

SEVEN DOLORS / HOLY FAMILY

ALBANY



FAITH FORMATION PRAYER GUIDE

GRADES K-11 PLEASE SAVE

Faith Formation Prayer Guide

Keep and use this guide until your child/ren is/are Confirmed

We ask you to please help your child/ren learn the required material for each grade level.

6 th	5 th	4 th	3 rd	2 nd	1 st	K	<u>Kindergarten</u>
_____	_____	_____	_____	_____	_____	_____	1. Why did God make me?
_____	_____	_____	_____	_____	_____	_____	2. Sign of the Cross
_____	_____	_____	_____	_____	_____	_____	3. Our Father
_____	_____	_____	_____	_____	_____	_____	4. Hail Mary
_____	_____	_____	_____	_____	_____	_____	5. Glory Be
_____	_____	_____	_____	_____	_____	_____	7. Prayer before Meals
_____	_____	_____	_____	_____	_____	_____	8. Prayer after Meals
_____	_____	_____	_____	_____	_____	_____	12. Genuflection Prayer

6 th	5 th	4 th	3 rd	2 nd	1 st	<u>Grade One</u>
_____	_____	_____	_____	_____	_____	Review grade K
_____	_____	_____	_____	_____	_____	6. Angel of God
_____	_____	_____	_____	_____	_____	13. Morning Offering

6 th	5 th	4 th	3 rd	2 nd	<u>Grade Two</u>
_____	_____	_____	_____	_____	Review grades K & 1
_____	_____	_____	_____	_____	15. Ten Commandments
_____	_____	_____	_____	_____	18. How to go to Confession
_____	_____	_____	_____	_____	19. Act of Contrition

6 th	5 th	4 th	3 rd	<u>Grade Three</u>
_____	_____	_____	_____	Review grades K, 1 & 2
_____	_____	_____	_____	14. Apostles Creed
_____	_____	_____	_____	16. Ten Commandments
_____	_____	_____	_____	32. Seven Sacraments

6 th	5 th	4 th	<u>Grade Four</u>
_____	_____	_____	Review grades K, 1, 2 & 3
_____	_____	_____	20. Spiritual Works of Mercy
_____	_____	_____	21. Corporal Works of Mercy
_____	_____	_____	26. Joyful Mysteries
_____	_____	_____	27. Sorrowful Mysteries
_____	_____	_____	28. Glorious Mysteries
_____	_____	_____	29. Luminous Mysteries
_____	_____	_____	35. Eight Beatitudes

6 th	5 th	<u>Grade Five</u>
_____	_____	Review grades K, 1, 2, 3 & 4
_____	_____	33. Theological Virtues
_____	_____	38. Memorare
_____	_____	Spontaneous Prayer—(Prayer from your heart)

6 th	<u>Grade Six</u>
_____	Review grades K, 1, 2, 3, 4 & 5
_____	22. Holy Days of Obligation
_____	23. How to Pray the Rosary
_____	24. Fatima Prayer
_____	25. Hail Holy Queen
_____	30. Precepts of the Church
_____	31. Prayer of Peace

11 th	10 th	9 th	8 th	7 th	Grade Seven
_____	_____	_____	_____	_____	1. Why did God make me?
_____	_____	_____	_____	_____	2. Sign of the Cross
_____	_____	_____	_____	_____	3. Our Father
_____	_____	_____	_____	_____	4. Hail Mary
_____	_____	_____	_____	_____	5. Glory Be
_____	_____	_____	_____	_____	6. Angel of God
_____	_____	_____	_____	_____	7. Prayer before Meals
_____	_____	_____	_____	_____	8. Prayer after Meals
_____	_____	_____	_____	_____	12. Genuflection Prayer
_____	_____	_____	_____	_____	13. Morning Offering
_____	_____	_____	_____	_____	14. Apostles Creed
_____	_____	_____	_____	_____	16. Ten Commandments
_____	_____	_____	_____	_____	17. 2 Great Commandments
_____	_____	_____	_____	_____	18. How to go to Confession
_____	_____	_____	_____	_____	19. Act of Contrition
_____	_____	_____	_____	_____	23. How to Pray the Rosary
_____	_____	_____	_____	_____	24. Fatima Prayer
_____	_____	_____	_____	_____	25. Hail, Holy Queen
_____	_____	_____	_____	_____	26. Joyful Mysteries
_____	_____	_____	_____	_____	27. Sorrowful Mysteries
_____	_____	_____	_____	_____	28. Glorious Mysteries
_____	_____	_____	_____	_____	29. Luminous Mysteries
_____	_____	_____	_____	_____	32. Seven Sacraments
_____	_____	_____	_____	_____	42. Who is Jesus Christ?
_____	_____	_____	_____	_____	44. What is the Trinity?
_____	_____	_____	_____	_____	50. What is Grace?
_____	_____	_____	_____	_____	83. Pastor of Seven Dolors
_____	_____	_____	_____	_____	104. What is Sin?
_____	_____	_____	_____	_____	105. What is Prayer?

11 th	10 th	9 th	Grade Nine
_____	_____	_____	Review grade 7 & 8
_____	_____	_____	31. Prayer of Peace
_____	_____	_____	35. Eight Beatitudes
_____	_____	_____	36. Prayer for Vocation
_____	_____	_____	37. Gifts of the Holy Spirit
_____	_____	_____	51. Transubstantiation
_____	_____	_____	59. Weeks in Advent
_____	_____	_____	60. Beginning of Lent
_____	_____	_____	61. Weeks in Lent
_____	_____	_____	62. Law of Fasting
_____	_____	_____	63. Fast days in Lent
_____	_____	_____	64. No meat
_____	_____	_____	65. No meat in Lent
_____	_____	_____	66. Christ Died
_____	_____	_____	68. Third day after Jesus died
_____	_____	_____	71. Holy Thursday
_____	_____	_____	72. Good Friday
_____	_____	_____	73. Pentecost
_____	_____	_____	77. Paschal Mystery
_____	_____	_____	78. Mary
_____	_____	_____	80. Bishops and Priest
_____	_____	_____	87. Jesus came as Man
_____	_____	_____	93. What are Sacraments?
_____	_____	_____	100. Principle halves of Mass
_____	_____	_____	101. Parts of the Mass
_____	_____	_____	106. Mission of the Church
_____	_____	_____	107. Mother of God
_____	_____	_____	108. Worship God

11 th	10 th	9 th	8 th	Grade Eight
_____	_____	_____	_____	Review grade seven
_____	_____	_____	_____	9. Act of Faith
_____	_____	_____	_____	10. Act of Hope
_____	_____	_____	_____	11. Act of Love
_____	_____	_____	_____	20. Spiritual Works of Mercy
_____	_____	_____	_____	21. Corporal Works of Mercy
_____	_____	_____	_____	22. Holy Days of Obligation
_____	_____	_____	_____	30. Precepts of the Church
_____	_____	_____	_____	33. Theological Virtues
_____	_____	_____	_____	34. Cardinal Virtues
_____	_____	_____	_____	39. Nicene Creed
_____	_____	_____	_____	45. How can we Worship God?
_____	_____	_____	_____	46. Original Sin
_____	_____	_____	_____	47. Venial Sin
_____	_____	_____	_____	48. Mortal Sin
_____	_____	_____	_____	49. Serious Sin
_____	_____	_____	_____	67. Ultimate Goal
_____	_____	_____	_____	69. Assumption
_____	_____	_____	_____	70. John the Baptist
_____	_____	_____	_____	74. March 25 th
_____	_____	_____	_____	75. Annunciation
_____	_____	_____	_____	76. Nativity
_____	_____	_____	_____	79. Assumption
_____	_____	_____	_____	86. Who created all?
_____	_____	_____	_____	94. Twelve Apostles
_____	_____	_____	_____	102. "Alpha" and "Omega"
_____	_____	_____	_____	103. What is the Church

11 th	10 th	Grade Ten
_____	_____	Review grades 7, 8 & 9
_____	_____	38. Memorare
_____	_____	40. Fruits of the Holy Spirit
_____	_____	41. Divine Praises
_____	_____	43. Who is the Holy Spirit?
_____	_____	52. Prayer to the Holy Spirit
_____	_____	53. What is Confirmation?
_____	_____	54. What Confirmation means
_____	_____	55. Who can receive Confirmation?
_____	_____	56. Confirmation
_____	_____	57. Who ministers Confirmation?
_____	_____	58. Who ministers Reconciliation?
_____	_____	81. Who is our Pope?
_____	_____	82. Name our Bishop
_____	_____	84. Weekend Mass Schedule
_____	_____	85. Name our Diocesan paper
_____	_____	88. Sacraments of Initiation
_____	_____	89. Who is Jesus?
_____	_____	90. Sent to prepare God's people
_____	_____	91. Last Supper
_____	_____	92. Moses
_____	_____	95. Gospel Writers
_____	_____	96. First half of the Bible
_____	_____	97. Second half of the Bible
_____	_____	98. First book of the Bible
_____	_____	99. Last book of the Bible
_____	_____	109. Happening's in Jesus' life

Grade Eleven---Review all

1. **Why did God make me?**

To know Him, to love Him, to serve Him, and to be happy with Him forever.

2. **Sign of the Cross**

In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

3. **Our Father**

Our Father, who art in heaven, hallowed be Thy name; Thy kingdom come; Thy will be done on earth as it is in heaven. Give us this day our daily bread; and forgive us our trespasses as we forgive those who trespass against us; and lead us not into temptation, but deliver us from evil. Amen

4. **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.

5. **Glory Be**

Glory be to the Father, and to the Son, and to the Holy Spirit. As it was in the beginning is now, and ever shall be, world without end. Amen.

6. **Angel of God**

Angel of God, my guardian dear, to whom His love entrusts me here; ever this day, be at my side, to light and guard, to rule and guide. Amen

7. **Prayer before Meals**

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

8. **Prayer after Meals**

We give thee thanks Almighty God for these and all the gifts which we have received from thy bounty through Christ our Lord, Amen

9. **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, 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. Amen

10. **Act of Hope**

O my God, relying on your almighty power and infinite mercy 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. Amen

11. **Act of Love**

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 neighbor as myself for the love of you. I forgive all who have injured me, and ask pardon of all whom I have injured. Amen

12. **Genuflection Prayer**

Jesus, I adore You. Jesus, I love You.

13. **Morning Offering**

O my God, I offer you today all that I think, do, and say. Uniting it with what was done on earth by Jesus Christ, Your Son. Amen

14. 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; on the third day he rose again from the dead; he ascended into heaven, and is seated at the right hand of God the Father almighty; from there he will 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.

15. Ten Commandments (2nd Grade)

- 1. Put God first – Pray** (I say my prayers every morning and night. I praise and adore God. This is how I keep God's First Commandment.)
- 2. Say God's Name with respect.** (I speak of God and of the saints and of holy things with respect and reverence. This is how I keep God's Second Commandment.)
- 3. Keep Sunday holy. Go to Mass.** (I go to church on Sundays and Holy Days of Obligation. I join the priest as he offers Mass. This is how I keep God's Third Commandment.)
- 4. Honor your Father and Mother** (I love and respect and obey my Father and Mother. I pay attention to my teacher in school.)
- 5. You shall not kill.** (I take care of my body and soul. I never fight or quarrel or hurt anyone. I am kind to everybody.)
- 6. Be pure in all you do and say.** (I am modest in all I do, in all I say, in all I listen to and in all I look at.)
- 7. Do not steal.** (I never take or damage what belongs to others. I am always honest and generous.)
- 8. Do not tell lies.** (I never tell lies about anyone. I never speak of anyone's faults. I always say the truth.)
- 9. Be pure in what you think and do.** (I am pure in what I think and desire. I keep my mind and my heart pure. Be loyal to your marriage partner.)
- 10. Do not be jealous.** (I never desire to take what belongs to others. I am never jealous. I am always satisfied.)

16. Ten Commandments. (The first 3 deal with God and last 7 deal with humans). Grades 3-11

- 1.) "I am the Lord your God: You shall not have strange gods before me"**
This commandment tells us how God wants us to think of him.
- 2.) "You shall not take the name of the Lord your god in vain."**
This commandment tells us how God wants us to speak of him.
- 3.) "Remember to keep holy the Lord's Day."**
This tells how God wants us to worship him.
- 4.) "Honor your father and your mother."**
This commandment asks anyone who is in charge to look at his or her style of leadership.
- 5.) "You shall not kill."**
This commandment tells us that all human life is sacred.
- 6.) "You shall not commit adultery."**
This commandment tells people to be faithful to their marriage vows, which are made for life and are never to be broken. All of us are to be chaste, that is, to be at peace with our sexuality, using it only as it is intended within our particular state of life, and to be respectful of our own and of others' sexuality.
- 7.) "You shall not steal."**
This commandment says you have the right to own property and use what you need of God's gifts. Anything taken unlawfully must be returned, or its rightful owner must be given its full value. That's called **restitution**.
- 8.) "You shall not bear false witness against your neighbor."**
It deals with speaking the truth. It doesn't just tell us not to lie, it also encourages us to speak and live the truth.
- 9.) "You shall not covet your neighbor's wife."**
This commandment tells us not to "covet" anyone to whom we are not married. Covet means to want something that does not belong to you.
- 10.) "You shall not covet anything that belongs to your neighbor."**
It tells us not to covet goods. It means we can't be so full of envy that we're sad because someone else has nice things, or that we are willing to do anything to get those things.

17. Two Great Commandments.

1. You should love the Lord your God with your whole heart, your whole mind and your whole soul.
2. You should love your neighbor as yourself.

18. How to go to Confession

1. Pray to the Holy Spirit to help you think of your sins.
2. Examine your conscience.
3. Say the Act of Contrition.
4. Go into the confession room and say:

In the name of the Father, Son, and Holy Spirit. Amen

I am in the _____ grade.

My last confession was _____ ago.

My sins are (Tell your sins, why you did it and what you plan to do about it. After telling them, end by saying...)

I am sorry for these and all my sins.

(Father will now speak to you about your sins and God's forgiveness and love for you. He will then give you absolution for your sins. He says, "I absolve you from your sins, in the name of the Father and of the Son and of the Holy Spirit"

You say, **Amen.**

When he is finished you say **Thanks you Father.** Then leave.

5. After confession, spend some time saying you penance prayer (if a prayer is given as you penance). Then, in your own words, thank God for His loving forgiveness and tell him what you intend to do to show your love for Him.

19. Act of Contrition

My God, I am sorry for my sins with all my heart. In choosing to do wrong, and failing to do good, I have sinned against you whom I should love above all things. I firmly intend, with your help, to do penance, to sin no more, and to avoid whatever leads me to sin. Our Savior Jesus Christ suffered and died for us. In His name, my God, have mercy.

20. Spiritual Works of Mercy.

1. Help people who sin.
2. Teach people who are ignorant.
3. Give advice to people who have doubts.
4. Comfort people who suffer.
5. Be patient with other people.
6. Forgive people who hurt you.
7. Pray for people who are alive and for those who have died.

21. Corporal Works of Mercy.

1. Feed people who are hungry.
2. Give drink to people who are thirsty.
3. Clothe people who are naked.
4. Visit prisoners.
5. Shelter people who are homeless.
6. Visit people who are sick.
7. Bury people who have died.

22. Holy Days of Obligation.

Dec 8 - Immaculate Conception (See #75)

Dec 25 — Christmas or Nativity (See #76)

Jan 1 - Solemnity of Mary (A special day to recognize Mary, Jesus' mother.)

40 days after Easter - Ascension (See #73)

Aug 15 - Assumption (See #78 & #79)

Nov 1 - All Saints Day (A special day to recognize all the saints.)

23. How to Pray the Rosary

1. Make the Sign of the Cross and say the "Apostles Creed".
2. Say the "Our Father".
3. Say three "Hail Mary's".
4. Say the "Glory Be".
5. Announce the First Mystery; then say the "Our Father".
6. Say ten "Hail Mary's", while meditating on the Mystery.
7. Say the "Glory Be", then say the "Fatima Prayer".
8. Announce the Second Mystery; then say the "Our Father".
Repeat 6 & 7.
Continue with Third, Fourth and Fifth Mysteries in the same manner.
9. Say the "Hail Holy Queen".

24. Fatima Prayer

O my Jesus, forgive us our sins, save us from the fires of hell, lead all souls to heaven, especially those most in need of Thy mercy.

25. Hail, Holy Queen

Hail, Holy Queen, Mother of mercy, our life our sweetness and our hope. To you do we cry, poor banished children of Eve. To you do we send up our sighs, mourning and weeping in the valley of tears. Turn, then, most gracious advocate, your eyes of mercy towards us, and after this our exile show unto us the blessed fruit of your womb, Jesus. O clement, O loving, O sweet Virgin Mary. Pray for us, O holy Mother of God. That we may be made worthy of the promises of Christ.

Mysteries of the Rosary

26. Joyful Mysteries (Mondays, and Sundays from the first Sunday in Advent until Lent)

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

27. Sorrowful Mysteries (Tuesdays and Fridays and all Sundays in Lent)

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

28. Glorious Mysteries (Wednesday and Saturdays and Sundays from Easter till Advent)

1. The Resurrection
2. The Ascension
3. The Descent of the Holy Spirit
4. The Assumption of Mary into Heaven
5. The Crowning of Mary as Queen of Heaven and Earth

29. Luminous Mysteries (The Mysteries of Light) (Thursdays)

1. The Baptism in the Jordan
2. The Wedding at Cana
3. Proclamation of the Kingdom of God
4. The Transfiguration
5. The Institution of the Holy Eucharist

30. Precepts of the Church

1. Participate in Mass on Sundays and holy days of obligation.
2. Confess sins at least once a year.
3. Receive Holy Communion at least during the Easter season.
4. Keep holy Sunday and the holy days of obligation.
5. Observe the prescribed days of fasting and abstinence.
6. Provide for the material needs of the Church, according to one's abilities.

31. Prayer for Peace (Prayer of St. Francis)

Lord, make me an instrument of Your peace.

Where there is hatred, let me sow love;

Where there is injury, pardon;

Where there is doubt, faith;

Where there is despair hope;

Where there is darkness, light;

And where there is sadness, joy.

O Divine Master, grant that I may not so much seek to be consoled, as to console; to be understood, as to understand; to be loved, as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life.

St. Francis of Assisi

32. Seven Sacraments.

1. **Baptism** - The sacrament of initiation into a new life in Christ that makes us members of the Church.
2. **Eucharist** - Sacrament in which bread and wine is changed into the Body and Blood of Jesus Christ. This word means "thanksgiving."
3. **Penance and Reconciliation** - The sacrament of healing in which a person receives absolution and forgiveness of sins.
4. **Confirmation** - Sacrament of initiation that completes Baptism by giving the gifts of the Holy Spirit.
5. **Anointing of the Sick** - Sacrament that gives healing to the sick.
6. **Matrimony** - Sacrament of service in which a man and woman vow to live together as husband and wife forever.
7. **Holy Orders** - A sacrament of service that anoints men to special service in the Church as deacons, priests, or bishops.

33. Theological Virtues and short meaning.

1. Faith—we believe in God.
2. Hope—you long to be with God and trust you will be with him.
3. Love—you love God above all things and love your neighbor as yourself.

34. Cardinal Virtues and a short meaning.

1. Prudence—makes us tend to make good choices.
2. Justice—we tend to be fair.
3. Fortitude—the strength to overcome fear.
4. Temperance—helps us to use moderation in our use of things.

35. Eight Beatitudes. (meaning in parenthesis)

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven. (To acknowledge that all that I have is from God and I share this with others.)
2. Blessed are those who mourn or are sorrowing, for they will be comforted. (To accept suffering and to offer support to each other.)
3. Blessed are the meek or lowly, for they will inherit the earth. (To be gentle and kind.)
4. Blessed are they who hunger and thirst for holiness, for they shall have their fill. (To strive for personal holiness. To always want to learn more about God and His teachings.)
5. Blessed are they who show mercy; mercy shall be theirs. (To be forgiving of the wrong doings of others.)
6. Blessed are the pure in heart, for they will see God. (To live solely for God and what He would have me do.)
7. Blessed are the peacemakers, for they will be called children of God. (To be peace-loving, to strive for harmony at home and in one's country.)
8. Blessed are those who are persecuted for holiness' sake, for theirs is the kingdom of heaven. (To defend, stand up for our religious beliefs even though one may have to suffer.)

36. A Prayer for Vocations

O loving and merciful God, you call us to follow the example of Jesus, your Son, through lives of service to one another. Open our minds and hearts to hear and recognize that call. Give us the necessary grace to remain faithful in our choice to commit our lives to you in whatever way you lead. We ask especially that you send your Holy Spirit upon the Church, to stir the hearts of many to accept a vocation to serve you as priests, sisters, brothers and deacons. In your name we pray. Amen

37. The Seven Gifts of the Holy Spirit and a short meaning.

1. **Wisdom** - helps us make wise decisions that keep God first in our lives.
2. **Understanding** - helps us grasp the meaning of the truths of our faith.
3. **Counsel** – to seek good advice from others and give good advice when asked. Also called right judgment.
4. **Fortitude** - gives inner strength to live our faith in the face of difficulties. It is also called courage.
5. **Knowledge** - helps us know all we can about God and our faith.
6. **Piety** - helps us truly love and worship God. It is also called reverence.
7. **Fear of the Lord** - helps us appreciate the wonders of God's love. It is also called wonder and awe.

38. The 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 by 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.

39. Nicene Creed

I believe in one God, the Father almighty, maker of heaven and earth, of all things visible and invisible.

I believe in one Lord Jesus Christ, the Only Begotten Son of God, born of the Father before all ages.

God from God, Light from Light, true God from true God, begotten, not made, consubstantial with the Father; through him all things were made. For us men and for our salvation he came down from heaven, and by the Holy Spirit was incarnate of the Virgin Mary, and became man.

For our sake he was crucified under Pontius Pilate, he suffered death and was buried, and rose again on the third day in accordance with the Scriptures. He ascended into heaven and is seated at the right hand of the Father.

He will come again in glory to judge the living and the dead and his kingdom will have no end.

I believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son, who with the Father and the Son is adored and glorified, who has spoken through the prophets, I believe in one, holy, catholic and apostolic Church. I confess one baptism for the forgiveness of sins and I look forward to the resurrection of the dead and the life of the world to come. Amen

40. Fruits of the Holy Spirit

- | | | |
|----------|-------------|-----------------|
| 1. Love | 4. Patience | 7. Faithfulness |
| 2. Joy | 5. Kindness | 8. Gentleness |
| 3. Peace | 6. Goodness | 9. Self-control |

41. Divine Praises

Blessed be God. Blessed be his holy name. Blessed be Jesus Christ, true God and true man. Blessed be the name of Jesus. Blessed be his most sacred heart. Blessed be his most precious blood. Blessed be Jesus in the most holy sacrament of the altar. Blessed be the Holy Spirit, the Paraclete. Blessed be the great mother of God, Mary most holy. Blessed be her holy and immaculate conception. Blessed be her glorious assumption. Blessed be the name of Mary, virgin and mother. Blessed be Saint Joseph, her most chaste spouse. Blessed be God in his angels and in his saints.

42. Who is Jesus Christ?

1. He is the Son of God
2. He is true God and true Man
3. He is the 2nd person of the Holy Trinity
4. He is our Saviour and Redeemer

43. Who is the Holy Spirit?

1. He is God and the 3rd person of the Blessed Trinity
2. The gift of the Father, the spirit of love, the spirit of Truth, Life-Giver

44. **What is the Trinity?**

It is a mystery of our faith in which we believe that there are 3 persons in one God: God the Father, God the Son, and God the Holy Spirit.

45. **How can we worship God?**

1. By celebrating the Liturgy.
2. Through prayer
3. By doing His will

46. Original Sin The sin of Adam and Eve that is inherited, corrupted humankind, darkened understanding, weakened our will and inclined mankind to evil.

47. Venial Sin This type of sin does not separate us from God, but does weaken our relationship with God.

48. Mortal Sin This type of sin does cut off our relationship with God and does take a sacramental confession to regain our relationship.

49. **Three conditions of a serious sin?**

1. Freely choosing to do wrong
2. Doing the "Big" wrong
3. We knew it was wrong

50. **What is Grace?**

It is God's life freely shared with his people.

51. **What is meant by the term of transubstantiation?**

The miraculous change by which the Eucharistic elements during the consecration of the mass, become the body and blood of Christ while keeping only the appearance of bread and wine.

52. **Prayer to the Holy Spirit**

Come, Holy Spirit, fill the hearts of your faithful. And kindle in them the fire of your love. Send forth your Spirit and they shall be created. And you will renew the face of the earth.

53. **What is confirmation?**

It is a sacrament by which a baptized person receives the seal of the Holy Spirit, The Gift of the Father and Son.

54. **What does the word Confirmation means?** Making Strong

55. **Who can receive the sacrament of Confirmation?**

(A baptized person in good standings). A baptized catholic willing to take an active part in the life of the church and has been properly instructed.

56. **How many times can the sacrament of Confirmation be received?**

Once

57. **Who is the ordinary minister of the Sacrament of Confirmation?**

The bishop

58. **Who is the ordinary minister of Reconciliation?**

The priest

59. How many weeks in the season of Advent? Four
60. What day for Roman Catholics begins the season of lent?
Ash Wednesday
61. How many weeks in the season of Lent? Six
62. To eat one large meal and two light ones with no food in between before or after is called the Law of Fasting.
63. Which days during lent are you suppose to fast?
Ash Wednesday and Good Friday
64. This means to refrain from eating meat. Abstain
65. Which days in lent are you not suppose to eat meat?
Ash Wednesday, Good Friday and all Fridays in Lent
66. On the Catholic calendar, what do we call the day Christ died?
Good Friday
67. What should be each and everyone's ultimate goal throughout their life?
To get to heaven with God
68. What happened on the third day after Jesus died?
The resurrection. Jesus rose from the dead. Also known as Easter
69. What do we call the day Mary was taken into heaven body and soul?
The Assumption
70. Who was sent to prepare God's people for the coming of the Messiah, and baptized with water? John the Baptist
71. What happens on Holy Thursday?
The Last Supper--changing bread and wine into the body and blood of Christ.
72. What happens on Good Friday?
Jesus died on the cross for us.
73. What happens on Ascension and Pentecost and when are they?
Ascension is 40 days after Easter. It is when Jesus returns to Heaven
Pentecost is 50 days after Easter. It is when Jesus sent the Holy Spirit to the apostles
74. December 8th On what day was Mary conceived in her mother's womb without original sin.
75. Annunciation – March 25th What do we call the event when the angel appears to Mary and tells her she is with child and will be the Mother of God?
76. Nativity What do we call the event of Jesus' birth?
77. What is the Pascal Mystery?
It is the dying, the rising and the going forth of Jesus.

78. Mary at the end of her life on Earth was granted the privilege of being taken into heaven both body and soul.
79. We celebrate this event on August 15, and it is called the Assumption.
80. What group of men today have inherited the power of the Apostles for the Church? Bishops and priests
81. Who is our Pope and where does he live?
Pope Benedict XVI lives in Rome
82. What is the name of the Bishop in our Diocese?
Bishop John Kinney
83. Who is the pastor of Seven Dolors?
Father Michael Naughton
84. What is the weekend Mass schedule at our parish?
5pm Saturday and 10:30am on Sundays
85. Name our Diocesan newspaper?
The St. Cloud Visitor
86. Who created all that exist? God
87. Why did Jesus come into the world as a man?
To free us from sin and open the gates of heaven
88. Which sacraments are called the sacraments of initiation?
Baptism, Confirmation and the Eucharist.
89. C Jesus, God's Son is:
A. Divine only C. Human and divine
B. Human only D. None of these
90. C He baptized with water, and was sent to prepare God's people for the coming of the Messiah.
A. Daniel C. John the Baptist
B. David D. Moses
91. A At the Last Supper, Christ instituted the sacraments of:
A. Holy Eucharist and Holy Orders
B. Baptism and Reconciliation
C. Anointing of the Sick and Marriage
D. Confirmation and Penance
92. B God revealed his law to his people through Moses to whom He gave the:
A. 8 Beatitudes C. 7 Sacraments
B. 10 Commandments D. 7 Gifts of the Holy Spirit
93. What are sacraments?
They are special signs of God's love and grace. They are actions of Jesus through which He gives His Spirit to Christians and makes us a holy people.

94. Name the Twelve Apostles

- | | | |
|--------------------|-----------------------------|-----------------------|
| 1. <u>John</u> | 2. <u>Peter</u> | 3. <u>Judas</u> |
| 4. <u>Andrew</u> | 5. <u>James the Younger</u> | 6. <u>Bartholomew</u> |
| 7. <u>Thomas</u> | 8. <u>James the Elder</u> | 9. <u>Philip</u> |
| 10. <u>Matthew</u> | 11. <u>Thaddeus</u> | 12. <u>Simon</u> |

95. Who are Matthew, Mark, Luke and John? Gospel writers

96. The Bible is divided into two halves. The first half is called?
The Old Testament

97. The second half of the Bible is called? The New Testament

98. The first book of the Bible is? Genesis

99. The last book of the Bible is? Revelation

100. The two principle halves of the Mass: 1. Liturgy of the Word
2. Liturgy of the Eucharist

101. Put the second part of the Mass in proper order. Number from 1-8.

- | | | |
|--------------------------------|-----------------------------|----------------------------|
| <u>1</u> Prayer over the Gifts | <u>3</u> Consecration | <u>5</u> Our Father |
| <u>6</u> Communion | <u>2</u> Holy, Holy, Holy | <u>7</u> Sign of the Cross |
| <u>8</u> Dismissal | <u>4</u> Eucharistic Prayer | |

102. What do the Greek Words “alpha” and “omega” mean when referring to God? The beginning and the end.

103. What is the church?

The church is the new people of God. It is the communion of people in Christ.

104. What is sin?

It is basically an offense against God, a turning away from God, a selfish act.

105. What is Prayer?

Prayer is an act of showing your love for God. Prayer can be anything that you think, do, or say to share your love with God. It can also be certain words that you say to God with other people.

106. What is the mission of the church?

It is to bring the Gospel to all people.

107. Why is Mary, the Mother of God, a good example of how Christians should live?

She is a perfect example of a human being who gave herself over to whatever God asked of her. In doing this the virtues of faith and love were especially strong in her life.

108. How can we worship God?

We can worship God through celebrating the Liturgy, through prayer, and by doing His will.

109. What are the important happenings in Jesus’ life?

1. He was born of the Virgin Mary.
2. He spent His life teaching and caring for people.
3. He died on the cross.
4. He rose from the dead and ascended into heaven.
5. He sent the Holy Spirit to complete His work.