

Things every Confirmed Catholic Should Know

The Ten Commandments

1. I am the Lord 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 neighbors wife
10. You shall not covet your neighbors goods

The Great Commandment

John 13:34

The Beatitudes

Matthew 5:3-10

Works of Mercy

-Corporal works of mercy

Corporal works of mercy are kind acts by which we help our neighbors with their material and physical needs. These include: Feeding the hungry, clothe the naked, bury the dead, give alms to the poor, shelter the homeless and visit the sick and imprisoned.

-Spiritual Works of mercy

The spiritual works of mercy are acts of compassion that aim at people's emotional and spiritual needs. These include: instruct, console, forgive, advise, comfort, pray, and bear wrongs patiently.

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. The precepts are as follows

1. **attendance** at Mass on Sundays and Holy Days of Obligation
2. **confession** of serious sins 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

Days of fast

- Ash Wednesday
- Good Friday
- All Fridays in Lent

Holy Days of Obligation

Holy Days of Obligation are the days other than Sundays on which Catholics are obligated to go to church. They are:

1. Mary, Mother of God-January 1
2. Assumption of the Blessed Virgin Mary-August 15
3. All Saints-November 1
4. Immaculate Conception-December 8
5. Nativity of our Lord Jesus Christ-December 25

Virtues

Virtues are gifts from God that lead us to live in a close relationship with him. Virtues are like good habits. They need to be used; they can be lost if they are neglected. The three most important virtues are called theological virtues because they come from God and lead to God. The cardinal virtues are human virtues, acquired by education, and good actions. They are named from the Latin word "hinge" (cardo), meaning "that on which other things depend."

-Theological Virtues

- Faith
- Charity
- Hope

-Cardinal Virtues

- Prudence
- Fortitude
- Justice
- Temperance

Gifts of the Holy Spirit

- Wisdom
- Knowledge
- Courage
- Reverence
- Right Judgment
- Understanding
- Wonder and Awe

Fruits of the Holy Spirit

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

The Seven Sacraments

Sacraments of Initiation

- Baptism
- Confirmation
- Eucharist

Sacraments of Healing

- Reconciliation
- Anointing of the Sick

Sacraments at the Service of Communion

- Matrimony
- Holy Orders

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 Salvation, but deliver us from evil. Amen

Hail Mary

Hail Mary, full of grace, the Lord is with you. Blessed are you 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

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 always shall be, a world without end. Amen

Know an Act of Contrition:

ACT OF CONTRITION 1

My God, I am sorry for my sins with all my heart.
In choosing to do wrong and failing to do good,
I have sinned against you whom I should love above all things.
I firmly intend, with your help,
to do penance, to sin no more, and to avoid whatever leads me to sin.
Our Savior Jesus Christ suffered and died for us.
In His Name may God have mercy.

ACT OF CONTRITION 2

O MY GOD, I am heartily sorry for having offended Thee, and I detest all my sins
because I dread the loss of Heaven and the pains of Hell; but most of all because they
offend Thee, my God, Who art all-good and deserving of all my love. I firmly resolve,
with the help of Thy grace, to confess my sins, to do penance, and to amend my life.
Amen.

ACT OF CONTRITION 3

O MY GOD, I am heartily sorry for having offended Thee, and I detest all my sins
because of your just punishments; but most of all because they offend Thee, my God,
Who art all-good and deserving of all my love. I firmly resolve, with the help of Thy
grace, to confess my sins, to do penance, and to amend my life. Amen.

ACT OF CONTRITION 4

O my God,
I am sorry for my sins because I have offended you.
I know I should love you above all things.
Help me to do penance,
to do better,
and to avoid anything that might lead me to sin. Amen.