

SACRAMENT

What is a sacrament?

A sacrament is an outward sign of grace given to us by Jesus Christ and preserved by the Church for the purpose of participating in the life of God.

What are the seven sacraments?

Sacraments of Initiation

1. Baptism - makes us members of the Church; washes away original sin and heirs to the Kingdom of Heaven.
2. Eucharist – Is the Body, Blood, Soul and Divinity of Jesus Christ spiritual food which nourishes our faith life and strengthens us in our daily life and decisions.
3. Confirmation - completes the grace of Baptism by a special outpouring of the gifts of the Holy Spirit.

Sacraments of Healing/Reconciliation

4. Reconciliation - confessing our sins to a priest, who takes the place of Jesus, to receive forgiveness from God and be reconciled with the Church.
5. Anointing of the Sick - anointing by the priest of someone who is ill or of advanced age for and physical healing.

Sacraments of Commitment

6. Holy Orders - men ordained by the bishop to serve the people of God, as a deacon, priest, or Bishop.
7. Matrimony - covenant or partnership of life between a baptized man and woman, for their well-being and for the procreation and education of children.

HOLINESS AND SIN

1. **What is holiness?** To be holy is to be like Jesus Christ, the Son of God. Holiness means the perfection of charity (love).

2. **Why did God give each of us a conscience?** So that we would know the difference between right and wrong.

3. What two sources of God's revelation do we need to form our conscience? Scripture and Tradition

4. What is a virtue? The habit of doing good.

5. Name the three theological virtues that we receive with Baptism?
Faith, Hope, and Charity

6. What is sin? A sin is a thought, word, or deed which is contrary to God's law.

7. What are the three qualities that make an action or thought a mortal sin?

- It involves a serious matter,
- We have full knowledge that it is wrong
- We give complete consent of our will.

8. What are the "Two Great Commandments that Christ said sum up the Ten Commandments?"

You shall love the Lord your God with your whole heart, and with your whole soul, and with all your mind. (This commandment summarizes the first three of the Ten Commandments.)

You shall love your neighbor as yourself. (This commandment summarizes the last seven of the Ten Commandments.)

9. What are the Ten Commandments in order? (Remember they are given in order of importance.)

1. I am the Lord, your God, you shall have no other gods before Me.\
2. You shall not take the name of the Lord, your God in vain.
3. Keep holy the Sabbath day.
4. Honor your father and 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.

10. **When we say that a sin is a "mortal sin", what do we mean?** A mortal sin is a fundamental rejection of God's love. By it God's grace is driven from the sinner. Mortal means "death dealing". This sin kills God's life and love in the person sinning.

11. **If someone commits a mortal sin what must they do as soon as possible and certainly before receiving Holy Communion?** They must go to Confession as soon as possible.

12. **What four things should we do on a regular basis in order to have a strong relationship with the Lord in this life and to enter into eternal life in heaven?**

- Take time each day to pray
- Attend Mass each week and come to Confession regularly
- Read the Bible, especially the Gospel
- Perform acts of Charity in the name of Christ

13. **What do we mean when we say that the Church is "the Body of Christ?"** The followers of Christ who make up His Church are Christ's abiding presence in the world.

14. **What do we mean when we say that the Pope is "infallible"?** This means the pope cannot make an error when, as head of the Church, he solemnly defines a doctrine concerning faith & morals.

LITURGICAL SEASONS

WHAT IS ADVENT?

We prepare for Christ's coming over a 4-week period • Liturgical Color is VIOLET

(3rd week of Advent is called Gaudete Sunday- Liturgical Color is changed to ROSE, which signifies JOY)

WHAT IS CHRISTMAS SEASON?

12 Days of celebration beginning on Dec. 25th • Liturgical Color is WHITE
EPIPHANY

Begins approx. January 6th up to 9 weeks • Liturgical Color is WHITE
LENT

40 days of preparation for Easter (plus Sundays)

Prayer/Service, Fasting, and Almsgiving (give to the poor) • Liturgical
COLOR is VIOLET

(4th Sunday of Lent is called Laetare Sunday - Liturgical Color is changed to
ROSE, which signifies JOY)

WHAT IS HOLY WEEK?

Begins on Passion Sunday (Palm Sunday) • Liturgical Color is RED Includes
the The Easter Triduum

- Holy Thursday
- Good Friday Liturgical Color is White
- Holy Saturday Liturgical Color is Red

WHAT IS EASTER SEASON?

50 Days following Easter beginning on Easter Sunday Includes the
Ascension of our Lord

Liturgical Color is WHITE

Concludes on Pentecost Sunday (the birthday of the Church)

Liturgical Color for Pentecost is RED

WHAT IS ORDINARY TIME?

The largest part of the liturgical year.

Liturgical Color is GREEN

HOLY SPIRIT

WHAT ARE THE GIFTS OF THE HOLY SPIRIT?

In the Sacrament of Confirmation is when we receive the seven gifts of the
Holy Spirit. They complete and perfect the virtues of those who receive them.

Wisdom helps us to have a better idea of God's plan for us by being
attentive, through prayer and experiences of life, to the guidance of the Holy
Spirit. The ability to help you see things as they truly are in an open-minded

manner. Wisdom helps us recognize God's presence in all people, places and things.

Understanding helps us to see others through the eyes of Christ. A heart that accepts, cares, listens, understands and forgives. We grasp the meaning of what we believe and act in ways that show our Christian faith makes a difference.

Counsel (Right Judgment) helps us to act as we know God would want us to and to help others do the same. The ability to help you make good and wise decisions according to God's rules. It also helps us to guide others and to seek the guidance of others when we need it.

Fortitude (Courage) helps us to live and proclaim the Gospel message even in face of ridicule and contempt. Gives us the courage and strength to do what is right in spite of challenges.

Knowledge urges us to exercise our mind and will to learn God's plan for the world and us. Knowledge shows us how the truths of our faith give direction to our lives.

Piety (Reverence) helps us to find the sacred in all things. Gives you the ability to have a deep respect for God, for others and for all creation.

Fear of the Lord (Wonder and Awe) helps us to recognize and rejoice in God's glory filling all creation. A sense of the greatness and majesty of God coupled with deep realization of His nearness.

WHAT ARE THE FRUITS OF THE HOLY SPIRIT?

The fruits of the Spirit are perfections that the Holy Spirit forms in us as the first fruits of eternal glory.

Love (charity) – We exhibit the virtue of charity, or love, by our unselfish devotion and care for God and our neighbor.

Joy – We live with joy when we recognize that true happiness comes, not from money or possessions, but from knowing and following Christ.

Peace - We are freed from worrying about trivial things because of the inner peace we experience with God in our hearts. We work and pray for peace throughout the world.

Patience – We demonstrate patience by treating others with thoughtfulness and tolerance. We know that we can overcome the temptations and sufferings of life because God is always with us.

Kindness – We live the virtue of kindness by treating others, as we want to be treated.

Goodness – We exhibit goodness when we honor God by avoiding sin and always trying to do what we know is right.

Generosity – We demonstrate the fruit of generosity when we share our gifts and possessions with others.

Gentleness – Gentle people act calmly and avoid actions that might lead others to anger or resentment.

Faithfulness - We are faithful when we live out our commitment to the teachings of Jesus, the Scriptures, and the Catholic Church.

Modesty – We exhibit modesty by being pure in our thoughts, words, and dress.

Self-Control – We exercise self-control by working to overcome the temptations we face and by trying always to do God’s will.

Chastity – We live the virtue of chastity when we use the gift of sexuality wisely, according to God’s plan.

THE CORPORAL AND SPIRITUAL WORKS OF MERCY

What are the seven Corporal Works of Mercy? (Remember “corporal” is like “corpus” which means “body”, so these relate to the body.)

1. Feed the hungry
2. Give drink to the thirsty
3. Clothe the naked
4. Visit the imprisoned
5. Shelter the homeless
6. Visit the sick
7. Bury the dead

What are the seven Spiritual Works of Mercy? (These relate to our minds, feelings and souls.)

1. Correct those who need it
2. Teach the ignorant
3. Give advice to those who need it
4. Comfort those who suffer
5. Be patient with others
6. Forgive others who hurt you

7. Pray for others

THE BEATITUDES

The Beatitudes teach us how to find everlasting happiness with God. They teach us the many ways that God blesses us when we live as Jesus calls us to live.

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

The poor in spirit are people who know they need God. They believe that all good things are made by God. They trust in God. They care about people in need and work for justice for everyone.

2. Blessed are they who mourn, for they will be comforted.

The mourning are people who suffer because of evils around them. They are sad because others suffer from evil. They try to change the things that bring sadness and that make people suffer. It reminds us of how much we need God, who will heal us.

3. Blessed are the meek, for they will inherit the land.

The gentle are people who trust in God. They believe that God helps us to overcome evil in the world. Be gentle and kind with all of God's creation. Bullying, teasing, and violence never lead to success or happiness.

4. Blessed are those who hunger and thirst for righteousness, for they will be satisfied.

People who hunger and thirst for honesty, kindness are people who want God's will to be done. They do everything they can so that all people will share in the good things that God made for us.

5. Blessed are the merciful, for they will be shown mercy.

People who show mercy are people who care about the feelings of others. They show love, understanding, and concern for those around them. They are kind to all God's creatures. They feel sorry for people who are hurt. They forgive people who have hurt them.

6. Blessed are the pure of heart, for they will see God.

The pure of heart are people who love God all their lives. They care about others and share things with them. They are not selfish. These people will see God. They will be with God forever.

7. Blessed are the peacemakers, for they will be called children of God.

The peacemakers are people who try to bring peace where there is none. They are fair to others and show love for them. They are called children of God because God is the God of peace.

8. Blessed are they who are persecuted for the sake of righteousness, for theirs is the kingdom of heaven.

Stand up for what is right, even though it may be hard or lonely for you to do. When you are made fun of for putting God first, his greatness is made known to others.

9. Blessed are you when they insult you and persecute you and utter every kind of evil against you (falsely) because of me.

When you follow the Ten Commandments, your reward is greater and much deeper than an immediate good feeling.

PARTS OF THE MASS

Introductory Rites

The beginning of Mass. The rites help us get ready to hear God's Word and receive Jesus Christ in Holy Communion.

- **Entrance Song**
- **Penitential Act** – Includes a prayer of sorrow for our sins and a petition, or request, for God's mercy.
- **Gloria** - Hymn of praise
- **Collect Prayer** - Our coming together and asking for God's grace.

Liturgy of the Word

Reading from the Old and New Testaments proclaimed from the Lectionary for Mass.

- **First Reading** - Comes from the Old Testament
- **Responsorial Psalm** - Comes from the Book of Psalms in the Old Testament
- **Second Reading** - Comes from the New Testament

- **Gospel Reading** - Comes from one of the four Gospels Matthew, Mark, Luke or John, proclaiming the Good News of Jesus.
- **Homily** - The priest or deacon helps us understand how to relate the message of the Gospel to our everyday lives.
- **Profession of Faith** - Proclaim the truths of our Catholic faith.
- **Prayer of the Faithful** - Prayers for our needs and the needs of the world.

Liturgy of the Eucharist

Gifts of bread and wine are brought to the altar. The priest prays that God will accept our sacrifice. During the Eucharistic Prayer, the bread and wine are consecrated and become the Body, Blood, Soul and Divinity of Jesus Christ.

- **Presentation and Preparation of the Gifts** - A Chalice and a paten are placed on the Altar. The gifts of bread and wine are presented to the priest.
- **Prayer over the Offerings** - Priest prays that our sacrifice may be acceptable to God.
- **Eucharistic Prayer** - The Eucharistic prayer begins with the Holy, Holy, Holy. The most important part of the Eucharistic prayer is the Consecration, when the Bread and Wine truly become the Body, Blood, Soul and Divinity of Jesus Christ. The end of the Eucharistic prayer is praise to the Trinity. Our response is AMEN – I believe!
- **Communion Rite** – Includes the Our Father, Sign of Peace, Lamb of God and receiving Holy Communion. After receiving Communion, there is a period of silence to give thanks to God and the Communion Rite ends with the Prayer after Communion.
- **Concluding Rites** - Includes the Dismissal. The priest or deacon tells us to go out and spread the Good News of the Gospel.

KNOW THESE PRAYERS BY HEART:

1. Our Father.

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.

2. Hail Mary

Hail Mary, full of grace. The Lord is with thee. Blessed art thou amongst 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.

3. Prayer in Praise of the Holy Trinity (The 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.

4. Grace before Meals

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

5. 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