



2021-2022

11th Grade Memory Test Study Sheet

Basic Prayers

- The Sign of the Cross
- The Our Father, the Hail Mary, the Glory Be
- Act of Contrition

The Rosary

- How to pray the Rosary
- The 5 Joyful Mysteries
- The 5 Sorrowful Mysteries
- The 5 Glorious Mysteries
- The traditional mystery days of the Rosary:
 - Joyful (Mondays & Thursdays)
 - Sorrowful (Tuesdays & Fridays)
 - Glorious (Wednesdays, Saturdays, & Sundays)

Basic Laws of God & the Church

- The 10 Commandments
- The precepts of the Church
 - (1) Attend Mass on every Sunday & Holy Days of Obligation (& abstain from servile labor on those days)
 - (2) Fast & Abstain from meat on appointed days
 - (3) Confess Sins at least once per year
 - (4) To receive Holy Communion at least once a year during the Easter Season
 - (5) To financially contribute to the support of the Church
 - (6) To Observe the Church Laws concerning Marriage
- Current Holy Days of Obligation
 - (1) January 1 (Mary, Mother of God; Circumcision of the Lord)
 - (2) August 15 (Assumption of Mary)
 - (3) November 1 (All Saints Day)
 - (4) December 8 (Immaculate Conception)
 - (5) December 25 (Christmas)
- Traditional but not current days of Obligation
 - (1) January 6 (Epiphany)
 - (2) 40 Days after easter Sunday (Ascension Thursday)
 - (3) Thursday after Trinity Sunday (Corpus Christi)
- Current Fasting Laws
 - (1) No food or drink (except water and medicine) one hour before receiving Holy Communion
 - (2) No meat on any Friday throughout the year
 - (3) No meat on Ash Wednesday
 - (4) Only one meal on Ash Wednesday & Good Friday
- Traditional but not current Fasting Laws
 - (1) No food or drink three hours before receiving Holy Communion
 - (2) No meat on any Friday throughout the year
 - (3) No meat on Ash Wednesday
 - (4) Only one meal on Ash Wednesday & Good Friday, The 12 Ember Days, Christmas Eve, December 7, Every weekday of Lent

The Sacraments

- The 7 Sacraments
- The principal effects of Confirmation
 - (1) An increase of Sanctifying Grace
 - (2) Strengthening of Faith
 - (3) Gifts of the Holy Spirit
 - (4) An Indelible Mark imprinted on our souls
- 7 Gifts of the Holy Spirit
 - (1) Wisdom
 - (2) Understanding
 - (3) Counsel
 - (4) Fortitude
 - (5) Knowledge
 - (6) Piety
 - (7) Fear of the Lord