

BASIC CATHOLIC PRAYERS (NEW ROMAN MISSAL) AND OTHER BASIC CATHOLIC KNOWLEDGE

GLORY

Glory be to the Father,
and to the Son,
and to the Holy Spirit.
As it was in the beginning,
is now,
and will be for ever.
Amen.

SIGN OF THE CROSS

In the name of the Father,
and of the Son,
and of the Holy

OUR FATHER

Our Father, Who are in heaven,
Holy be your Name.
Your Kingdom come.
Your 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.

I CONFESS

I confess to almighty God
and to you, my brothers and sisters,
that I have **greatly sinned**
in my thoughts and in my words,
in what I have done
and in what I have failed to do,
through my fault, through my fault,
through my most grievous fault;
therefore I ask blessed Mary ever-Virgin,
all the Angels and Saints,
and you, my brothers and sisters,
to pray for me to the Lord our God.

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 death.
Amen.

ACT OF CONTRITION

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.

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 thy God in vain
3. Remember to keep holy the Lord's Day.
4. Honor your Father and your Mother
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against thy neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

THEOLOGICAL VIRTUES

Faith
Hope
Charity

CARDINAL VIRTUES

Prudence
Justice
Temperance
Fortitude

Prayer before eating

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

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, is
seated 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 for-
giveness of sins, the resurrection of the body, and life everlasting.
Amen.

THE SACRAMENTS

Sacraments of Christian Initiation
BAPTISM
CONFIRMATION
EUCCHARIST

The Sacraments of Healing
PENANCE AND RECONCILIATION
ANOINTING OF THE SICK

The Sacraments of the Service of Communion
HOLY ORDERS
MATRIMONY

NICENE REED

I believe in one God,
the Father almighty,
maker of heaven and earth,
of all things visible and invisible.
And 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, *(All bow)*
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.
And 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.
And 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.

THE ROSARY

THE FIVE JOYFUL MISTRIES

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

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
The Crucifixion and Death of Jesus

THE FIVE GLORIOUS MYSTERIES

1. The Resurrection
2. The Ascension
3. The Coming of the Holy Spirit upon the Apostles
The Coronation of Mary in Heaven
4. The assumption of Mary into Heaven

THE FIVE LUMINOUS MYSTERIES

1. Jesus' Baptism in the Jordan
2. The Miracle at the Wedding at Cana
3. Jesus Announces the Kingdom of God
4. The Transfiguration
5. The Institution of the Eucharist

SALVE

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 vale of tears.

Turn then, most gracious advocate,
your eyes of mercy toward us;
and after this our exile,
show unto us the blessed fruit of your womb, Jesus.
O clement, O loving, O sweet Virgin Mary.

V./ Pray for us O holy Mother of God,
R./ that we may be worthy of the promises of Christ.

7 COMMANDMENTS OF THE CHURCH

1. Celebrate Christ's Resurrection every Sunday (or Saturday evening) and on holy days of obligation by taking part in Mass and avoiding unnecessary work.
2. Lead a sacramental life. Receive Holy Communion frequently and the sacrament of Reconciliation regularly. We must receive Holy Communion at least once a year between the First Sunday of Lent and Trinity Sunday. We must celebrate Reconciliation once a year if we have committed mortal, or serious, sin.
3. Study Catholic teaching throughout life, especially in preparing for the sacraments, and continue to grow in faith.
4. Observe the marriage laws of the Church and give religious instruction and formation to one's children.
5. Contribute to the support of the Church: one's own parish community, priests, the whole Church, and the pope.
6. Do penance, including not eating meat and fasting from food on certain days.
7. Join in the missionary work of the Church.