

THINGS EVERY CATHOLIC SHOULD KNOW

The 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 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 Duties of Catholic Christians

1. To keep holy the day of the Lord's resurrection; to worship God by participating in Mass every Sunday and holy day of obligation; to avoid those activities that would hinder the renewal of soul and body. For example, needless work and business activities, unnecessary shopping.
2. To lead a sacramental life. This means to receive Holy Communion at least once a year between the first Sunday of Lent and Trinity Sunday, receiving the sacrament of reconciliation beforehand if serious sin is involved. But this also means that all are urged and expected to receive these sacraments frequently.

3. To study Catholic teaching in preparation for the sacrament of Confirmation, to be confirmed, and then to study to advance the cause of Christ.
4. To observe the marriage laws of the Church; to give religious training (by word and example) to one's children; to use parish schools and religious education programs.
5. To strengthen and support the Church; one's own parish community and parish priests; the worldwide Church and the Holy Father.
6. To do penance, including abstaining from meat and fasting from food on the appointed days.
7. To join in the missionary spirit and apostolate of the Church.

The Beatitudes

1. Blessed are the poor 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 of 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.

Seven Gifts of the Holy Spirit

1. Wisdom helps you to see from God's point of view and to recognize the true value of people, events, and things.
2. Understanding gives you insight into the truths of the faith and being a follower of Jesus. It grows through prayer and the reading of Scripture.
3. Counsel helps you seek advice and to be open to the advice of others. Counsel also helps you to encourage others to do the right thing.
4. Knowledge makes you aware of God's plan for your life and how you should respond.
5. Fortitude helps you to stand up for your beliefs and gives you the inner strength to do what is right in the face of difficulties.
6. Piety helps you to strengthen your relationship with God and increase your love for others and for all of God's creation.
7. Wonder and Awe helps you to recognize God's greatness and your dependence on him.

Fruits of the Holy Spirit

The fruits of the Holy Spirit are: faithfulness, goodness, love, modesty, kindness, self-control, patience, peace, joy, chastity, gentleness, and generosity.

Theological Virtues

The three Theological Virtues are faith, hope, and charity.

Cardinal Virtues

The four Cardinal Virtues are prudence, justice, fortitude, and temperance.

Basic Prayers

The Sign of the Cross

Lord's Prayer

Hail Mary

Apostles' Creed

Acts of Faith, Hope and Charity

Acts of Contrition

Sacraments of

Initiation

Baptism

Confirmation

Holy Eucharist

Reconciliation and Healing

Penance (Reconciliation)

Anointing of the Sick

Commitment

Matrimony

Holy Orders

The Liturgical Seasons

Advent

Christmas

Lent

Holy Week

Easter Triduum

Easter Season

Ordinary Time

("Proper of Seasons" - Sacramentary)

The Holy Days of Obligation

Solemnity of Mary, the Mother of God

January 1

Immaculate Conception

December 8

Ascension of Our Lord

40 days after Easter

Assumption of the Blessed Virgin Mary

August 15

All Saints Day

November 1

Christmas - Nativity of our Lord

December 25

