

## **Appendix III**

### **The Prayers and the Tenets of Our Faith**

The basic prayers and tenets of our faith are included here as an aid to the catechist with the view of giving an easily accessible and comprehensive view.

#### **Prayers**

##### **The Sign of the Cross Mt. 28:19**

In the Name of the Father, and of the Son, and of the Holy Spirit. Amen.

CCC #2166

##### **Our Father Mt. 6:9-13**

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.

CCC #2759, 2761, 2777-2865

##### **Hail Mary Lk. 1:28, 42**

Hail Mary, full of grace! The Lord is with thee; blessed art thou among women, and blessed is the fruit of thy womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now and at the hour of our death. Amen.

CCC #2676-2677

##### **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning, is now, and ever shall be, world without end. Amen

CCC #2628

##### **A Morning Prayer**

God, our Father, I offer you today all that I think and do and say. I offer it with what was done on earth by Jesus Christ, Your Son. Amen

CCC #2698

##### **Prayer Before Meals**

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

CCC #2698

##### **Prayer After Meals**

We give You thanks, almighty God, for all Your goodness.  
You live and reign now and forever. Amen

CCC #269

### **Acts 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, with the help of Your grace, to confess my sins, to do penance, and to amend my life. Amen

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, my God, have mercy. Amen

CCC #1451

### **Apostles' Creed**

I believe in God, the Father almighty, Creator of heaven and earth, and in Jesus Christ, His only Son, our Lord, who was conceived by the Holy Spirit, born of the Virgin Mary, suffered under Pontius Pilate, was crucified, died and was buried; He descended into hell; on the third day He rose again from the dead; He ascended into heaven, and is seated at the right hand of God the Father almighty; from there He will come to judge the living and the dead. I believe in the Holy Spirit, the Holy Catholic Church, the communion of saints, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Roman Missal 3<sup>rd</sup> Edition

### **Nicene Creed**

I believe in one God, the Father Almighty, maker of heaven and earth, of all things visible and invisible. I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages. God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through Him all things were made. For us men and for our salvation He came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man. For our sake he was crucified under Pontius Pilate, He suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father. He will come again in glory to judge the living and the dead and His kingdom will have no end. I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets. I believe in One, Holy, Catholic and Apostolic Church. I confess one Baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen.

Roman Missal 3<sup>rd</sup> Edition

### **The Rosary**

The Rosary is a meditative prayer. It consists of a series of beads on which we pray traditional

prayers such as the Creed, Our Father, Hail Mary and Glory Be while we think about special events in the life of Jesus and Mary, Begin praying the Rosary with the cross. Pray the Sign of the Cross and the Apostles' Creed.

On the first bead pray one Our Father, on the next three beads a Hail Mary each and end with Glory Be to the Father.

Begin the first decade by saying one Our Father and then ten Hail Marys on the row of beads following it.

After the decade pray one Glory Be to the Father. Continue the remaining decades with an Our Father on each single bead and ten (10) Hail Marys on each row of beads. Conclude each decade with a Glory Be to the Father.

As you pray each decade, think of one of the Joyful, Luminous, Sorrowful, or Glorious Mysteries, or a special event in the life of Jesus and Mary.

#### The Five Joyful Mysteries (*Monday & Saturday*)

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

#### The Five Luminous Mysteries (*Thursday*)

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

#### The Five Sorrowful Mysteries (*Tuesday & Friday*)

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 and Death

#### The Five Glorious Mysteries (*Wednesday & Sunday*)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit upon the Apostles
4. The Assumption of Mary into Heaven
5. The Crowning of Mary in Heaven

CCC #2708

Pray the Hail Holy Queen prayer at end the Rosary

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope! To you do we cry, poor banished children of Eve; to you do we send up our sighs, mourning and weeping in this valley of tears. Turn, then, most gracious advocate, your eyes of mercy toward us, and after this our exile, show us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary!

CCC # 2677

### **Prayer for the Faithful Departed**

Eternal Rest grant unto them, O Lord, and let Perpetual Light shine upon them. May they rest in peace. Amen

CCC #958

### **Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of Your faithful, and enkindle within them the fire of Your Love. Send forth Your Spirit and they shall be created, and You shall renew the face of the earth.

O God, Who does instruct the hearts of the faithful by the light of the Holy Spirit, grant us by the same Holy Spirit, a love and relish of what is right and just, and a constant enjoyment of His comforts. Through Christ our Lord. Amen.

CCC #2671

### **The Way of the Cross (Stations)**

The Way of the Cross commemorates the passion, death, and resurrection of our Lord, Jesus Christ.

1. Jesus is condemned to die.
2. Jesus takes up His cross.
3. Jesus falls the first time.
4. Jesus meets His Mother.
5. Simon helps Jesus carry His cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem who mourn for him.
9. Jesus falls the third time.
10. Jesus is stripped of His garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross.
14. Jesus is laid in the tomb.

CCC #2669

### **Act of Faith**

Oh my God, I firmly believe that You are one God in three

divine Persons: Father, Son, and Holy Spirit. I believe that Your divine Son became man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the holy Catholic Church teaches, because You have revealed them. In this faith I desire to live and die. Amen

### **Act of Hope**

O my God, trusting in Your promises and the infinite merits of Jesus Christ, our Redeemer, I hope for the pardon of my sins and the graces I need to serve You faithfully on earth, and to obtain eternal life in heaven. Amen

### **Act of Love**

O my God, I love You above all things with my whole heart and soul, because You are infinitely good and deserving of All my love. I love my neighbor as myself for the love of You. Amen

CCC #2656-2658

### **Magnificat**

My soul proclaims the greatness of the Lord and my spirit rejoices in God my Savior; for He has looked with favor on His lowly servant, and from this day all generations will call me blessed. The Almighty has done great things for me; 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 the conceit of their heart. He has cast down the mighty from their thrones, and has lifted up the lowly. He has filled the hungry with good things, and sent the rich away empty-handed. He has come to the help of His servant Israel for He remembered His promise of mercy, the promise He made to our fathers, to Abraham and his children for ever. Amen

CCC #2619

### **Prayer of St. Francis**

Lord, make me an instrument of your peace. Where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; and where there is sadness, joy. O Divine Master, grant that I may not seek so much to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we

are born to eternal life. Amen.

## **Tenets of Our Faith**

### **The Ten Commandments**

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

Based on Ex. 20:2-17 and Dt. 5:6-21 CCC p. 496 & 497

### **The Great Commandments**

1. You should love the Lord your God with your whole heart, with your whole soul and with your whole mind.
2. You shall love your neighbor as yourself.

Matthew 22:37-40; Mark 12:29-31; Luke 10:27 CCC #2055

### **The Beatitudes**

Blessed are the poor in spirit, for theirs is the kingdom of heaven.  
Blessed are they who mourn, for they will be comforted.  
Blessed are the meek, for they will inherit the land.  
Blessed are they who hunger and thirst for justice, for they will be satisfied.  
Blessed are the merciful, for they will be shown mercy.  
Blessed are the pure of heart, for they will see God.  
Blessed are the peacemakers, for they will be called children of God.  
Blessed are they, who are persecuted for the sake of justice,  
for theirs is the kingdom of heaven.

Matthew 5:3-10 CCC #1716 25

### **The Seven Sacraments**

Baptism  
Confirmation  
Eucharist

Reconciliation  
Anointing of the Sick  
Holy Orders  
Matrimony

CCC #1210

**Twelve Apostles**

Peter	James
Andrew	Thaddeus
James	Thomas
John	Matthew
Philip	Simon
Bartholomew	Judas Iscariot (replaced by Matthias)

Matthew 10:2-4 Acts 1:21-26 CCC #858

**The Cardinal Virtues**

Prudence  
Justice  
Fortitude  
Temperance

Wisdom 8:7CCC #1805

**The Theological Virtues**

Faith  
Hope  
Charity

1 Cor. 13:13 CCC #1813

**Works of Mercy**

*Corporal*

Feed the hungry. Shelter the homeless. Clothe the naked.  
Visit the sick and imprisoned. Bury the dead.

Matthew 25:35-40 CCC #2447

*Spiritual*

Instruct the ignorant. Advise the doubtful. Correct the sinner.  
Comfort the afflicted. Forgive offenses. Bear wrongs patiently.  
Pray for the living and the dead.

Gal 6:1-2 1 Thes. 5:14-19CCC #2447

**Gifts of the Holy Spirit**

Wisdom  
Knowledge  
Understanding

Reverence  
Courage  
Fear of the Lord (Wonder and Awe)  
Right Judgment

Is. 11:1-3 CCC #183

**Fruits of the Holy Spirit**

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

Gal. 5:22-23 CCC #1832 27

**Marks of the Church**

One	Catholic
Holy	Apostolic

CCC #865

**Eucharistic Fast**

General Law: Those preparing to receive Communion must abstain from all food and drink for one hour prior to reception. Exceptions to the Eucharistic Fast: Water may be taken any time before Communion. In the case of sickness, medicine may be taken anytime before reception.

Canon 919

**Holy Days of Obligation in the United States**

1. Solemnity of Mary, Mother of God (January 1)
2. Solemnity of the Ascension (Forty days after Easter)
3. Solemnity of the Assumption of the Blessed Virgin Mary (August 15)
4. Solemnity of All Saints (November 1)
5. Solemnity of the Immaculate Conception (December 8)
6. Solemnity of the Nativity of Our Lord Jesus Christ (December 25)

Canon 1246 CCC #2177

**The Precepts of the Church**

1. To attend Mass on Sundays and other holy days of obligation and to refrain from work and activities which could impede the sanctification of those days;
2. To confess one's sins, receiving the Sacrament of Reconciliation at least once a year;
3. To receive the Sacrament of the Eucharist at least during the Easter season;
4. To abstain from eating meat and to observe the days of fasting established by the Church;
5. To help to provide for the material needs of the Church, each according to his own ability.

CCCC # 432

## **Days of Penance**

All Fridays of Lent

Canon 1250 CCC #1438

## **General Laws of Fast and Abstinence**

*Fast:* All adults, 18 up to the beginning of their sixtieth (59) year, are bound by the law of fasting. Fasting allows one full meal, but a light breakfast and lunch are not forbidden. Pastors and parents are to see to it that children while not bound to the law of fast and abstinence are educated and introduced to an authentic sense of penance.

*Abstinence:* All persons 14 years and older are bound by the law of abstinence. Abstinence means not eating meat.

## **Days of Fast and Abstinence**

*Ash Wednesday, Good Friday, and Fridays of Lent* (abstinence)

On Fridays, when abstinence is not required by law, acts of penance, especially works of charity and exercises of piety are suggested. Abstinence from meat is especially recommended but under no obligation by law.

Canons 1251-1253 CCC #1434, 2043

## **BOOKS OF THE OLD TESTAMENT**

### **PENTATEUCH**

Genesis (Gn)  
Exodus (Ex)  
Leviticus (Lv)  
Numbers (Nm)  
Deuteronomy (Dt)

### **HISTORICAL BOOKS**

Joshua (Jos)  
Judges (Jgs)  
Ruth (Ru)  
1 Samuel (1Sm)  
2 Samuel (2Sm)  
1 Kings (1Kgs)  
2 Kings (2Kgs)  
1 Chronicles (1Chr)  
2 Chronicles (2Chr)  
Ezra (Ezr)  
Nehemiah (Neh)  
Tobit (Tb)  
Judith (Jdt)

Esther (Est)  
1 Maccabees (1Mc)  
2 Maccabees (2Mc)

### WISDOM BOOKS

Job (Jb)  
Psalms (Ps)  
Proverbs (Prv)  
Ecclesiastes (Eccl)  
Songs of Songs (Sg)  
Wisdom (Wis)  
Sirach (Sir)

### PROPHETIC BOOKS

Isaiah (Is)  
Jeremiah (Jer)  
Lamentations (Lam)  
Baruch (Bar)  
Ezekiel (Ez)  
Daniel (Dn)  
Hosea (Hos)  
Joel (Jl)  
Amos (Am)  
Obadiah (Ob)  
Jonah (Jon)  
Micah (Mi)  
Nahum (Na)  
Habakkuk (Hb)  
Zephaniah (Zep)  
Haggai (Hg)  
Zechariah (Zec)  
Malachi (Mal)

### BOOKS OF THE NEW TESTAMENT

#### GOSPELS

Matthew (Mt)  
Mark (Mk)  
Luke (Lk)  
John (Jn)  
Acts of the Apostles (Acts)

## EPISTLES

Romans (Rom)  
1 Corinthians (1Cor)  
2 Corinthians (2Cor)  
Galatians (Gal)  
Ephesians (Eph)  
Philippians (Phil)  
Colossians (Col)  
1 Thessalonians (1Thes)  
2 Thessalonians (2Thes)  
1 Timothy (1Tm)  
2 Timothy (2Tm)  
Titus (Ti)  
Philemon (Phlm)  
Hebrews (Heb)  
James (Jas)  
1 Peter (1Pt)  
2 Peter (2P t)  
1 John (1Jn)  
2 John (2Jn)  
3 John (3Jn)  
Jude (Jude)

THE BOOK of REVELATION (Rv)