

# Catholic Essentials

## The 7 Corporal Works of Mercy

- To feed the hungry
- To give drink to the thirsty
- To clothe the naked
- To shelter the homeless
- To care for the sick
- To visit the imprisoned
- To bury the dead

## The 7 Spiritual Works of Mercy

- To share knowledge
- To give advice to those who need it
- To comfort the suffering
- To be patient with others
- To forgive those who hurt you
- To give correction to those who need it
- To pray for the living and the dead

## The 7 Gifts of the Holy Spirit

- Wisdom
- Understanding
- Counsel/Right Judgment
- Fortitude/Courage
- Knowledge
- Piety/Reverence
- Fear of the Lord/Awe and Wonder
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## Virtues

### The 3 Theological Virtues

- Faith
- Hope
- Love (Charity)

### The 4 Cardinal Virtues

- Prudence
- Justice
- Fortitude
- Temperance

## Four Marks of the Catholic Church

1. One
2. Holy
3. Catholic
4. Apostolic

## The Ten Commandments

The Ten Commandments are more than simply rules and laws. They are a foundation of moral teaching and shape our obligations as Christians in relationship to God. The Ten Commandments were given to Moses by God on Mt. Sinai after being rescued by God from slavery in Egypt. These Commandments are the expression and sign of the Covenant between God and God's people and are just as powerful and binding as they were when they were written.

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 your 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 your neighbor
9. You shall not desire your neighbor's wife
10. You shall not desire your neighbor's goods

## The 2 Greatest Commandments

When asked which was the greatest of the commandments, Jesus responded with two. In this teaching of Jesus, these commandments complement each other and cannot be seen as existing apart from the other. The first is to love the Lord thy God with all thy YOUR heart, soul, mind and strength and the second is to love your neighbor as yourself.

## The 14 Stations of the Cross

1. Jesus is Condemned to Die
2. Jesus is Made to Bear His Cross
3. Jesus Falls the First Time
4. Jesus Meets His Mother
5. Simon Helps Jesus Carry His Cross
6. Veronica Wipes Jesus' Face
7. Jesus Falls the Second Time
8. Jesus Meets the Women of Jerusalem
9. Jesus Falls the Third Time
10. Jesus is Stripped
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

## Fruits of the Holy Spirit

- Charity
- Peace
- Goodness
- Long suffering
- Faithfulness
- Contenance
- Joy
- Patience
- Kindness
- Humility
- Modesty
- Chastity

## The Seven Last Words of Christ

1. Father, forgive them, for they know not what they do. (Luke 23:34)
2. Amen I say to thee: This day thou shalt be with me in paradise. (Luke 23:43)
3. Woman, behold thy son. . . Behold thy mother. (John 19:26-27)
4. *Eli, Eli, lamma sabachtani?* (My God, My God, why hast Thou forsaken me?) (Matthew 27:46)
5. I thirst. (John 19:28)
6. It is finished. (John 19:30)
7. Father, into Thy hands I commend my spirit. (Luke 23:46)

## The 8 Beatitudes

These are teachings of Jesus during the Sermon on the Mount in which he describes the attitudes and actions that should characterize his disciples and followers. They can be seen as blueprints for living an authentic Christian life.

1. Blessed are the poor in spirit: for theirs is the Kingdom of Heaven
2. Blessed are the meek: for they shall possess the land
3. Blessed are they who mourn: for they shall be comforted
4. Blessed are they that hunger and thirst after justice: for they shall have their fill
5. Blessed are the merciful: for they shall obtain mercy
6. Blessed are the clean of heart: for they shall see God
7. Blessed are the peacemakers: for they shall be called children of God
8. Blessed are they that suffer persecution for justice' sake, for theirs is the Kingdom of Heaven

## Precepts of the Church

1. Assist at Mass on Sundays and holy days of obligation, doing no unnecessary work on those days.
2. Confess serious sins at least once a year.
3. Receive Holy Communion frequently and, at a minimum, during the Easter Season.
4. Fast and abstain on appointed days and times.
5. Contribute to the support of the Church.
6. Observe the laws of the Church concerning marriage and give religious training to one's children by word, example, and use of parish schools or religious education programs.
7. Join the missionary spirit and work of the Church.