APPENDIX 10 - FORMULAS AND LISTS OF CATHOLIC DOCTRINE

The Two Great Commandments of Love

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

The Decalogue (Ten Commandments)

- 1. I am the Lord your God, you shall not have strange gods before Me.
- 2. You shall not take the name of the Lord your God in vain.
- 3. Keep holy the Lord's Day.
- 4. Honor your father and your mother.
- 5. You shall not kill.
- 6. You shall not commit adultery.
- 7. You shall not steal.
- 8. You shall not bear false witness against your neighbor.
- 9. You shall not covet your neighbor's wife.
- 10. You shall not covet your neighbor's goods.

The Beatitudes (cf. Mt. 5: 3-12)

Blessed are the poor in spirit, for theirs is the kingdom of heaven.

Blessed are they who mourn, for they will be comforted.

Blessed are the meek, for they will inherit the earth.

Blessed are they who hunger and thirst for righteousness, for they will be satisfied.

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

Blessed are the pure of heart, for they will see God.

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

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

Blessed are you when people revile you and persecute you and utter all kinds of evil against you falsely on my account. Rejoice and be glad, for your reward will be great in heaven.

The Seven Sacraments

Baptism Confirmation Eucharist Penance Anointing of the Sick Holy Orders Matrimony

The Precepts of the Church

- 1. You shall attend Mass on Sundays and on holy days of obligation and remain free from work or activity that could impede the sanctification of such days.
- 2. You shall confess your sins at least once a year.
- 3. You shall receive the sacrament of the Eucharist at least during the Easter season.
- 4. You shall observe the days of fasting and abstinence established by the Church.
- 5. You shall help to provide for the needs of the Church.

The Three Theological Virtues

Faith

Hope

Charity

The Four Cardinal Virtues

Prudence

Justice

Temperance

Fortitude

The Seven Gifts of the Holy Spirit

Wisdom

Knowledge

Understanding

Counsel

Fortitude

Piety

Fear of the Lord

The Twelve Fruits of the Holy Spirit

Charity

Joy

Peace

Patience

Kindness

Goodness

Generosity

Gentleness

Faithfulness

Modesty

Chastity

Self-Control

The Seven Corporal Works of Mercy

Feed the hungry.
Give drink to the thirsty.
Clothe the naked.
Shelter the homeless.
Visit the sick.
Visit the imprisoned.

Puru the deed

Bury the dead.

The Seven Spiritual Works of Mercy

Admonish sinners. Instruct the ignorant. Counsel the doubtful. Comfort the afflicted. Forgive offenses. Bear wrongs patiently.

Pray for the living and the dead.

The Seven Capital Sins

Pride Envy Anger

Covetousness

Lust Gluttony Sloth

The 3 Conditions for a Mortal Sin

Grave matter Full Knowledge Deliberate Consent

(For young children one could use the following terminology)

It must be serious.
I must know it is serious.
I must freely do it anyway.

The Four Last Things

Death Judgment Heaven Hell

Why God made us

God put us in the world to know, to love, and to serve him and so to come to paradise.

- CCC 1721