



***Catechetical Basics for
Memorization***

THE TEN COMMANDMENTS

(Grade 2) — The following or similar language is appropriate for first penance preparation

1. Love God more than all things.
2. Say God's name with love.
3. Keep Sunday holy.
4. Honor your parents.
5. Take care of all living things.
6. Show respect for yourself and others.
7. Do not steal.
8. Tell the truth.
9. Do not be jealous.
10. Do not be greedy.

TRADITIONAL CATECHETICAL FORMULA

Grades 4-8

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 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 covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

Ex. 20:2-17

Dt. 5:6-21

TTOC p. 247

CCC pp. 496, 497

THE GREAT COMMANDMENTS

Grades 2-8

1. You shall love the Lord your God with your whole heart, with your whole soul and with your whole mind.
2. You shall love your neighbor as yourself.

Mark 12:29-31

Matthew 22:37-40

Luke 10:27

TTOC p. 248

CCC #2055

THE BEATITUDES

Grades 4-8

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

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

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

Blessed are they who hunger and thirst for justice, for they will be satisfied.

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

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

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

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

Matthew 5:3-10
TTOC p. 328
CCC #1716

THE SEVEN SACRAMENTS

Grades 2-8

1. Baptism
2. Confirmation
3. Eucharist
4. Penance
5. Anointing of the Sick
6. Holy Orders
7. Matrimony

TTOC pp. 354, 362-363
CCC #1210

TWELVE APOSTLES

Grades 3-8

1. Andrew
2. Bartholomew
3. James
4. James
5. John
6. Matthew
7. Matthias (replaced Judas Iscariot)
8. Peter
9. Philip
10. Simon
11. Thaddeus
12. Thomas

Acts 1:21-26
Matthew 10:2-4
TTOC p. 168
CCC #858

THE CARDINAL VIRTUES

Grades 5-8

1. Fortitude
2. Justice
3. Prudence
4. Temperance

Wisdom 8:7
TTOC p. 327
CCC #1805

THE THEOLOGICAL VIRTUES

Grades 5-8

1. Charity
2. Faith
3. Hope

1 Cor. 13:13
TTOC pp. 251, 254, 327
CCC #1813

CORPORAL WORKS OF MERCY

Grades 5-8

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

Matthew 25:35-40
CCC #2447

SPIRITUAL WORKS OF MERCY

Grades 5-8

1. Instruct the ignorant.
2. Advise the doubtful.
3. Correct the sinner.

4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

Gal 6:1-2
1 Thes. 5:14-19
 CCC #2447

GIFTS OF THE HOLY SPIRIT

Grades 7-8

1. Wisdom
2. Understanding
3. Courage
4. Right Judgement
5. Knowledge
6. Reverence
7. Wonder and Awe

Is. 11:1-3
TTOC pp. 142, 328
 CCC #1831

FRUITS OF THE HOLY SPIRIT

Grades 7-8

1. Chastity
2. Faithfulness
3. Generosity
4. Gentleness
5. Goodness
6. Joy
7. Kindness
8. Love
9. Modesty
10. Patience
11. Peace
12. Self-Control

Gal. 5:22-23
TTOC p. 328
 CCC #1832

MARKS OF THE CHURCH

Grades 3-8

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

TTOC p. 165
 CCC #865

EUCCHARISTIC FAST

Grades 2-8

GENERAL LAW:

Those preparing to receive Communion must abstain from all food and drink for one hour prior to reception.

EXCEPTIONS TO THE EUCCHARISTIC FAST:

1. Water may be taken any time before Communion.
2. In the case of sickness, medicine may be taken any time before reception.

Canon 919
TTOC p. 377

HOLY DAYS OF OBLIGATION IN USA

Grades 2-8

1. Solemnity of Mary, Mother of God (January 1)*
2. Solemnity of the Ascension (Forty days after Easter)
3. Solemnity of the Assumption of the Blessed Virgin Mary (August 15)*
4. Solemnity of All Saints (November 1)*
5. Solemnity of the Immaculate Conception (December 8)
6. Solemnity of the Nativity of Our Lord Jesus Christ (December 25)

- ◆ *When these days fall on a Saturday or a Monday, they are not observed as holy days of obligation. They do keep their major rank as solemnities and should always be celebrated with special care.*

Canon 1246
NCCB, December 1991
TTOC p. 196
CCC #2177

THE LAWS OF THE CHURCH

Grades 4-8 — Traditionally called the Precepts of the Church.

1. Celebrate Christ's Resurrection every Sunday and holy day of obligation.
 - ◆ *Take part in Mass*
 - ◆ *Avoid unnecessary work and unnecessary shopping*

2. Lead a sacramental life. Receive Holy Communion frequently and the Sacrament of Penance regularly.
 - ◆ *Receive Holy Communion at least once a year, in connection with the Easter Season, between the First Sunday of lent and Trinity Sunday.*
 - ◆ *Receive the Sacrament of Penance at least once a year (annual confession is an obligation only if serious sin is involved).*

3. Study Catholic teaching throughout life, especially in preparing for the sacraments.

4. Observe the marriage laws of the Catholic Church.

- ◆ *Give religious training to one's children (by example and word).*
- ◆ *Use parish schools and religious education programs.*

5. Strengthen and support the Church.

- ◆ *Support one's own parish community and parish priests.*
- ◆ *Support the worldwide Church.*
- ◆ *Support the Holy Father.*

6. Do penance, including not eating meat and fasting from food on appointed days.

7. Join in the missionary work of the Church.

Basic Teachings NCCB, p. 28
TTOC pp. 195-196
CCC #2041-2043

DAYS OF PENANCE

Grades 5-8

1. All Fridays
2. Days of Lent

Canon 1250
TTOC pp. 404-405
CCC #1438

GENERAL LAWS OF FAST AND ABSTINENCE

Grades 5-8

FAST:

All adults, 18 up to the beginning of their sixtieth (60) year, are bound by the law of fasting. Fasting allows one full meal, but a light breakfast and lunch are not forbidden. Pastors and parents are to see to it that children while not bound to the law of fast

and abstinence are educated and introduced to an authentic sense of penance.

ABSTINENCE:

All persons 14 years and older are bound by the law of abstinence. Abstinence means not eating meat.

DAYS OF FAST AND ABSTINENCE:

Ash Wednesday

Good Friday

Fridays of Lent (abstinence)

On Fridays, when abstinence is not required by law, acts of penance, especially works of charity and exercises of piety are suggested. Abstinence from meat is especially recommended but under no obligation by law.

Canon 1251-1253

TTOC p. 405

CCC #1434, 2043