

## 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.

## 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.

## APOSTLE'S 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.

## 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.

## FATIMA PRAYER

O My Jesus, forgive us our sins, save us from the fires of Hell and lead all souls to Heaven, especially those who are in most need of Thy mercy. Amen.

## HAIL, HOLY QUEEN (SALVE REGINA)

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. Pray for us, O holy Mother of God, that we may be made worthy of the promises of Christ. Amen.

## ST MICHAEL PRAYER

Saint Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the devil; May God rebuke him, we humbly pray; And do thou, O Prince of the Heavenly Host, by the power of God, cast into hell Satan and all evil spirits who prowl about the world seeking the ruin of souls. Amen.

## GUARDIAN ANGEL PRAYER

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.

## THE MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thine intercession was left unaided. Inspired by this confidence, I fly unto thee, O Virgin of virgins, my mother; to thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

## MORNING OFFERING

O, Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation for sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

## NIGHT PRAYER

Now I lay me down to sleep. I pray the Lord my soul to keep. May angels watch me through the night and wake me in the morning light. Amen.

## 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.

## ACT OF CONTRITION

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of thy just punishments, but most of all because they offend 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.

### **The Ten Commandments**

1. I, the Lord, am your God. You shall not have other gods besides 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 your 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 Beatitudes**

The Beatitudes are the teachings of Jesus in the Sermon on the Mount (Matthew 5:1-10). Jesus teaches us that if we live according to the Beatitudes, we will live a happy Christian life. The Beatitudes fulfill God's promises made to Abraham and his descendants and describe the rewards that will be ours as loyal followers of Christ.

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the land.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the clean in heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

### **Precepts of the Church**

The Precepts of the Church describe the minimum effort we must make in prayer and in living a moral life. All Catholics are called to move beyond the minimum by growing in love of God and love of neighbor.

1. Attendance at Mass on Sundays and Holy Days of Obligation
2. Confession of serious sin at least once a year
3. Reception of Holy Communion at least once a year during the Easter season
4. Observance of the days of fast and abstinence
5. Providing for the needs of the Church

**Seven Sacraments:** Baptism, Reconciliation, Eucharist, Confirmation, Matrimony, Holy Orders, and Anointing of the Sick

**Theological Virtues:** Faith, Hope, Love

**Cardinal Virtues:** Prudence (good discernment), Justice, Fortitude (courage), Temperance (moderation)

**Gifts of the Holy Spirit:** Wisdom, Understanding, Knowledge, Counsel, Fortitude (courage), Piety (reverence), Fear of the Lord (wonder and awe)

**Fruits of the Holy Spirit:** Charity (love), Joy, Peace, Patience, Kindness, Goodness, Generosity, Gentleness, Faithfulness, Modesty, Self-Control, Chastity

### **Corporal Works of Mercy:**

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Visit the imprisoned.
5. Shelter the homeless.
6. Visit the sick.
7. Bury the dead.

### **Spiritual Works of Mercy:**

1. Admonish the sinner. (Give correction to those who need it.)
2. Instruct the ignorant. (Share our knowledge with others.)
3. Counsel the doubtful. (Give advice to those who need it.)
4. Comfort the sorrowful. (Comfort those who suffer.)
5. Bear wrongs patiently. (Be patient with others.)
6. Forgive all injuries. (Forgive those who hurt us.)
7. Pray for the living and the dead.

### **The Bible**

"Ignorance of Scripture is ignorance of Christ" - St Jerome

73 total books—46 old testament, 27 new testament

Gospels: Matthew, Mark, Luke, John

Pentateuch (first 5 books): Genesis, Exodus, Leviticus, Numbers, Deuteronomy

### **Covenants:**

Edenic—One holy couple: Adam and Eve (Gen 1-3)

Noahic—One holy family: Noah and his family (Gen 9)

Abrahamic—One holy tribe: Abraham (Gen 15, 17, 22)

Mosaic—One holy nation: Moses (Ex 24, Deut 29)

Davidic—One holy kingdom: David (2 Sam 7:11-15)

Prophetic—One holy people: the prophets (Jer 31, Heb 8:8)

Eucharistic—One holy Church: Jesus Christ (Matt 16:18, Luke 22:1-23)

### **Kerygma (The Proclamation of the Good News)**

The basic message of the Kerygma can be broken down into these 7 parts:

1. God loves you and has plan for your life.
2. Sin will destroy you.
3. Christ Jesus died to save you.
4. Repent and believe the Gospel.
5. Be Baptized and receive the Holy Spirit.
6. Abide in Christ and his body the Church.
7. Go make disciples.