, Counsel (*Right Judgment*), Fortitude (*Courage*), Knowledge, Piety (*Reverence*), Fear of the Lord (*Wonder and Awe in God's Presence*)

- *Wisdom* – the ability to see things as God sees them
- *Understanding* – insight into the mysteries of the faith
- *Knowledge* – the ability to see everything in relation to God and eternity
- *Counsel* – the ability to make correct decisions about God's will for our lives
- *Fortitude* – the strength to be faithful to Christ when it is difficult
- *Piety* – the inspiration to worship God and love him as a Father
- *Fear of the Lord* – the ability to see the evil of sin and the goodness of God

Definitions from: Diocese of Lincoln, Curriculum Guide, <https://onedrive.live.com/view.aspx?cid=d7b5ca7e920f686c&id=documents&resid=D7B5CA7E920F686C%21623&app=Word&authkey=!ACyOOOkoUbGFESM&>

### 39. FRUITS OF THE SPIRIT (Galatians 5:22-23)

Charity, Peace, Kindness, Generosity, Faithfulness, Self-Control, Joy, Patience, Goodness, Gentleness, Modesty, Chastity



### 40. FOUR MARKS OF THE CHURCH (Added 1/16)

The Church established by Jesus Christ has four marks of identity: a) one b) holy c) catholic and d) apostolic.

### 41. THE PRECEPTS OF THE CHURCH

The precepts of the Church are meant to guarantee to the faithful the very necessary minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor.

- You shall attend Mass on Sundays, holy days of obligation, and rest from servile labor.
- You shall confess your sins at least once a year.
- You shall receive the sacrament of Eucharist at least during the Easter season.
- You shall observe the days of fasting and abstinence established by the Church.
- You shall help to provide for the material needs of the Church.



## 42. DAYS OF FASTING AND ABSTINENCE

Every Catholic, even children and older adults, should participate in some way in the spiritual disciplines and penitential practices of Lent.

**-Ash Wednesday and Good Friday are days of fast and abstinence.** This means that we do not eat meat and that we have one full meal on these days. Concerning the Good Friday fast, the Second Vatican Council teaches: “Let the Easter fast be kept sacred. Let it be celebrated everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, so that the joys of the Sunday of the Resurrection may be attained with uplifted and clear mind.”

**-The other Fridays of the Season of Lent are also days of abstinence from meat.** The obligation to abstain from meat binds all Catholics 14 years of age and older. The obligation to fast, limiting oneself to one full meal and two lighter meals in the course of the day, binds Catholics from the age of 18 until after their 60th birthday. Those who are younger or older are encouraged to participate and may freely embrace these disciplines. However, these disciplines should never endanger one’s health.

## 43. NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead, and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets.

I believe in one, holy, catholic and apostolic Church. I confess one

baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

#### 44. SACRAMENTS – THEIR MEANING AND SCRIPTURAL FOUNDATIONS

Sacraments are effective signs of God’s grace, established by Jesus and given to his Church, to give life to us.

##### *Sacraments of Initiation*

**Baptism** is the sacrament of rebirth through which we are freed from sin, become children of God, and are welcomed into the Body of Christ, the Church. “Repent and be baptized” (*Acts 2:37-41*).

*(cf. Matthew 3:13-17; Mark 1:9-11; Romans 6:3-4)*



**Confirmation** is the sacrament that strengthens the grace of Baptism, celebrates the gifts of the Holy Spirit, and empowers us to profess, live, and spread the faith.

“He has also put his seal upon us and given the Spirit in our hearts” (*2 Corinthians 1:21-22*).

*(cf. John 1:33-34; Acts 2:1-4; Galatians 5:22-23)*



**Eucharist** is the sacrament that makes present Jesus’ sacrifice on the cross and invites us to share the Lord’s Supper as we receive his Body and Blood under the appearance of bread and wine.

“For as often as you eat this bread and drink the cup you proclaim the death of the Lord until he comes”

*(1 Cor 11:26). (cf. Gn 14:17-20; Mt 14:13-21; Lk 9:10-17)*

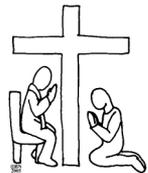


##### *Sacraments of Healing*

**Penance** is the sacrament that celebrates God’s forgiveness of sins by way of a contrite heart, the confession of sin, and absolution from the priest.

“Whose sins you forgive are forgiven them, and whose sins you retain are retained” (*Jn 20:19-23*). *(cf. Gn 45:1-15; Mt 5:21-26; Mk 2:1-12)*

“Do not neglect the gift you have which was conferred on you through the prophetic word and the imposition of hands of the presbyterate” (*1 Tim 4:11-16*). *(cf. Mt 10:1-4; Luke 6:12-16; Rom 12:1-8; 1Tim 3:1-13)*



**Anointing of the Sick** is the sacrament in which Jesus Christ, through the anointing with sacred oil and prayers of the priest, gives health, strength, and forgiveness to the seriously ill and suffering.

“Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and anoint him with oil” (*Jas 5:14-16*). (*cf. Ps 23; Mk 6:7-13; Jas 5:13-15*)



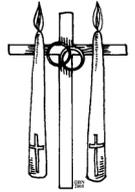
Anointing  
of the Sick

## Sacraments of Service

**Matrimony** is the sacrament in which a Christian man and a Christian woman commit to a faithful union of life, love, and service to one another and to the Church.

“The two shall become one flesh”

(*Ephesians 5:21-33*). (*cf. Matthew 19:1-12; John 2:1-11; 1 Corinthians 13*)



**Holy Orders** is the sacrament in which baptized men are ordained as bishops, priests, or deacons to serve the Church in the name of Jesus Christ.

“Do not neglect the gift you have which was conferred on you through the prophetic word and the imposition of hands of the presbyterate” (*1 Timothy 4:11-16*).

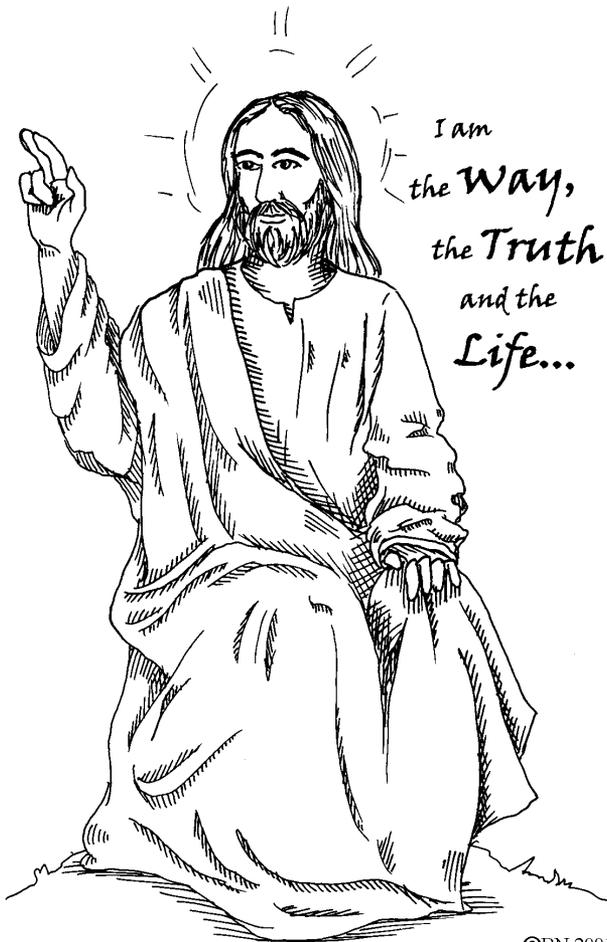
(*cf. Matthew 10:1-4; Luke 6:12-16; Romans 12:1-8; 1 Timothy 3:1-13*)



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*Notes:*



I am  
the **Way**,  
the **Truth**  
and the  
**Life...**

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May 2016