

The Act of Contrition

O my God, I am heartily sorry for having offended You.
I detest all my sins, because of your just punishments,
but most of all because they offend you, my God,
who are all good and deserving of all my love.
I firmly resolve, with the help of your grace, to confess my sins,
to do penance and to amend my life.

The Stations of the Cross:

1. Jesus is condemned to death.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
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.

Bishop's Study Guide

**St. Raphael Catholic Church
Confirmation Program**

The Holy Spirit is the third person of the Holy Trinity. He is the Sanctifier.

The Ten Commandments

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.

The Two Greatest Commandments:

- You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.
- You shall love your neighbor as yourself.

The Beatitudes:

- Blessed are the poor in spirit, the kingdom of heaven is theirs.
- Blessed are they who mourn, they will be comforted.
- Blessed are the meek, they will inherit the earth.
- Blessed are they who hunger and thirst for righteousness, they will be satisfied.
- Blessed are the merciful, they will be shown mercy.
- Blessed are pure of heart, they will see God.
- Blessed are the peacemakers, they will be called sons of God.
- Blessed are they who are persecuted for the sake of righteousness, the kingdom of heaven is theirs.

The Precepts of the Church

- **First Precept**--You shall attend Mass on Sundays and on holy days of obligation and rest from servile labor.
The six holy days of obligation are:
 1. January 1, the solemnity of Mary, Mother of God
 2. Ascension Thursday (the Sixth Week of Easter)
 3. August 15, the solemnity of the Assumption of the Blessed Virgin Mary
 4. November 1, the solemnity of All Saints
 5. December 8, the solemnity of the Immaculate Conception
 6. December 25, the solemnity of the Nativity of Our Lord Jesus Christ.
- **Second Precept**--You shall confess your sins at least once a year.
- **Third precept**--You shall receive the sacrament of the Eucharist at least during the Easter season.
- **Fourth precept**--You shall observe the days of fasting and abstinence established by the Church.
- **Fifth precept**--You shall help to provide for the needs of the Church.
- **Sixth Precept**--You shall observe the marriage laws of the Church.
- **Seventh Precept**--You shall join in the missionary spirit and work of the Church.

The Seven Sacraments

- ❖ Sacraments of Initiation:
 - Baptism
 - Confirmation
 - Eucharist
- ❖ Sacraments of Healing
 - Confession/Reconciliation
 - Anointing of the Sick
- ❖ Sacraments of Vocations
 - Matrimony
 - Holy Orders

The Apostles Creed

I believe in God, the Father Almighty, Creator of heaven and earth.
I believe 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.
He ascended into heaven, and is seated at the right hand
of God the Father Almighty; from thence 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 the life everlasting.

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.

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.

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.

Hail, Holy Queen

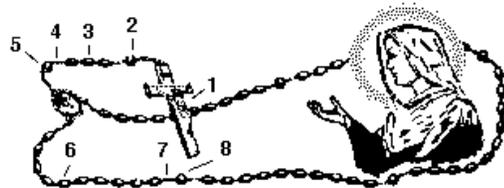
Hail, holy Queen, Mother of Mercy! Our life, our sweetness, and our hope!
To thee do we cry, poor banished children of Eve, to thee do we send up
our sighs, mourning and weeping in this valley, of tears.
Turn, then, most gracious advocate, thine eyes of mercy toward us;
and after this our exile show 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.

The Mysteries of the Rosary

- ❖ **The Joyful Mysteries** (Mondays, and Sundays in Advent)
 - The Annunciation of the Angel to Mary
 - The Visitation of Mary to Saint Elizabeth
 - The Nativity of Jesus in Bethlehem
 - The Presentation of Jesus in the Temple
 - The Finding of Jesus in the Temple
- ❖ **The Luminous Mysteries** (Thursdays)
 - The Baptism of Jesus in the Jordan
 - The Wedding at Cana
 - The Proclamation of the Kingdom
 - The Transfiguration
 - The Institution of the Eucharist
- ❖ **The Sorrowful Mysteries** (Tuesdays, Fridays and Sundays in Lent)
 - The Agony of Jesus in the Garden
 - The Scourging of Jesus at the Pillar
 - The Crowning with Thorns
 - The Carrying of the Cross
 - The Crucifixion and Death of Jesus
- ❖ **The Glorious Mysteries** (Wednesdays, Saturdays, and Sundays)
 - The Resurrection of Jesus Christ
 - The Ascension of Jesus to Heaven
 - The Descent of the Holy Spirit
 - The Assumption of the Blessed Virgin Mary into Heaven
 - The Coronation of the Blessed Virgin Mary

How to Pray the Rosary

1. Make the Sign of the Cross and say the "Apostles' Creed."
2. Say the "Our Father."
3. Say three "Hail Marys".
4. Say the "Glory be to the Father."
5. Announce the First Mystery; then say the "Our Father."
6. Say ten "Hail Marys," while meditating on the Mystery.
7. Say the "Glory Be to the Father."
8. Announce the Second Mystery; then say the "Our Father." Repeat 6 and 7 and continue with Third, Fourth and Fifth Mysteries in the same manner.



After the Rosary pray the "Hail, Holy Queen"

The Theological Virtues:

- Faith
- Hope
- Love

The Cardinal Virtues:

- Prudence
- Justice
- Fortitude
- Temperance

The Gifts of the Holy Spirit:

- Wisdom
- Knowledge
- Understanding
- Counsel (Right Judgment)
- Fortitude (Courage)
- Piety (Reverence)
- Fear of the Lord (Wonder and Awe)

The Fruits of the Spirit:

- Charity
- Joy
- Peace
- Patience
- Goodness
- Kindness
- Long Suffering
- Humility
- Faithfulness
- Modesty
- Continence
- Chastity

The Seven Capital Sins:

- Greed
- Anger
- Envy
- Lust
- Pride
- Sloth
- Gluttony

The Corporal Works of Mercy:

- Feed the hungry.
- Give drink to the thirsty.
- Shelter the homeless.
- Clothe the naked.
- Care for the sick.
- Help the imprisoned.
- Bury the dead.

The Spiritual Works of Mercy:

- Share knowledge.
- Give advice to those who need it.
- Comfort those who suffer.
- Be patient with others.
- Forgive those who hurt you.
- Give correction to those who need it.
- Pray for the living and the dead.

The Four Marks of the Church:

- One
- Holy
- Catholic
- Apostolic

The Twelve Apostles:

- Peter
- Andrew
- James (the son of Zebedee)
- John
- Philip
- Bartholomew (Nathaniel)
- Thomas
- Matthew (the Tax Collector)
- James (the Less)
- Jude Thaddeus
- Simon (the Zealot)
- Judas Iscariot

The Parts of the Mass:

- ❖ Introductory Rite
 - Entrance Song
 - Greeting
 - Penitential Rite
 - Gloria
 - Opening Prayer
- ❖ **Liturgy of the Word**
 - First Reading
 - Responsorial Psalm
 - Second Reading
 - Gospel Acclamation
 - Gospel
 - Homily
 - Profession of Faith
 - General Intercessions
- ❖ **Liturgy of the Eucharist**
 - Preparation of the Altar and the Gifts
 - Prayer over the Gifts
 - Preface
 - Eucharistic Prayer
 - Memorial Acclamation/Great Amen
 - Communion Rite
 - ◆ Lord's Prayer
 - ◆ Sign of Peace
 - ◆ Breaking of the Bread
 - ◆ Communion
 - ◆ Silence/Song of Praise
 - Prayer after Communion
- ❖ Concluding Rite
 - Prayer
 - Blessing
 - Dismissal

The Liturgical Year:

- Advent
- Christmas Time
- Ordinary Time
- Lent
- Triduum
- Easter Time
- Ordinary Time