

CATHOLIC ESSENTIALS FOR MEMORIZATION

√ **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.

√ **Hail Mary**

Hail Mary, full of grace, The Lord is with Thee;
Blessed art thou among 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.

√ **Our Father**

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.

√ **Act of Contrition:**

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

√ **Ten Commandments**

1. I am the Lord your God: You shall not have strange Gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to keep holy the Lord's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

√ **The Two Great Commandments or Golden**

Rule: Love God (Commandments 1-3)
and love your neighbor as yourself. (Commandments 7-10)

√ **The 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 thence he
shall 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.

+Explain: The Holy Trinity

The Trinity is the Father, Son and Holy Spirit – One
God, Three Divine Persons.
The Father is God, the Son is God, and the Holy
Spirit is God, and yet there are not three gods but one
God. This is a mystery. (Athanasian Creed).

+Jesus is ONE person but has TWO Natures: Human and Divine.

+How is Jesus human? As a human he...

- Was born of a human mother, Mary.
- Has a human body.
- Expresses emotions. Was tempted.
- Suffered. -Died.

+How is Jesus Divine (God)? As God he...

- Performs miracles.
- Has a heavenly Father.
- Forgives sins.
- Rises from the Dead.

+Know: Story of the First Pentecost Acts 2:1-13

+Matter of Confirmation – Laying on of hands and
anointing with Sacred Chrism

+Form of Confirmation: the words: “Be Sealed
with the Gift of the Holy Spirit.”

***Four Marks of the Church:**

One, Holy, Catholic (or universal), and Apostolic.

***The Three Theological Virtues:**

Faith, Hope and Charity

+Mysteries: Be able to sort pictures of the mysteries and put in chronological order as seen below. Pick 3 from a hat and be able to explain them.

+The Five Joyful Mysteries

(said on Mondays and Saturdays)

1. The Annunciation
2. The Visitation
3. The Nativity
4. The Presentation
5. The Finding of the Child Jesus in the Temple

+The Five Luminous Mysteries

(Said on Thursdays)

1. The Baptism of Jesus
2. The Wedding at Cana
3. The Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

+The Five Sorrowful Mysteries

(said on Tuesdays and Fridays)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion

+The Five Glorious Mysteries

(said on Wednesdays and Sundays)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
- The Assumption
5. The Coronation

***Fruits of the Holy Spirit:**

Charity(love), joy, peace, patience, kindness, goodness, generosity, gentleness, faithfulness, modesty, self-control, and chastity.

***Gifts of the Holy Spirit:** Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety, Fear of the Lord.

***The Precepts of the Church:**

1. Assist at Mass on Sundays and holy days of obligation and do no unnecessary work.
2. Confess serious sins at least once a year.
3. Receive Holy Communion frequently and, at a minimum, during the Easter Season.
4. Fast and abstain on appointed days and times.

5. Contribute to the support of the Church.
6. Observe the laws of the Church concerning marriage and give religious training to one's children.
7. Join the missionary spirit and work of the Church.

***The Eight Beatitudes (be able to recognize all, memorize only one)**

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are those who mourn, for they shall be comforted.
3. Blessed are the meek, for they shall inherit the earth.
4. Blessed are those who hunger and thirst for righteousness, for they shall be satisfied.
5. Blessed are the merciful, for they shall obtain mercy.
6. Blessed are the pure in heart, for they shall see God.
7. Blessed are the peacemakers, for they shall be called sons of God.
8. Blessed are those who are persecuted for righteousness' sake, for theirs is the kingdom of heaven. Blessed are you when men revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward is great in heaven.

+Definition of a Sacrament:

The sacraments are visible signs instituted by Jesus Christ to give us grace and to make us holy. (CCC1131)

***Seven Sacraments:**

Baptism, Holy Eucharist, Reconciliation, Confirmation, Marriage, Holy Orders, and Anointing of the Sick.

+Definition of Confirmation: The Sacrament of Confirmation makes us more perfect Christians and soldiers of Christ by means of the outpouring of the Holy Spirit and the strengthening of his gifts which we first received at Baptism.

***Spiritual and Corporal Works of Mercy**

1. Feed the Hungry
2. Give Drink to the Thirsty
3. Clothe the Naked
4. Shelter the Homeless
5. Visit the Sick
6. Visit those in prison.
7. Bury the Dead

***Spiritual Works of Mercy**

1. Admonish sinners
2. Instruct the ignorant
3. Counsel the doubtful
4. Comfort the sorrowful
5. Bear wrongs patiently
6. Forgive injuries
7. Pray for the living and the dead