

PROJECT NAZARETH

FAITH BEGINS AT HOME



Prayer Guide

“Prayer is the oxygen of the soul.”

St. Pio of Pietrelcina (“Padre Pio”)



WELCOME

Just as breathing underlies any physical effort we undertake, so prayer must be the source and sustenance of all our spiritual efforts. That includes our personal journey of ongoing spiritual formation, as well as the task of guiding our children in their own journey of discipleship. God wants to be in relationship with you. He invites each and every one of us to a deeply personal and intimate friendship, and like any good friendship, the foundation of that lived relationship is communication. Your own ongoing communication with God through your prayer life will be carefully observed by your children and will often serve as the base of their own prayer lives. This will usually begin with imitation, but your example will continue to serve as a powerful witness to them as they grow and develop their own unique spirituality and habits of prayer.

By making regular prayer the spiritual “breath” of our family’s rhythm of life, we invite the Holy Spirit to be consistently present as we grow together as a family in our relationship with God. Every family’s prayer life will be unique, as will the personal prayer life of each of its members. It is this same Holy Spirit who helps us as parents to discern which prayers, and how often we pray them, will best serve the needs of our own family. Below you will find a list of some of the most foundational prayers in our rich Catholic tradition, as well as some tips for praying together as a family. We hope that you find these helpful as you continually discover how the Lord is guiding your family’s formation in faith.

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PRAYER
 is in fact the
 recognition of our
 limitation and our
 dependence:
we come from God,
we belong to God
and we return to God!

POPE ST. JOHN PAUL II
 Address to Young People, 14 March 1979

FOUNDATIONAL CATHOLIC PRAYERS

SIGN OF CROSS

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



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.

HAIL MARY

Hail Mary full of Grace, the Lord is with thee. Blessed are 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.

DOXOLOGY (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 Thy gifts, which we are about to receive from Thy bounty, through Christ our Lord. Amen.

COME, HOLY SPIRIT

Come, Holy Spirit, fill the hearts of
Your faithful and enkindle in them
the fire of Your love. Send forth Your
Spirit and they shall be created. And
You shall renew the face of the earth.

Let us pray. O God, Who taught the
hearts of the faithful by the light of
the Spirit, grant us in the same Spirit
to be truly wise, and ever to rejoice in
His consolation, through Christ, our
Lord. Amen.



ACT OF SPIRITUAL COMMUNION

To be prayed when you are not able to attend Mass and/or receive Holy Communion

My Jesus, I believe that you are present in the Most Blessed Sacrament. I love you above all things, and I desire to receive you into my soul. Since I cannot at this moment receive you sacramentally, come at least spiritually into my heart. I embrace you as if you were already there and unite myself wholly to you. Never permit me to be separated from you. Amen.

MORNING OFFERING

O Jesus, through the Immaculate Heart of Mary, I offer you my prayers, works, joys, and sufferings of this day for all the intentions of your Sacred Heart, in union with the Holy Sacrifice of the Mass throughout the world, for the salvation of souls, the reparation of sins, the reunion of all Christians, and in particular for the intentions of the Holy Father this month. Amen.

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, rule and guide. Amen.

DAILY BLESSING OF CHILDREN

Parents have the ability and are encouraged to bless their children daily, especially right before bed. This can be as simple as tracing the cross on their forehead with your thumb and saying one of the following phrases: “May God bless you,” “May God keep you safe”, “God be with you,” “God be in your heart,” or “May God bless and protect you.”

HAIL, HOLY QUEEN (SALVE REGINA)

Hail, Holy Queen, Mother of Mercy, our life, our sweetness and our hope. To thee do we cry, 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 toward us, and after this our exile show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us O Holy Mother of God, that we may be made worthy of the promises of Christ. Amen.



FATIMA PRAYER

O My Jesus, forgive us our sins, save us from the fires of Hell and lead all souls to Heaven, especially those who are in most need of Thy mercy. Amen.

MEMORARE

Remember, O most gracious Virgin Mary, that never was it known that anyone who fled to thy protection, implored thy help, or sought thy intercession, was left unaided. Inspired by this confidence I fly unto thee, O Virgin of virgins, my Mother. To thee do I come, before thee I stand, sinful and sorrowful. O Mother of the Word Incarnate, despise not my petitions, but in thy mercy hear and answer me. Amen.

THE ANGELUS

Often prayed at 6:00AM, Noon, and/or 6:00PM

The Angel of the Lord declared to Mary: And she conceived of the Holy Spirit.

Hail Mary...

Behold the handmaid of the Lord: Be it done unto me according to Thy word.

Hail Mary...

And the Word was made Flesh: And dwelt among us.

Hail Mary...

Pray for us, O Holy Mother of God: That we may be made worthy of the promises of Christ.

Let us pray: Pour forth, we beseech Thee, O Lord, Thy grace into our hearts; that we, to whom the incarnation of Christ, Thy Son, was made known by the message of an angel, may by His Passion and Cross be brought to the glory of His Resurrection, through the same Christ Our Lord. Amen.

REGINA CAELI (QUEEN OF HEAVEN)

Queen of Heaven, rejoice, alleluia. The Son whom you merited to bear, alleluia, has risen as he said, alleluia. Pray for us to God, alleluia. Rejoice and be glad, O Virgin Mary, alleluia! For the Lord has truly risen, alleluia. Let us pray: O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life, through the same Christ our Lord. Amen.

PRAYER TO ST. MICHAEL THE ARCHANGEL

Occasionally prayed after Mass

St. Michael the Archangel, defend us in battle. Be our protection against the wickedness and snares of the Devil. May God rebuke him, we humbly pray, and do thou, O prince of the heavenly hosts, by the power of God, cast into hell Satan, and all the evil spirits, who prowl about the world seeking the ruin of souls. Amen.



THE CONFITEOR

Most often prayed during Mass

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.

ACT OF CONTRITION

Most often prayed during the Sacrament of Reconciliation

O my God, I am heartily sorry for having offended Thee, and I detest all my sins because of Thy just punishments, but most of all because they offend Thee, my God, who art all good and deserving of all my love. I firmly resolve with the help of Thy grace to sin no more and to avoid the near occasion of sin. Amen.

JESUS PRAYER

Lord Jesus Christ, Son of the living God, have mercy on me, a sinner.

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; on the third day He rose again from the dead;

He ascended into Heaven, and is seated at the right hand of God, the Father almighty; from there 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 forgiveness of sins, the resurrection of the body and life everlasting. Amen.



I believe in **GOD...**

NICENE CREED

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible. I believe 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, 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.

I believe 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. I believe in 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.

TIPS FOR FAMILY PRAYER

SPONTANEOUS PRAYER:

It is an important skill in the life of discipleship to be able to pray spontaneously. This might come more naturally to some than to others but having a structure or a guiding formula to follow can be a great tool for us to strengthen that skill. This is especially true for children as they grow in their comfort with spontaneous prayer. The following formula A.C.T.S. is one example of a framework to aid spontaneous prayer. Follow this process and voice your prayer in your own words within each of these categories. It is an important skill in the life of discipleship to be able to pray spontaneously. This might come more naturally to some than to others but having a structure or a guiding formula to follow can be a great tool for us to strengthen that skill. This is especially true for children as they grow in their comfort with spontaneous prayer. The following formula A.C.T.S. is one example of a framework to aid spontaneous prayer. Follow this process and voice your prayer in your own words within each of these categories.

ADORATION | CONTRITION | THANKSGIVING | SUPPLICATION

THE A.C.T.S. METHOD

Adoration:

We offer some words to praise and adore God for how wonderful He is.

Contrition:

Acknowledge where you have made bad choices and tell God you are sorry.

Thanksgiving:

Think of some things you are grateful for and thank God for them.

Supplication:

Ask God for the things that you need, and for the needs of others you want to pray for.

WITH SCRIPTURE:

Family Lectio Divina

Lectio Divina is an ancient method of praying with Sacred Scripture in which we listen to God who speaks to us through His Word, and we respond with prayer and gratitude for the nourishment we have received. When we pray, often we fill our prayer time with our words to God, and don't give Him time to speak with us. In *Lectio Divina*, we begin by letting Him speak, and then we respond to what He has said. Saint Teresa of Avila defines prayer as "nothing else than an intimate sharing between friends." In *Lectio Divina*, prayer becomes a real dialogue with God through the Sacred Scriptures.

THE TRADITIONAL FOUR STEPS OF LECTIO DIVINA ARE:

***Lectio* (Reading):**

Initial reading of the text

***Meditatio* (Meditation):**

Second reading, paying attention to what about it stands out to us

***Oratio* (Prayer):**

Dialogue with the Lord prompted by the *meditatio*

***Contemplatio* (Contemplation):**

Third reading to savor God's Word in a spirit of thanksgiving

Lectio Divina is a great method for incorporating Scripture in both personal prayer and in prayer with others. In a family setting with young children, we recommend a simplified and somewhat guided approach, while still leaving space for your child to interact with God on their own. Don't force a rigid progressing through the

four steps in a certain number of minutes, or even in that strict order, but try to help your child do the action of each step at some point during the time of Family *Lectio Divina*.

Focus on doing the *lectio* and *meditatio* out loud and together. Read the passage out loud to them and use picture bibles or other works of art related to the passage whenever it is applicable. Explain some of the context to help them understand what the passage is about and ask them questions to gauge their level of understanding, clarifying things as needed. Then ask them what has grabbed their attention, what stood out to them, or what their favorite part was to help them focus on a more narrow and more personal part of the passage.

To help children move into the *oratio* and *contemplatio* steps, ask them to consider why they think that particular part was most interesting to them, and encourage them to talk to God about that. This could be done as individuals silently, or you might help them formulate questions to ask God out loud together. Modeling this step is probably the most helpful thing you can do here. *Contemplatio* can be as simple as allowing for 30 seconds of silence to listen for God's response. While 30 seconds of actual silence might prove impossible with little ones, at least the parents and perhaps older children can model this in practice.

Keep it simple! If going through this process seems (or is) too complex in practice, the most important element to *Lectio Divina* is learning to hear God's voice through the reading of His inspired Word. If you can use even one or two of the suggestions above to help your child to do that, it will be well worth the effort. Remember, God has chosen you to be the person to best discern how to lead your child into a loving relationship with Him. Everything we do in their formation in the faith should point back to this purpose.

“Prayer is being on terms of friendship with God.”

St. Teresa of Avila

INTERCESSION:

Intercessory prayer is simply the act of praying for another person or asking another person to pray for us. As brothers and sisters in Christ, we have the ability and the responsibility to pray for one another, helping each other grow in our relationship with God and progress in the “art of living”. Our unity with one another in the Mystical Body of Christ, is one that transcends the limitations of space and time. This means that we can count on and ask for the intercession of the saints in Heaven and even of Christ Himself, the most perfect intercessor between God and man. We can and should also pray for others here on Earth, as well as the souls in purgatory.

Intercessory prayer can be done in formal ways, such as in various litanies of the saints (see an example on CathFamily.org), or in very informal and personal ways such as within a conversation with a friend. Many saints are invoked for particular causes such as St. Anthony (for finding lost items), St. Jude (for desperate situations), and St. Monica (for difficult family relations). You can search for various saints and their patronage at Catholic.org.

THROUGHOUT THE DAY:

In the morning

Morning Offering

See page 4 for the traditional text, or consider using a simplified version with younger children such as: "To Jesus through Mary, I give you this day, all that I think, pray, do and say."

At Noon

The Angelus - See page 6.

The Regina Caeli - Prayed during the Easter season. See page 6.

At Night

The Examen - Read about *The Examen* prayer below.

Daily Blessing of Children - See page 5.

The Examen

In a busy life, it can be difficult to notice and reflect on what God is doing in our lives, how He is really acting. We can also be caught unaware by the ways the enemy would like to ensnare us. The Examen helps us recognize and accept God's grace, and to become aware of and to reject the enemy's temptations.

In the Examen Prayer of St. Ignatius of Loyola, we pause in our day to note the movement of the spirits in our lives, to discern the good spirit (God's spirit, that which comes from God), from the bad spirit (the evil spirit, that which comes from the enemy). Following five steps, in just a few minutes you can stop to see the graces that God is giving you in your daily life. It's different than an "examination of conscience" that one may make at the end of the day, or prior to Mass or a sacramental Confession.

This is a prayer that is often prayed at the end of the day to reflect on the events that just occurred while they are still fresh. In reality, anytime of the day is fine,

but setting a regular time can create a fruitful prayer routine. In general, this prayer will usually take about 7-10 minutes but can also be done in as little as 5, or as many as 15 minutes. Finding a quiet place at home or anywhere quiet enough that will foster a prayerful review of the day is ideal. Some may find that writing down the salient items from the review step in a prayer journal can help them observe what God is doing in their lives. It can highlight things to thank God for, call attention to things you want to bring to confession or identify questions to bring to a priest.

Generally, the Examen is prayed individually, but it can be helpful to be accompanied and to share the prayer with others. Sometimes, husbands and wives may pray it together and find it a way to progress together in the spiritual life. Children may also join in and do a whole family examen. If so, it is recommended that a simplified version of reviewing the major events of the day with younger children be done with the goal of helping them to identify God's action in their daily life. This can begin with a simple spontaneous prayer inviting the Holy Spirit to help us see His work, and end with the recitation of the Our Father together without necessarily going through all five steps formally.

HOW TO PRAY *THE EXAMEN*

There are five steps to the traditional examen prayer. Give yourself the freedom you need to enter into each of the five parts at your own pace.

Transition:

I become aware of the love with which God looks upon me as I begin this examen.

Gratitude:

I note the gifts that God's love has given me this day and I give thanks to God for them.

Review:

With my God, I review the day. I look for the stirrings in my heart and the thoughts which God has given me this day. I look also for those which have not been of God. I review my choices in response to both, and throughout the day in general.

Forgiveness:

I ask for the healing touch of the forgiving God who, with love and respect for me, removes my heart's burdens.

Renewal:

I look to the following day and, with God, plan concretely how to live it in accord with God's loving desire for my life.

Transition:

Aware of God's presence with me, I prayerfully conclude the examen, possibly with the Our Father or another similar prayer.

ON THE GO:

At the beginning of trips in the car

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, rule and guide. Amen.

Driving by a Catholic Church

Sign of the Cross

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

(Using your right hand, touch your forehead as you say "Father," your chest as you say "Son," your left shoulder as you say "Holy" and your right shoulder as you say "Spirit".)

When you hear or see an emergency vehicle

Hail Mary

Hail Mary full of Grace, the Lord is with thee. Blessed are 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.

ON THE BEADS:

The Rosary

The Rosary is one of the most common Catholic devotionals, and perhaps the most popular and accessible method of meditative prayer through the intercession of Mary. It is usually prayed using a set of rosary beads, saying certain prayers on certain beads as you follow along. The Rosary is organized into five "decades" (or sets) of ten beads, and a new "mystery" is focused on during each decade. These mysteries are key events in the lives of Jesus and Mary and are organized into four different sets.

The Joyful Mysteries include the **Annunciation** (when the angel Gabriel visited Mary); the **Visitation** (when Mary visited her cousin Elizabeth while pregnant); the **Nativity** (Jesus' birth); the **Presentation** (when Mary and Joseph brought the infant Jesus to the Temple); and the **Finding at the Temple** (when Mary found the child Jesus at the Temple after thinking him lost).

The Luminous Mysteries include the *Baptism in the Jordan* (when Jesus was baptized by John the Baptist); the *Wedding at Cana* (when Jesus turned water into wine); the *Proclamation of the Kingdom* (Jesus describing the Kingdom of God); the *Transfiguration* (when Jesus appeared in glory with Moses and Elijah); and the *Institution of the Eucharist* (at the Last Supper).

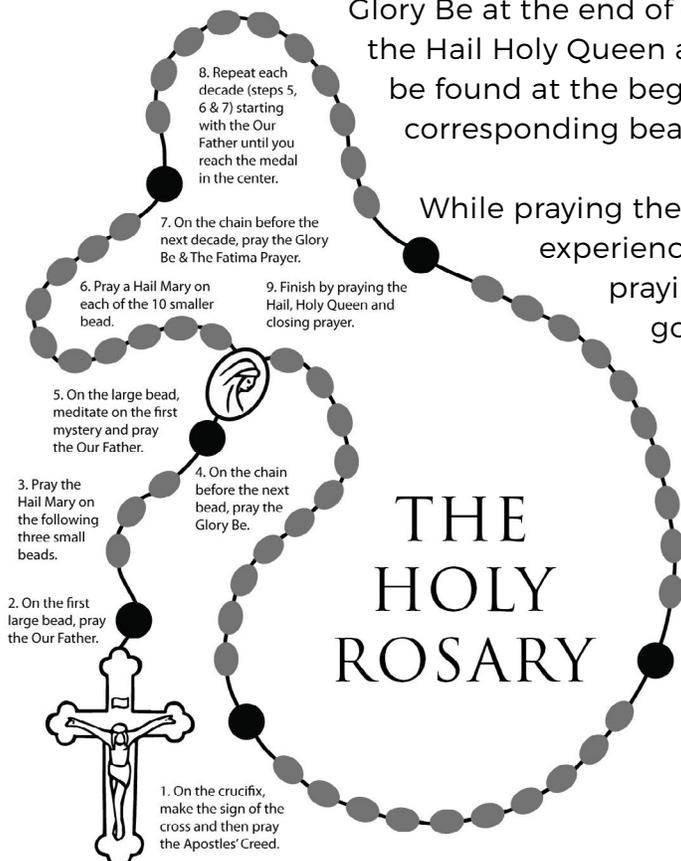
The Sorrowful Mysteries include the *Agony in the Garden* (where Jesus was arrested); the *Scouring at the Pillar* (when Jesus was flogged); the *Crowning with Thorns* (when the guards placed a crown on Jesus' head); the *Way of the Cross* (Jesus carrying His cross); and the *Crucifixion and Death of Jesus* (when Jesus died on the cross).

The Glorious Mysteries include the *Resurrection* (when Jesus rose from the dead); the *Ascension* (when Jesus ascended into heaven); the *Descent of the Holy Spirit* (when the Holy Spirit came at Pentecost); the *Assumption* (when Mary was taken up to heaven); and the *Coronation of Mary* (when Mary was crowned as Queen of Heaven and Earth).

The prayers of the Rosary include: The Sign of the Cross, the Apostles Creed, the Our Father, the Hail Mary, the Glory Be, and the Hail Holy Queen. Sometimes people will also add the Fatima prayer after the Glory Be at the end of each mystery, and the St. Michael prayer after the Hail Holy Queen at the very end. The text for these prayers can be found at the beginning of this guide, and they are said on the corresponding beads illustrated to the left.

While praying the Rosary can be a very peaceful and meditative experience, that will almost never be the case when

praying it with young children. But that's OK. It is still good to try to adapt this prayer to involve the little ones of our families, and there are many ways to do that. Some of the best tips are to start small, usually with just one decade, and build your way up, to use images of the mysteries to help keep focus, pray along with a video or audio recording that is kid friendly, and to not try to control too much. After trying out different adaptations, sometimes it's best to just let the younger ones do their thing while the rest of the family continues to pray and model it for them. There are many websites with



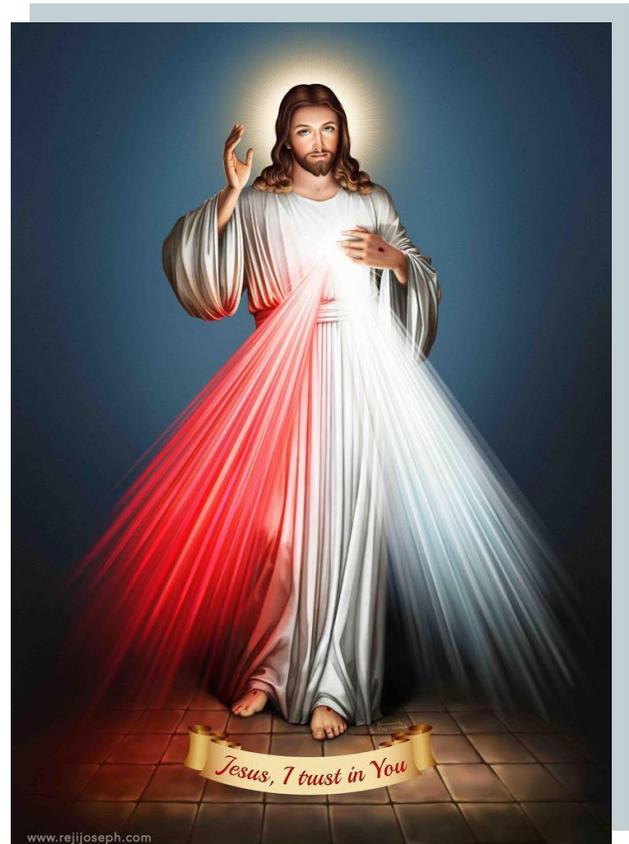
more tips for family rosaries like TeachingCatholicKids.com and CatholicCing.com, as well as other helpful sites like ChewsLife.com which sells baby friendly rosaries and has some great materials to help such as coloring pages and audio recordings for free.

Divine Mercy Chaplet

The Chaplet of Divine Mercy is recited using ordinary rosary beads of five decades. The Chaplet is preceded by two opening prayers from the *Diary of Saint Faustina* and followed by a closing prayer. It is traditionally prayed at 3:00 p.m. but may be prayed at any time.

Saint Faustina received extraordinary revelations from Jesus, who instructed the young Polish nun to record the experiences. She did so, compiling them in notebooks, which are known today as the *Diary of Saint Maria Faustina Kowalska*. The recordings within the *Diary* contain God's loving message of Divine Mercy and have since sparked a great movement and a strong and significant focus on the mercy of Christ. Within the *Diary*, Saint Faustina recorded an extraordinary experience in particular, in which she was gazing intently at a beautiful image of the Jesus, when He instructed her: "Paint an image according to the pattern you see, with the signature: Jesus, I trust in You." This has become a very popular image and viewing it while praying the Chaplet of Divine Mercy can greatly deepen the experience.

As the Catechism of the Catholic Church states, "Throughout the ages, there have been so-called 'private' revelations, some of which have been recognized by the authority of the Church...It is not their role to complete Christ's definitive Revelation, but to help live more fully by it in a certain period of history" (CCC 67). Therefore, when authenticated by the Catholic Church, as is the case with this devotion, private revelation is considered a help to the faith and shows its credibility precisely by leading the faithful back to definitive scriptural Revelation. Although not mandated by the Church, devotion to the Divine Mercy is not contrary to the faith and is an excellent practice for all faithful Catholics who freely choose to use it.



HOW TO PRAY THE CHAPLET OF THE DIVINE MERCY

1. Begin with the Sign of the Cross.

2. Optional Opening Prayers

All: You expired, Jesus, but the source of life gushed forth for souls, and the ocean of mercy opened up for the whole world. O Fount of Life, unfathomable Divine Mercy, envelop the whole world and empty Yourself out upon us.

Leader: O Blood and Water, which gushed forth from the Heart of Jesus as a fountain of Mercy for us,

Response: I trust in You! (Repeat 3 times)

3. Our Father – See page 3.

4. Hail Mary – See page 3.

5. The Apostles' Creed – See page 7.

6. The Eternal Father (On the One Large Bead before Each Decade)

Leader: Eternal Father, I offer you the Body and Blood, Soul and Divinity of Your Dearly Beloved Son, Our Lord, Jesus Christ,

Response: in atonement for our sins and those of the whole world.

7. For the Sake of His Sorrowful Passion (On the Ten Small Beads of Each Decade)

Leader: For the sake of His sorrowful Passion,

Response: have mercy on us and on the whole world.

8. Repeat for the remaining decades with the same Leader/Response pattern: The "Eternal Father" (6) on the "Our Father" bead and then "For the sake of His sorrowful Passion" (7) on each of the following "Hail Mary" beads.

9. Conclude with the "Holy God"

All: Holy God, Holy Mighty One, Holy Immortal One, have mercy on us and on the whole world. (Repeat 3 times)

10. Optional Closing Prayer

All: Eternal God, in whom mercy is endless and the treasury of compassion, inexhaustible, look kindly upon us and increase Your mercy in us, that in difficult moments we might not despair nor become despondent, but with great confidence submit ourselves to Your holy will, which is Love and Mercy itself.

PRAYERS FROM THE SAINTS:

A great connection can be made between the life of the saints and our own lives if we make their prayers our own. This is especially true and helpful for our children if we can incorporate such prayers into their learning about and celebrating particular saints. A couple examples of prayers that could be used when learning about and celebrating some popular saints include:

Prayer of St. Francis

Lord, make me an instrument of your peace: where there is hatred, let me sow love; where there is injury, pardon; where there is doubt, faith; where there is despair, hope; where there is darkness, light; where there is sadness, joy. O divine Master, grant that I may not so much seek to be consoled as to console, to be understood as to understand, to be loved as to love. For it is in giving that we receive, it is in pardoning that we are pardoned, and it is in dying that we are born to eternal life. Amen.

Breastplate of St. Patrick

Christ with me, Christ before me, Christ behind me, Christ in me, Christ beneath me, Christ above me, Christ on my right, Christ on my left, Christ when I lie down, Christ when I sit down, Christ when I arise, Christ in the heart of every man who thinks of me, Christ in the mouth of everyone who speaks of me, Christ in every eye that sees me, Christ in every ear that hears me.

QUICK REFERENCE FOR IMPORTANT LISTS

THE 10 COMMANDMENTS (EXODUS 20)

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

THE 7 SACRAMENTS (CCC 1210-1211)

The Sacraments of Initiation

1. Baptism
2. Confirmation
3. The Eucharist

The Sacraments of Healing

4. Penance
5. Anointing of the Sick

The Sacraments at the Service of Communion

6. Marriage
7. Holy Orders

“The Sacraments are
the **salvation**
of those who use
them rightly...”

ST. AUGUSTINE

THE 5 PRECEPTS OF THE CHURCH (CCC 2042-2043)

1. You shall attend Mass on Sundays and holy days of obligation and rest from servile labor.
2. You shall confess your sins at least once a year.
3. You shall receive the sacrament of the Eucharist at least during the Easter season.
4. You shall observe the days of fasting and abstinence established by the Church.
5. You shall help to provide for the needs of the Church.

THE BEATITUDES (MATTHEW 5:3-10)

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 righteousness, for they will be satisfied.

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

Blessed are the clean in heart, for they will see God.

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

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

**THE CORPORAL
WORKS OF MERCY**

(CCC 2447)

Feed the hungry
Shelter the homeless
Clothe the naked
Visit the sick and imprisoned
Bury the dead
Give alms to the poor

**THE SPIRITUAL
WORKS OF MERCY**

(CCC 2447)

Admonish the sinner
Instruct the ignorant
Counsel the doubtful
Comfort the sorrowful
Bear wrongs patiently
Forgive all injuries
Pray for the living and the dead

THE CARDINAL VIRTUES (CCC 1805-1809)

Prudence
Justice
Fortitude
Temperance

THE THEOLOGICAL VIRTUES (CCC 1812-1829)

Faith
Hope
Charity (love)

THE 7 CAPITAL SINS (CCC 1866)

Pride
Avarice (greed)
Envy
Anger
Lust
Gluttony
Sloth (laziness)

BOOKS OF THE BIBLE

OLD TESTAMENT

The Pentateuch

Genesis
Exodus
Leviticus
Numbers
Deuteronomy

Historical Introduction

Joshua
Judges
Ruth
1 Samuel
2 Samuel
1 Kings
2 Kings
1 Chronicles
2 Chronicles
Ezra
Nehemiah

Biblical Novellas

Tobit
Judith
Esther
1 Maccabees
2 Maccabees

Wisdom Books

Job
Psalms
Proverbs
Ecclesiastes
Song of Songs
Wisdom
Sirach

Prophetic Books

Isaiah
Jeremiah
Lamentations
Baruch
Ezekiel
Daniel
Hosea

Joel
Amos
Obadiah
Jonah
Micah
Nahum
Habakkuk
Zephaniah
Haggai
Zechariah
Malachi

NEW TESTAMENT

Gospels Introduction

Matthew
Mark
Luke
John
Acts

New Testament Letters

Romans
1 Corinthians
2 Corinthians
Galatians
Ephesians
Philippians
Colossians
1 Thessalonians
2 Thessalonians
1 Timothy
2 Timothy
Titus
Philemon
Hebrews

Catholic Letters

James
1 Peter
2 Peter
1 John
2 John
3 John
Jude
Revelation