

The Penny Catechism

*370 Fundamental
Questions and Answers
on the Catholic Faith*

EIGHT BENEFITS OF FREQUENT CONFESSION

Pope Pius XII warned about the opinions of those who assert that little importance should be given to the frequent confession of venial sins. He stated in very clear words that, “to ensure more rapid progress day by day in the path of virtue, we will that the pious practice of frequent confession, which was introduced into the Church by the inspiration of the Holy Spirit, should be earnestly advocated.” He cited some of the benefits to be derived from it:

- 1) Genuine Self-Knowledge is Increased.
- 2) Christian Humility Grows.
- 3) Bad Habits are Corrected.
- 4) Spiritual Neglect and Tepidity are Resisted.
- 5) Conscience is Purified.
- 6) The Will is Strengthened.
- 7) A Salutary Self-Control is Attained.
- 8) Grace is Increased in Virtue of the Sacrament Itself.

Encyclical of Pope Pius XII, *Mystici Corporis*

(Inside of front cover)

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INTRODUCTION

Until the 1960's catechesis was primarily doctrinal—an accurate account of the truths revealed by God and entrusted for safekeeping and accurate exposition to the Catholic Church.

The term for this in the early Church was *didache*, which was the instruction given to converts to the Faith before they received the sacrament of Baptism. There is some evidence that it was expressed in a set form of words and was learned by heart, as was the practice of Rabbinic Judaism. Later the content of the Faith was summed up in the Apostles Creed which the neophyte recited before receiving the sacrament of Baptism.

Later still, the whole content of the Church's teaching was divided into four parts: Creed, Commandments, Sacraments and Prayer and this division has been accepted in the recent Catechism of the Catholic Church, published in 1991.

In the 19th century there were the Baltimore Catechism used in schools in the United States and this, *The Penny Catechism*, authorized for use in schools by the Bishops of England and Wales. Given to G.K. Chesterton by the parish priest when G.K.C. approached him about entering the Catholic Church, the great thinker described this little booklet as a "marvellous compendium of Christian wisdom."

This doctrinal catechesis and the books which embodied it were discarded in the 1960's in favor of a new catechetical method called experiential. This had as its starting-point the religious experience of the child, the result of the indwelling of the Holy Spirit, one of the effects of the reception of the Sacrament of Baptism.

In 1983, on a visit to France, Cardinal Ratzinger described the abandonment of the catechism as a bad blunder. With good reason. For as a result of the new catechetical method, several generations of Catholics have grown up ignorant of the content of the Faith.

The rote method is still the most effective for teaching the young and *The Penny Catechism*, which can also be used as a handy and quick reference for adults, is a simple and time tested way to pass on the Catholic Faith.

1

WHY WE BELIEVE

1. Who made you?

God made me.

2. Why did God make you?

God made me to know him, to love him and to serve him in this world, and to be happy with him forever in the next.

3. To whose image and likeness did God make you?

God made me to his own image and likeness.

4. Is this likeness to God in your body, or in your soul?

This likeness to God is chiefly in my soul.

5. How is your soul like to God?

My soul is like to God because it is a spirit, and is immortal.

6. What do you mean when you say that your soul is immortal?

When I say my soul is immortal, I mean that my soul can never die.

7. Of what must you take most care, of your body or of your soul?

I must take most care of my soul; for Christ has said, *For what does it profit a man, if he gain the whole world, but suffer the loss of his own soul?* (Mt 16:26)

8. What must you do to save your soul?

To save my soul I must worship God by Faith, Hope, and Charity; that is, I must believe in him, I must hope in him, and I must love him with my whole heart.

9. What is faith?

Faith is a supernatural gift of God, which enables us to believe without doubting whatever God has revealed.

10. Why must you believe whatever God has revealed?

I must believe whatever God has revealed because God is the very Truth, and can neither deceive nor be deceived.

11. How are you to know what God has revealed?

I am to know what God has revealed by the testimony, teaching, and authority of the Catholic Church.

12. Who gave the Catholic Church divine authority to teach?

Jesus Christ gave the Catholic Church divine authority to teach when he said, *Go and teach all nations.* (Mt 28:19)

THE APOSTLES' CREED

13. What are the chief things which God has revealed?

The chief things which God has revealed are contained in the Apostles' Creed.

14. Say 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; the third day he rose again from the dead; he ascended into heaven; sits 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.

15. How is the Apostles' Creed divided?

The Apostles' Creed is divided into twelve parts or articles.

FIRST ARTICLE

16. What is the first article of the Creed?

The first article of the Creed is, *I believe in God, the Father Almighty, Creator of heaven and earth.*

17. What is God?

God is the supreme Spirit, who alone exists of himself, and is infinite in all perfections.

18. Why is God called *Almighty*?

God is called *Almighty* because he can do all things: *With God all things are possible.* (Mt 19:26)

19. Why is God called *Creator of heaven and earth*?

God is called *Creator of heaven and earth* because he made heaven and earth, and all things, out of nothing, by his word.

20. Had God any beginning?

God had no beginning: he always was, he is, and he always will be.

21. Where is God?

God is everywhere.

22. Does God know and see all things?

God knows and sees all things, even our most secret thoughts.

23. Does God have a body?

God does not have a body; he is a spirit.

24. Is there only one God?

There is only one God.

25. Are there three Persons in God?

There are three Persons in God: God the Father, God the Son, and God the Holy Spirit.

26. Are these three Persons three Gods?

These three Persons are not three Gods: the Father, the Son, and the Holy Spirit are all one and the same God.

27. What is the mystery of the three Persons in one God called?

The mystery of three Persons in one God is called the mystery of the Blessed Trinity.

28. What do we mean by a mystery?

By a mystery I mean a truth which is above reason, but revealed by God.

29. Is there any likeness to the Blessed Trinity in your soul?

There is this likeness to the Blessed Trinity in my soul: that as in one God there are three Persons, so in my one soul there are three powers.

30. What are the three powers of your soul?

The three powers of my soul are my memory, my understanding, and my will.

SECOND ARTICLE

31. WHAT is the second article of the Creed?

The second article of the Creed is, *and in Jesus Christ, his only Son, our Lord.*

32. Who is Jesus Christ?

Jesus Christ is God the Son, made man for us.

33. Is Jesus Christ truly God?

Jesus Christ is truly God.

34. Why is Jesus Christ truly God?

Jesus Christ is truly God because he has one and the same nature with God the Father.

35. Was Jesus Christ always God?

Jesus Christ was always God, born of the Father from all eternity.

36. Which Person of the Blessed Trinity is Jesus Christ?

Jesus Christ is the Second Person of the Blessed Trinity.

37. Is Jesus Christ truly man?

Jesus Christ is truly man.

38. Why is Jesus Christ truly man?

Jesus Christ is truly man because he has the nature of man, having a body and soul like ours.

39. Was Jesus Christ always man?

Jesus Christ was not always man. He has been man only from the time of his Incarnation.

40. What do you mean by the *Incarnation*?

I mean by the *Incarnation* that God the Son took to himself the nature of man: *The Word was made Flesh.* (Jn 1:14)

41. How many natures are there in Jesus Christ?

There are two natures in Jesus Christ, the nature of God and the nature of man.

42. Is there only one Person in Jesus Christ?

There is only one Person in Jesus Christ, which is the Person of God the Son.

43. Why was God the Son made man?

God the Son was made man to redeem us from sin and hell, and to teach us the way to heaven.

44. What does the holy name Jesus mean?

The holy name Jesus means Savior. (Mt 1:21)

45. What does the name Christ mean?

The name Christ means Anointed.

46. Where is Jesus Christ?

As God, Jesus Christ is everywhere. As God made man, he is in heaven, and in the Blessed Sacrament on the altar.

THIRD ARTICLE

47. What is the third article of the Creed?

The third article of the Creed is, *who was conceived by the Holy Spirit, born of the Virgin Mary.*

48. What does the third article mean?

The third article means that God the Son took a Body and a Soul like ours, in the womb of the Blessed Virgin Mary, by the power of the Holy Spirit.

49. Had Jesus Christ any father on earth?

Jesus Christ had no father on earth: St. Joseph was only his guardian or foster father.

50. Where was our Savior born?

Our Savior was born in a stable at Bethlehem.

51. On what day was our Savior born?

Our Savior was born on Christmas Day.

FOURTH ARTICLE

52. What is the fourth article of the Creed?

The fourth article of the Creed is, *suffered under Pontius Pilate, was crucified, died, and was buried.*

53. What were the chief sufferings of Christ?

The chief sufferings of Christ were: first, his agony and his sweat of blood in the Garden; second, his being scourged at the pillar and crowned with thorns; and third, his carrying his cross, his crucifixion, and his death between two thieves.

54. What are the chief sufferings of our Lord called?

The chief sufferings of our Lord are called the Passion of Jesus Christ.

55. Why did our Savior suffer?

Our Savior suffered to atone for our sins, and to purchase for us eternal life.

56. Why is Jesus Christ called our Redeemer?

Jesus Christ is called our Redeemer because his precious blood is the price by which we were ransomed.

57. On what day did our Savior die?

Our Savior died on Good Friday.

58. Where did our Savior die?

Our Savior died on Mount Calvary.

59. Why do we make the sign of the cross?

We make the sign of the cross—first, to put us in the mind of the Blessed Trinity; and second, to remind us that God the Son died for us on the Cross.

60. In making the sign of the cross how are we reminded of the Blessed Trinity?

In making the sign of the cross we are reminded of the Blessed Trinity by the words, *In the name of the Father, and of the Son, and of the Holy Spirit.*

61. In making the sign of the cross how are we reminded that Christ died for us on the Cross?

In making the sign of the cross we are reminded that Christ died for us on the Cross by the very form of the cross which we make upon ourselves.

FIFTH ARTICLE

62. What is the fifth article of the Creed?

The fifth article of the Creed is, *he descended into hell; the third day he rose again from the dead.*

63. What do we mean by the words, *he descended into hell*?

By the words, *he descended into hell*, I mean that, as soon as Christ was dead, his blessed Soul went down into that part of hell called Limbo.

64. What do we mean by Limbo?

By Limbo I mean a place of rest, where the souls of the just who died before Christ were detained.

65. Why were the souls of the just detained in Limbo?

The souls of the just were detained in Limbo because they could not go up to the kingdom of heaven until Christ had opened it for them.

66. What do you mean by the words, *the third day he arose again from the dead*?

By the words, *the third day he rose again from the dead*, I mean that, after Christ had been dead and buried part of three days, he raised his blessed Body to life again on the third day.

67. On what day did Christ rise again from the dead?

Christ rose again from the dead on Easter Sunday.

SIXTH ARTICLE

68. What is the sixth article of the Creed?

The sixth article of the Creed is, *he ascended into heaven; sits at the right hand of God the Father Almighty.*

69. What do we mean by the words, *he ascended into heaven*?

By the words, *he ascended into heaven*, I mean that our Savior went up Body and Soul into heaven on Ascension Day, forty days after his resurrection.

70. What do you mean by the words, *sits at the right hand of God the Father Almighty*?

By the words, *sits at the right hand of God the Father Almighty*, I do not mean that God the Father has hands, for he is a spirit; but I mean that Christ, as God, is equal to the Father; and, as man, is in the highest place in heaven.

SEVENTH ARTICLE

71. What is the seventh article of the Creed?

The seventh article of the Creed is, *from thence he shall come to judge the living and the dead.*

72. When will Christ come again?

Christ will come again from heaven at the last day, to judge all mankind.

73. What are the things Christ will judge?

Christ will judge our thoughts, words, works, and omissions.

74. What will Christ say to the wicked?

Christ will say to the wicked, *Depart from me, you cursed, into everlasting fire, which was prepared for the devil and his angels.* (Mt 25:41)

75. What will Christ say to the just?

Christ will say to the just, *Come you blessed of my father, possess the kingdom prepared for you.* (Mt 25:34)

76. Will every one be judged at death, as well as at the last day?

Everyone will be judged at death, as well as at the last day: *It is appointed unto men to die once and after this comes the judgement.* (Heb 9:27)

EIGHTH ARTICLE

77. What is the eighth article of the Creed?

The eighth article of the Creed is, *I believe in the Holy Spirit.*

78. Who is the Holy Spirit?

The Holy Spirit is the Third Person of the Blessed Trinity.

79. From whom does the Holy Spirit proceed?

The Holy Spirit proceeds from the Father and the Son.

80. Is the Holy Spirit equal to the Father and to the Son?

The Holy Spirit is equal to the Father and to the Son, for he is the same Lord and God as they are.

81. When did the Holy Spirit come down on the Apostles?

The Holy Spirit came down on the Apostles on Pentecost, and appeared in the form of *parted tongues as of fire*. (Acts 2:3)

82. Why did the Holy Spirit come down on the Apostles?

The Holy Spirit came down on the Apostles to confirm their faith, to sanctify them, and to enable them to found the Church.

NINTH ARTICLE

83. What is the ninth article of the Creed?

The ninth article of the Creed is, *the Holy Catholic Church; the Communion of Saints*.

84. What is the Catholic Church?

The Catholic Church is the union of all the faithful under one Head.

85. Who is the Head of the Catholic Church?

The Head of the Catholic Church is Jesus Christ our Lord.

86. Has the Church a visible Head on earth?

The Church has a visible Head on earth, the Bishop of Rome, who is the Vicar of Christ.

87. Why is the Bishop of Rome the Head of the Church?

The Bishop of Rome is the Head of the Church because he is the successor of St. Peter, whom Christ appointed to be the Head of the Church.

88. How do you know that Christ appointed St. Peter to be the Head of the Church?

I know that Christ appointed St. Peter to be the Head of the Church because Christ said to him, *Thou art Peter; and upon this rock I will build My Church, and the gates of hell shall not prevail against it. And to thee I will give the keys of the kingdom of heaven.* (Mt 16:18,19)

89. What is the Bishop of Rome called?

The Bishop of Rome is called the Pope, which word signifies Father.

90. Is the Pope the Spiritual Father of all Christians?

The Pope is the Spiritual Father of all Christians.

91. Is the Pope the Shepherd and Teacher of all Christians?

The Pope is the Shepherd and Teacher of all Christians, because Christ made St. Peter the Shepherd of the whole flock when he said, *Feed my lambs, feed my sheep.* He also prayed that his faith might never fail, and commanded him to confirm his brethren. (Jn 21:15-17; Lk 22:32)

92. Is the Pope infallible?

The Pope is infallible.

93. What do you mean when you say that the Pope is infallible?

When I say that the Pope is infallible, I mean that the Pope cannot err when, as Shepherd and Teacher of all Christians, he defines a doctrine concerning faith or morals, to be held by the whole Church.

94. Has the Church of Christ any marks by which we may know her?

The Church of Christ has four marks by which we may know her: she is One, she is Holy, she is Catholic, she is Apostolic.

95. How is the Church One?

The Church is One because all her members agree in one Faith, all have the same Sacrifice and Sacraments, and all are united under one Head.

96. How is the Church Holy?

The Church is Holy because Jesus Christ, her Founder is holy, she teaches a holy doctrine and offers to all the means of holiness.

97. What does the word Catholic mean?

The word Catholic means universal.

98. How is the Church Catholic or universal?

The Church is Catholic or universal because she subsists in all ages, teaches all nations, and is the source of all Truth.

99. How is the Church Apostolic?

The Church is Apostolic because it was founded by Christ on the apostles and, according to his Divine Will, has always been governed by their successors.

100. Can the Church err in what she teaches?

The Church cannot err in what she teaches as to faith or morals, for she is our infallible guide in both.

101. How do you know that the Church cannot err in what she teaches?

I know that the Church cannot err in what she teaches because Christ promised that the gates of hell shall never prevail against his Church; that the Holy Spirit shall teach her all things; and that he

himself will be with her all days, even to the consummation of the world. (Mt 16:18; Jn 14:16-26; Mt 28:20)

102. What do you mean by *the Communion of Saints*?

By *the Communion of Saints* I mean that all the members of the Church, in heaven, on earth, and in purgatory, are in communion with each other, as being one body in Jesus Christ.

103. How are the faithful on earth in communion with each other?

The faithful on earth are in communion with each other by professing the same faith, obeying the same authority, and assisting each other with their prayers and good works.

104. How are we in communion with the Saints in heaven?

We are in communion with the Saints in heaven by honoring them as the glorified members of the Church, and also by our praying to them, and by their praying for us.

105. How are we in communion with the souls in purgatory?

We are in communion with the souls in purgatory by helping them with our prayers and good works: *It is a holy and wholesome thought to pray for the dead, that they may be loosed from their sins.* (2 Mc 12:46)

106. What is purgatory?

Purgatory is a place where souls suffer for a time after death on account of their sins.

107. What souls go to purgatory?

Those souls go to purgatory that depart this life in venial sin; or that have not fully paid the debt of temporal punishment due to those sins of which the guilt has been forgiven.

108. What is Temporal punishment?

Temporal punishment is punishment which will have an end, either in this world, or in the world to come.

109. How do you prove that there is a purgatory?

I prove that there is a purgatory from the constant teaching of the Church; and from the doctrine of Holy Scripture, which declares that God will render to every man according to his works; that nothing defiled shall enter heaven; and that some will be saved, *as one who has gone through fire*. (Mt 16:27; Rev 21:27; 1 Cor 3:15)

TENTH ARTICLE

110. What is the tenth article of the Creed?

The tenth article of the Creed is, *the forgiveness of sins*.

111. What do we mean by *the forgiveness of sins*?

By *the forgiveness of sins* I mean that Christ has left the power of forgiving sins to the pastors of his Church. (Jn 20:23)

112. By what means are sins forgiven?

Sins are forgiven principally by the Sacraments of Baptism and Penance.

113. What is sin?

Sin is an offense against God, by any thought, word, deed, or omission against the law of God.

114. How many kinds of sin are there?

There are two kinds of sin, original sin and actual sin.

115. What is original sin?

Original sin is that guilt and stain of sin which we inherit from Adam, who was the origin and head of all mankind.

116. What was the sin committed by Adam?

The sin committed by Adam was the sin of disobedience when he ate the forbidden fruit.

117. Have all mankind contracted the guilt and stain of original sin?

All mankind have contracted the guilt and stain of original sin, except the Blessed Virgin, who, through the merits of her Divine Son, was conceived without the least guilt or stain of original sin.

118. What is this privilege of the Blessed Mother called?

This privilege of the Blessed Virgin is called the Immaculate Conception.

119. What is actual sin?

Actual sin is every sin which we ourselves commit.

120. How is actual sin divided?

Actual sin is divided into mortal sin and venial sin.

121. What is mortal sin?

Mortal sin is a grievous offense against God.

122. Why is it called mortal sin?

It is called mortal sin because it is so serious that it kills the soul and deserves hell.

123. How does mortal sin kill the soul?

Mortal sin kills the soul by depriving it of sanctifying grace, which is the supernatural life of the soul.

124. Is it a great evil to fall into mortal sin?

It is the greatest of all evils to fall into mortal sin.

125. Where will they go who die in mortal sin?

They who die in mortal sin will go to hell for all eternity.

126. What is venial sin?

Venial sin is an offense which does not kill the soul, yet displeases God, and often leads to mortal sin.

127. Why is it called venial sin?

It is called venial sin because it is more easily pardoned than mortal sin.

ELEVENTH ARTICLE

128. What is the eleventh article of the Creed?

The eleventh article of the Creed is, *the resurrection of the body*.

129. What do you mean by *the resurrection of the body*?

By *the resurrection of the body* I mean that we shall all rise again with the same bodies at the day of judgement.

TWELFTH ARTICLE

130. What is the twelfth article of the Creed?

The twelfth article of the Creed is, *life everlasting*.

131. What does *life everlasting* mean?

Life everlasting means that the good shall live for ever in the glory and happiness of heaven.

132. What is the glory and happiness of heaven?

The glory and happiness of heaven is to see, love, and enjoy God for ever.

133. What does the Scripture say of the happiness of heaven?

The Scripture says of the happiness of heaven that, *Eye has not seen, or ear heard, nor has it entered into the heart of man, what things God has prepared for those who love Him.* (1 Cor 2:9)

134. Shall not the wicked also live forever?

The wicked also shall live and be punished forever in the fire of hell.

2

WHY WE PRAY

135. Will Faith alone save us?

Faith alone will not save us without good works; we must also have Hope and Charity.

136. What is Hope?

Hope is a supernatural gift of God, by which we firmly trust that God will give us eternal life and all the means necessary to obtain it, if we do what he requires of us.

137. Why must we hope in God?

We must hope in God because he is infinitely good, infinitely powerful, and faithful to his promises.

138. Can we do any good work of ourselves towards our salvation?

We can do no good work of ourselves towards our salvation; we need the help of God's grace.

139. What is Grace?

Grace is a supernatural gift of God, freely bestowed upon us for our sanctification and salvation.

140. How must we obtain God's grace?

We must obtain God's grace chiefly by prayer and the holy Sacraments.

PRAYER

141. What is prayer?

Prayer is the raising up of the mind and heart to God.

142. How do we raise up our mind and heart to God?

We raise up our mind and heart to God by thinking of God; by adoring, praising, and thanking him; and by begging of him all blessings for soul and body.

143. Do those pray well who, at their prayers, think neither of God nor of what they say?

Those who, at their prayers, think neither of God nor of what they say, do not pray well; but they offend God, if their distractions are willful.

144. Which is the best of all prayers?

The best of all prayers is the *Our Father*, or the Lord's Prayer.

145. Who made the Lord's Prayer?

Jesus Christ himself made the Lord's Prayer.

146. Say 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.

147. In the Lord's Prayer who is called *our Father*?

In the Lord's Prayer God is called *our Father*.

148. Why is God called *our Father*?

God is called *our Father* because he is the Father of all Christians, whom he has made his children by Holy Baptism.

149. Is God also the Father of all mankind?

God is also the Father of all mankind because he made us all, and loves and preserves us all.

150. Why do we say, *our* Father, and not *my* Father?

We say *our* Father, and not *my* Father, because being all brethren, we are to pray not for ourselves only, but also for all others.

151. When we say, *hallowed be thy name*, what do we pray for?

When we say, *hallowed be thy name*, we pray that God may be known, loved, and served by all his creatures.

152. When we say, *thy kingdom come*, what do we pray for?

When we say, *thy kingdom come*, we pray that God may come and reign in the hearts of all by his grace in this world, and bring us all hereafter to his heavenly kingdom.

153. When we say, *thy will be done on earth as it is in heaven*, what do we pray for?

When we say, *thy will be done on earth as it is in heaven*, we pray that God may enable us, by his grace, to do his will in all things, as the Blessed do in heaven.

154. When we say, *give us this day our daily bread*, what do we pray for?

When we say, *give us this day our daily bread*, we pray that God may give us daily all that is necessary for soul and body.

155. When we say, *forgive us our trespasses, as we forgive those who trespass against us*, what do we pray for?

When we say, *forgive us our trespasses, as we forgive those who trespass against us*, we pray that God may forgive us our sins, as we forgive others the injuries they do to us.

156. When we say, *lead us not into temptation*, what do we pray for?

When we say, *lead us not into temptation*, we pray that God may give us grace not to yield to temptation.

157. When we say, *deliver us from evil*, what do we pray for?

When we say, *deliver us from evil*, we pray that God may free us from all evil, both of soul and body.

158. Should we ask the Angels and Saints to pray for us?

We should ask the Angels and Saints to pray for us, because they are our friends and brethren, and because their prayers have great power with God.

159. How can we show that the Angels and Saints know what passes on earth?

We can show that the Angels and Saints know what passes on earth from the words of Christ: *There will be joy among the Angels of God upon one sinner who repents.* (Lk 15:10)

160. What is the chief prayer to the Blessed Virgin which the Church uses?

The chief prayer to the Blessed Virgin which the Church uses is the Hail Mary.

161. Say the Hail Mary.

Hail, Mary, full of grace; the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.

162. Who made the first part of the Hail Mary?

The Angel Gabriel and St. Elizabeth, inspired by the Holy Spirit, made the first part of the Hail Mary.

163. Who made the second part of the Hail Mary?

The Church of God, guided by the Holy Spirit, made the second part of the Hail Mary.

164. Why should we frequently say the Hail Mary?

We should frequently say the Hail Mary to put us in mind of the Incarnation of the Son of God; and to honor our Blessed Lady, the Mother of God.

165. Have we another reason for often saying the Hail Mary?

We have another reason for often saying the Hail Mary: to ask our Blessed Lady to pray for us sinners at all times, but especially at the hour of our death.

166. Why does the Catholic Church show great devotion to the Blessed Virgin?

The Catholic Church shows great devotion to the Blessed Virgin because she is the Immaculate Mother of God.

167. How is the Blessed Virgin Mother of God?

The Blessed Virgin is Mother of God because Jesus Christ, her son, who was born of her as man, is not only man, but is also truly God.

168. Is the Blessed Virgin our Mother also?

The Blessed Virgin is our Mother also because, being the brethren of Jesus, we are children of Mary.

168A. What do we mean by the Assumption of the Blessed Virgin?

By the Assumption of the Blessed Virgin we mean that Mary, at the completion of her life, was taken body and soul, by the power of God, into everlasting glory to reign as Queen of heaven and earth. (The Assumption was solemnly defined as an article of Faith by the infallible authority of the Church.)

3

GOD'S COMMANDS

169. What is Charity?

Charity is a supernatural gift of God by which we love God above all things, and our neighbor as ourselves for God's sake.

170. Why must we love God?

We must love God because he is infinitely good in himself and infinitely good to us.

171. How do we show that we love God?

We show that we love God by keeping his commandments: for Christ says, *If you love me, keep my commandments.* (Jn 14:15; Mt 19:16; Rom 13:8-10)

172. How many commandments are there?

There are ten commandments.

173. Say the Ten Commandments.

I am the Lord your God, who brought you out of the land of Egypt, and out of the house of bondage.

1. You shall not have strange gods before me. You shall not make for yourself any graven thing, nor the likeness of anything that is in heaven above, or in the earth beneath, nor of those things that are in the waters under the earth. You shall not adore them nor serve them.

2. You shall not take the name of the Lord your God in vain.
3. Remember that you keep holy the Sabbath 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.

174. Who gave the Ten Commandments?

God gave the Ten Commandments to Moses in the Old Law, and Christ confirmed them in the New.

THE TEN COMMANDMENTS

THE FIRST COMMANDMENT

175. What is the First Commandment?

The First Commandment is, *I am the Lord your God, who brought you out of the land of Egypt, and out of the house of bondage. You shall not have strange gods before me. You shall not make for yourself any graven thing, nor the likeness of anything that is in heaven above, or in the earth beneath, nor of those things that are in the waters under the earth. You shall not adore them nor serve them.*

176. What are we commanded to do by the First Commandment?

By the First Commandment we are commanded to worship the one, true, and living God, by Faith, Hope, Charity, and Religion.

177. What are the sins against Faith?

The sins against Faith are all false religions, willful doubt, disbelief, or denial of any article of Faith, and also culpable ignorance of the doctrines of the Church.

178. How do we expose ourselves to the danger of losing our Faith?

We expose ourselves to the danger of losing our Faith by neglecting our spiritual duties, reading bad books, going to non-Catholic schools.

179. What are the sins against Hope?

The sins against Hope are despair and presumption.

180. What are the chief sins against Religion?

The chief sins against Religion are the worship of false gods or idols, and the giving to any creature whatsoever the honor which belongs to God alone.

181. Does the First Commandment forbid the making of images?

The First Commandment does not forbid the making of images, but the making of idols; that is, it forbids us to make idols to be adored and honored as God.

182. Does the First Commandment forbid dealing with the devil and superstitious practices?

The First Commandment forbids all dealing with the devil and superstitious practices, such as consulting spiritualists and fortune-tellers, and trusting to charms, omens, dreams, and other such foolish things.

183. Are all sins of sacrilege and simony also forbidden by the First Commandment?

All sins of sacrilege and simony are also forbidden by the First Commandment.

184. Is it forbidden to give divine honor or worship to the Angels and Saints?

It is forbidden to give divine honor or worship to the Angels and Saints, for this belongs to God alone.

185. What kind of honor or worship should we pay to the Angels and Saints?

We should pay to the Angels and Saints an inferior honor or worship, for this is due to them as the servants and special friends of God.

186. What honor should we give to relics, crucifixes, and holy pictures?

We should give to relics, crucifixes, and holy pictures a relative honor, as they relate to Christ and his Saints, and are memorials of them.

187. Do we pray to relics or images?

We do not pray to relics or images, for they can neither see, nor hear, nor help us.

THE SECOND COMMANDMENT

188. What is the Second Commandment?

The Second Commandment is, *You shall not take the name of the Lord your God in vain.*

189. What are we commanded by the Second Commandment?

By the Second Commandment we are commanded to speak with reverence of God and all holy persons and things, and to keep our lawful oaths and vows.

190. What does the Second Commandment forbid?

The Second Commandment forbids all false, rash, unjust, and unnecessary oaths; as also blaspheming, cursing, and profane words.

191. Is it ever lawful to swear or to take an oath?

It is lawful to swear, or to take an oath, only when God's honor, or our own, or our neighbor's good requires it.

THE THIRD COMMANDMENT

192. What is the Third Commandment?

The Third Commandment is, *Remember that you keep holy the Sabbath day.*

193. What are we commanded by the Third Commandment?

By the Third Commandment we are commanded to keep Sunday holy.

194. How are we to keep the Sunday holy?

We are to keep the Sunday holy by praying and participation in Mass and resting from servile works.

195. Why are we commanded to rest from servile works?

We are commanded to rest from servile works that we may have time and opportunity for prayer, going to the Sacraments, hearing instructions, and reading good books.

THE FOURTH COMMANDMENT

196. What is the Fourth Commandment?

The Fourth Commandment is, *Honor your father and your mother.*

197. What are we commanded by the Fourth Commandment?

By the Fourth Commandment we are commanded to love, reverence, and obey our parents in all that is not sin.

198. Are we commanded to obey our parents only?

We are commanded to obey, not only our parents, but also our bishops and pastors, the civil authorities, and our lawful superiors.

199. Are we bound to assist our parents in their wants?

We are bound to assist our parents in their wants, both spiritual and temporal.

200. Are we bound in justice to contribute to the support of our pastors?

We are bound in justice to contribute to the support of our pastors; for St. Paul says, *The Lord ordained that they who preach the Gospel should live by the Gospel.* (1 Cor 9:14)

201. What is the duty of parents towards their children?

The duty of parents towards their children is to provide for them, to instruct and correct them, and to give them a good Catholic education.

202. What is the duty of masters, mistresses, and other superiors?

The duty of masters, mistresses, and other superiors is to take proper care of those under their charge, and to enable them to practice their religious duties.

203. What does the Fourth Commandment forbid?

The Fourth Commandment forbids all contempt, stubbornness, and disobedience to our parents and lawful superiors.

204. Is it sinful to belong to a Secret Society?

It is sinful to belong to any Secret Society that plots against the Church or State, or to any Society that by reason of its secrecy is condemned by the Church; for St. Paul says, *Let every soul be subject to the higher authorities; he that resists the authority, resists the ordinance of God; and they that resist bring on themselves damnation.* (Rom 13:1,2)

THE FIFTH COMMANDMENT

205. What is the Fifth Commandment?

The Fifth Commandment is, *You shall not kill.*

206. What does the Fifth Commandment forbid?

The Fifth Commandment forbids all willful murder, fighting, quarrelling, and injurious words; and also scandal and bad example.

207. Does the Fifth Commandment forbid anger?

The Fifth Commandment does not forbid anger, but it does forbid hatred and revenge, *Be angry, and sin not.* (Psalm 4:5)

208. Why are scandal and bad example forbidden by the Fifth Commandment?

Scandal and bad example are forbidden by the fifth Commandment, because they lead to the injury and spiritual death of our neighbor's soul.

THE SIXTH COMMANDMENT

209. What is the Sixth Commandment?

The Sixth Commandment is, *You shall not commit adultery.*

210. What does the Sixth Commandment forbid?

The Sixth Commandment forbids all sins of impurity with another's wife or husband.

211. Does the Sixth Commandment forbid whatever is contrary to holy purity?

The Sixth Commandment forbids whatever is contrary to holy purity in looks, words, or actions.

212. Are masturbation, fornication, pornography, and homosexual practices forbidden by the Sixth Commandment?

Masturbation, fornication, pornography, and homosexual practices are forbidden by the Sixth Commandment.*

213. Does the Sixth Commandment forbid immodest songs, books, and pictures?

The Sixth Commandment forbids immodest songs, books, and pictures, because they are most dangerous to the soul, and lead to mortal sin.

THE SEVENTH COMMANDMENT

214. What is the Seventh Commandment?

The Seventh Commandment is, *You shall not steal.*

215. What does the Seventh Commandment forbid?

The Seventh Commandment forbids all unjust taking away, or keeping what belongs to another.

216. Is all manner of cheating in buying and selling forbidden by the Seventh Commandment?

All manner of cheating in buying and selling is forbidden by the Seventh Commandment, and also every other way of wronging our neighbor.

217. Are we bound to restore ill-gotten goods?

We are bound to restore ill-gotten goods if we are able, or else the sin will not be forgiven; we must also pay our debts.

218. Is it dishonest of employees to waste their employer's time or property?

It is dishonest of employees to waste their employer's time or property, because it is wasting what is not their own.

THE EIGHTH COMMANDMENT

219. What is the Eighth Commandment?

The Eighth Commandment is, *You shall not bear false witness against your neighbor.*

220. What does the Eighth Commandment forbid?

The Eighth Commandment forbids all false testimony, rash judgment, and lies.

221. Are calumny and detraction forbidden by the Eighth Commandment?

Calumny and detraction are forbidden by the Eighth Commandment, and also talebearing, and any words which injure our neighbor's character.

222. If you have injured your neighbor by speaking ill of him, what are you bound to do?

If I have injured my neighbor by speaking ill of him, I am bound to make him satisfaction by restoring his good name as far as I can.

THE NINTH COMMANDMENT

223. What is the Ninth Commandment?

The Ninth Commandment is, *You shall not covet your neighbor's wife.*

224. What does the Ninth Commandment forbid?

The Ninth Commandment forbids all willful consent to impure thoughts and desires, and all willful pleasure in the irregular motions of the flesh.

225. What sins commonly lead to the breaking of the Sixth and Ninth Commandments?

The sins that commonly lead to the breaking of the Sixth and Ninth Commandments are gluttony, drunkenness, intemperance, idleness, bad company, and the neglect of prayer.

THE TENTH COMMANDMENT

226. What is the Tenth Commandment?

The Tenth Commandment is, *You shall not covet your neighbor's goods.*

227. What does the Tenth Commandment forbid?

The Tenth Commandment forbids all envious and covetous thoughts and unjust desires of our neighbor's goods and profits.

THE CHURCH COMMANDMENTS

228. Are we bound to obey the Church?

We are bound to obey the Church, because Christ has said to the pastors of the Church, *He who hears you, hears me; and he who rejects you, rejects me.* (Lk 10:16)

229. What are the chief Commandments of the Church?

The chief Commandments of the Church are:

1. You shall attend Mass on Sundays and holy days of obligation.
2. You shall confess your sins at least once a year.
3. You shall humbly receive your Creator in Holy Communion at least during the Easter season.
4. You shall keep holy the holy days of obligation.
5. You shall observe the prescribed days of fasting and abstinence.
6. You shall provide for the material needs of the Church.*

230. What is the First Commandment of the Church?

The First Commandment of the Church is, *You shall attend Mass on Sundays and holy days of obligation.*

231. Which are the holydays of obligation observed in the United States?

The holydays of obligation observed in the United States are: Solemnity of the Holy Mother of God, January 1; the Ascension; the Assumption of Our Lady, August 15; All Saints' Day, November 1; the Immaculate Conception, December 8; Christmas Day, December 25.

232. Is it a mortal sin to neglect to hear Mass on Sundays and holydays of obligation?

It is a mortal sin to neglect to hear Mass on Sundays and holydays of obligation.

233. Are parents, masters, and mistresses bound to provide that those under their charge shall hear Mass on Sundays and holydays of obligation?

Parents, masters, and mistresses are bound to provide that those under their charge shall hear Mass on Sundays and holydays of obligation.

234. What is the Second Commandment of the Church?

The Second Commandment of the Church is, *You shall confess your sins at least once a year* (if we have been guilty of serious sin, we should go as soon as possible).

235. How soon are children bound to go to confession?

Children are bound to go to confession as soon as they have come to the use of reason, and are capable of mortal sin.

236. When are children generally supposed to come to the use of reason?

Children are generally supposed to come to the use of reason about the age of seven years.

237. What is the Third Commandment of the Church?

The Third Commandment of the Church is, *You shall humbly receive your Creator in Holy Communion at least during the Easter season.*

238. How soon are Christians bound to receive the Blessed Sacrament?

Christians are bound to receive the Blessed Sacrament as soon as they are capable of distinguishing the Body of Christ from ordinary bread, and are judged to be sufficiently instructed.

239. What is the Fourth Commandment of the Church?

The Fourth Commandment of the Church is, *You shall keep holy the holy days of obligation.*

240. What is the Fifth Commandment of the Church?

The Fifth Commandment of the Church is, *You shall observe the prescribed days of fasting and abstinence.*

241. What are fasting days?

Fasting days are days on which we are allowed to take only one full meal (applies to people between ages 18 and 60).

242. Which are the fasting days?

The fasting days are Ash Wednesday and Good Friday.

243. What are days of abstinence?

Days of abstinence are days on which we are forbidden to take flesh meat and soups made from meat.

244. Which are the days of abstinence?

The days of abstinence in the USA are Ash Wednesday and Good Friday and all Fridays in Lent (binding at age 14).*

*The [U.S.] bishop's conference's "Complementary Norms on Penance and Abstinence" released American Catholics from a strict obligation under pain of sin to abstain from meat on Fridays outside of Lent. But the same document insisted that Friday was to remain a special day of penance throughout the year: "Friday should be in each week something of what Lent is in the entire year. For this reason we urge all to prepare for that weekly Easter that comes with each Sunday by freely making of every Friday a day of self-denial and mortification in prayerful remembrance of the Passion of Jesus Christ." The bishops went on to say that, among these now freely chosen penitential practices, "we give first place to abstinence from flesh meat. We do so in the hope that the Catholic community will ordinarily continue to abstain from meat by free choice as formerly we did in obedience to Church law."

245. Why does the Church command us to fast and abstain?

The Church commands us to fast and abstain so that we may mortify the flesh and satisfy God for our sins.

246. What is the Sixth Commandment of the Church?

The Sixth Commandment of the Church is, *You shall provide for the material needs of the Church.*

247. Is it a duty to contribute to the support of religion?

It is a duty to contribute to the support of religion according to our means, so that God may be duly honored and worshipped, and the kingdom of his Church extended.

248. Are the Commandments of the Church obligatory?

The Commandments of the Church are obligatory in order to guarantee to the faithful the indispensable minimum in the spirit of prayer and moral effort.

4

GOD'S GIFTS

THE SEVEN SACRAMENTS

249. What is a Sacrament?

A Sacrament is an outward sign of inward grace, ordained by Jesus Christ, by which grace is given to our souls.

250. Do Sacraments always give grace?

The Sacraments always give grace to those who receive them worthily.

251. Where do the Sacraments receive their power of giving grace?

The Sacraments receive their power of giving grace from the merits of Christ's Precious Blood which they apply to our souls.

252. Should we have a great desire to receive the Sacraments?

We should have a great desire to receive the Sacraments because they are the chief means of our salvation.

253. Is a character given to the soul by any of the Sacraments?

A character is given to the soul by the Sacraments of Baptism, Confirmation, and Holy Orders.

254. What is a character?

A character is a mark or seal on the soul which cannot be effaced, and therefore the Sacrament conferring it may not be repeated.

255. How many Sacraments are there?

There are seven Sacraments: Baptism, Confirmation, Holy Eucharist, Penance, Sacrament of the Sick, Holy Orders, and Matrimony.

Baptism

256. What is Baptism?

Baptism is a Sacrament which cleanses us from original sin, makes us Christians, children of God, and members of the Church.

257. Does Baptism also forgive actual sins?

Baptism also forgives actual sins, with all punishment due to them, when it is received in proper dispositions by those who have been guilty of actual sin.

258. Who is the ordinary minister of Baptism?

The ordinary minister of Baptism is a Bishop, a priest, or a deacon; but any one may baptize in case of necessity such as danger of death.

259. How is Baptism given?

Baptism is given by pouring water on the head of the person to be baptized, saying at the same time these words: *I baptize thee in the name of the Father, and of the Son, and of the Holy Spirit.*

260. What do we promise in Baptism?

We promise in Baptism to renounce the devil and all his works and pomps.

261. Is Baptism necessary for salvation?

Baptism is necessary for salvation, because Christ has said, *unless a man be born again of water and the Holy Spirit, he cannot enter into the kingdom of God.* (Jn 3:5)

CONFIRMATION

262. What is Confirmation?

Confirmation is a Sacrament by which we receive the Holy Spirit, in order to make us strong and perfect Christians and soldiers of Jesus Christ.

263. Who is the ordinary minister of the Sacrament of Confirmation?

The ordinary minister of Confirmation is a bishop. However, it may also be administered by a priest.

264. How does the bishop administer the Sacrament of Confirmation?

The Bishop administers the Sacrament of Confirmation by praying that the Holy Spirit may come down upon those who are to be confirmed; and by laying his hand on them, and making the sign of the cross with chrism on their foreheads, at the same time pronouncing certain words.

265. What are the words used in Confirmation?

The words used in Confirmation are these: *N., be sealed with the Gift of the Holy Spirit.**

* CCC, 1300.

HOLY EUCHARIST

266. What is the Sacrament of the Holy Eucharist?

The Sacrament of the Holy Eucharist is the true Body and Blood of Jesus Christ, together with his Soul and Divinity, under the appearances of bread and wine.

267. How are the bread and wine changed into the Body and Blood of Christ?

The bread and wine are changed into the Body and Blood of Christ by the power of God, to whom nothing is impossible or difficult.

268. When are bread and wine changed into the Body and Blood of Christ?

The bread and wine are changed into the Body and Blood of Christ when the words of consecration, ordained by Jesus Christ, are pronounced by the priest in Holy Mass.

269. Why has Christ given himself to us in the Holy Eucharist?

Christ has given himself to us in the Holy Eucharist to be the life and food of our souls. *He who eats me, he also shall live because of me. He who eats this bread shall live for ever.* (Jn 6:58-60)

270. Is Christ received whole and entire under either kind alone?

Christ is received whole and entire under either kind alone.

271. In order to receive the Blessed Sacrament worthily what is required?

In order to receive the Blessed Sacrament worthily it is required that we be in a state of grace and fast from any food or drink (with the exception of water and medicine) for one hour before Holy Communion.

272. What is it to be in a state of grace?

To be in a state of grace is to be free from mortal sin, and pleasing to God.

273. Is it a great sin to receive Holy Communion in mortal sin?

It is a great sin to receive Holy Communion in mortal sin, *for he who eats and drinks unworthily, without distinguishing the body, eats and drinks judgement to himself.* (1 Cor 11:29)

274. Is the Blessed Eucharist a Sacrament only?

The Blessed Eucharist is not a Sacrament only; it is also a sacrifice.

275. What is a sacrifice?

A sacrifice is the offering of a victim by a priest to God alone, in testimony of his being the Sovereign Lord of all things.

276. What is the Sacrifice of the New Law?

The Sacrifice of the New Law is the Holy Mass.

277. What is the Holy Mass?

The Holy Mass is the Sacrifice of the Body and Blood of Jesus Christ, really present on the altar under the appearances of bread and wine, and offered to God for the living and the dead.

278. Is the Holy Mass one and the same Sacrifice with that of the Cross?

The Holy Mass is one and the same Sacrifice with that of the Cross, inasmuch as Christ, who offered himself, a bleeding victim, on the Cross to his heavenly Father, continues to offer himself in an unbloody manner on the altar, through the ministry of his priests.

279. For what ends is the Sacrifice of the Mass offered?

The Sacrifice of the Mass is offered for four ends: first, to give supreme honor and glory to God; second, to thank him for all his benefits; third, to satisfy God for our sins and to obtain the grace of repentance; and fourth, to obtain all other graces and blessings through Jesus Christ.

280. Is the Mass also a memorial of the Passion and Death of our Lord?

The Mass is also a memorial of the Passion and Death of our Lord, for Christ at his last supper said: *Do this in remembrance of me.* (Lk 22:19)

PENANCE

281. What is the Sacrament of Penance or Reconciliation?

Penance or Reconciliation is a Sacrament whereby the sins, whether mortal or venial, which we have committed after Baptism are forgiven.

282. Does the Sacrament of Penance increase the grace of God in the soul?

The Sacrament of Penance, besides forgiving sin, increases the grace of God in the soul; we should, therefore, go to confession often.

283. When did our Lord institute the Sacrament of Penance?

Our Lord instituted the Sacrament of Penance when he breathed on his apostles and gave them the power to forgive sins, saying, *Whose sins you shall forgive, they are forgiven.* (Jn 20:23)

284. How does the priest forgive sins?

The priest forgives sins by the power of God, when he pronounces the words of absolution.

285. What are the words of absolution?

The words of absolution are: *I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit.*

286. Are any conditions of forgiveness required on the part of the penitent?

Three conditions for forgiveness are required on the part of the penitent—Contrition, Confession, and Satisfaction.

287. What is Contrition?

Contrition is a hearty sorrow for our sins, because by them we have offended so good a God, together with a firm purpose of amendment.

288. What is a firm purpose of amendment?

A firm purpose of amendment is a resolution to avoid, by the grace of God, not only sin, but also the dangerous occasions of sin.

289. How may we obtain a hearty sorrow for our sins?

We may obtain a hearty sorrow for our sins by earnestly praying for it, and by making use of such considerations as may lead us to it.

290. What consideration concerning God will lead us to sorrow for our sins?

This consideration concerning God will lead us to sorrow for our sins: that by our sins we have offended God, who is infinitely good in himself and infinitely good to us.

291. What consideration concerning our Savior will lead us to sorrow for our sins?

This consideration concerning our Savior will lead us to sorrow for our sins: That our Savior died for our sins, and that those who sin grievously, *crucify again to themselves the Son of God, making him a mockery.* (Heb 6:6)

292. Is sorrow for our sins, because by them we have lost heaven and deserved hell, sufficient when we go to confession?

Sorrow for our sins, because by them we have lost heaven and deserved hell, is sufficient when we go to confession.

293. What is perfect contrition?

Perfect contrition is sorrow for sins arising purely from the love of God.

294. What special value has perfect contrition?

Perfect contrition has this special value: that by it our sins are forgiven immediately, even before we confess them; but nevertheless, if they are mortal, we are strictly bound to confess them afterwards.

295. What is confession?

Confession is to accuse ourselves of our sins to a priest approved by the Bishop.

296. What if a person wilfully conceals a mortal sin in confession?

If a person wilfully conceals a mortal sin in confession he is guilty of a great sacrilege, by telling a lie to the Holy Spirit in making a bad confession.

297. How many things do we have to do in order to prepare for confession?

We have four things to do in order to prepare for confession: first, we must heartily pray for grace to make a good confession; second, we must carefully examine our conscience; third, we must take time and care to make a good act of contrition; and fourth, we must resolve by the help of God to renounce our sins, and to begin a new life for the future.

298. What is satisfaction?

Satisfaction is doing the penance given us by the priest.

299. Does the penance given by the priest always make full satisfaction for our sins?

The penance given by the priest does not always make full satisfaction for our sins. We should therefore add to it other good works and penances, and try to gain indulgences.

300. What is an Indulgence?

An Indulgence is a remission, granted by the Church, of temporal punishment which often remains due to sin after its guilt has been forgiven.

SACRAMENT OF THE SICK

301. What is the Sacrament of the Sick?

The Sacrament of the Sick is the anointing of the sick with holy oil, accompanied with prayer.

302. When is the Sacrament of the Sick given?

The Sacrament of the Sick is given when we are in danger of death from sickness or old age.

303. What are the effects of the Sacrament of the Sick?

The effects of the Sacrament of the Sick are to comfort and strengthen the soul, to remit sin, and even to restore health, when God sees it to be expedient.

304. What authority is there in Scripture for the Sacrament of the Sick?

The authority in Scripture for the Sacrament of the Sick is in the fifth chapter of St. James, where it is said: *Is there anyone sick among you? Let him bring in the priests of the Church;*

and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith shall save the sick man; and the Lord will raise him up, and if he be in sins they shall be forgiven him. (Jas 5:14,15)

HOLY ORDERS

305. What is the Sacrament of Holy Orders?

Holy Orders is the Sacrament by which bishops, priests, and deacons of the Church are ordained, and receive power and grace to perform their sacred duties.

MATRIMONY

306. What is the Sacrament of Matrimony?

Matrimony is the Sacrament which sanctifies the contract of a Christian marriage, and gives a special grace to those who receive it worthily.

307. What special grace does the Sacrament of Matrimony give to those who receive it worthily?

The Sacrament of Matrimony gives to those who receive it worthily a special grace, to enable them to bear the difficulties of their state, to love and be faithful to one another, and to bring up their children in the fear of God.

308. Is it a sacrilege to contract marriage in mortal sin, or in disobedience to the laws of the Church?

It is a sacrilege to contract marriage in mortal sin, or in disobedience to the laws of the Church, and, instead of a blessing, the guilty parties draw upon themselves the anger of God.

309. What is a *mixed marriage*?

A *mixed marriage* is a marriage between a Catholic and one who, though baptized, does not profess the Catholic faith.

310. Does the Church encourage mixed marriages?

The Church does not encourage mixed marriages and considers them dangerous.

311. Does the Church sometimes permit mixed marriages?

The Church sometimes permits mixed marriages, under special conditions, by granting a dispensation.

311a. What does the Catholic partner of a mixed marriage promise?

The Catholic partner of a mixed marriage promises to do everything possible to preserve the faith and have all children of the marriage baptized and brought up in the Catholic religion.

312. Can any human power dissolve the bond of marriage?

No human power can dissolve the bond of marriage, because Christ has said, *What God has joined together, let no man put asunder.* (Mt 19:6)

VIRTUES, FRUITS, & GIFTS

313. Which are the Theological Virtues?

The Theological Virtues are *Faith, Hope, and Charity.* (1 Cor 13:13)

314. Why are they called Theological Virtues?

They are called Theological Virtues because they relate immediately to God.

315. What are the chief mysteries of Faith which every Christian is bound to know?

The chief mysteries of Faith which every Christian is bound to know are the Unity and Trinity of God, who will render to every man according to his works, and the Incarnation, Death, and Resurrection of our Savior.

316. Which are the Cardinal Virtues?

The Cardinal Virtues are *Prudence, Justice, Fortitude, and Temperance.* (Wis 8:7)

317. Why are they called Cardinal Virtues?

They are called Cardinal Virtues because they are, as it were, the hinges on which all other moral virtues turn.

318. Which are the seven gifts of the Holy Spirit?

The seven gifts of the Holy Spirit are:

- | | | |
|-------------------------------------|--------------|--------------|
| 1. Wisdom | 3. Counsel | 5. Knowledge |
| 2. Understanding | 4. Fortitude | 6. Piety |
| 7. The Fear of the Lord (Is 11:2,3) | | |

319. Which are the twelve fruits of the Holy Spirit?

The twelve fruits of the Holy Spirit are:

- | | | |
|-------------|-------------------|------------------------|
| 1. Charity | 5. Benignity | 9. Faith |
| 2. Joy | 6. Goodness | 10. Modesty |
| 3. Peace | 7. Long Suffering | 11. Continency |
| 4. Patience | 8. Mildness | 12. Chastity (Gal5:22) |

320. Which are the two great precepts of Charity?

The two great precepts of Charity are:

1. *You shall love the Lord your God with your whole heart, your whole soul, your whole mind, and your whole strength.*
2. *You shall love your neighbor as yourself.* (Mk 12:30,31)

321. Which are the seven Corporal Works of Mercy?

The seven Corporal Works of Mercy are:

1. To feed the hungry
2. To give drink to the thirsty
3. To clothe the naked
4. To shelter the homeless
5. To visit the sick.
6. To visit the imprisoned
7. To bury the dead. (Mt 25; Tb 12)

322. Which are the seven Spiritual Works of Mercy?

The seven Spiritual Works of Mercy are:

1. To convert the sinner
2. To instruct the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive all injuries
7. To pray for the living and the dead

323. Which are the eight Beatitudes?

1. Blessed are the poor in spirit; for theirs is the kingdom of heaven.

2. Blessed are the meek; for they shall possess the land.

3. Blessed are they that mourn; for they shall be comforted.

4. Blessed are they that hunger and thirst after justice; for they shall have their fill.

5. Blessed are the merciful; for they shall obtain mercy.

6. Blessed are the clean of heart; for they shall see God.

7. Blessed are the peacemakers; for they shall be called the children of God.

8. Blessed are they that suffer persecution for justice' sake; for theirs is the kingdom of heaven. (Mt 5:3-10)

324. Which are the seven capital sins or vices and their contrary virtues?

The seven capital sins or vices and their contrary virtues are:

CAPITAL SINS

1. Pride
2. Covetousness
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

CONTRARY VIRTUES

1. Humility
2. Liberality
3. Chastity
4. Meekness
5. Temperance
6. Brotherly Love
7. Diligence

325. Why are they called capital sins?

They are called capital sins because they are the sources from which all other sins take their rise.

326. Which are the six sins against the Holy Spirit?

The six sins against the Holy Spirit are:

1. Presumption
2. Despair
3. Resisting the known truth
4. Envy of another's spiritual good.
5. Obstinacy in sin
6. Final impenitence

327. Which are the four sins crying to heaven for vengeance?

The four sins crying to heaven for vengeance are:

1. Willful murder (Gen 4:10)
2. The sin of Sodom (Gen 19:13)
3. Oppression of the poor (Ex 2:23)
4. Defrauding laborers of their wages (Jas 5:4)

328. When are we answerable for the sins of others?

We are answerable for the sins of others whenever we either cause them, or share in them, through our own fault.

329. In how many ways may we either cause or share the guilt of another's sin?

We may either cause or share the guilt of another's sin in nine ways:

1. By counsel
2. By command
3. By consent
4. By provocation
5. By praise or flattery
6. By concealment
7. By being a partner in the sin
8. By silence
9. By defending the ill done

330. Which are the three eminent Good Works?

The three eminent Good Works are Prayer, Fasting, and Almsdeeds.

331. Which are the Evangelical Counsels?

The Evangelical Counsels are voluntary Poverty, perpetual Chastity and entire Obedience.

332. What are the four last things to always be remembered?

The four last things to always be remembered are death, judgement, heaven, and hell.

5

A RULE OF LIFE

333. What rule of life must we follow if we hope to be saved?

If we hope to be saved, we must follow the rule of life taught by Jesus Christ.

334. What are we bound to do by the rule of life taught by Jesus Christ?

By the rule of life taught by Jesus Christ we are bound always to hate sin and to love God.

335. How must we hate sin?

We must hate sin above all other evils, so as to be resolved never to commit a wilful sin, for the love or fear of anything whatsoever.

336. How must we love God?

We must love God above all things, and with our whole heart.

337. How must we learn to love God?

We must learn to love God by begging of God to teach us to love him: *O my God, teach me to love you.*

338. What will the love of God lead us to do?

The love of God will lead us often to think how good God is; often to speak to him in our hearts; and always to seek to please him.

339. Does Jesus Christ also command us to love one another?

Jesus Christ also commands us to love one another—that is, all persons without exception—for his sake.

340. How are we to love one another?

We are to love one another by wishing well to one another; and praying for one another; and by never allowing ourselves any thought, word, or deed to the injury of anyone.

341. Are we also bound to love our enemies?

We are also bound to love our enemies; not only by forgiving them from our hearts, but also by wishing them well, and praying for them.

342. Has Jesus Christ given us another great rule?

Jesus Christ has given us another great rule in these words: *If any man come after me, let him deny himself, and take up his cross daily, and follow me.* (Lk 9:23)

343. How are we to deny ourselves?

We are to deny ourselves by giving up our own will, and by going against our own whims, inclinations, and passions.

344. Why are we bound to deny ourselves?

We are bound to deny ourselves because our natural inclinations are prone to evil from our very childhood; and, if not corrected by self-denial, they will certainly carry us to hell.

345. How are we to take up our cross daily?

We are to take up our cross daily by submitting daily with patience to the labors and sufferings of this short life, and by bearing them willingly for the love of God.

346. How are we to follow our Blessed Lord?

We are to follow our Blessed Lord by walking in his footsteps and imitating his virtues.

347. What are the principal virtues we are to learn of our Blessed Lord?

The principal virtues we are to learn of our Blessed Lord are meekness, humility, and obedience.

348. Which are the enemies we must fight against all the days of our life?

The enemies which we must fight against all the days of our life are the world, the flesh, and the devil.

349. What do we mean by the world?

By the world I mean the false maxims of the world and the society of those who love the vanities, riches, and pleasures of this world better than God.

350. What do we mean by the flesh?

By the flesh I mean our own corrupt inclinations and passions, which are the most dangerous of all our enemies.

351. What do we mean by the devil?

By the devil I mean Satan and all his wicked angels, who are ever seeking to draw us into sin, that we may be damned with them.

352. Why do you number the world and the devil among the enemies of the soul?

I number the world and the devil among the enemies of the soul because they are always seeking, by temptation and by word or example, to carry us along with them on the broad road that leads to damnation.

353. What must we do to hinder the enemies of our soul from drawing us into sin?

To hinder the enemies of our soul from drawing us into sin, we must watch, pray, and fight against all their suggestions and temptations.

354. In the warfare against the world, the flesh, and the devil, on whom must we depend?

In the warfare against the world, the flesh, and the devil we must not depend on ourselves, but on God; *I can do all things in him who strengthens me.* (Phil 4:13)

6

A DAILY EXERCISE

355. How should you begin the day?

I should begin the day by making the sign of the cross as soon as I awake in the morning, and by saying some short prayer, such as, *O my God, I offer my heart and soul to you.*

356. How should you rise in the morning?

I should rise in the morning diligently, dress myself modestly, and then kneel down and say my morning prayers.

357. Should you also attend Mass if you have time and opportunity?

I should also attend Mass if I have time and opportunity, for to attend Mass is by far the best and most profitable of all devotions.

358. Is it useful to make daily meditation?

It is useful to make daily meditation, for such was the practice of all the Saints.

359. On what should we meditate?

We should meditate especially on the four last things, and the Life and Passion of our Blessed Lord.

360. Should we frequently read good books?

We should frequently read good books, such as the Holy Gospels, the Lives of the Saints, and other spiritual works, which nourish our faith and piety, and arm us against the false maxims of the world.

361. And what should you do as to your eating, drinking, sleeping, and amusements?

As to my eating, drinking, sleeping, and amusements, I should use all these things with moderation, and with a desire to please God.

362. Say the grace before meals.

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

363. Say the grace after meals.

We give you thanks, Almighty God, for all your benefits, who lives and reigns, world without end. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen.

364. How should you sanctify your ordinary actions and employments of the day?

I should sanctify my ordinary actions and employments of the day by often raising up my heart to God while I am about them, and saying some short prayer to him.

365. What should you do when you find yourself tempted to sin?

When I find myself tempted to sin I should make the sign of the cross on my heart, and call on God as earnestly as I can, saying, *Lord, save me, or I will perish.*

366. If you have fallen into sin, what should you do?

If I have fallen into sin I should cast myself in spirit at the feet of Christ, and humbly beg his pardon by a sincere act of contrition.

367. When God sends you any cross, or sickness, or pain, what should you say?

When God sends me any cross, or sickness, or pain, I should say, *Lord, your will be done; I take this for my sins.*

368. What little indulgenced prayers would you do well to say often to yourself during the day?

I should do well to say often to myself during the day such little indulgenced prayers as—

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.

In all things may the most holy, the most just, and the most lovable Will of God be done, praised, and exalted above all for ever.

O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving, be every moment thine.

Praised be Jesus Christ, praised for evermore.

My Jesus, mercy; Mary, help.

369. How should you finish the day?

I should finish the day by kneeling down and saying my night prayers.

370. After your night prayers what should you do?

After my night prayers I should observe due modesty in going to bed; occupy myself with the thoughts of death; and endeavor to compose myself to rest at the foot of the Cross, and give my last thoughts to my crucified Savior.

7

PRAYERS

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; the third day he rose again from the dead; he ascended into heaven; sits 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.

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.

THE HAIL MARY

Hail, Mary, full of grace; the Lord is with you; blessed are you among women, and blessed is the fruit of your womb, Jesus.

Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.

GLORY BE TO THE FATHER

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.

ACT OF FAITH

O my God, I believe in you and all that your Church teaches, because you have said it, and your word is true.

ACT OF HOPE

My God, I hope in you, for grace and for glory, because of your promises, your mercy and your power.

ACT OF CHARITY

My God, because you are so good, I am very sorry that I have sinned against you and by the help of your grace I will not sin again.

PRAYER TO ST. MICHAEL

St. Michael the Archangel, defend us in battle; be our defense against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do you, O prince of the heavenly host, by the power of God, thrust into hell, Satan and the other evil spirits who roam about the world seeking the ruin of souls. Amen.

PRAYER FOR THE DEAD

Remember, Lord, those who have died and have gone before us marked with the sign of faith, especially those for whom we now pray, n. and n.. May these and all who sleep in Christ, find in your presence, light, happiness and peace. Amen.

THE HOLY ROSARY

The Five Joyful Mysteries

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

The Five Luminous Mysteries

1. The Baptism of Jesus
2. The Miracle at Cana
3. The Call to Conversion
4. The Transfiguration
5. The Institution of the Eucharist

The Five Sorrowful Mysteries

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

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of our Lady

FATIMA PRAYER

O my Jesus, forgive us our sins. Save us from the fires of hell. Lead all souls to heaven, especially those most in need of your mercy.

THE DIVINE PRAISES

Blessed be God.

Blessed be his holy Name.

Blessed be Jesus Christ, true God and true Man.

Blessed be his most Sacred Heart.

Blessed be Jesus in the most holy Sacrament of the Altar.

Blessed be his most Precious Blood.

Blessed be the Holy Spirit, the Paraclete.

Blessed be the great Mother of God, Mary most holy.

Blessed be her holy and Immaculate Conception.

Blessed be her glorious Assumption.

Blessed be the name of Mary, Virgin and Mother.

Blessed be St. Joseph, her most chaste Spouse.

Blessed be God in his Angels and in his Saints.

THE REGINA COELI

To be said standing during Paschal Time instead of the Angelus.

Queen of Heaven, rejoice; alleluia.

For He whom you did merit to bear; alleluia.

Has risen, as he said; alleluia.

Pray for us to God; alleluia.

V. Rejoice and be glad, O Virgin Mary; alleluia.

R. For the Lord has risen indeed; alleluia.

Let Us Pray

O God, who gave joy to the world through the Resurrection of your Son our Lord Jesus Christ; grant that we may obtain, through his Virgin Mother, Mary, the joys of everlasting life. Amen.

THE ANGELUS

1. The angel of the Lord declared unto Mary,
And she conceived of the Holy Spirit.

Hail, Mary, etc.

2. Behold the handmaid of the Lord,
Be it done to me according to your word.

Hail, Mary, etc.

3. And the Word was made flesh,
And dwelt among us.

Hail, Mary, etc.

V. Pray for us, O holy Mother of God.

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

Let Us Pray

Pour forth, we beseech you, O Lord, your grace into our hearts, that we, to whom the Incarnation of Christ your Son was made known by the message of an angel, may, by His Passion and Cross, be brought to the glory of his Resurrection. Through the same Christ our Lord. Amen.

THE SALVE REGINA

Hail, Holy Queen, Mother of mercy; hail, 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 vale of tears.

Turn, then, most gracious advocate, thine eyes of mercy towards 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.

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

THE MAGNIFICAT

My soul proclaims the greatness of the Lord;
my spirit rejoices in God my Savior.
For he has looked with favor on his lowly hand maid.
From this day all generations will call me blessed:
the Almighty has done great things for me,
and holy is his Name.
He has mercy on those who fear him
in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children for ever.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, and in union with the Holy Sacrifice of the Mass, I offer you all my prayers, works, joys, and sufferings of this day in reparation for the offenses committed against the Immaculate Heart of Mary, for my sins, and for the sins of the whole world.

ASPIRATION

Jesus, Mary, and Joseph, I give you my heart and my soul.
Jesus, Mary, and Joseph, assist me in my last agony.
Jesus, Mary, and Joseph, may I die in peace, in your blessed company.

OUT OF THE DEPTHS (DE PROFUNDIS)

Out of the depths I cry to you, O Lord,

Lord, hear my voice!

O Let your ears be attentive to the voice of my pleading.

If you, O Lord, should mark our guilt,

Lord, who would survive?

But with you is found forgiveness; for this we revere you.

My soul is waiting for the Lord, I count on his word.

My soul is longing for the Lord more than the watchman for day break.

Let the watchman count on daybreak and Israel on the Lord.

Because with the Lord there is mercy, and fullness of redemption, Israel indeed he will redeem from all their iniquity.

V. Eternal rest grant unto them, O Lord.

R. And let perpetual light shine upon them.

V. From the gates of hell,

R. Deliver their souls, O Lord.

V. May they rest in peace.

R. Amen.

V. O Lord, hear my prayer.

R. And let my cry come unto you.

Let Us Pray

O God, the Creator and Redeemer of all the faithful, grant to the soul of your servants departed the remission of all their sins, that through our pious supplication they may obtain that pardon which they have always desired. Who lives and reigns world without end. Amen.

PRAYER OF ST. PATRICK

Christ be with me, Christ within me, Christ behind me,

Christ before me, Christ beside me, Christ to win me,

Christ to comfort me and restore me, Christ beneath me,

Christ above me, Christ in the heart of all that love me,

Christ in the mouth of friend and stranger.

ADORO TE DEVOTE

O Godhead hidden, devoutly I adore thee, who truly art within the forms before me; to thee my heart I bow with bended knee, as failing quite in contemplating thee.

Sight, touch, and taste in thee are each deceived; the ear alone most safely is believed; I believe all the Son of God has spoken, than Truth's own word there is no truer token.

God only on the Cross lay hid from view; but here lies hid at once the manhood too: And I, in both professing my belief, make the same prayer as the repentant thief.

Thy wounds, as Thomas saw, I do not see; yet thee confess my Lord and God to be: make me believe thee ever more and more; in thee my hope, in thee my love to store.

O thou memorial of our Lord's own dying! O Bread that living art and vivifying! Make ever thou my soul on thee to live; ever a taste of heavenly sweetness give.

O loving Pelican! O Jesu, Lord! Unclean I am, but cleanse me in thy Blood; of which a single drop, for sinners spilt, is ransom for a world's entire guilt.

Jesu! Whom for the present veil'd I see, what I so thirst for, O vouchsafe to me: that I may see thy countenance unfolding, and may be blest thy glory in beholding. Amen.

PRAYER FOR THE HOLY FATHER

Lord, source of eternal life and truth, give to your shepherd (name of pope) a spirit of courage and right judgment, a spirit of knowledge and love. By governing with fidelity those entrusted to his care may he, as successor to the apostle Peter and Vicar of Christ, build your Church into a sacrament of unity, love, and peace for all the world.

We ask this through our Lord Jesus Christ, your Son, who lives and reigns with you and the Holy Spirit, one God for ever and ever. Amen.

FOR RELIGIOUS VOCATIONS

O loving and gracious God, Father of all, you bless your people in every time and season and provide for their needs through your providential care. Your Church is continually in need of priests, sisters and brothers to offer themselves in the service of the gospel by lives dedicated to love. Open the hearts of your sons and daughters to listen to your call in their lives. Give them the gift of understanding to discern your invitation to serve you and your Church. Give them the gift of courage to follow your call. May they have the spirit of young Samuel who found fulfillment in his life when he said to you, *Speak Lord for your servant is listening*. We ask this through Jesus Christ, our Lord and Redeemer. Amen.

PRAYER FOR THE CHURCH

Jesus, Lord, God and Savior, keep your Church always in truth. Protect it and make it grow every day in new members so that all may come to save their souls.

Dear Jesus, you are the invisible Head of the Church. You are so close to the Church that the Bible calls the Church your Body. You are the Vine and we are the branches. You have said that no one can come to God the Father except through you. And dear Jesus, your Church on earth is your body and the way you live in the world today. You love the Church. Keep all members of the Church in your love. Make our faith and hope stronger.

Dear Jesus, just as some hated you in your physical Body when you were on earth, so now, some hate you in your Church, your Mystical Body. I ask our heavenly Father, in your name, Jesus, and in the unity of the Holy Spirit, to protect holy Mother Church for the glory of God and the salvation of souls. Amen.

PRAYER TO GOD THE FATHER

O Creator ineffable, who of the riches of your wisdom did appoint three hierarchies of Angels and did set them in wondrous order over the highest heavens, and who did apportion the elements of the world most wisely; do you, who are in truth the fountain of light and wisdom, deign to shed upon the darkness of my understanding the rays of your infinite brightness, and remove far from me the twofold darkness in which I was born, namely, sin and ignorance. Do you, who give speech to the tongues of little children, instruct my tongue and pour into my lips the grace of your benediction. Give me keenness of apprehension, capacity for remembering, method and ease in learning, insight in interpretation, and copious eloquence in speech. Instruct my beginning, direct my progress and set your seal upon the finished work, you who are true God and true man, who lives and reigns world without end. Amen.

PRAYER TO GOD THE SON

My Lord Jesus Christ, Son of the living God, I humbly beseech you to scatter the darkness of my mind, and to give me lively faith, firm hope, and burning love. Grant, O my God, that I may know you well and may do all things in your light and in conformity with your holy will. Amen

PRAYER TO THE HOLY SPIRIT

Come, Holy Spirit, fill the hearts of your faithful and enkindle in us the fire of your love.

V. Send forth your Spirit and we shall be created.

R. And you shall renew the face of the earth.

Let us Pray

O God, who have taught the hearts of the faithful by sending the light of the Holy Spirit, grant that by the same Spirit, we may have a right judgment in all things and ever more rejoice in his consolation, through Christ our Lord. Amen.

PRAYER TO THE TRINITY

With all our heart and voice, we acknowledge, we praise and we bless you, God the Father unbegotten; you, the only-begotten Son; you, the Holy Ghost, the Paraclete, O holy and undivided Trinity.

OFFERING THE EUCHARIST TO THE BLESSED TRINITY

O most Holy Trinity, Father, Son, and Holy Spirit, I adore you profoundly, I offer you the most precious Body, Blood, Soul, and Divinity of Jesus, present in all the tabernacles of the world, in reparation for the outrages, sacrileges and indifference by which he is offended. By the infinite merits of the Sacred Heart of Jesus, and the Immaculate Heart of Mary, I beg the conversion of poor sinners. Amen.

PRAYER BEFORE COMMUNION

Almighty and ever-living God, I approach the sacrament of your only-begotten son, our Lord Jesus Christ, I come sick to the doctor of life, unclean to the fountain of mercy, blind to the radiance of eternal light, and poor and needy to the Lord of heaven and earth. Lord, in your great generosity, heal my sickness, wash away my defilement, enlighten my blindness, enrich my poverty, and clothe my nakedness. May I receive the bread of angels, the King of kings and Lord of lords, with humble reverence, with the purity and faith, the repentance and love, and the determined purpose that will help to bring me to salvation. May I receive the sacrament of the Lord's body and blood, and its reality and power. Kind God, may I receive the body of your only begotten Son, our Lord Jesus Christ, born from the womb of the Virgin Mary, and so be received into his mystical body and numbered among his members. Loving Father, as on my earthly pilgrimage I now receive your beloved Son under the veil of a sacrament, may I one day see him face to face in glory, who lives and reigns with you forever. Amen.

SPIRITUAL COMMUNION

I wish my Lord to receive you with the purity, humility and devotion with which your most Holy Mother received you; with the spirit and fervor of the Saints.

PRAYER AFTER COMMUNION

Lord, Father all-powerful and ever-living God, I thank you, for even though I am a sinner, your unprofitable servant, not because of my worth but in the kindness of your mercy, you have fed me with the precious body and blood of your Son, our Lord Jesus Christ. I pray that this holy communion may not bring me condemnation and punishment but forgiveness and salvation. May it be a helmet of faith and a shield of good will. May it purify me from evil ways and put an end to my evil passions. May it bring me charity and patience, humility and obedience, and growth in the power to do good. May it be a strong defense against all my enemies, visible and invisible, and the perfect calming of all my evil impulses, bodily and spiritual. May it unite me more closely to you, the one true God, and lead me safely through death to everlasting happiness with you. And I pray that you will lead me, a sinner, to the banquet where you, with your Son and Holy Spirit, are true and perfect light, total fulfillment, everlasting joy, gladness without end, and perfect happiness to your saints. Grant this through Christ our Lord. Amen.

ACT OF CONTRITION

O my God, I am heartily sorry for having offended you 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 you my God, who are all good and deserving of all my love; I firmly resolve, by the help of your grace, to confess my sins, to do penance and to amend my life. Amen.

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TEN BENEFITS OF FREQUENT MASS & COMMUNION

Bishop of Constantinople and Doctor of the Church, St John Chrysostom (347-407) was one of the greatest orators of Christian history. His name, Chrysostomos, is the Greek for “golden-mouthed,” and was given him because of his phenomenal ability in preaching. The title, Doctor of the Eucharist, is given to him because of his clear and extensive witness to the Real Presence and his unqualified defense of the Holy Eucharist as the sacrament in which Christ allows us “actually to eat His Body.”

- 1) Makes the Soul Wise.
- 2) Directs the Spirit Heavenward.
- 3) Moves Men to Gratitude.
- 4) Destroys the Desire for Earthly Things.
- 5) Causes the Mind to Dwell on the Other World.
- 6) We Behave According to the Lord’s Promised Reward.
- 7) Motivates Us to Pursue Virtue.
- 8) Makes Us Righteous and Courageous.
- 9) Incites Enthusiasm for Piety.
- 10) We Trust in God’s Promise Before it is Fulfilled.

Saint John Chrysostom, *Doctor of the Eucharist*

(Inside of back cover)

THE MEMORARE

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

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