



What Every Confirmed Catholic Needs to Know



Ten Commandments

1. I the Lord am your God. You shall not have other gods besides me.
2. You shall not take the name of your God in vain.
3. Remember to 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.



Precepts of the Church (Duties of a Catholic)

1. To keep holy the day of the Lord's resurrection (Sunday and **all** Holy Days of Obligation). We do this by two required parts. First, we must worship God at Mass for every Sunday and Holy Day of Obligation. Secondly, we must avoid those physical, manual activities that would hinder worship, joy, and relaxation.
2. To receive Holy Communion at least once a year during the Easter Season (anytime between the First Sunday of Lent and Trinity Sunday). And to receive the Sacrament of Confession regularly, but at a minimum of once a year. Of course, we may never receive Holy Communion unless we are in a state of grace. And we are restored to grace through the Sacrament of Confession.
3. To study Catholic teachings in preparation for the Sacrament of Confirmation, to be confirmed, and then to continue to study and advance the cause of Christ after Confirmation. Confirmation makes you a soldier for Christ.
4. To observe the marriage laws of the Church. To give religious training, by word and example, to one's children. To use parish schools and catechetical programs.
5. To strengthen and support the Church—one's own parish community and parish priests, the worldwide Church, and Catholic causes according to your abilities. To this end, we should support the Church both financially and with our prayers. We must support only pro-life politicians and can not support or advance any laws contrary to Catholic teaching. We should work to safeguard the rights of the Church and the dignity of all human life from conception to natural death.
6. To do penance, including abstaining from meat and fasting from food on the days appointed. Children (below the age appointed by the Church) may fast but are not required to fast.

Days of Fasting (for Adults) & Days of Abstinence (for all those over the age 14)

1. Ash Wednesday: Fasting and No Meat Allowed
2. Good Friday: Fasting and No Meat Allowed
3. All Fridays in Lent: No Meat Allowed. Fasting Encouraged but not required.
4. All Days in Lent Besides Friday: Meat is allowed but it is traditional to give up meat for all of Lent. Fasting is traditionally done and should be kept if you are able to do so.
5. All Fridays outside of Lent: No Meat allowed unless you substitute it with an equal penance. It is easiest and most advisable to instead just observe all Fridays of the entire year as days of no meat. The only two exceptions that allow meat: the Friday after Thanksgiving in the Untied States and a Friday if a Holy Day of Obligation falls on it.

Holy Days of Obligation in the United States

1. The Octave Day of Christmas: January 1
2. Ascension Thursday: Fortieth day after Easter
3. Assumption of Mary: August 15
4. All Saint's Day: November 1
5. Immaculate Conception of the Blessed Virgin Mary: December 8
6. Christmas: December 25
7. All Sundays of the Year



The Seven Sacraments

1. Baptism
2. Confirmation
3. Eucharist
4. Reconciliation (Penance or Confession)
5. Anointing of the Sick (Extreme Unction or Last Rites)
6. Matrimony (Marriage)
7. Holy Orders

Corporal Works of Mercy & The Spiritual Works of Mercy

1. Feed the Hungry
2. Warn the sinner
3. Give drink to the thirsty
4. Instruct the ignorant
5. Clothe the naked
6. Counsel the doubtful
7. Visit the sick
8. Comfort the suffering
9. Shelter the homeless
10. Bear wrongs patiently
11. Visit the imprisoned
12. Forgive all injuries
13. Bury the dead
14. Pray for the living and the dead

The Theological Virtues

1. Faith
2. Hope
3. Charity (also called Love sometimes)

The Cardinal Virtues

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

The Beatitudes (Matthew 5:3-10)

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 the children of God.
8. Blessed are they that suffer persecution for justice' sake, for theirs is the kingdom of heaven.



The Way of the Cross

1. Jesus is condemned to death
2. Jesus receives the cross
3. The first fall
4. Jesus meets His Mother
5. Simon of Cyrene carries the cross
6. Veronica wipes Jesus' face with her veil
7. The second fall
8. Jesus meets the women of Jerusalem
9. The third fall
10. Jesus is stripped of His garments
11. Jesus is nailed to the cross
12. Jesus dies on the cross
13. Jesus' body removed from the cross
14. Jesus is laid in the tomb

7 Gifts of the Holy Ghost

1. Wisdom. This enables us to know God and esteem divine things above worldly things.
2. Understanding. Helps us to understand our Catholic Faith, the Bible and Saints.
3. Counsel. This is the knowledge necessary to guide ourselves and others to do God's will. It helps us help others get through spiritual and temporal problems.
4. Fortitude. This is the strength we need to endure and have courage. It helps us suffer persecution and adversities for the sake of good.
5. Knowledge. This helps us to know God, ourselves and others as God knows.
6. Piety. This gift infuses us with love for serving God and see Him in all events through a holy life of prayer.
7. Fear of the Lord. "The Fear of the Lord is the beginning of wisdom." We fear his just punishment of our sins forever, but we more so fear even displeasing or offending Him.

12 Fruits of the Holy Ghost

1. Charity. The Holy Spirit is Love and gives us the infused theological virtue of charity to prefer God over everyone and everything. We desire this loving union with God. And it overflows in our love for ourselves and our neighbors for God's sake.
2. Joy. Happiness is realized when we live for God and know someday we will be with Him now and forever in heaven.
3. Peace. The Holy Spirit gives us order in our souls and a clean conscience. He also gives us order to our family, friendships and duties of life.
4. Patience. When one is close to God, everything else falls into its place so that one can have patience and tranquility. Love is patient.
5. Benignity. This is the virtue of kindness to others.
6. Goodness. We renounce evil and seek what is good. We repent of our sins and strive to do God's will.
7. Longanimity. Perseverance in the mission God has given us and the ability to stay faithful over the long time.
8. Mildness. This gives us the moral virtue temperance that helps us overcome our natural tendency to be rough or angry.
9. Faith. This is a theological virtue given to us in Baptism. It gives us the Divine grace to be able to assent to the revealed truth of God. We put God as the absolute authority.



10. Modesty. This includes how we act and dress. These are external signs of our interior modesty. It gives us the preference to purity of mind and heart in sexual matters.
11. Contineny. This is the virtue to control sexual and other appetites in a holy manner like in marriage when one spouse because of sickness cannot have relations.
12. Chastity. This is the self-giving of oneself to God completely as a priest, religious or consecrated layman. All vocations are called to have chastity in their way of living. This includes married people to be faithful to their spouses. It also gives the grace for all those waiting to get married to be sexually pure.

The Five Joyful Mysteries of the Rosary (to be said on Mondays and Thursdays)

1. The Annunciation
2. The Visitation
3. The Birth of Our Lord
4. The Presentation
5. The Finding of Our Lord in the Temple

The Five Sorrowful Mysteries of the Rosary (to be said on Tuesdays & Fridays)

1. The Agony in the Garden
2. The Scourging at the Pillar
3. The Crowning with Thorns
4. The Carrying of the Cross
5. The Crucifixion and Death of Our Lord

The Five Glorious Mysteries (to be said on Saturdays, Sundays & Wednesdays)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Crowning of Mary

The Divine Praises

1. Blessed be God.
2. Blessed be His Holy Name.
3. Blessed be Jesus Christ, true God and true man.
4. Blessed be the Name of Jesus.
5. Blessed be His Most Sacred Heart.
6. Blessed be His Most Precious Blood.
7. Blessed be Jesus in the Most Holy Sacrament of the Altar.
8. Blessed be the Holy Spirit, the Paraclete.
9. Blessed be the great Mother of God, Mary most holy.
10. Blessed be her holy and Immaculate Conception.
11. Blessed be her glorious Assumption.
12. Blessed be the name of Mary, Virgin and Mother.
13. Blessed be St. Joseph, her most chaste spouse.
14. Blessed be God in His angels and in His Saints.



The Hail Mary

Hail Mary, full of Grace, the Lord is with thee. Blessed art thou among 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.

The 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.

The Apostles' Creed

I believe in God, the Father almighty, creator of heaven and earth. I believe in Jesus Christ, God's 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 to the dead. On the third day he rose again; he ascended into heaven, he is seated at the right hand of the Father, and he will come again 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 the life everlasting. Amen.

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.

Prayer to the Holy Ghost

Come, Holy Ghost, 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 instructed the hearts of the faithful by the light of the Holy Spirit, grant in that same Spirit to be truly wise, and ever to rejoice in His consolation. Through Christ our Lord. Amen.