

Gifts of the Holy Spirit

Wisdom
Understanding
Counsel (Right Judgment)
Fortitude (Courage)
Knowledge
Piety (Reverence)
Fear of the Lord (Wonder and Awe)

Fruits of the Holy Spirit

Charity
Joy
Peace
Patience
Kindness
Goodness
Long-Suffering
Mildness
Faith
Modesty
Continency
Chastity

Theological Virtues

Faith
Hope
Charity

Cardinal Virtues

Prudence
Justice
Fortitude
Temperance (Moderation)

Capital Sins

Pride
Anger
Greed
Lust
Envy
Gluttony
Sloth (Laziness)



*Prayers and Teachings
Every Catholic Should Know*

The Sign of the Cross

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

Angel of God (Guardian Angel Prayer)

Angel of God, my guardian dear, to whom God's love commits me here,
ever this day be at my side to light and guard, to rule and guide. Amen

The Lord's Prayer

Our Father, who art in heaven, hallowed by the 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.

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

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.

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.

Grace After Meals

We give you thanks for all your benefits, O loving God, you who live
and reign forever. Amen.

5. To strengthen and support the Church.

6. To do penance, including abstaining from meat and fasting from food on
appointed days.

7. To join in the missionary spirit and works of the Church.

Holy Days of Obligation in the United States

All Sundays of the year

January 1: The Solemnity of Mary, Mother of God

Ash Wednesday

Ascension of our Lord (40 days after Easter)

August 15: Assumption of the Blessed Virgin Mary

November 1: All Saints Day

December 8: The Immaculate Conception

December 25: Christmas Day

Note: Christmas is always a holy day of obligation on whatever day it
falls. When the feasts of the Assumption, All Saints or the Solemnity of
Mary, Mother of God (Jan. 1) are celebrated on a Saturday or Monday,
there is no obligation to participate in Mass. The Immaculate Conception
remains a holy day of obligation except when December 8 falls on Sunday.
Then, the feast is transferred to Monday in which case it is not considered
a holy day. However, the faithful are still encouraged to participate at
Mass on these days.

Corporal Works of Mercy

Feed the hungry

Clothe the naked

Shelter the homeless

Visit the sick

Visit the imprisoned

Bury the dead

Spiritual Works of Mercy

Counsel the doubtful

Instruct the ignorant

Admonish the sinner

Comfort the sorrowful

Forgive injuries

Bear wrongs patiently

Things to Know

The Two Great Commandments

(See Deuteronomy 6:5 and Leviticus 19:18, combined by Jesus in Luke 10:27)

The Beatitudes (See Matthew 5:3-10)

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the land.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the clean of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

The Ten Commandments (Summarized from Exodus 20:2-17)

1. I, the Lord, am your God. You shall not have other gods besides me.
2. You shall not take the name of the Lord your God in vain.
3. Remember to 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 anything that belongs to your neighbor.

The Laws (Precepts) of the Church Holy Days of Obligation in the U.S.A.

1. To keep Sundays holy, and to participate in Mass on Sundays and in addition to all Sundays, Catholics are obliged to participate in Mass during Holy Days of obligation.
2. To lead a sacramental life, frequently receiving the Eucharist.
3. To prepare for Confirmation and be confirmed.
4. To observe the marriage laws of the Church and to provide children with religious training.

Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died and was buried. He descended into Hell. On the third day he arose again. He ascended into heaven, and is seated at the right hand of the Father. He will come again 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.

Hail, Holy Queen

Hail, holy queen, mother of mercy, our life, our sweetness and our hope. To thee do we cry the poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then most gracious advocate thine eyes of mercy towards us and after this our exile show unto 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.

Let us pray,

O God whose only begotten Son by his life death and resurrection has purchase for us the rewards of eternal life. Grant we beseech thee that meditating upon these mysteries of the Most Holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise through the same Christ our Lord. Amen.

Prayer for Those Who Have Died

Eternal rest, grant unto them, O Lord, and let perpetual light shine upon them. May their souls and the souls of all the faithful departed through the mercy of GOD rest in peace. Amen.

Vocation Prayer

Lord, let me know clearly the work you are calling me to do in life. And grant me every grace I need to answer your call with courage and love and lasting dedication to your will. 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 pains of hell, but most of all because it offends You, my God, who are so 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

Angelus

The Angel of the Lord declared unto Mary.

And she conceived of the Holy Spirit.

Hail Mary...

Behold the handmaid of the Lord.

May it be done unto me according to your word.

Hail Mary...

And the Word became flesh.

And lived among us.

Hail Mary...

V. Pray for us, O Holy Mother of God

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

Let us pray: O Lord, it was through the message of an angel that we learned of the incarnation of your Son Christ. Pour your grace into our hearts, and by his passion and cross bring us to the glory of his resurrection. Through the same Christ, our Lord. Amen.

Glory to the Father...

Prayers in Latin**Sign of the Cross**

In nomine Patris, et Filii, et Spiritus Sancti. Amen.

The Lord's Prayer

Pater noster, qui es in caelis, sanctificetur nomen tuum.

Adveniat regnum tuum.

Fiat voluntas tua, sicut in caelo et in terra.

Panem nostrum quotidianum da nobis hodie,

et dimitte nobis debita nostra

sicut et nos dimittimus debitoribus nostris.

Et ne nos inducas in tentationem,

sed libera nos a malo. Amen.

Hail Mary

Ave Maria, gratia plena, Dominus tecum. Gloria

Benedicta tu in mulieribus,

et benedictus fructus ventris tui, Iesus.

Sancta Maria, Mater Dei,

ora pro nobis peccatoribus,

nunc , et in hora mortis nostrae. Amen.

Glory Be

Gloria Patri, et Filio, et Spiritui Sancto,

sicut erat in principio, et nunc, et semper,

et in saecula saeculorum. Amen.

The Mysteries of the Rosary

Joyful Mysteries (Monday and Saturday)

1. The Annunciation.
2. The Visitation
3. The Birth of Our Lord Jesus Christ
4. The Presentation of Jesus at the Temple
5. The Finding of the Child Jesus in the Temple

Sorrowful Mysteries (Tuesday and 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

Glorious Mysteries (Sunday and Wednesday)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of the Blessed Virgin Mary
5. The Coronation of the Blessed Virgin Mary

Luminous Mysteries (Thursday)

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

Fatima Prayer

(Frequently said after the Glory Be before a new decade of the rosary is begun)

O my Jesus, forgive us our sins.

Save us from the fires of hell.

Bring all souls to heaven, especially those in most need of your mercy.

Regina Caeli

(Recited instead of the Angelus from Easter through Pentecost)

V. The angel of the Lord declared unto Mary.

R. And she conceived of the Holy Spirit. V. Queen of heaven, rejoice, Hail Mary . . . R. Alleluia.

V. Behold the handmaid of the Lord. V. The Son you merited to bear,

R. Be it done unto me according to Your word. R. Alleluia.

Hail Mary . . .

V. Has risen as He said.

V. And the Word was made flesh. R. Alleluia.

R. And dwelt among us.

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

R. Because our Lord is truly risen, alleluia.

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

R. That we may be made worthy of the promises of Christ. Let us pray:

Let us pray: God of Life, you have given joy to the world

Pour forth, we beseech You, O Lord, by the resurrection of your Son,

Your grace into our hearts, that we, our Lord Jesus Christ.

to whom the incarnation of Christ, Your Son, Through the prayers of His mother,

was made known by the message of an angel, the Virgin Mary,

may, by His passion and cross, bring us to the happiness of eternal life.

be brought to the glory of His resurrection, We ask this through Christ our

Lord. Amen.

Act of Faith

O my God, I firmly believe that you are one God in three divine Persons, Father, Son, and Holy Spirit; I believe that your living 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, who can neither deceive nor be deceived.

Act of Hope

O my God, relying on your infinite goodness and promises, I hope to obtain pardon of my sins, the help of your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Act of Love (Charity)

O my God, I love you above all things, with my whole heart and soul, because you are all-good and worthy of all love. I love my neighbor as myself for the love of you. I forgive all who have injured me, and I ask pardon of all whom I have injured.

The Divine Praises

Blessed be God. Remember,
Blessed be his Holy Name.
Blessed be Jesus Christ, true God and true man.
Blessed be the name of Jesus.
Blessed be his most Sacred Heart.
Blessed be his most Precious Blood.
Blessed be Jesus in the most holy sacrament of the altar.
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 Magnificat

(Luke 1:46-55; versions may vary)

My soul proclaims the greatness of the Lord.
My spirit rejoices in God my savior,
for he has looked with favor on his lowly servant.
From this day all generations will call me blessed;
the Almighty has done great things for me,
and holy in 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 away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he has made to our fathers,
To Abraham and his children forever.

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 unto you,
O Virgin of virgins, our Mother.
To you do 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 me.

Prayer to St. Michael

(Luke 1:46-55; versions may vary)

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 thou, O prince of the heavenly host,
by the power of God, thrust into hell Satan
and the other evil spirits who prowl about the world
seeking the ruin of souls. Amen.

Prayer of St. Ignatius

Lord Jesus Christ, take all my freedom,
my memory, my understanding, my will.
All that I have and cherish you have given to me.
I surrender it all to be guided by your will.
Your grace and your love are wealth enough for me.
Give me these, Lord Jesus, and I ask for nothing more. Amen.

Prayer to the Holy Spirit

Come, Holy Spirit, fill the hearts of your faithful and kindle in them the
fire of your love.
V. Send forth your Spirit and they shall be created.
R. And you shall renew the face of the earth.

Let us pray: O God, who by the light of the Holy Spirit, did instruct the
hearts of the faithful, grant that by the same Spirit we may be truly wise
and ever rejoice in His consolations, through Christ our Lord. Amen.