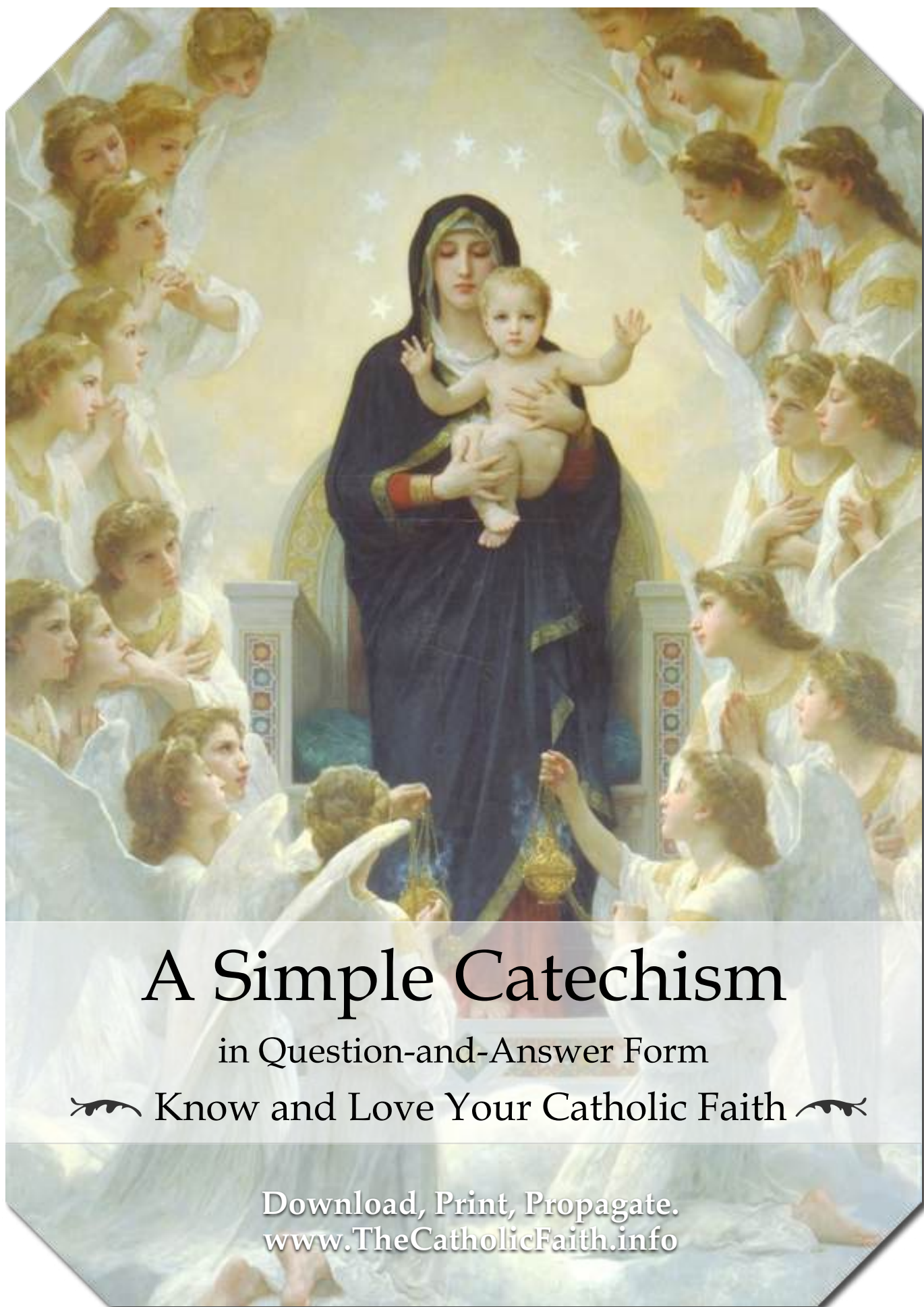




A Simple Catechism

in Question-and-Answer Form

❧ Know and Love Your Catholic Faith ❧

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Holiness Through Truth



A Simple Catechism

A Catholic Faith Booklet
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Dedicated to St. Francis de Sales

About this booklet:

This booklet is directed to all Catholic lay faithful, young and old, to mobilise the 'sleeping giant' of the Church by helping them to know and love their faith. It is The Catholic Faith edition of the 'Penny Catechism', which features a few minor changes including updating of terminologies (QQ. 319, 321, 324, etc.) and dates (Q. 231), formatting improvements, and the addition of the five Luminous Mysteries (p. 59), introduced by Pope John Paul II in 2002.

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Basic Catechism Of Christian Doctrine
(4 Week Meditation Cycle)
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"Advance this book"
- Mother Teresa of Calcutta (South Bronx, N.Y.)

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Preface

The greatest commandment given to us as Catholics is to “love the Lord your God with all your heart, and with all your soul, and with all your mind” (Matthew 22:37). As such, we must first *know* our faith with all our mind, for it reveals God – we cannot love what we do not know.

It is for this reason that catechisms - meaning ‘oral instructions’ - developed in the early Church. This Simple Catechism, originally known as the ‘Penny Catechism’, continues in this tradition. It is the ‘driver’s manual’ of the Catholic Faith, used effectively alongside the Holy Bible by thousands of schools and organizations world wide to supplement instruction. In this sense, it fulfils the mandate of the Second Vatican Council, as noted in its introduction:

On October 29, 1982 in an address to the Bishops of Northern England (home of the Penny Catechism), our Holy Father, Pope John Paul II, quoted John XXIII’s speech delivered at the opening of the Second Vatican Council: “The greatest concern of the Ecumenical Council is this - that the sacred deposit of Christian doctrine should be more effectively guarded and taught.”

Hence, a stated aim of this catechism is to advance Vatican II, which proclaims the same unchangeable teachings of the Roman Catholic Church. This serves to build up both the Church and the souls of its members, with wonderful and, upon thought, astonishing consequences:

The Spiritual House of the Soul, says St. Augustine (20 Sermo in verb. sap.), is built up in time and solemnly dedicated in eternity. Faith is the foundation, Hope the walls, Charity the roof, or covering. The Sacraments are the great means of grace, or the chief instruments required for the building. The Virtues, the Christian’s Rule of Life, and the Daily Exercise, may be likened to the adornment and furniture of the House.

Indeed, the importance of actively engaging in the sanctification of the soul through the intellect is such that St. Francis de Sales taught the priests to consider learning as the eighth sacrament! For this reason, the introduction exhorts the reader to life-long learning of their faith, starting with this foundation:

This “basic of basics” book is the start of an unending lifetime seeking additional knowledge of the Catholic religion. It should be referred to often, whether alone or with others, but particularly with the young who are turned off because of ignorance of the Faith and a lack of challenge in Belief.

The importance of such a firm foundation is more evident in recent times than ever as correlation can be clearly observed, especially in the youths, between lack of proper formation and loss of faith. Perhaps it is time to acknowledge God’s indictment and lament: “my people are destroyed for lack of knowledge” (Hosea 4:6)

To remedy this, parishes, schools, apostolates and individuals are encouraged to distribute this and other Catholic Faith booklets. Please download, print and propagate them from www.thecatholicfaith.info to help all Catholics to know and love the faith as the true “pearl of great price” (Matthew 13:46) for it is, indeed, “more precious than gold” (1 Peter 1:7).

Sincerely in Christ through Mary,
The Catholic Faith team

Catechetical Program

A solid catechesis is foundational for Catholics, who are called to exercise personal faith, hope and charity through cultivation of virtue within a prayerful and sacramental life – these must be built on a rock-solid foundation that is Christ (Matthew 7:24-25). For this reason, Christ has provided for us the infallible three-fold authority to safeguard, with Christ's power, our passage to eternal life - in the Sacred and Apostolic Scripture, Tradition and Magisterium. This simple catechism, faithful to these, seeks to pass on the wisdom of the Apostles and the Saints, to lead the readers toward sanctity. Through the solidarity we share, wisdom and sanctity we acquire and pass on affect the salvation and wellbeing of mankind. It is an awe-inspiring duty and privilege for us all, and especially for parents and teachers. Here, we deal not with trivial things, like accumulation of wealth or social status, but with the eternal destiny of immortal souls. The simple catechism can be completed within a four week cycle, as follows:

	1 st Week	2 nd Week	3 rd Week	4 th Week
Sun	Why? 1-8	9 th Art. 83-109	1 st Commandment 175-187	Mass 266-280
Mon	Faith 9-15	10 th Art. 110-127	2 nd to 4 th 188-204	Reconciliation 281-300
Tues	1 st Art. 16-30	11 th & 12 th 128-134	5 th & 7 th 205-218	3 Sacraments 301-312
Wed	2 nd & 3 rd 31-51	Hope 135-140	8 th to 10 th 219-227	Virtues 313-324
Thu	4 th & 5 th 52-67	Our Father 141-157	Church Precepts 228-248	Vices 324-332
Fri	6 th & 7 th 68-76	Hail Mary 158-168	Baptism 249-261	Rule of Life 333-354
Sat	8 th Art. 77-82	Commandments 169-174	Confirmation 262-265	Daily Exercises 355-370

Memorization

Memory is one of the three powers of the soul (see Q.30), and is accounted part of the virtue of prudence (Summa Theologica, 2:2:49:1). Knowledge of the faith retained in memory allows growth by pondering on them and for sound judgement and conduct throughout lifetime. The following, recommended for memorization, are marked with the star (★) in the main text.

Formulas	173, 229, 324, 255, 321, 322, & 323.
Prayers	14, 60, 146, 161, 368, Act of Contrition p. 58; Rosary p. 59.

Books and Resources for Further Study

The Catholic Faith booklet (www.thecatholicfaith.info)

Catholic Answers (www.catholic.com)

Catholic Resource Education Centre (www.catholiceducation.org)

Compendium of the Catechism of the Catholic Church

Fundamentals of the Faith: Essays in Christian Apologetics, by Peter Kreeft

Introduction to the Devout Life, by St. Francis de Sales

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Faith

Man

1. Who made you?

God made me.

2. Why did God make you?

God made me to know Him, love Him and serve Him in this world, and be happy with Him forever in the next. (See QQ 169, 320, 336, 339, etc.)

To know God. By hearing instructions, reading good books, knowing what He is, and what He has done for us.

To love and serve God. By keeping His Commandments, and doing all we can to please Him.

3. To whose image and likeness did God make you?

God made me to his own image and likeness.

Image. That which exactly represents anything.

Likeness. That which resembles a thing, as a picture or a portrait

4. Is this likeness to God in your body, or in your soul?

This likeness to God is chiefly in my soul.

5. How is your soul like to God?

My soul is like to God because it is a spirit, and is immortal.

Spirit. An immaterial living being, having free-will and understanding, as God, the Angels, our souls. We cannot touch or see a spirit.

Immortal. Not mortal, can never die. The soul has a twofold life:

1. natural, which it receives at its creation and never loses;
2. supernatural, or the grace of God, received in Baptism, lost by mortal sin, but regained by a worthy reception of the Sacrament of Reconciliation, or by an act of perfect contrition.

6. What do you mean when you say that your soul is immortal?

When I say my soul is immortal, I mean that my soul can never die.

7. Of which must you take most care, of your body or of your soul?¹

I must take most care of my soul; for Christ has said, 'What doth it profit a man if he gain the whole world, and suffer the loss of his own soul?' Matt. 16:26

Profit. That which is for a person's good.

Suffer the loss, etc. To lose one's soul and go to hell.

¹ In Catholic theology, the soul and body are not opposed to each other. The human body is a temple of the Holy Spirit, made to the image and likeness of God. The primacy of the soul depends on the fact its salvation or loss determines the same for the body.

8. What must you do to save your soul?

To save my soul I must worship God by Faith, Hope and Charity; that is, I must believe in him, I must hope in him, and I must love him with my whole heart.

Worship. To adore, as in the case of Almighty God; to honour or respect, as in the case of the Angels, or of the Saints.

Faith. To believe: to have trust or confidence in what a person says. There are two kinds of faith:

1. divine faith, which is relying on the word of God;
2. human faith, which is relying on the testimony of man.

The Belief

9. What is faith?

Faith is a supernatural gift of God, which enables us to believe without doubting whatever God has revealed.

Without doubting, etc. We must believe firmly all that God has made known to us. Firmness and entirety are the two qualities of faith. The denial of an article of faith by one who has professed the Christian religion is called heresy; to renounce or turn away from our religion is called apostasy; denying the existence of God is called infidelity.

10. Why must you believe whatever God has revealed?

I must believe whatever God has revealed because God is the very truth, and can neither deceive nor be deceived.

The very truth. God is truth itself; He is all truth.

Deceive. To cause a person to go wrong, or to try to make him believe that which is not true.

11. How are you to know what God has revealed?

I am to know what God has revealed by the testimony, teaching, and authority of the Catholic Church.

Authority. The power or right to do a thing.

12. Who gave the Catholic Church divine authority to teach?

Jesus Christ gave the Catholic Church divine authority to teach, when he said, 'Go ye and teach all nations.' Matt.28:19

The Apostles' Creed

13. What are the chief things which God has revealed?

The chief things which God has revealed are contained in the Apostles' Creed.

Contained. To be found or held in it.

Creed. A form of belief. There are five forms of the Creed:

1. The Apostles' Creed, composed by the Apostles before they separated to preach the Gospel throughout the world;
2. the Nicene, composed at the Council of Nicaea;

3. the Athanasian;
4. the Creed of Pope Plus IV, which was drawn up immediately after the Council of Trent; and
5. the anti-modernist Creed of Pope Pius X.

The Creed teaches us our faith, or what we must believe in order to be saved.

14. Say the 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; the third day he rose again from the dead; - he ascended into heaven; 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 life everlasting. Amen.

Amen. 'So be it', or 'May it be so'. This word at the end of prayers expresses a wish that what we have been praying for may be granted.

15. How is the Apostles' Creed divided?

The Apostles' Creed is divided into twelve parts or articles.

Twelve parts. These may be categorised under three larger sections:

1. the first article, which treats especially of God the Father and the work of Creation;
2. from the second to the seventh inclusive, in which particular mention is made of God the Son, and the work of Redemption;
3. from the eighth to the twelfth; which treat of God the Holy Spirit and the work of Sanctification.

First Article Of The Creed

16. What is the first article of the Creed?

The first article of the Creed is, 'I believe in God, the Father Almighty, Creator of heaven and earth'.

17. What is God?

God is the supreme Spirit, who alone exists of himself, and is infinite in all perfections.

Supreme. Greatest, highest, above all others. There can be only one who is supreme, and that one is God.

Exists of Himself. He depends on no one for His life or being. God is the origin of all life.

Infinite. Without end or limit in any way,

Perfections. Good qualities or attributes. God alone is perfect in all things. Some of God's perfections are—His omnipotence, or being able to do all things; His omniscience, or knowing all things; His omnipresence, or being in all places; His eternity, or having neither a beginning nor an end; His goodness, His mercy, His justice, etc

18. Why is God called Almighty?

God is called 'Almighty' because he can do all things: 'With God all things are possible'. Matt 19:26

Possible. That which one is able to do.

19. Why is God called Creator of heaven and earth?

God is called 'Creator of heaven and earth' because he made heaven and earth, and all things, out of nothing, by his word.

His word. God had only to command, and what He wished was done.

20. Had God any beginning?

God had no beginning: he always was, he is, and he always will be.

21. Where is God?

God is everywhere.

22. Does God know and see all things?

God knows and sees all things, even our most secret thoughts.

Secret. Hidden, concealed

23. Has God any body?

God has no body; he is a spirit.

24. Is there only one God?

There is only one God.

25. Are there three Persons in God?

There are three Persons in God: God the Father, God the Son, and God the Holy Spirit.

26. Are these three Persons three Gods?

These three Persons are not three Gods: the Father, the Son, and the Holy Spirit are all one and the same God.

27. What is the mystery of the three Persons in one God called?

The mystery of the three Persons in one God is called the mystery of the Blessed Trinity.

Mystery. The five chief mysteries of our faith are—the Unity and Trinity of God, who will render to every man according to his work; the Incarnation, Death, and Resurrection of our Lord. Besides these there are many other great mysteries, as the Creation, and the Holy Eucharist. We are bound to believe all the mysteries of our faith, because God commands us to do so.

Mystery of the Blessed Trinity. Three Persons in one God, equal to one another in every respect.

28. What do you mean by a mystery?

By a mystery I mean a truth which is above reason, but revealed by God.

29. Is there any likeness to the Blessed Trinity in your soul?

There is this likeness to the Blessed Trinity in my soul: that as in one God there are three Persons, so in my one soul there are three powers.

30. Which are the three powers of your soul?

The three powers of my soul are my memory, my understanding, and my will.

Memory. That power which helps us to retain or keep what we have learnt.

Understanding. That power of the soul by which it grasps the meaning of things.

Will. The power by which we determine our choice, or by which we act.

The Second Article Of The Creed

31. What is the second article of the Creed?

The second article of the Creed is, 'and in Jesus Christ, his only Son, our Lord'.

And in Jesus Christ. The words 'I believe' are understood here after the word 'and'. Our Lord. Jesus is our Lord:

1. because He has redeemed us by His Precious Blood;
2. because He preserves us from sin by the Sacraments; and forgives us our sins, and will judge us at the end of our life.

32. Who is Jesus Christ?

Jesus Christ is God the Son, made man for us.

33. Is Jesus Christ truly God?

Jesus Christ is truly God.

Is truly God. Jesus Christ is really God, and proved that He was so by His miracles, by what took place at His Baptism, and at His Transfiguration; by His Resurrection from the dead, and His Ascension into heaven.

34. Why is Jesus Christ truly God?

Jesus Christ is truly God because he has one and the same nature with God the Father.

35. Was Jesus Christ always God?

Jesus Christ was always God, born of the Father from all eternity.

36. Which Person of the Blessed Trinity is Jesus Christ?

Jesus Christ is the Second Person of the Blessed Trinity.

37. Is Jesus Christ truly man?

Jesus Christ is truly man.

Is truly man. Jesus Christ is really man, because He has a human nature like ours, consisting of a body and a soul. Our Lord proved that He had a body by suffering the pains of the body, such as hunger, thirst, weariness, and death. He had a soul for we learn that the sufferings of His passion and death began with His soul: 'My soul is sorrowful even unto death'. (Matt. 26:38)

38. Why is Jesus Christ truly man?

Jesus Christ is truly man because he has the nature of man, having a body and soul like ours.

39. Was Jesus Christ always man?

Jesus Christ was not always man. He has been man only from the time of his Incarnation.

Time of His Incarnation. Our Lord took unto Himself our human nature when His Blessed Mother said to the Angel Gabriel, 'Behold the handmaid of the Lord: be it done unto me according to thy word'. This occurred at the Annunciation.

40. What do you mean by the Incarnation?

I mean by the Incarnation that God the Son took to himself the nature of man: 'the Word was made Flesh'.

41. How many natures are there in Jesus Christ?

There are two natures in Jesus Christ, the nature of God and the nature of man.

42. Is there only one Person in Jesus Christ?

There is only one Person in Jesus Christ, which is the Person of God the Son.

43. Why was God the Son made man?

God the Son was made man to redeem us from sin and hell, and to teach us the way to heaven.

Redeem. To buy back, to save.

Hell. The place, or state, of eternal punishment, set apart for the wicked, after death.

44. What does the holy name Jesus mean?

The holy name JESUS means Saviour. Matt. 1:21

Saviour. One who saves others from evil.

45. What does the name Christ mean?

The name CHRIST means Anointed.

Christ. The Anointed, the Messiah. Our Lord is called 'Christ' because He is a king, a priest, and a prophet; the person chosen for any of these offices being always anointed. Jesus is King of all creation; He offers Himself in sacrifice in the Mass, and is therefore a Priest; He prophesied when on earth, and taught the law of God, interpreted His will, and consequently is a Prophet

46. Where is Jesus Christ?

As God, Jesus Christ is everywhere. As God made man, he is in heaven, and in the Blessed Sacrament of the Altar.

The Third Article Of The Creed

47. What is the third article of the Creed?

The third article of the Creed is, 'who was conceived by the Holy Spirit, born of the Virgin Mary'.

Conceived by the Holy Spirit. Our Lord was made man by the power of the Holy Ghost.

The Virgin Mary. The Mother of our Lord, who by the power of God remained a virgin all her life.

48. What does the third article mean?

The third article means that God the Son took a Body and Soul like ours, in the womb of the Blessed Virgin Mary, by the power of the Holy Spirit.

49. Had Jesus Christ any father on earth?

Jesus Christ had no father on earth: St. Joseph was only his guardian or foster-father.

Guardian. One who takes care of another.

Foster father. One who takes the place of its father in bringing up a child.

50. Where was our Saviour born?

Our Saviour was born in a stable at Bethlehem.

Bethlehem. The City of David, about six miles from Jerusalem. Our Lord was born here, as the prophet Micheas had foretold.

51. On what day was our Saviour born?

Our Saviour was born on Christmas Day.

The Fourth Article Of The Creed

52. What is the fourth article of the Creed?

The fourth article of the Creed is, 'suffered under Pontius Pilate, was crucified, died and buried'.

Pontius Pilate. The Roman Governor who ruled over Judea, the southern part of Palestine.

Crucify. To put to death by fastening the body by the hands and feet to a cross.

53. What were the chief sufferings of Christ?

The chief sufferings of Christ were: first, his agony, and his sweat of blood in the Garden; secondly, his being scourged at the pillar, and crowned with thorns; and thirdly, his carrying his cross, his crucifixion, and his death between two thieves.

Chief sufferings. The greatest or principal sufferings. There were many others besides these.

Scourging. Whipping with great severity. Our Lord was scourged in Pilate's hall. Here He was also crowned with thorns.

Carrying His cross. Our Lord carried His cross from Pilate's hall to the summit of Calvary. The 'Stations of the Cross' is a devotion in honour of this journey.

54. What are the chief sufferings of our Lord called?

The chief sufferings of our Lord are called the Passion of Jesus Christ.

55. Why did our Saviour suffer?

Our Saviour suffered to atone for our sins, and to purchase for us eternal life.

56. Why is Jesus Christ called our Redeemer?

Jesus Christ is called our Redeemer because his precious blood is the price by which we were ransomed.

57. On what day did our Saviour die?

Our Saviour died on Good Friday.

Good Friday. So called because on that day we were saved from sin and hell, and therefore a great good was done for us.

58. Where did our Saviour die?

Our Saviour died on Mount Calvary.

59. Why do we make the sign of the cross?

We make the sign of the cross - first, to put us in mind of the Blessed Trinity: and secondly, to remind us that God the Son died for us on the Cross.

Sign of the cross. We make this sign also:

1. to show that we are Christians, or followers of Christ;
2. to ask God's help in all that we do;
3. to arm ourselves against temptation. The cross is the sign of our Redemption.

60. In making the sign of the cross how are we reminded of the Blessed Trinity? ★

In making the sign of the cross we are reminded of the Blessed Trinity by the words, 'In the name of the Father, and of the Son, and of the Holy Spirit'.

In the name. This is to signify our belief in the Unity of God.

Of the Father, etc. By using these three names we express our faith in the Trinity of God.

61. In making the sign of the cross how are we reminded that Christ died for us on the Cross?

In making the sign of the cross we are reminded that Christ died for us on the Cross by the very form of the cross which we make upon ourselves.

The Fifth Article Of The Creed

62. What is the fifth article of the Creed?

The fifth article of the Creed is, 'he descended into hell; the third day he rose again from the dead'.

Descend. To go down.

63. What do you mean by the words, 'he descended into hell'?

By the words, 'he descended into hell', I mean that, as soon as Christ was dead, his blessed Soul went down into that part of hell called Limbo.

Hell. Now this always refers to the place where the devils and lost souls are punished.

64. What do you mean by Limbo?

By Limbo I mean a place of rest, where the souls of the just who died before Christ were detained.

Detained. Held back, kept shut in, not being able to leave.

65. Why were the souls of the just detained in Limbo?

The souls of the just were detained in Limbo because they could not go up to the kingdom of heaven till Christ had opened it for them.

66. What do you mean by the words, 'the third day he rose again from the dead'?

By the words, 'the third day he rose again from the dead,' I mean that, after Christ had been dead and buried part of three days, he raised his blessed Body to life again on the third day.

He raised His blessed Body, etc. By His own divine power our Lord raised His Body from death to life, thus proving that He was God, and that He had gained the victory over sin and death. Our Lord kept His five sacred wounds:

1. that they might be proofs of His Resurrection;
2. that He might present them to His heavenly Father as everlasting memorials of His Passion;
3. that we might meditate on them as the sources of grace and the refuge of sinners.

67. On what day did Christ rise again from the dead?

Christ rose again from the dead on Easter Sunday.

Easter Sunday. On this day Christians commemorate their deliverance from the slavery of sin and the devil through the Resurrection of their Saviour. The Resurrection of Jesus Christ is the foundation of our faith and our hope. This festival is therefore celebrated with great pomp and ceremony.

The Sixth Article Of The Creed

68. What is the sixth article of the Creed?

The sixth article of the Creed is, 'he ascended into heaven; is seated at the right hand of God the Father Almighty'.

Ascend. As God, our Lord had always been in heaven; but as man, He was there only from the time of His Ascension.

At the right hand, etc. This means that Jesus is equal to the Father as God, and next to Him as man.

69. What do you mean by the words, 'he ascended into heaven'?

By the words, 'he ascended into heaven', I mean that our Saviour went up Body and Soul into heaven on Ascension Day, forty days after his resurrection.

On Ascension Day. Our Lord went to heaven

1. to receive His reward as man;
2. to be our advocate;
3. to prepare a place for us;
4. to send the Holy Spirit.

70. What do you mean by the words, 'is seated at the right hand of God the Father Almighty'?

By the words, 'is seated at the right hand of God the Father Almighty.' I do not mean that God the Father has hands, for he is a spirit; but I mean that Christ, as God, is equal to the Father and, as man, is in the highest place in heaven.

The Seventh Article Of The Creed

71. What is the seventh article of the Creed?

The seventh article of the Creed is, 'from thence he shall come to judge the living and the dead'.

From thence, etc. Our Lord will come from heaven to judge and pass sentence on all mankind.

72. When will Christ come again?

Christ will come again from heaven at the last day, to judge all mankind.

The last day. The end of the world, when the following signs will warn us that it is at hand:

1. the Gospel will be preached throughout the whole world (Matt. 24:14);
2. great numbers will forsake the faith;
3. the coming of the Antichrist. (2 Thess. 2)

73. What are the things Christ will judge?

Christ will judge our thoughts, words, works, and omissions.

74. What will Christ say to the wicked?

Christ will say to the wicked: 'Depart from me, ye cursed, into everlasting fire, which was prepared for the devil and his angels. Matt. 25:41

75. What will Christ say to the just?

Christ will say to the just: 'Come, ye blessed of my father, possess ye the kingdom prepared for you'. Matt.25:34

76. Will every one be judged at death, as well as at the last day?

Every one will be judged at death, as well as at the last day: 'It is appointed unto men once to die; and after this, the judgment'. Heb. 9:27

Judged at death, etc. Everyone must undergo two judgments:

1. the particular at the hour of death, when the soul is judged alone;
2. the general at the last day, when the body and soul will be again united.

The Eighth Article Of The Creed

77. What is the eighth article of the Creed?

The eighth article of the Creed is, 'I believe in the Holy Spirit'.

Holy Spirit. The Holy Spirit is God like the Father and the Son, and is a distinct Person in Himself. He proceeds from the Father and Son, and is equal to them in every respect. He is often called the 'Love of God', the 'Paraclete' or Comforter, and the 'Dove'. He appeared in the form of a dove at our Lord's Baptism, and in the form of tongues of fire on the day of Pentecost.

78. Who is the Holy Spirit?

The Holy Spirit is the Third Person of the Blessed Trinity.

79. From whom does the Holy Spirit proceed?

The Holy Spirit proceeds from the Father and the Son.

80. Is the Holy Spirit equal to the Father and to the Son?

The Holy Spirit is equal to the Father and to the Son, for he is the same Lord and God as they are.

81. When did the Holy Spirit come down on the Apostles?

The Holy Spirit came down on the Apostles on Pentecost, in the form of 'parted tongues, as it were, of fire. Acts 2:3

Pentecost. It means fiftieth, because it is the fiftieth day after Easter.

82. Why did the Holy Spirit come down on the Apostles?

The Holy Spirit came down on the Apostles to confirm their faith, to sanctify them, and to enable them to found the Church.

Confirm. To make firm or to strengthen.

Sanctify. To make holy, and pleasing to God.

Enable. To help, to assist, to make able.

The Ninth Article Of The Creed

83. What is the ninth article of the Creed?

The ninth article of the Creed is, 'the Holy Catholic Church; the Communion of Saints'.

Church. The whole body of Catholic Christians. It is divided into three parts:

1. the Church triumphant, composed of the Saints in heaven;
2. the Church suffering, composed of the holy souls in Purgatory;
3. the Church militant, composed of the faithful on earth.

84. What is the Catholic Church?

The Catholic Church is the union of all the faithful under one Head.

Union. The being joined together.

The faithful. All those who have been baptised and who profess the true faith. The whole body of Catholics.

85. Who is the Head of the Catholic Church?

The Head of the Catholic Church is Jesus Christ.

86. Has the Church a visible Head on earth?

The Church has a visible Head on earth - the Bishop of Rome, who is the Vicar of Christ.

Visible. That which we can see. Our Lord is the invisible Head of the Church. Invisible means that which we cannot see.

Bishop. An overseer, one who has charge of a diocese; a successor of the Apostles.

Rome. The residence of the Popes, and the chief city of Italy. St. Peter was the first Bishop of Rome.

Vicar. One who performs the office or duty of another; one who supplies the place of another.

87. Why is the Bishop of Rome the Head of the Church?

The Bishop of Rome is the Head of the Church because he is the successor of St. Peter, whom Christ appointed to be the Head of the Church.

Successor. One who comes after or takes the place of another, and is equal to him in power and authority.

Appointed. Chosen or picked out, placed over.

88. How do you know that Christ appointed St. Peter to be the Head of the Church?

I know that Christ appointed St. Peter to be the Head of the Church because Christ said to him; 'Thou art Peter, and upon this rock I will build my Church, and the gates of hell shall not prevail against it. And to thee I will give the keys of the kingdom of heaven'. Matt. 16:18,19

Peter. A rock. Our Lord added Peter to Simon's name.

Prevail. To overcome or to conquer, to defeat.

The keys, etc. The power given to the Apostles and their successors to forgive sins, and to rule the Church.

89. What is the Bishop of Rome called?

The Bishop of Rome is called the Pope, which word signifies Father.

90. Is the Pope the Spiritual Father of all Christians?

The Pope is the Spiritual Father of all Christians.

91. Is the Pope the Shepherd and Teacher of all Christians?

The Pope is the Shepherd and Teacher of all Christians, because Christ made St. Peter the Shepherd of the whole flock when he said: 'Feed my lambs, feed my sheep'. He also prayed that his 'faith' might never fail, and commanded him to 'confirm' his brethren. Jn.21:15-17, Lk.22:32

92. Is the Pope infallible?

The Pope is infallible.

93. What do you mean when you say that the Pope is infallible?

When I say that the Pope is infallible, I mean that the Pope cannot err when, as Shepherd and Teacher of all Christians, he defines a doctrine concerning faith or morals, to be held by the whole Church.

The Pope is infallible. The doctrine of the Infallibility was solemnly defined at the Vatican Council in 1870.

94. Has the Church of Christ any marks by which we may know her?

The Church of Christ has four marks by which we may know her: she is One - she is Holy - she is Catholic - she is Apostolic.

Marks. The signs or notes which distinguish the true Church from all others.

95. How is the Church One?

The Church is One because all her members agree in one Faith, have all the same Sacrifice and Sacraments, and are all united under one Head.

Because all her members, etc. The Church is One in faith, in worship, and in government. The members of the Church are those who belong to it, or form a part of it.

96. How is the Church Holy?

The Church is Holy because Jesus Christ, Her Founder is holy, teaches a holy doctrine, and offers to all the means of holiness.

The Church is Holy, etc. The Church is Holy in her doctrine, in her means of holiness, and in the effects of her teaching upon her children, which has made so many of them Saints.

Those means which help us to become holy are the Sacraments, prayer, Holy Mass, good example, hearing instructions reading good books, etc.

97. What does the word Catholic mean?

The word Catholic means universal.

98. How is the Church Catholic or universal?

The Church is Catholic or universal because she subsists in all ages, teaches all nations, and is the source of all Truth.

Because she subsists, etc. The Church is Universal in time, in place and in doctrine.

99. How is the Church Apostolic?

The Church is Apostolic because it was founded by Christ on the apostles and, according to His Divine Will, has always been governed by their lawful successors.

Apostolic. Coming down from the time of the Apostles.

On the apostles, etc. The Church is Apostolic in her doctrine, or teaching; in her orders, or priesthood; and in her mission, or that which she has been sent to do.

Successors. The bishops and priests of the Church, who are the shepherds of the fold of Christ.

Always. In an unbroken succession.

100. Can the Church err in what she teaches?

The Church cannot err in what she teaches as to faith or morals, for she is our infallible guide in both.

To err. To make a mistake.

Faith. What we must believe. The Apostles' Creed teaches us the chief articles of our faith.

Morals. What we must do. The Commandments teach us morals.

Infallible guide. One who cannot deceive or lead in a wrong way. The Pope, when speaking to the Church ex cathedra, as the successor of St. Peter, cannot err in faith or in morals.

101. How do you know that the Church cannot err in what she teaches?

I know that the Church cannot err in what she teaches because Christ promised that the gates of hell shall never prevail against his Church; that the Holy Spirit shall teach her all things; and that he himself will be with her all days, even to the consummation of the world. Matt. 16:18, John 14:16-26, Matt. 28:20

102. What do you mean by the Communion of Saints?

By the Communion of Saints I mean that all the members of the Church, in heaven, on earth, and in purgatory, are in communion with each other, as being one body in Jesus Christ.

103. How are the faithful on earth in communion with each other?

The faithful on earth are in communion with each other by professing the same faith, obeying the same authority, and assisting each other with their prayers and good works.

104. How are we in communion with the Saints in heaven?

We are in communion with the Saints in heaven by honouring them as the glorified members of the Church, and also by our praying to them, and by their praying for us.

105. How are we in communion with the souls in purgatory?

We are in communion with the souls in purgatory by helping them with our prayers and good works: 'It is a holy and wholesome thought to pray for the dead, that they may be loosed from sins'. 2 Mach. 12:46.

Purgatory. A place for cleansing or purifying

106. What is purgatory?

Purgatory is a place where souls suffer for a time after death on account of their sins.

107. What souls go to purgatory?

Those souls go to purgatory that depart this life in venial sin; or that have not fully paid the debt of temporal punishment due to those sins of which the guilt has been forgiven.

Debt. That which one owes to another.

Temporal. Lasting only for a time.

108. What is temporal punishment?

Temporal punishment is punishment which will have an end, either in this world, or in the world to come.

109. How do you prove that there is a purgatory?

I prove that there is a purgatory from the constant teaching of the Church; and from the doctrine of Holy Scripture, which declares that God will render to every man according to his works; that nothing defiled shall enter heaven; and that some will be saved, "as one who has gone through fires". Matt. 16:27, Apoc. 21:27.1, Cor. 3:15

Scripture. A writing; the books of the Bible, the written word of God.

Render. To pay back, to give.

Defiled. Corrupted or stained, polluted, made dirty.

The Tenth Article Of The Creed

110. What is the tenth article of the Creed?

The tenth article of the Creed is, 'the forgiveness of sins'.

111. What do you mean by 'the forgiveness of sins'?

By 'the forgiveness of sins' I mean that Christ has left the power of forgiving sins to the Pastors of his Church. Jn.20:23

112. By what means are sins forgiven?

Sins are forgiven principally by the Sacraments of Baptism and Reconciliation.

Principally, etc. Because sin is forgiven by worthily receiving other Sacraments, as the Holy Eucharist and Extreme Unction.

113. What is sin?

Sin is an offence against God, by any thought, word, deed or omission against the law of God.

An offence. Something which displeases, either by doing a wrong, or neglecting to do good when we ought. We may offend God by thinking of what is bad, and desiring it, as in the case of the fallen angels; or by saying what is bad, as in the case of cursing, swearing, using bad language, telling lies; or by doing what is bad, as in the case of Cain killing his brother Abel; or by omission, which is neglecting to perform our duty, as in the case of missing Mass on Sundays. (When a Catholic Mass is available.)

114. How many kinds of sin are there?

There are two kinds of sin, original sin and actual sin.

115. What is original sin?

Original sin is that guilt and stain of sin which we inherit from Adam, who was the origin and head of all mankind.

Inherit. To receive or possess, as from an ancestor.

116. What was the sin committed by Adam?

The sin committed by Adam was the sin of disobedience when he ate the forbidden fruit.

117. Have all mankind contracted the guilt and stain of original sin?

All mankind have contracted the guilt and stain of original sin, except the Blessed Virgin, who, through the merits of her Divine Son, was conceived without the least guilt or stain of original sin.

Conceived etc. Not having the slightest stain of sin on the soul from the first moment of her existence.

118. What is this privilege of the Blessed Virgin called?

This privilege of the Blessed Virgin is called the Immaculate Conception.

Privilege. A particular favour or benefit.

119. What is actual sin?

Actual sin is every sin which we ourselves commit.

120. How is actual sin divided?

Actual sin is divided into mortal sin and venial sin.

Mortal sin. That sin which causes the death of the soul. Three conditions are necessary in order to make a mortal sin

1. the matter must be grave;
2. the person who commits it must have a clear knowledge of the guilt of the action;
3. there must be full consent of the will.

Venial sin. That sin which does not contain the conditions necessary to make a mortal sin. No number of venial sins will destroy God's grace in the soul or make a mortal sin.

121. What is mortal sin?

Mortal sin is a serious offence against God.

122. Why is it called mortal sin?

It is called mortal sin because it is so serious that it kills the soul and deserves hell.

123. How does mortal sin kill the soul?

Mortal sin kills the soul by depriving it of sanctifying grace, which is the supernatural life of the soul.

Supernatural. Above nature

124. Is it a great evil to fall into mortal sin?

It is the greatest of all evils to fall into mortal sin.

125. Where will they go who die in mortal sin?

They who die in mortal sin will go to hell for all eternity.

126. What is venial sin?

Venial sin is an offence which does not kill the soul, yet displeases God, and often leads to mortal sin.

127. Why is it called venial sin?

It is called venial sin because it is more easily pardoned than mortal sin.

The Eleventh Article Of The Creed

128. What is the eleventh article of the Creed?

The eleventh article of the Creed is, 'the resurrection of the body'.

Resurrection. The act of rising again. The bodies of the just will be immortal and have the four gifts of – impassibility, which will prevent them suffering; agility, which will enable them to pass as swift as though from one end of creation to the other; brightness, which will make them shine like stars for all eternity; and subtility, which will enable them to overcome all obstacles.

129. What do you mean by 'the resurrection of the body'?

By the resurrection of the body I mean that we shall all rise again with the same bodies at the day of judgment.

The Twelfth Article Of The Creed

130. What is the twelfth article of the Creed?

The twelfth article of the Creed is, 'life everlasting'.

Everlasting. That which has a beginning, but no end.

131. What does 'life everlasting' mean?

'Life everlasting' means that the good shall live forever in the glory and happiness of heaven.

132. What is the glory and happiness of heaven?

The glory and happiness of heaven is to see, love, and enjoy God forever.

To see etc. This is called the 'Beatific Vision'.

133. What does the Scripture say of the happiness of heaven?

The Scripture says of the happiness of heaven: 'That eye hath not seen, nor ear heard, neither hath it entered into the heart of man, what things God hath prepared for them that love him'. 1 Cor. 2:9

134. Shall not the wicked also live forever?

The wicked also shall live and be punished forever in the fire of hell.

Hope

135. Will Faith alone save us?

Faith alone will not save us without good works; we must also have Hope and Charity.

Good Works. To keep the Commandments; to go to the Sacraments; to attend at instructions and sermons; to read good books; prayer, fasting, and alms-deeds. In order to be saved it is necessary to perform good works 'For even as the body without the spirit is dead, so also faith without works is dead.' (James 2:26)

136. What is Hope?

Hope is a supernatural gift of God, by which we firmly trust that God will give us eternal life and all means necessary to obtain it, if we do what he requires of us.

Hope. To expect or desire anything.

137. Why must we hope in God?

We must hope in God because he is infinitely good, infinitely powerful, and faithful to his promises. (See also Q.179)

138. Can we do any good work of ourselves towards our salvation?

We can do no good work of ourselves towards our salvation; we need the help of God's grace.

Of ourselves. By our own power without the help of anyone.

Salvation. Saving our souls and gaining heaven.

Grace. A gift, a favour. The principal kinds of grace are:

1. sanctifying or habitual grace, which is the state of the soul when possessed by the Holy Spirit, and which makes it holy and pleasing to God;
2. actual grace, or the action of the Holy Spirit upon the soul, by which God enlightens our understanding, and inclines our will to avoid evil and to do what is good;
3. Sacramental grace, which is the special and distinguishing grace conferred by each Sacrament.

139. What is Grace?

Grace is a supernatural gift of God, freely bestowed upon us for our sanctification and salvation.

Freely bestowed. Given to us by the free will of God.

Sanctification. Making us holy and pleasing to God.

140. How must we obtain God's grace?

We must obtain God's grace chiefly by prayer and the holy Sacraments.

Prayer. Asking, beseeching. The two chief kinds of prayer are:

1. mental, or praying with the mind alone
2. vocal, or praying with the voice as well as the mind.

141. What is prayer?

Prayer is the raising up of the mind and heart to God.

142. How do we raise up our mind and heart to God?

We raise up our mind and heart to God by thinking of God; by adoring, praising, and thanking him; and by begging of him all blessings for soul and body.

143. Do those pray well who, at their prayers, think neither of God nor of what they say?

Those who, at their prayers, think neither of God nor of what they say, do not pray well; but they offend God, if their distractions are wilful.

Distraction. A wandering of the mind, idle thoughts.

Wilful. That which is consented to.

The Our Father

144. Which is the best of all prayers?

The best of all prayers is the 'Our Father', or the Lord's Prayer.

The Lord's Prayer. This prayer was made by our Lord in answer to the petition of the Apostles, 'Lord, teach us how to pray'. It was on the occasion of His preaching the 'Sermon on the Mount'. The prayer is divided into seven parts, the first three of which relate particularly to God, the others to ourselves and to our neighbours.

145. Who made the Lord's Prayer?

Jesus Christ himself made the Lord's Prayer.

146. Say the Lord's Prayer. ★

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.

'Our Father who art in heaven.' These words form, as it were, the introduction to the petitions which follow.

147. In the Lord's Prayer who is called 'our Father'?

In the Lord's Prayer God is called 'our Father'.

148. Why is God called 'our Father'?

God is called 'our Father' because he is the Father of all Christians, whom he has made his children by Holy Baptism.

149. Is God also the Father of all mankind?

God is also the Father of all mankind because he made them all, and loves and preserves them all.

Preserves. Keeps from harm, takes care of us.

150. Why do we say, 'our' Father, and not 'my' Father?

We say 'our' Father, and not 'my' Father, because, being all brethren, we are to pray not for ourselves only, but also for all others.

Hallowed. Made or kept holy; praised, honoured, revered.

151. When we say, 'hallowed be thy name', what do we pray for?

When we say 'hallowed be thy name' we pray that God may be known, loved, and served by all his creatures.

152. When we say, 'thy kingdom come', what do we pray for?

When we say, 'thy kingdom come', we pray that God may come and reign in the hearts of all by His grace in this world, and bring us all hereafter to his heavenly kingdom.

Reign. To have complete power over us, to rule.

153. When we say, 'thy will be done on earth as it is in heaven', what do we pray for?

When we say, 'thy will be done on earth as it is in heaven', we pray that God may enable us, by his grace, to do his will in all things, as the Blessed do in heaven.

154. When we say, 'give us this day our daily bread', what do we pray for?

When we say, 'give us this day our daily bread', we pray that God may give us daily all that is necessary for soul and body.

All that is necessary. Whatever we stand in need of—the grace of God and the Holy Communion for our souls; and food and clothing, etc., for our bodies.

155. When we say, 'forgive us our trespasses, as we forgive those who trespass against us', what do we pray for?

When we say, 'forgive us our trespasses, as we forgive those who trespass against us', we pray that God may forgive us our sins, as we forgive others the injuries they do to us.

Trespasses. Injuries, offences, doing what is wrong.

156. When we say, 'lead us not into temptation', what do we pray for?

When we say 'lead us not into temptation', we pray that God may give us grace not to yield to temptation.

Yield. To give way, to be overcome.

Temptation. Anything that may entice or provoke us to sin.

157. When we say, 'deliver us from evil', what do we pray for?

When we say, 'deliver us from evil', we pray that God may free us from all evil, both of soul and body.

Deliver. To liberate or set free.

The Hail Mary

158. Should we ask the Angels and Saints to pray for us?

We should ask the Angels and Saints to pray for us, because they are our friends and brethren, and because their prayers have great power with God.

Saints. The souls of those who died in a state of grace, and are now with God in heaven. The word 'saint' means a holy person.

Angels. Those pure spirits first created by God, and who have remained faithful. They have free-will, reason, and understanding; but no bodies. The holy Angels are divided into nine orders or choirs — Seraphim, Cherubim, and Thrones; Dominations,

Principalities, and Powers; Virtues, Archangels, and Angels. The word 'angel' means a messenger.

Brethren. Those belonging to the same family or society.

159. How can we show that the Angels and Saints know what passes on earth?

We can show that the Angels and Saints know what passes on earth from the words of Christ: 'There shall be joy before the Angels of God upon one sinner doing penance. Luke 15:10

Doing penance. Being sorry and trying to make satisfaction for sin.

160. What is the chief prayer to the Blessed Virgin which the Church uses?

The chief prayer to the Blessed Virgin which the church uses is the Hail Mary.

161. Say 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.

Hail. Equivalent to 'Ave' or 'Salve', meaning 'Be well', 'Health to thee', or 'I salute thee'.

162. Who made the first part of the Hail Mary?

The Angel Gabriel and St. Elizabeth, inspired by the Holy Spirit, made the first part of the Hail Mary. Luke 1:28, 1:42

163. Who made the second part of the Hail Mary?

The Church of God, guided by the Holy Spirit, made the second part of the Hail Mary.

Guided. Directed, led, being shown the way.

By the Holy Spirit. Pronounced at the Ecumenical Council of Ephesus in year 431.

164. Why should we frequently say the Hail Mary?

We should frequently say the Hail Mary to put us in mind of the Incarnation of the Son of God; and to honour our Blessed Lady, the Mother of God.

165. Have we another reason for often saying the Hail Mary?

We have another reason for often saying the Hail Mary - to ask our Blessed Lady to pray for us sinners at all times, but especially at the hour of our death.

166. Why does the Catholic Church show great devotion to the Blessed Virgin?

The Catholic Church shows great devotion to the Blessed Virgin because she is the Immaculate Mother of God.

Devotion. Honour, love, reverence, great affection.

Immaculate. Free from the stain of original sin. By the 'Immaculate Conception' we mean that the Blessed Virgin from the first moment of her existence was, by a special privilege of God, preserved from original sin. The doctrine of the Immaculate Conception of our Lady was defined as an article of faith by Pope Plus IX in 1854. We keep the festival on the 8th December, the day of our Lady's Conception. The dogma was defined on this day.

167. How is the Blessed Virgin Mother of God?

The Blessed Virgin is Mother of God because Jesus Christ, her son, who was born of her as man, is not only man, but is also truly God.

168. Is the Blessed Virgin our Mother also?

The Blessed Virgin is our Mother also because, being the brethren of Jesus, we are the children of Mary.

168a. What do we mean by the Assumption of the Blessed Virgin?

By the Assumption of the Blessed Virgin we mean that by the power of God, Mary, at the completion of her life, was taken body and soul into everlasting glory to reign as Queen of heaven and earth.

168b. Is the Assumption of the Blessed Virgin an article of faith?

The Assumption of the Blessed Virgin is an article of Faith because it has been solemnly defined by the infallible authority of the Church.

Charity

169. What is Charity?

Charity is a supernatural gift of God by which we love God above all things, and our neighbour as ourselves for God's sake.

Charity. Love which seeks the good of, and union with, the beloved. There are four common forms of love, which are differentiated in Greek. Charity is the first kind, *agape*, which describes God (1 John 4:8), and is commanded for Christians (Matthew 22:37,39):

1. Agape - The highest, committal and self-sacrificial form of love, which perfects all other loves.
2. Philia - Filial love, of friends and family, as well as activity.
3. Storge - Affection, of parents toward offspring.
4. Eros - Romantic Love.

170. Why must we love God?

We must love God because he is infinitely good in himself and infinitely good to us.

Ten Commandments

171. How do we show that we love God?

We show that we love God by keeping his commandments: for Christ says: 'If you love me, keep my commandments. John 14:15, Mt. 19:16, Rom. 13:8-10

172. How many Commandments are there?

There are ten Commandments.

173. Say the Ten Commandments. ★

I am the Lord thy God, who brought thee out of the land of Egypt, and out of the house of bondage.

1. Thou shalt not have strange gods before me. Thou shalt not make to thyself any graven thing, nor the likeness of any thing that is in heaven above, nor in the earth beneath, nor of those things that are in the waters under the earth. Thou shalt not adore them nor serve them.
2. Thou shalt not take the name of the Lord thy God in vain.
3. Remember that thou keep holy the Sabbath day.
4. Honour thy father and thy mother.
5. Thou shalt not kill.
6. Thou shalt not commit adultery.
7. Thou shalt not steal.
8. Thou shalt not bear false witness against thy neighbour.
9. Thou shalt not covet thy neighbour's wife.
10. Thou shalt not covet thy neighbour's goods.

Ten Commandments. They are sometimes called the 'Decalogue', which means ten words or precepts. They are written on two stone tables: the first three, relating particularly to God, being on one; and the remaining seven, which relate immediately to our neighbours and ourselves, being on the other. These Commandments are of themselves always binding under pain of sin. They teach us our Morals, or what we must do to be saved. They can never be altered.

Egypt. A country in the north-east of Africa, where the Jews were treated as slaves, until delivered by Moses.

Bondage. Captivity, slavery, deprived of liberty.

174. Who gave the ten Commandments?

God gave the ten Commandments to Moses in the Old Law, and Christ confirmed them in the New.

I

175. What is the First Commandment?

The first Commandment is, 'I am the Lord thy God, who brought thee out of the land of Egypt, and out of the house of bondage. Thou shalt not have strange gods before me. Thou shalt not make to thyself any graven thing, nor the likeness of anything that is in heaven above, nor in the earth beneath, nor of those things that are in the waters under the earth. Thou shalt not adore them nor serve them.

Strange gods. False gods or idols.

Graven. Carved or cut out, as an image.

176. What are we commanded to do by the first Commandment?

By the first Commandment we are commanded to worship the one, true, and living God, by Faith, Hope, Charity, and Religion.

Religion. As long as we live we must exercise the virtue of 'Religion', which consists in giving to God the honour and service due to Him.

177. What are the sins against Faith?

The sins against Faith are all false religions, wilful doubt, disbelief, or denial of any article of Faith, and also culpable ignorance of the doctrines of the Church.

Culpable. Blameable, through one's own fault.

False religions. Those religions which do not teach the truth. Disbelief. Not believing. There are three kinds of disbelief or infidelity:

1. Paganism, or the state of those who are altogether without faith such as atheists, who deny the existence of God; idolaters, who worship false gods; deists, who believe in the existence of God, but deny His goodness and reject all revelation
2. Judaism, or the religious system of the Jews.
3. Heresy, or the denial of one or more articles of faith by one who has been baptised and has professed the Christian religion.

178. How do we expose ourselves to the danger of losing our Faith?

We expose ourselves to the danger of losing our Faith by neglecting our spiritual duties, reading bad books and writings, going to non-Catholic schools.

179. What are the sins against Hope?

The sins against Hope are despair and presumption.

Despair. Want of confidence in God, or distrusting God's goodness and His promises to us; Cain and Judas were guilty of this sin.

Presumption. A foolish expectation that God will give us salvation even if we do not make use of the proper means to obtain it.

180. What are the chief sins against Religion?

The chief sins against Religion are the worship of false gods or idols, and the giving to any creature whatsoever the honour which belongs to God alone.

Worship. To adore, to honour, to respect. There are three kinds of worship:

1. Latria, or supreme, paid to God only.
2. Hyper-dulia, or superior, given to the Blessed Virgin.
3. Dulia, or ordinary, given to the Saints and Angels.

181. Does the first Commandment forbid the making of images?

The first Commandment does not forbid the making of images, but the making of idols; that is, it forbids us to make idols to be adored or honoured as gods.

Idols. Images of persons of things to which is given that worship which should be paid to God alone. Worshipping idols is called idolatry.

182. Does the first Commandment forbid dealing with the devil and superstitious practices?

The first Commandment forbids all dealing with the devil and superstitious practices, such as consulting spiritualists and fortune-tellers, and trusting to charms, omens, dreams, and such like fooleries.

Dealing with the devil. Seeking after hidden or unknown things by the help of the devil.

Superstitious practices. Habits of giving to certain things a power which they do not or cannot possess.

Fortune tellers. Persons who pretend that they are able to tell us what will happen in the future.

Charms. Things worn which are thought to have the power of keeping away evil or bringing good.

Omens. Signs supposed to foretell what is to come.

Dreams. Thoughts or fancies during sleep.

183. Are all sins of sacrilege and simony also forbidden by the first Commandment?

All sins of sacrilege and simony are also forbidden by the first Commandment.

Sacrilege. To treat with disrespect or irreverence any person, place or thing set apart or dedicated to the service of God.

Simony. Selling any sacred office or thing, for gain. Simon Magus Offered money to the Apostles to give him the sacred power which they possessed (Acts 8)

184. Is it forbidden to give divine honour or worship to the Angels and Saints?

It is forbidden to give divine honour or worship to the Angels and Saints, for this belongs to God alone.

185. What kind of honour or worship should we give to the Angels and Saints?

We should pay to the Angels and Saints an inferior honour or worship, for this is due to them as the servants and special friends of God.

186. What honour should we give to relics, crucifixes, and holy pictures?

We should give to relics, crucifixes, and holy pictures a relative honour, as they relate to Christ and his Saints, and are memorials of them.

Relics. The bodies of the Saints, or anything that has belonged to them.

Crucifix. The representation of our Lord on the cross.

Relative. Being connected with or belonging to anything. We honour holy pictures, images, etc., on account of those they represent.

Memorial. That which serves to keep in the memory, a remembrance.

187. Do we pray to relics and images?

We do not pray to relics or images, for they can neither see, nor hear, nor help us.

II

188. What is the second Commandment?

The second Commandment is, 'Thou shalt not take the name of the Lord thy God in vain'.

189. What are we commanded by the second Commandment?

By the second Commandment we are commanded to speak with reverence of God and all holy persons and things, and to keep our lawful oaths and vows.

Lawful. That which is according to the rule of law.

Oath. To call God to witness the truth of what we say. An oath must have the qualities of truth, judgment, and justice. (Jer. 4:2)

Vows. Deliberate promises made to God to do something supernatural, which we are not already bound to perform.

190. What does the second Commandment forbid?

The second Commandment forbids all false, rash, unjust, and unnecessary oaths; as also blaspheming, cursing and profane words.

False oaths. Those which are not true. Taking a false oath is called perjury.

Rash oaths. Those taken without sufficient judgment or reflection.

Unjust oaths. Those taken with the intention of doing wrong.

Unnecessary oaths. Those taken without sufficient reason.

Blaspheming. Speaking in an evil or impious manner of God or His Saints, or any holy thing relating to God.

Cursing. Calling down evil or harm on ourselves or our neighbour, or on any of God's creatures.

Profane words. Speaking in a light or joking manner, or making game of anything belonging to God or His service.

191. Is it ever lawful to swear or to take an oath?

It is lawful to swear, or take an oath, only when God's honour, or our own, or our neighbour's good requires it

III

192. What is the third Commandment?

The third Commandment is 'Remember that thou keep holy the Sabbath day.

Sabbath. The day of rest. The seventh day of the week among the Jews – set apart for rest from work, and kept holy in memory of God having rested on that day, and of their deliverance out of Egypt. Among Christians the first day of the week is kept holy, in memory of the Resurrection of our Lord, and the Descent of the Holy Spirit.

193. What are we commanded by the third Commandment?

By the third Commandment we are commanded to keep the Sunday holy.

194. How are we to keep the Sunday holy?

We are to keep the Sunday holy by praying and participating in Mass and resting from servile works.

Participating in Mass. By this is meant that we must be bodily present in the place where Mass is being said, and in such a manner as to form part of the congregation, and pay great attention to all that is taking place upon the altar. The most important or solemn parts of the Mass are the Offertory, the Consecration, and the priest's communion. We are excused from attending at Mass either by sickness, very bad weather, great distance from church, great poverty, etc.

Servile works. Such works as employ the body rather than the mind, and are usually done by servants and tradespeople. There are two other kinds of work – viz. liberal, or that work in which the mind is more engaged than the body, as drawing, music, writing, etc.; and common work or such as is followed by all classes, as fishing, hunting, shooting, etc.

195. Why are we commanded to rest from servile works?

We are commanded to rest from servile works that we may have time and opportunity for prayer, going to the Sacraments, hearing instructions, and reading good books.

Hearing instructions. Attending at sermons, catechism, Sunday School, etc.

IV

196. What is the fourth Commandment?

The fourth Commandment is, 'Honour thy father and thy mother'.

197. What are we commanded by the fourth Commandment?

By the fourth Commandment we are commanded to love, reverence, and obey our parents in all that is not sin.

To love our parents. To have a very great affection for them.

Reverence. To esteem, to respect or honour.

Obey. To do what we are told. We must not only obey our parents, but also all those who are lawfully placed over us, provided that such obedience is not sinful.

198. Are we commanded to obey our parents only?

We are commanded to obey, not only our parents, but also our bishops and pastors, the civil authorities, and our lawful superiors.

Civil authorities. Those who administer the law.

199. Are we bound to assist our parents in their wants?

We are bound to assist our parents in their wants, both spiritual and temporal.

Temporal wants. The wants of the body, such as food, clothing, and lodging.

Spiritual wants. The wants of the soul, such as instructions, the Sacraments, etc.

200. Are we bound in justice to contribute to the support of our pastors?

We are bound in justice to contribute to the support of our pastors; for St. Paul says; 'The Lord ordained that they who preach the Gospel should live by the Gospel'. Cor.9:14

Contribute. To give something towards a person's expenses.

Ordained. Ordered, commanded, made it a law.

201. What is the duty of parents towards their children?

The duty of parents towards their children is to provide for them, to instruct and correct them, and to give them a good Catholic education.

Duty. What one ought to do, one's proper business.

202. What is the duty of masters, mistresses, and other superiors?

The duty of masters, mistresses, and other superiors is to take proper care of those under their charge, and to enable them to practice their religious duties.

203. What does the fourth Commandment forbid?

The fourth Commandment forbids all contempt, stubbornness, and disobedience to our parents and lawful superiors.

Contempt. To treat with disrespect, to despise, to slight.

Stubbornness. Being obstinate or self-willed, hard to move.

Disobedience. Neglecting or refusing to do as we are told.

Lawful superiors. Those who have a right to our obedience.

204. Is it sinful to belong to a Secret Society?

It is sinful to belong to any Secret Society that plots against the Church or State, or to any Society that by reason of its secrecy is condemned by the Church; for St. Paul says: 'Let every soul be subject to the higher powers; he that resisteth the power resisteth the ordinance of God; and they that resist purchase to themselves damnation. Rom. 13:1,2

V

205. What is the fifth Commandment?

The fifth Commandment is, 'Thou shalt not kill'.

Kill. To take away life, to put to death.

206. What does the fifth Commandment forbid?

The fifth Commandment forbids all wilful murder, fighting, quarrelling, and injurious words; and also scandal and bad example.

Wilful murder. Taking away human life purposely through spite or malice. A person's life may be lawfully taken away, either in self-defence, in a just war, or in a case of a criminal being executed. To kill a person accidentally would not break this Commandment.

Injurious words. Words said to vex or injure others.

Scandal. Wilfully influencing or giving a person occasion to commit sin. The word 'scandal' means a snare or a stumbling block.

Bad example. Saying or doing what is wrong before others.

207. Does the fifth Commandment forbid anger?

The fifth Commandment forbids anger, and still more, hatred and revenge.

Anger. A strong but passing feeling of resentment or displeasure against whom we believe to have done us an injury.

Hatred. A settled dislike of others, with the desire of injuring them.

Revenge. Returning evil for evil. This is the result of anger or hatred.

208. Why are scandal and bad example forbidden by the fifth Commandment?

Scandal and bad example are forbidden by the fifth Commandment, because they lead to the injury and spiritual death of our neighbour's soul.

VI

209. What is the sixth Commandment?

The sixth Commandment is, 'Thou shalt not commit adultery'.

210. What does the sixth Commandment forbid?

The sixth Commandment forbids all sins of impurity with another's wife or husband.

211. Does the sixth Commandment forbid whatever is contrary to holy purity?

The sixth Commandment forbids whatever is contrary to holy purity in looks, words, or actions.

212. Are immodest plays and dances forbidden by the sixth Commandment?

Immodest plays and dances are forbidden by the sixth Commandment, and it is sinful to look at them.

Immodest plays and dances. Any amusements by which we may commit sins against holy purity. This would also include items in television and digital media such as Internet, computers and game consoles.

213. Does the sixth Commandment forbid immodest songs, books, and pictures?

The sixth Commandment forbids immodest songs, books and pictures, because they are most dangerous to the soul, and lead to mortal sin.

Immodest books. Books and writings which may lead us to commit sin either in thought, word or deed. The Commandment is broken by sins against the virtue of Purity.

VII

214. What is the seventh Commandment?

The seventh Commandment is, 'Thou shalt not steal'.

Steal. To take away unjustly anything belonging to another.

215. What does the seventh Commandment forbid?

The seventh Commandment forbids all unjust taking away, or keeping what belongs to another.

All unjust taking away. This may be done in several ways, viz., by theft or robbery; or by fraud, which consists in all kinds of cheating in buying or selling, in passing an inferior article as one of good quality, as in the case of bad money. We may also take away unjustly, by neglecting or performing carelessly any duty for which we are paid; by unjust lawsuits; by usury, which is demanding too high an interest for one's money, and by wilfully destroying another's property.

Keeping what belongs to another. This may be done by refusing to give back what we have taken from another; by not restoring things left in our care; by refusing to pay our just debts; by not taking means to find out the owner of anything we may have found; by buying or receiving goods which we believe to have been stolen, viz., ill-gotten goods.

216. Is all manner of cheating in buying and selling forbidden by the seventh Commandment?

All manner of cheating in buying and selling is forbidden by the seventh Commandment, and also every other way of wronging our neighbour.

Cheating. Deceiving or defrauding; being dishonest in one's actions; imposing upon others.

217. Are we bound to restore ill-gotten goods?

We are bound to restore ill-gotten goods if we are able, or else the sin will not be forgiven; we must also pay our debts.

Restore. To give back again, to make satisfaction. Restoring things obtained unjustly, or the value of them, is called restitution, which we are bound to make if in our power, under pain of sin.

Debt. What one person owes to another.

218. Is it dishonest for workers to waste their employer's time or property?

It is dishonest for workers to waste their employer's time or property, because it is wasting what is not their own.

VIII

219. What is the eighth Commandment?

The eighth Commandment is, 'Thou shalt not bear false witness against thy neighbour'.

220. What does the eighth Commandment forbid?

The eighth Commandment forbids all false testimony, rash judgment, and lies.

False testimony. False witness—to swear falsely in a court of justice.

Rash judgement. Forming or expressing an evil opinion of others without sufficient reason or cause.

A lie. Saying anything which we believe to be false, with the intention of deceiving those to whom we are speaking. There are three kinds of lies (1) jocose, or those told in jest; (2) officious, or those told to escape some evil, to obtain some benefit, or to excuse ourselves or others; (3) malicious, or those told with the retention of injuring our neighbour.

221. Are calumny and detraction forbidden by the eighth Commandment?

Calumny and detraction are forbidden by the eighth Commandment, and also tale-bearing and any words which injure our neighbour's character.

Calumny. Saying what is not true of our neighbour, with the intention of injuring his character.

Detraction. Making known the sins of our neighbour, with the intention of injuring his character.

222. If you have injured your neighbour by speaking ill of him, what are you bound to do?

If I have injured my neighbour by speaking ill of him, I am bound to make him satisfaction by restoring his good name as far as I can.

Make him satisfaction. To do all in one's power to bring back the good name of one's neighbour—in the case of calumny, by contradicting the lie told; in the case of detracting, by doing all we can to restore the good opinion in which he had been held.

IX

223. What is the ninth Commandment?

The ninth Commandment is, 'Thou shalt not covet thy neighbour's wife'.

224. What does the ninth Commandment forbid?

The ninth Commandment forbids all wilful consent to impure thoughts and desires, and all wilful pleasure in the irregular motions of the flesh.

225. What sins commonly lead to the breaking of the sixth and ninth Commandments?

The sins that Commonly lead to the breaking of the sixth and ninth Commandments are gluttony, drunkenness, and intemperance, and also idleness, bad company, and the neglect of prayer.

X

226. What is the tenth Commandment?

The tenth Commandment is 'Thou shalt not covet thy neighbour's goods'.

227. What does the tenth Commandment forbid?

The tenth Commandment forbids all envious and covetous thoughts and unjust desires of our neighbour's goods and profits.

Covet. Unlawfully and unjustly desiring, or wishing for anything which belongs to another.

Church Precepts

228. Are we bound to obey the Church?

We are bound to obey the Church, because Christ has said to the pastors of the Church: 'He that heareth you, heareth me: and he that despiseth you, despiseth me.' Luke 10:16

229. What are the chief Commandments of the Church? ★

The chief Commandments of the Church are:

1. To keep the Sundays and Holydays of Obligation holy, by attending Mass and resting from servile works.
2. To keep the days of fasting and abstinence appointed by the Church.
3. To go to confession at least once a year.
4. To receive the Blessed Sacrament at least once a year.
5. To contribute to the support of our pastors.
6. Not to marry within certain degrees of kindred, nor to solemnize marriage at the forbidden times.
7. To join in the missionary spirit and apostolate of the Church.

The chief Commandments. The principal ones given in the Catechism. There are many other precepts of the Church besides. These Commandments may be altered to suit different circumstances or different places, as the Head of the Church may think fit.

230. What is the first Commandment of the Church?

The first Commandment of the Church is, 'To keep the Sundays and Holydays of Obligation holy, by attending Mass and resting from servile works'.

231. Which are the Holydays of Obligation? ^{II}

The Holydays of Obligation are:

- 1 January: Solemnity of Mary, Mother of God
- 6 January: the Epiphany
- 19 March: Solemnity of St. Joseph, Husband of the Blessed Virgin Mary
- Thursday of the sixth week of Easter: the Ascension
- Thursday after Trinity Sunday: the Body and Blood of Christ
- 29 June: Solemnity of Sts. Peter and Paul, Apostles
- 15 August: the Assumption of the Blessed Virgin Mary
- 1 November: All Saints
- 8 December: the Feast of the Immaculate Conception of the Blessed Virgin Mary
- 25 December: the Nativity of our Lord Jesus Christ (Christmas)

232. Are Catholics bound to attend Mass on Sundays and Holydays of Obligation?

Catholics are under a serious obligation to attend Mass on Sundays and Holydays of Obligation unless prevented by other serious duties or by ill health.

^{II} As promulgated in the current (1983) code of canon law. Observed Holy Days of Obligation differ in number internationally, as they are regulated by the Bishops' conferences. In New Zealand, for example, the obligation extends only to Christmas and the feast of Assumption.

233. Are parents, masters, and mistresses bound to provide that those under their charge shall attend Mass on Sundays and Holydays of Obligation?

Parents, masters, and mistresses are bound to provide that those under their charge shall attend Mass on Sundays and Holydays of Obligation.

234. What is the second Commandment of the Church?

The second Commandment of the Church is, 'To keep the days of fasting and abstinence appointed by the Church'.

235. What are fasting days?

Fasting days are days on which we are allowed to take only one full meal. The obligation of fasting is restricted to those who have completed their 18th year until they have begun their 60th. We may be dispensed or freed from the obligations of fasting through sickness, great poverty, very hard work.

236. Which are the fasting days?

The fasting days are Ash Wednesday and Good Friday.

237. What are days of abstinence?

Days of abstinence are days on which we are forbidden to take flesh-meat and anything made from meat.

Abstinence. To refrain or keep from a thing; here is meant flesh-meat. All over seven years of age must abstain.

238. Which are the days of abstinence?

The days of abstinence are Ash Wednesday and Good Friday and all the Fridays in Lent. ^{III} The age at which abstinence becomes binding is 14.

239. Why does the Church command us to fast and abstain?

The Church commands us to fast and abstain so that we may mortify the flesh and satisfy God for our sins.

Mortify the flesh. To punish our bodies and weaken temptation, and thus make us more fit for prayer and meditation.

240. How often should we go to Confession?

If we have been guilty of serious sin we should go to Confession as soon as possible but never less than once a year.

241. How soon are children bound to go to Confession?

Children are bound to go to Confession as soon as they have come to the use of reason, and are capable of serious sin.

Capable of mortal sin. Able to do it, and to know that it is a mortal sin.

242. When are children generally supposed to come to the use of reason?

Children are generally supposed to come to the use of reason about the age of seven years.

^{III} Episcopal Conferences may regulate the requirements in various countries.

243. What is the fourth Commandment of the Church?

The fourth Commandment of the Church is, 'To receive the Blessed Sacrament at least once a year, and that at Easter or thereabouts'.

Thereabouts. The time appointed in each diocese for fulfilling our Easter duties. This is usually between Passion Sunday and Low Sunday, but a Bishop may extend the time for his diocese.

244. How soon are Christians bound to receive the Blessed Sacrament?

Christians are bound to receive the Blessed Sacrament as soon as they are capable of distinguishing the Body of Christ from ordinary bread, and are judged to be sufficiently instructed.

245. What is the fifth Commandment of the Church?

The fifth Commandment of the Church is, 'To contribute to the support of our pastors'.

246. Is it a duty to contribute to the support of religion?

It is a duty to contribute to the support of religion according to our means, so that God may be duly honoured and worshipped, and the kingdom of his Church extended.

247. What is the sixth Commandment of the Church?

The sixth Commandment of the Church is, 'Not to marry within certain degrees of kindred, nor to solemnize marriage at the forbidden times'.

Certain degrees, etc. Certain states of relationship, as first or second cousins. In the Catholic Church none can contract matrimony who are related by blood up to the third degree inclusive, unless they obtain a dispensation or leave to do so.

Solemnize. To do anything in a religious or solemn manner, with all the ceremonies.

248. Which are the times in which it is forbidden to marry with solemnity?

Now, marriage may be contracted at any time of the year. However, the pastor shall advise the spouses to take into account the special character of the liturgical season and abstain from excessive festivity during Advent and Lent.

Ash Wednesday. So called because ashes are blessed and distributed on this day, to remind us of our origin and of our end.

The Seven Sacraments

249. What is a Sacrament?

A Sacrament is an outward sign of inward grace, ordained by Jesus Christ, by which grace is given to our souls.

Sacrament. Something that is sacred or holy. Three things are required in order to make a Sacrament:

1. Outward sign, which consists of two parts, viz., the matter, or the outward sensible things used in giving the Sacrament; and the form, or the words said when applying the matter.
2. Inward grace, or the invisible effect of the Sacrament on the soul.
3. Instituted by Christ; that is, it must have been ordained or appointed by our Lord as a means of giving grace to our souls.

250. Do the Sacraments always give grace?

The Sacraments always give grace to those who receive them worthily.

Worthily. With the proper dispositions.

251. Whence have the Sacraments the power of giving grace?

The Sacraments have the power of giving grace from the merits of Christ's Precious Blood which they apply to our souls.

252. Ought we to have a great desire to receive the Sacraments?

We ought to have a great desire to receive the Sacraments, because they are the chief means of our salvation.

253. Is a character given to the soul by any of the Sacraments?

A character is given to the soul by the Sacraments of Baptism, Confirmation, and Holy Orders.

254. What is a character?

A character is a mark or seal on the soul which cannot be effaced, and therefore the Sacrament conferring it may not be repeated.

255. How many Sacraments are there?^{IV} ★

There are seven Sacraments: Baptism, Confirmation, Holy Eucharist, Reconciliation, the Anointing of the Sick, Holy Orders, and Matrimony.

There are seven. The Sacraments may be divided into two classes:

^{IV} The seven great means of grace corresponding to:

1. Birth
2. The growth
3. The nourishment
4. The medicine
5. The journey of the soul
6. The Christian priesthood
7. The Christian family

1. Sacraments of the dead, viz., Baptism and Reconciliation. They are so called because they alone have the power of raising the soul from the death of sin to the life of grace.
2. Sacraments of the living, viz. Confirmation, Holy Eucharist, Extreme Unction, Holy Order, and Matrimony.

In order to receive these five Sacraments worthily, the soul must be spiritually alive, that is, in a state of grace. There are some Sacraments which leave a special mark or character on the soul, viz., Baptism, Confirmation, and Holy Order. These can only be received once; the others may be received more than once. All the Sacraments when received worthily, either give or increase sanctifying grace. A Sacrament is said to be received validly when the matter and form ordained by Christ are properly applied by the minister to one who is capable and willing to receive it. A Sacrament is received lawfully or fruitfully, when besides what is wanted for its valid reception, there are in the person receiving it the dispositions required to obtain the grace of the Sacrament.

I. Baptism

256. What is Baptism?

Baptism is a Sacrament which cleanses us from original sin, makes us Christians, children of God, and members of the Church.

Baptism. This word means a washing. Baptism is the most necessary of all the Sacraments, as without it we cannot be saved or receive any of the others; it is the beginning of our spiritual life. There are three kinds of Baptism

1. Baptism of water, which is the Sacrament;
2. Baptism of desire;
3. Baptism of blood, or martyrdom.

A person may be baptised when there is a doubt about a former Baptism. The words, 'If thou art not already baptised', are added to the usual form. This is called Conditional Baptism.

Outward sign. The matter is water blessed on Holy Saturday and is applied in three ways

1. by immersion, or being dipped in the water;
2. effusion, or having the water poured on the person;
3. aspersion, or being sprinkled with the water.

Baptism by effusion is the mode chiefly in use, The form consists of the words, 'I baptise', etc.

Effects. Cleanses the soul from original sin, and actual sin, if any: remits both the temporal and eternal punishment; gives habitual or sanctifying grace.

Institution. When instituted, not quite certain; but became of obligation after the Resurrection, when our Lord said to His Apostles, 'Going therefore, teach ye all nations; baptizing them in the name of the Father, and of the Son, and of the Holy Spirit', (Matt. 28:19)

Minister. A priest; in case of necessity, any other person.

Christians. Followers of Christ. At Antioch, in Syria, the disciples were first named Christians. (Acts 11:26)

257. Does Baptism also forgive actual sins?

Baptism also forgives actual sins, with all punishment due to them, when it is received in proper disposition by those who have been guilty of actual sin.

258. Who is the ordinary minister of Baptism?

The ordinary minister of Baptism is a Bishop, a priest or a deacon; in case of necessity such as danger of death, any one may baptise.

Case of necessity. When the person would most likely die before a priest could attend.

259. How is Baptism given?

Baptism is given by pouring water on the head of the child, saying at the same time these words: 'I baptise you in the name of the Father, and of the Son, and of the Holy Spirit'.

260. What do we promise in Baptism?

We promise in Baptism to renounce the devil and all his works and pomps.

To renounce. To reject, to give up.

Works and pomps. The temptations of the devil to make us commit sin.

261. Is Baptism necessary for salvation?

Baptism is necessary for salvation, because Christ has said: 'Unless a man be born again of water and the Holy Spirit, he cannot enter into the kingdom of God'. John 3:5

II. Confirmation

262. What is Confirmation?

Confirmation is a Sacrament by which we receive the Holy Spirit, in order to make us strong and perfect Christians and soldiers of Jesus Christ.

Confirmation. Being made firm or strong in our faith.

Outward sign. The matter consists of the imposition of hands and the anointing of the forehead with chrism, which is made of olive oil mixed with balm, and blessed by the Bishop on Maundy Thursday. The form consists of the words 'I sign thee', etc.

Effects. Gives the Holy Spirit and a special sacramental grace which strengthens and perfects the soul.

Institution. The exact time of institution is not given in the Gospels, but it is almost certain that it was after the Resurrection. Instances of its administration by the Apostles—

1. SS. Peter and John, being sent to confirm the Samaritans, laid their hands upon them, and they received the Holy Spirit (Acts 8:14-17);
2. St. Paul at Ephesus: 'And when Paul had imposed his hands on them, the Holy Spirit came upon them, and they spoke with tongues, and prophesied'. (Acts 19:6)

Minister. A Bishop. The Pope may confer the power upon a priest to administer Confirmation in a case where it is very difficult to obtain a Bishop; but even then the chrism must have been blessed by a Bishop. Parish priests and certain other priests have this power from the Holy See for the benefit of the dying.

263. Who is the ordinary minister of Confirmation?

The ordinary minister of Confirmation is a Bishop.

Ordinary. Usual; the person who has the power in his own right.

Minister. The person who administers or gives a Sacrament.

264. How does the Bishop administer the Sacrament of Confirmation?

The Bishop administers the Sacrament of Confirmation by praying that the Holy Spirit may come down upon those who are to be confirmed; and by laying his hand on them, and making the sign of the cross with chrism on their foreheads, at the same time pronouncing certain words.

265. What are the words used in Confirmation?

The words used in Confirmation are these: 'N., be sealed with the Gift of the Holy Spirit'.

III. Eucharist

266. What is the Sacrament of the Holy Eucharist?

The Sacrament of the Holy Eucharist is the true Body and Blood of Jesus Christ, together with his Soul and Divinity, under the appearances of bread and wine.

Holy Eucharist. Holy thanksgiving. This Sacrament is so called because at its institution our Lord gave thanks to His Father; also, because it is the chief act by which we praise and thank Almighty God. It is also called the 'Holy Communion', the 'Holy Host', the 'Viaticum', etc. The Holy Eucharist is the greatest of all the Sacraments, for it contains our Lord Himself, from whom all graces come.

Outward sign. The matter consists of wheaten bread and wine of the grape. The form consists of the words: 'This is My Body'; 'This is the chalice', etc.

Effects. Gives us our Lord Himself; increases sanctifying grace; and gives a special grace which nourishes the soul.

Institution. On Maundy Thursday, at the Last Supper, when Jesus took bread and blessed and broke it, and said, 'Take ye, and eat: this is My Body.' And taking the chalice, He said, 'This is My Blood of the new testament, which shall be shed for many unto remission of sins'. (Matt. 26:26-28)

Minister. A priest, or sometimes a deacon.

Under the appearances, etc. It looks, tastes, smells, and feels like bread and wine. These appearances are sometimes called the accidents of the Sacrament.

267. How are the bread and wine changed into the Body and Blood of Christ?

The bread and wine are changed into the Body and Blood of Christ by the power of God, to whom nothing is impossible or difficult.

268. When are the bread and wine changed into the Body and Blood of Christ?

The bread and wine are changed into the Body and Blood of Christ when the words of consecration, ordained by Jesus Christ, are pronounced by the priest in Holy Mass.

269. Why has Christ given himself to us in the Holy Eucharist?

Christ has given himself to us in the Holy Eucharist to be the life and the food of our souls. 'He that eateth me, the same also shall live by me', 'He that eateth this bread shall live forever'. John 6:58,59

270. Is Christ received whole and entire under either under either kind alone?

Christ is received whole and entire under either kind alone.

271. In order to receive the Blessed Sacrament worthily what is required?

In order to receive the Blessed Sacrament worthily it is required that we be in a state of grace and keep the prescribed fast; water does not break this fast.

The prescribed fast.

1. The faithful are bound to abstain for an hour from solid foods and beverages before Holy Communion. Those who receive Holy Communion at midnight or in the small hours of the morning must observe these times.
2. The sick, even if they are not confined to bed, may take non-alcoholic beverages and genuine medicines, both liquid and solid, before Holy Communion without any time limit.

272. What is it to be in a state of grace?

To be in a state of grace is to be free from mortal sin, and pleasing to God.

273. Is it a great sin to receive Holy Communion in mortal sin?

It is a great sin to receive Holy Communion in mortal sin; 'for he that eateth and drinketh unworthily, eateth and drinketh judgment to himself'. Cor. 11:29

274. Is the Blessed Eucharist a Sacrament only?

The Blessed Eucharist is not a Sacrament only; it is also a sacrifice.

275. What is a sacrifice?

A sacrifice is the offering of a victim by a priest to God alone, in testimony of his being the Sovereign Lord of all things.

276. What is the Sacrifice of the New Law?

The Sacrifice of the New Law is the Holy Mass.

277. What is the Holy Mass?

The Holy Mass is the Sacrifice of the Body and Blood of Jesus Christ, really present on the altar under the appearances of bread and wine, and offered to God for the living and the dead.

The Mass. The oblation or offering made or sent to God by the ministry of the priest. As a sacrifice the Holy Eucharist is commonly called the 'Mass'. In the Mass the Blood of our Lord is not visibly shed as it was on Mount Calvary

278. Is the Holy Mass one and the same Sacrifice with that of the Cross?

The Holy Mass is one and the same Sacrifice with that of the Cross, inasmuch as Christ, who offered himself, a bleeding victim, on the Cross to his heavenly Father, continues to offer himself in an unbloody manner on the altar, through the ministry of his priests.

279. For what ends is the Sacrifice of the Mass offered?

The Sacrifice of the Mass is offered for four ends: first, to give supreme honour and glory to God; secondly, to thank him for all his benefits; thirdly, to satisfy God for our sins and to obtain the grace of repentance; and fourthly, to obtain all other graces and blessings through Jesus Christ.

The ends. The objects for which it is offered.

Benefit. A favour, a good deed.

280. Is the Mass also a memorial of the Passion and Death of our Lord?

The Mass is also a memorial of the Passion and Death of our Lord, for Christ at his last supper said: 'Do this for a commemoration of me'. Luke 22:19

IV. Reconciliation

281. What is the Sacrament of Reconciliation?

Reconciliation is a Sacrament whereby the sins, whether mortal or venial, which we have committed after Baptism are forgiven.

Reconciliation. Formerly also called the Sacrament of Confession or Penance, which emphasize various aspects of the sacrament.

Outward sign. The matter consists of the acts of the penitent, viz., contrition, confession, and satisfaction. The form is the priest's absolution.

Effects. Takes away actual sin and eternal punishment due to sin; it also restores habitual grace and the merits of good works done in a state of grace.

Institution. 'Receive ye the Holy Spirit: whose sins you shall forgive, they are forgiven them; and whose sins you shall retain, they are retained'. (John 20:22,23)

Minister. A priest approved by the Bishop.

282. Does the Sacrament of Reconciliation increase the grace of God in the soul?

The Sacrament of Reconciliation increases the grace of God in the soul, besides forgiving sin; we should, therefore, often go to confession.

283. When did our Lord institute the Sacrament of Reconciliation?

Our Lord instituted the Sacrament of Reconciliation when he breathed on his Apostles and gave them power to forgive sins, saying: 'Whose sins you shall forgive, they are forgiven.' John 20:23

Absolution. Pardon; taking away of guilt, and, at least in part, of punishment.

284. How does the priest forgive sins?

The priest forgives sins by the power of God, when he pronounces the words of absolution.

285. What are the words of absolution?

The words of absolution are: 'I absolve you from your sins, in the name of the Father, and of the Son, and of the Holy Spirit'.

286. Are any conditions of forgiveness required on the part of the penitent?

Three conditions for forgiveness are required on the part of the penitent - Contrition, Confession, and Satisfaction.

287. What is Contrition?

Contrition is a hearty sorrow for our sins, because by them we have offended so good a God, together with a firm purpose of amendment.

Contrition. A deep sorrow for sin, with the determination of avoiding it in the future. There are two kinds of contrition:

1. perfect, or that felt for having offended God alone;

2. imperfect, or the sorrow we feel for our sins because by them we lose heaven and deserve hell; this is also called attrition. Sorrow for sin must be inward – that is, it must come from the heart; it must be supernatural – that is, it is not enough to be sorry from a human or natural motive; it must be universal – that is, it must extend to at least all mortal sins of which we are guilty.

288. What is a firm purpose of amendment?

A firm purpose of amendment is a resolution to avoid, by the grace of God, not only sin, but also the dangerous occasions of sin.

289. How may we obtain a hearty sorrow for our sins?

We may obtain a hearty sorrow for our sins by earnestly praying for it, and by making use of such considerations as may lead us to it.

Earnestly. Having a strong desire; being fervent and sincere, with intensity.

Such considerations, etc. Such thoughts as will help us to be sorry for our sins – such as thinking on the goodness of God, the sufferings of our Lord on account of our sins, the happiness of heaven, the misery of hell, etc.

290. What consideration concerning God will lead us to sorrow for our sins?

This consideration concerning God will lead us to sorrow for our sins: that by our sins we have offended God, who is infinitely good in himself and infinitely good to us.

291. What other consideration concerning our Saviour will lead us to sorrow for our sins?

This consideration concerning our Saviour will lead us to sorrow for our sins: that our Saviour died for our sins, and that those who sin grievously ‘crucify again to themselves the Son of God, making him a mockery’. Heb. 6:6

292. Is sorrow for our sins, because by them we have lost heaven and deserved hell, sufficient when we go to confession?

Sorrow for our sins, because by them we have lost heaven and deserved hell, is sufficient when we go to confession.

293. What is perfect contrition?

Perfect contrition is sorrow for sin arising purely from the love of God.

294. What special value has perfect contrition?

Perfect contrition has this special value: that by it our sins are forgiven immediately, even before we confess them; but nevertheless, if they are serious, we are strictly bound to confess them afterwards.

295. What is confession?

Confession is to accuse ourselves of our sins to a priest approved by the Bishop.

Confession. To make known our sins. We are bound to confess all our mortal sins.

To accuse ourselves. To lay the blame on ourselves: to tell our sins; to acknowledge, as from an inferior to a superior. We must make our confession humbly, truthfully, and briefly.

296. What if a person wilfully conceals a serious sin in confession?

If a person wilfully conceals a serious sin in confession he is guilty of a great sacrilege, by telling a lie to the Holy Spirit in making a bad confession.

Conceal. To keep secret; to hide completely.

297. How many things have we to do in order to prepare for confession?

We have four things to do in order to prepare for confession: first, we must heartily pray for grace to make a good confession; secondly, we must carefully examine our conscience; thirdly, we must take time and care to make a good act of contrition; and fourthly, we must resolve by the help of God to renounce our sins, and to begin a new life for the future.

298. What is satisfaction?

Satisfaction is doing the penance given us by the priest.

Satisfaction. Making atonement or payment for; repairing a wrong done. The penance given by the priest in confession usually consists in the saying of some particular prayers or doing some good work. The guilt of sin and its eternal punishment are taken away by a good confession; the temporal punishment may be taken away by performing the penance given by the priest, by prayer, fasting, alms-deeds and Indulgences.

299. Does the penance given by the priest always make full satisfaction for our sins?

The penance given by the priest does not always make full satisfaction for our sins. We should therefore add to it other good works and penances, and try to gain Indulgences.

300. What is an Indulgence?

An Indulgence is a remission, granted by the Church, of the temporal punishment which often remains due to sin after its guilt has been forgiven.

Indulgence. A releasing or letting off from punishment. There are two kinds of Indulgences:

1. plenary, when the whole of the punishment is remitted or forgiven;
2. partial, when only part of the temporal punishment is taken away.

Conditions for gaining an Indulgence are

1. the person seeking it must be a Catholic;
2. he must have the intention of gaining it;
3. he must be in a state of grace;
4. he must perform the necessary good works ordered for gaining it.

V. Anointing of the Sick

301. What is the Sacrament of the Anointing of the Sick?

This Sacrament is the anointing of the sick with holy oil, accompanied with prayer.

Anointing of the Sick. Formerly called the Extreme Unction.

Outward sign. The matter consists of oil of olives blessed by a Bishop; the form consists of the words used by the priest whilst anointing the sick person: 'By this holy anointing, and of His own most tender mercy, may the Lord forgive thee whatever thou hast committed by thy sight'. The eyes, ears, nostrils, mouth, hands, and feet are each anointed, and the form of words repeated, except in cases of urgent necessity, when one form of words is sufficient for all.

Effects. Comforts the soul; cleanses the soul from venial sin; takes away guilt of unknown mortal sins which have not been forgiven in any other way; increases habitual grace; restores health where God sees it to be desirable.

Institution. Used in the time of the Apostles, according to St James (v. 14, 15): 'Is any one sick among you,' etc.

Minister. Each priest in his own parish.

Anointing. Pouring or rubbing oil on anything.

302. When is the Sacrament of the Anointing of the Sick given?

The Sacrament of the Anointing of the Sick is given when we are in danger of death by sickness.

303. What are the effects of the Sacrament of the Anointing of the Sick?

The effects of the Sacrament of the Anointing of the Sick are to comfort and strengthen the soul, to remit sin, and even to restore health, when God sees it to be expedient.

Expedient. When it is fit.

304. What authority is there in Scripture for the Sacrament of the Anointing of the Sick?

The authority in Scripture for the Sacrament of the Anointing of the Sick is in the 5th chapter of St. James, where it is said: 'Is any one sick among you? Let him bring in the priests of the Church; and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith shall save the sick man; and the Lord shall raise him up; and if he be in sins they shall be forgiven him'. James 5:14-15

VI. Holy Orders

305. What is the Sacrament of Holy Orders?

Holy Orders is the Sacrament by which bishops, priests, and deacons of the Church are ordained, and receive power and grace to perform their sacred duties.

Holy Order. The ministry, consisting of seven degrees, viz., Porter, Reader, Exorcist, Acolyte, Sub-Deacon, Deacon, and Priest. The first four are called the minor or lesser orders; the remaining three are called the holy or greater orders. The Priesthood has two degrees of power and dignity:

1. that of the Bishop, whose office is to govern the particular district given to him (called a diocese), to give Confirmation and Holy Order, inflict censures, pronounce excommunications, grant Indulgences etc.:
2. that of the Priest, whose office it is to offer sacrifice, preach to the people, administer the Sacraments. etc.

Outward sign. The matter is the laying on of hands by the Bishop. The form consists of the prayer said by the Bishop, in the case of a priest: 'Grant, we implore Thee. Almighty Father, to this Thy servant the dignity of the Priesthood, etc.'

Effects. Increases habitual grace; gives power to exercise sacred functions. The orders lower than the diaconate were probably instituted by the Church and therefore do not give grace.

Institution. Time of institution not certain. Its sacramental character proved from the following: 'Neglect not the grace that is in thee, which was given by prophecy with imposition of the hands of the priesthood'. (Tim. iv. 14,) And again: 'I admonish thee that thou stir up the grace of God which is in thee by the imposition of my hands'. (2 Tim. 1:6)

Minister. A Bishop only, in the case of the greater orders.

VII. Matrimony

306. What is the Sacrament of Matrimony?

Matrimony is the Sacrament which sanctifies the contract of a Christian marriage, and gives a special grace to those who receive it worthily.

Matrimony. The contract or agreement by which marriage is blessed and made holy and pleasing to God.

Outward sign. The matter consists of the mutual giving up of the contracting parties to each other. The form consists of the words and outward signs by which the man and woman accept each other as husband and wife.

Effects. Increases habitual grace and helps parents to bear the burdens and difficulties of the marriage state and bring up their children in a Christian manner.

Institution. It is not known exactly when this Sacrament was instituted, but it is supposed by some to have been when, in speaking of marriage, our Lord said: 'What God hath joined together, let no man put asunder'. (Matt. 19:6) Others say it was raised to the dignity of a Sacrament at the marriage-feast at Cana.

307. What special grace does the Sacrament of Matrimony?

The Sacrament of Matrimony gives to those who receive it worthily a special grace, to enable them to bear the difficulties of their state, to love and be faithful to one another, and to bring up their children in the fear of God.

308. Is it a sacrilege to contract marriage in serious sin, or in disobedience to the laws of the Church?

It is a sacrilege to contract marriage in serious sin, or in disobedience to the laws of the Church, and, instead of a blessing, the guilty parties draw upon themselves the anger of God. For a marriage of a Catholic to be valid there must be present:

1. Either the Bishop or the Parish Priest, or another Priest duly delegated, and;
2. Two witnesses.

309. What is a 'mixed marriage'?

A 'mixed marriage' is a marriage in which only one partner is a Catholic.

310. Does the Church encourage mixed marriages?

The Church does not encourage mixed marriages and considers them dangerous.

311. Does the Church sometimes permit mixed marriages?

The Church sometimes permits mixed marriages by granting a dispensation, and under special conditions.

Dispensation. An exemption or freeing from some law or duty.

311a. What does the Catholic partner of a mixed marriage promise?

The Catholic partner of a mixed marriage promises to do everything possible to preserve the faith and have all children of the marriage baptised and brought up in the Catholic religion.

312. Can any human power dissolve the bond of marriage?

No human power can dissolve the bond of marriage, because Christ has said: 'What God has joined together, let not man put asunder'. Matt. 19:6

Human power. The power of man, like that used in a divorce court, which may be allowed by the law of the land, but is certainly forbidden by the law of God.

Dissolve. To undo; to separate; to loosen.

Bond. Anything that binds or fastens together.

Christian Life

Virtues and Vices

313. Which are the Theological Virtues?

The Theological Virtues are 'Faith, Hope, and Charity'. 1 Cor. 13:13

Theological. Belonging or relating to God. Faith, Hope, and Charity have God for their direct object and motive. The matter on which our faith is exercised is called the object; why we believe is termed the motive.

Virtue. A habitual tendency to act rightly; the opposite to vice, which is a blemish or fault.

314. Why are they called Theological Virtues?

They are called Theological Virtues because they relate immediately to God.

315. What are the chief mysteries of Faith which every Christian is bound to know?

The chief mysteries of Faith which every Christian is bound to know are the Unity and Trinity of God, who will render to every man according to his works, and the Incarnation, Death, and Resurrection of our Saviour.

316. Which are the Cardinal Virtues?

The Cardinal Virtues are 'Prudence, Justice, Fortitude, and Temperance'. Wisdom 8:7

Cardinal. Principal or chief, from Latin Cardo, a hinge. All other virtues either depend or spring from them.

Prudence. This virtue enlightens our mind, and leads us to take proper and effectual means for securing our salvation.

Justice. Giving what is due to God, our neighbours, and ourselves.

Fortitude. Having courage to resist anything which may hinder our salvation, and to bear bravely all trials for the love of God.

Temperance. Being moderate in all things. 'He that is temperate', saith the wise man, 'shall prolong life' (Ecclus. 37:34)

317. Why are they called Cardinal Virtues?

They are called Cardinal Virtues because they are, as it were, the hinges on which all other moral virtues turn.

318. Which are the seven gifts of the Holy Spirit?

The seven gifts of the Holy Spirit are:

1. Wisdom
 2. Understanding
 3. Counsel
 4. Fortitude
 5. Knowledge
 6. Piety
 7. Fear of the Lord
- Is. 11:2,3

319. Which are the twelve fruits of the Holy Spirit?

1. Charity
 2. Joy
 3. Peace
 4. Patience
 5. Kindness
 6. Goodness
 7. Generosity
 8. Gentleness
 9. Faith
 10. Modesty
 11. Self-control
 12. Chastity
- Gal. 5:22

320. Which are the two great precepts of Charity?

The two great precepts of Charity are:

1. 'Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind, and with thy whole strength'.
2. 'Thou shalt love thy neighbour as thyself'.

Mark 12:30,31

321. Which are the seven Corporal Works of Mercy? ★

The seven Corporal Works of Mercy are:

1. To feed the hungry
2. To give drink to the thirsty.
3. To clothe the naked
4. To shelter the homeless.
5. To visit the sick
6. To visit the imprisoned
7. To bury the dead

Matt. 25; Tobias 12

Corporal works. Those done for the benefit of the body.

322. Which are the seven Spiritual Works of Mercy? ★

The seven Spiritual Works of Mercy are:

1. To convert the sinner
2. To instruct the ignorant
3. To counsel the doubtful
4. To comfort the sorrowful
5. To bear wrongs patiently
6. To forgive injuries
7. To pray for the living and the dead

Spiritual works. Those done for the benefit of the soul.

323. Which are the eight Beatitudes? ★

The eight Beatitudes are:

1. Blessed are the poor in spirit; for theirs is the kingdom of heaven.
2. Blessed are the meek; for they shall inherit the earth.

3. Blessed are they that 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.
- Matt. 5:3-10

Eight Beatitudes. Eight blessings. The virtues pronounced blessed by our Lord in His Sermon on the Mount.

324. Which are the seven capital sins or vices and their contrary virtues? ★

The seven capital sins or vices and their contrary virtues are:

Capital Sins	Contrary Virtues
1. Pride	1. Humility
2. Greed	2. Generosity
3. Lust	3. Chastity
4. Anger	4. Meekness
5. Gluttony	5. Temperance
6. Envy	6. Brotherly Love
7. Sloth	7. Diligence

Lust. Impurity and sensual appetites in unlawful circumstances.

Sloth. Idleness and laziness.

325. Why are they called capital sins?

They are called capital sins because they are the sources from which all other sins take their rise.

326. Which are the six sins against the Holy Spirit?

The six sins against the Holy Spirit are:

1. Presumption
2. Despair
3. Resisting the known truth
4. Envy of another's spiritual good
5. Obstinacy in sin
6. Final impenitence

Obstinacy in sin. Being determined to go on living in sin.

Final impenitence. Not repenting even at the hour of death.

327. Which are the four sins crying to heaven for vengeance?

1. Wilful murder (Gen. 4)
2. The sin of Sodom (Gen. 18)
3. Oppression of the poor (Exod. 2)
4. Defrauding labourers of their wages (James 5)

Oppression. Being very unjust or cruel, harming a person.

Defrauding. Taking away by deceit or by cheating.

328. When are we answerable for the sins of others?

We are answerable for the sins of others whenever we either cause them, or share in them, through our own fault.

329. In how many ways may we either cause or share the guilt of another's sin?

We may either cause or share the guilt of another's sin in nine ways:

1. By counsel
2. By command
3. By consent
4. By provocation
5. By Praise or Flattery
6. By concealment
7. By being a partner in sin
8. By silence
9. By defending the ill done.

Counsel. To give advice or direction to a person.

Provocation. To incite another to do something.

Defence of the ill done. Taking the part of a bad person or of his wicked actions, and trying to justify them.

330. Which are the three eminent Good Works?

The three eminent Good Works are Prayer, Fasting, and Almsdeeds.

Eminent. Remarkable, being above others.

Almsdeeds. Works of charity.

331. Which are the Evangelical Councils?

The Evangelical Councils are voluntary Poverty, perpetual Chastity and entire Obedience.

Evangelical. Being in accordance with the doctrine of the Gospel. The writers of the Gospels are called Evangelists; they are SS. Matthew, Mark, Luke, and John.

Voluntary. Of one's own free will or choice.

Perpetual. Going on without ceasing.

Entire Obedience. Being obedient in everything that is not sin.

332. What are the four last things to be ever remembered?

The four last things to be ever remembered are Death, Judgment, Hell, and Heaven. Ecclus 7:40

Rule of Life

333. What rule of life must we follow if we hope to be saved?

If we hope to be saved, we must follow the rule of life taught by Jesus Christ.

334. What are we bound to do by the rule of life taught by Jesus Christ?

By the rule of life taught by Jesus Christ we are bound always to hate sin and to love God.

335. How must we hate sin?

We must hate sin above all other evils, so as to be resolved never to commit a wilful sin, for the love or fear of anything whatsoever.

336. How must we love God?

We must love God above all things, and with our whole heart.

337. How must we learn to love God?

We must learn to love God by begging of God to teach us to love him: 'O my God, teach me to love you'.

338. What will the love of God lead us to do?

The love of God will lead us often to think how good God is; often to speak to him in our hearts; and always to seek to please him.

339. Does Jesus Christ also command us to love one another?

Jesus Christ also commands us to love one another - that is, all persons without exception - for his sake.

Without exception. Not leaving out one.

340. How are we to love one another?

We are to love one another by wishing well to one another, and praying for one another; and by never allowing ourselves any thought, word or deed to the injury of anyone.

341. Are we also bound to love our enemies?

We are also bound to love our enemies; not only by forgiving them from our hearts, but also by wishing them well, and praying for them.

342. Has Jesus Christ given us another great rule?

Jesus Christ has given us another great rule in these words 'if any man will come after me, let him deny himself, and take up his cross daily, and follow me'. Luke 9:23

343. How are we to deny ourselves?

We are to deny ourselves by giving up our own will, and by going against our own humours, inclinations, and passions.

Humours. Our own dispositions.

344. Why are we bound to deny ourselves?

We are bound to deny ourselves because our natural inclinations are prone to evil from our very childhood; and, if not corrected by self-denial, they will certainly carry us to hell.

Prone. Inclined or disposed to do a thing.

345. How are we to take up our cross daily?

We are to take up our cross daily by submitting daily with patience to the labours and sufferings of this short life, and by bearing them willingly for the love of God.

Submit. To resign or to yield, to give way.

346. How are we to follow our Blessed Lord?

We are to follow our Blessed Lord by walking in his footsteps and imitating his virtues.

347. What are the principal virtues we are to learn of our Blessed Lord?

The principal virtues we are to learn of our Blessed Lord are meekness, humility, and obedience.

348. Which are the enemies we must fight against all the days of our life?

The enemies which we must fight against all the days of our life are the devil, the world, and the flesh.

349. What do you mean by the devil?

By the devil I mean Satan and all his wicked angels, who are ever seeking to draw us into sin, that we may be damned with them.

350. What do you mean by the world?

By the world I mean the false maxims of the world and the society of those who love the vanities, riches and pleasures of this world better than God.

351. Why do you number the devil and the world amongst the enemies of the soul?

I number the devil and the world amongst the enemies of the soul because they are always seeking, by temptation and by work or example, to carry us along with them in the broad road that leads to damnation.

352. What do you mean by the flesh?

By the flesh I mean our own corrupt inclinations and passions, which are the most dangerous of all our enemies.

Most dangerous of all our enemies. Because we always carry them in our hearts, and can never get rid of them. The Sacraments cleanse our souls from sin itself, but the inclination to commit sin, or concupiscence, as it is called, always remains.

353. What must we do to hinder the enemies of our soul from drawing us into sin?

To hinder the enemies of our soul from drawing us into sin, we must watch, pray, and fight against all their suggestions and temptations.

Suggestion. Something proposed or hinted.

354. In the warfare against the devil, the world, and the flesh, on whom must we depend?

In the warfare against the devil, the world, and the flesh we must depend not on ourselves but on God only; 'I can do all things in him who strengtheneth me'. Philip. 4:13

Daily Exercise

355. How should you begin the day?

I should begin the day by making the sign of the cross as soon as I awake in the morning, and by saying some short prayer, such as, 'O my God, I offer my heart and soul to you'.

356. How should you rise in the morning?

I should rise in the morning diligently, dress myself modestly, and then kneel down and say my morning prayers.

Diligently. Attentively, industriously.

Modestly. With decency.

357. Should you also attend Mass if you have time and opportunity?

I should also attend Mass if I have time and opportunity, for to attend Mass is by far the best and most profitable of all devotions.

358. Is it useful to make daily meditation?

It is useful to make daily meditation, for such was the practice of all the Saints.

Meditation. To consider thoughtfully.

359. On what ought we to meditate?

We ought to meditate especially on the four last things, and the Life and Passion of our Blessed Lord.

360. Ought we frequently to read good books?

We ought frequently to read good books, such as the Holy Gospels, the Lives of the Saints, and other spiritual works, which nourish our faith and piety, and arm us against the false maxims of the world.

361. And what should you do as to your eating, drinking, sleeping, and amusements?

As to my eating, drinking, sleeping, and amusements, I should use all these things with moderation, and with a desire to please God.

362. Say the grace before meals?

"Bless us, O Lord, and these your gifts, which we are about to receive from your bounty, through Christ our Lord. Amen."

363. Say the grace after meals?

"We give you thanks, almighty God, for all your benefits, who live and reign, world without end. May the souls of the faithful departed through the mercy of God, rest in peace. Amen."

364. How should you sanctify your ordinary actions and employments of the day?

I should sanctify my ordinary actions and employments of the day by often raising up my heart to God whilst I am about them, and saying some short prayer to him.

365. What should you do when you find yourself tempted to sin?

When I find myself tempted to sin I should make the sign of the cross on my heart and call on God as earnestly as I can, saying, 'Lord, save me, or I perish.'

366. If you have fallen into sin, what should you do?

If I have fallen into sin I should cast myself in spirit at the feet of Christ, and humbly beg his pardon by a sincere act of contrition.

367. When God send you any cross, or sickness, or pain, what should you say?

When God sends me any cross, or sickness, or pain, I should say, 'Lord, your will be done. I take this for my sins'.

368. What prayers would you do well to say often to yourself during the day? ★

I should do well to say often to myself during the day such prayers as:

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.

In all things may the most holy, the most just, and the most lovable Will of God be done, praised, and exalted above all forever.

O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment thine.

Praised be Jesus Christ, praised for evermore. My Jesus, mercy; Mary, help.

369. How should you finish the day?

I should finish the day by kneeling down and saying my night prayers.

370. After your night prayers what should you do?

After my night prayers I should observe due modesty in going to bed; occupy myself with the thoughts of death; and endeavour to compose myself to rest at the foot of the Cross, and give my last thoughts to my crucified Saviour.

Thoughts of death. "For where your treasure is, there will your heart be also." (Matthew 6:21). See also QQ. 359 & 332.

Prayers

Basic Catholic Prayers^v

Morning Offering

O Jesus, through the Immaculate Heart of Mary I offer you my prayers, works, joys, sufferings of this day in union with the Holy Sacrifice of the Mass throughout the world. I offer them for all the intentions of your Sacred Heart: the salvation of souls, reparation for sin, reunion of all Christians. I offer them for the intentions of our Bishops, and of all Apostles of Prayer, and in particular for those recommended by our Holy Father this month.

Act of Faith

O my God, I firmly believe that You are One God in Three Divine Persons, Father, Son, and Holy Spirit; I believe that Your Divine Son became Man and died for our sins, and that He will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teaches, because You have revealed them, who can neither deceive nor be deceived.

Act of Hope

O my God, relying on Your infinite goodness and promises, I hope to obtain pardon of my sins, the help of Your grace, and life everlasting, through the merits of Jesus Christ, my Lord and Redeemer.

Act of Charity

O my God, I love You above all things, with my whole heart and soul, because You are all-good and worthy of all love. I love my neighbour as myself for the love of You. I forgive all who have injured me, and ask pardon of all whom I have injured.

Act of Contrition ★

O my God, I am heartily sorry for having offended thee, and I detest all my sins because I dread the loss of Heaven and the pains of hell, but most of all because they offend thee, my God, who are all-good and deserving of all my love. I firmly resolve with the help of Thy grace, to confess my sins, to do penance, and to amend my life. Amen.

^v Grants Of Indulgences And Basic Prayers (U.S.A. Ed.). The 1968 revision attaches indulgences "only to the most important prayers and works of piety, charity and penance." See Q300 & Paul VI's 1967 Apostolic Constitution, *Indulgentiarum Doctrina*. 3 General Grants; 1st; "A partial indulgence is granted to the faithful who, in the performance of their duties and in bearing the trials of life, raise their mind with humble confidence to God, adding - even if only mentally - some pious invocation." see Q368 & Lk. 18:1, Mt. 7:7-8, etc. 2nd; "A partial indulgence is granted to the faithful who in a spirit of faith and mercy give of themselves or of their goods to serve their brothers in need." See QQ 321-322 & Mt. 25:35-36,40, Jn. 13:15 etc. 3rd: "A partial indulgence is granted to the faithful who in a spirit of penance voluntarily deprive themselves of what is licit and pleasing to them." See QQ 330, 343-4, 353, 361, & Mt. 8:20, 10:30, 16:24; etc. The three conditions for a plenary indulgence: sacramental Confession, sacramental Communion, and prayer for the intention of the Sovereign Pontiff. (One Our Father and one Hail Mary or another prayer.)

The Holy Rosary^{VI} ★

The Five Joyful Mysteries:

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

The Five Sorrowful Mysteries:

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:

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption
5. The Coronation of our Lady

The Five Luminous Mysteries:

1. The Baptism of our Lord
2. The Wedding at Cana
3. The Proclamation of the Kingdom
4. The Transfiguration
5. The Eucharist and Last Supper

Hail, holy Queen, Mother of Mercy, Hail 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 the 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.

V. Pray for us, O holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let Us Pray

O God, whose only begotten Son, by his life, death, and resurrection, has purchased for us the rewards of eternal life, grant, we beseech you, that meditating upon these mysteries of the most holy rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord.
Amen.

V. May the Divine assistance remain always with us.

R. May the souls of the faithful departed, through your mercy, O God, rest in peace.

^{VI} A Plenary Indulgence may be gained (under the usual conditions) when the Rosary is prayed in Church, in a family group or in a religious community.

Devotional Prayers

The Angelus

During the year (outside Eastertime)

V. The Angel of the Lord declared to Mary,

R. And she conceived of the Holy Spirit.

Hail Mary, etc.

V. Behold the handmaid of the Lord.

R. Be it done to me according to your word.

Hail Mary, etc.

V. And the Word was made Flesh,

R. And dwelt among us.

Hail Mary, etc.

V. Pray for us, O Holy Mother of God.

R. That we may be made worthy of the promises of Christ.

Let Us Pray

Pour forth, we beseech You, O Lord, Your Grace into our hearts; that we, to whom the Incarnation of Christ, your 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.

R. Amen.

The Regina Coeli^{VII}

During Eastertime (Easter to Pentecost)

Queen of Heaven, rejoice, alleluia,

For He whom you did merit to bear, alleluia

Has risen as He said, alleluia.

Pray for us to God, alleluia.

V. Rejoice and be glad, O Virgin Mary, alleluia

R. For the Lord is truly risen, alleluia.

Let Us Pray

O God, who gave joy to the world through the resurrection of Your Son our Lord Jesus Christ, grant that we may obtain through His Virgin Mother, Mary, the joys of everlasting life, through the same Christ our Lord.

R. Amen.

Peace Plan from Heaven

In 1917, at Fatima, Portugal, Our Lady gave us a "Peace Plan From Heaven": Break with sin; Do penance and make reparation for sin; Pray the Rosary daily; On 5 first Saturdays: make a good

^{VII} A partial indulgence is granted to the faithful who devoutly recite the above prayer according to the formula indicated for the time of the year. (of Enchir. Indul. 9).

confession, Receive Holy Communion worthily, Pray 5 decades of the Rosary and meditate for fifteen minutes on the mysteries. Do this in a spirit of reparation to Mary's Immaculate Heart; Wear the brown scapular as a sign of consecration to Mary.

Decade Prayer

"O my Jesus: Forgive us our sins. Save us from the fire of Hell. Lead all souls to heaven, especially those in most need of your mercy".

Act of Consecration

O Immaculate Heart of Mary, Queen of heaven and earth, and tender Mother of men, in accordance with your ardent wish revealed at Fatima, I consecrate to you myself, my country, and all my fellow neighbours. Reign over our hearts, dearest Mother, so that we may be truly followers of Christ and His teachings, in prosperity and adversity, in joy and sorrow, in health and sickness, in life and death. I want to atone for all my sins and those of all mankind. I desire God's blessing on my country and the whole world, peace between all nations, with love and justice practiced by all. Amen.

For Purity

Jesus, Mary and Joseph, I entrust and consecrate myself entirely to you - mind, heart and body. Guard and defend me always from every sin.

May my mind be uplifted to heavenly things, may my heart love God more and more, may I avoid every evil occasion. Hold me close to you, so that I may keep watch of my internal and external senses.

Preserve me from all impurity, and help me to serve you with undefiled mind, pure heart and chaste body, so that in heaven I may join the blessed company of the saints.

Memorare

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

Prayer to be United with Christ

Soul of Christ, sanctify me.

Body of Christ, save me.

Blood of Christ, fill all my veins.

Water of Christ's side, wash out my stains.

Passion of Christ, my comfort be.

O good Jesus, listen to me.

Within your wounds, fain would I hide.

Never more to be parted from your side.

Guard me when the foe assails me.

Call me, when this life shall fail me.

Bid me come to you above.

With your Saints to sing your love,

World without end.

Amen.

Miraculous Medal Prayer

"O Mary, conceived without sin, pray for us who have recourse to thee."

Aspiration^{VIII}

Jesus, Mary, and Joseph, I give you my heart and my soul.

Jesus, Mary, and Joseph, assist me in my last agony.

Jesus, Mary, and Joseph, may I die in peace, and in your blessed company.

Thanksgiving after Communion

Prayer Before the Crucifix

"O good and gentle Jesus, before Thy face I humbly kneel and with the greatest fervour of spirit I beg and beseech of Thee to implant firmly into my heart lively sentiments of faith, hope and charity; contrition for my sins and a firm purpose of amendment. Meanwhile, I meditate on Thy five most precious wounds, having ever before my eyes the words of David, the Prophet, concerning Thee, my Jesus: "They have pierced my hands and my feet. They have numbered all my bones."

Prayer to St. Michael

St. Michael The Archangel, defend us in the day of battle; be our safeguard against the wickedness and snares of the devil. May God rebuke him, we humbly pray, and do thou, O Prince of the heavenly host, by the power of God, cast into hell, Satan and all the other evil spirits, who prowl through the world, seeking the ruin of souls. Amen.



Be close to Jesus and trust in Him

^{VIII} A Plenary Indulgence is granted at the hour of death when a priest cannot be present to give the Sacraments and the Apostolic Blessing, provided that during life one habitually said some prayers. The conditions "provided that during life one habitually said some prayers" in this case supplies for the three usual conditions for gaining a plenary indulgence. (cf. Enchir. Indul. 28)