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 wife.

10. You shall not covet your neighbor’s goods.
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 of 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.
Virtues are gifts from God that lead us to live in a close relationship with him. Virtues are like good habits. They need to be used; they can be lost if they are neglected. The three most important virtues are called the Theological Virtues because they come from God and lead to God. The Cardinal Virtues are human virtues, acquired by education and good actions. *Cardinal* comes from the Latin word for “hinge” (*cardo*), meaning “that on which other things depend.”

**Theological Virtues**

- faith
- charity
- hope

**Cardinal Virtues**

- prudence
- justice
- fortitude
- temperance
The Seven Sacraments

The Sacraments of Initiation lay the foundation of every Christian life.

**Baptism**

In Baptism we are born into new life in Christ. Baptism takes away Original Sin and makes us members of the Church. One of its signs is the pouring of water.

**Confirmation**

Confirmation seals our life of faith in Jesus. Its signs are the laying on of hands on a person’s head, most often by a bishop, and the anointing with oil. Like Baptism, it is received only once.

**Eucharist**

The Eucharist nourishes our life of faith. We receive the Body and Blood of Christ under the appearance of bread and wine.

The Sacraments of Healing celebrate the healing power of Jesus.

**Penance and Reconciliation**

Through Reconciliation we receive God’s forgiveness. Forgiveness requires being sorry for our sins. In Reconciliation we receive Jesus’ healing grace through absolution by the priest. The signs of this sacrament are our confession of sins, our repentance and satisfaction, and the words of absolution.

**Anointing of the Sick**

This sacrament unites a sick person’s sufferings with those of Jesus. Oil, a symbol of strength, is a sign of this sacrament. A person is anointed with oil and receives the laying on of hands from a priest.

**The Sacraments at the Service of Communion** help us serve the community.

**Matrimony**

In Matrimony a baptized man and woman are united with each other as a sign of the unity between Jesus and his Church. Matrimony requires the consent of the couple, as expressed in the marriage promises. The couple are the sign of this sacrament.

**Holy Orders**

In Holy Orders, men are ordained priests to be leaders of the community, or deacons to be reminders of our baptismal call to serve others. The signs of this sacrament are the laying on of hands and the prayer of the bishop, asking God for the outpouring of the Holy Spirit.
**An Examination of Conscience**

An examination of conscience is the act of prayerfully looking into our hearts to ask how we have hurt our relationships with God and other people through our thoughts, words, and actions. We reflect on the Ten Commandments and the teachings of the Church. The questions below will help us in our examination of conscience.

**My Relationship with God**

- What steps am I taking to help myself grow closer to God and others? Do I turn to God often during the day, especially when I am tempted?
- Do I participate at Mass with attention and devotion on Sundays and Holy Days? Do I pray often and read the Bible?
- Do I use God’s name or the names of Jesus, Mary, and the saints with love and reverence?

**My Relationship with Family, Friends, and Neighbors**

- Have I set a bad example through my words or actions? Do I treat others fairly? Do I spread stories that hurt other people?
- Am I loving of those in my family? Am I respectful to my neighbors, friends, and those in authority?
- Do I show respect for my body and for the bodies of others? Do I keep away from forms of entertainment that do not respect God’s gift of sexuality?
- Have I taken or damaged anything that did not belong to me? Have I cheated, copied homework, or lied?
- Do I quarrel with others just so I can get my own way? Do I insult others to try to make them think they are less than I am? Do I hold grudges and try to hurt people who I think have hurt me?

**How to Make a Good Confession**

An examination of conscience is an important part of preparing for the Sacrament of Reconciliation. The Sacrament of Reconciliation includes the following steps:

1. The priest greets us and we pray the Sign of the Cross. He may read God’s Word with us.
2. We confess our sins. The priest may help and counsel us.
3. The priest gives us a penance to perform. Our penance may be prayers to be prayed, an act of kindness, or both.
4. The priest asks us to express our sorrow, usually by reciting the Act of Contrition.
5. We receive absolution. The priest says, “I absolve you from your sins in the name of the Father, and of the Son, and of the Holy Spirit.” We respond, “Amen.”
6. The priest dismisses us by saying, “Go in peace.” We go forth to perform the act of penance he has given us.
1. Pray the Sign of the Cross and the Apostles’ Creed.

2. Pray the Lord’s Prayer.

3. Pray three Hail Marys and one Glory Be to the Father.

4. Think about the first mystery. Pray the Lord’s Prayer.

5. Pray ten Hail Marys and one Glory Be to the Father.

6. Think about the second mystery. Pray the Lord’s Prayer.

7. Pray ten Hail Marys and one Glory Be to the Father.

8. Think about the third mystery. Pray the Lord’s Prayer.

9. Pray ten Hail Marys and one Glory Be to the Father.

10. Think about the fourth mystery. Pray the Lord’s Prayer.

11. Pray ten Hail Marys and one Glory Be to the Father.

12. Think about the fifth mystery. Pray the Lord’s Prayer.

13. Pray ten Hail Marys and one Glory Be to the Father.


Pray the Hail, Holy Queen.
Many people pray the Hail, Holy Queen after the last decade.
<table>
<thead>
<tr>
<th>Type of Prayer</th>
<th>What We Do in This Prayer</th>
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<tbody>
<tr>
<td>Adoration</td>
<td>recognize God’s greatness and holiness</td>
</tr>
<tr>
<td>Petition</td>
<td>make our needs known to God</td>
</tr>
<tr>
<td>Intercession</td>
<td>pray for the needs of others</td>
</tr>
<tr>
<td>Thanksgiving</td>
<td>give thanks and gratitude to God</td>
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<tr>
<td>Praise</td>
<td>express joy in knowing and loving God</td>
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<table>
<thead>
<tr>
<th>Ways of Praying</th>
<th>What We Do in This Prayer</th>
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<tbody>
<tr>
<td>Vocal Prayer</td>
<td>use words to pray</td>
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<tr>
<td>Traditional</td>
<td>use prayers handed down to pray in unison</td>
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<tr>
<td>Spontaneous</td>
<td>use our own words to pray to God</td>
</tr>
<tr>
<td>Meditation</td>
<td>reflective prayer that seeks awareness of God’s presence</td>
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<tr>
<td>Imaginative Prayer</td>
<td>use Scripture to help focus our prayer</td>
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<tr>
<td>Daily Examen</td>
<td>a prayerful review of our day</td>
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<tr>
<td>Contemplation</td>
<td>prayer of the heart</td>
</tr>
<tr>
<td>Centering Prayer</td>
<td>a prayer that centers on a sacred word or phrase</td>
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