

Compendium of the Catechism of the Catholic Church

APPENDIX

A) COMMON PRAYERS

The Sign of the Cross

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

Glory be to the Father

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.

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.

Angel of God

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

Eternal Rest

Eternal rest grant unto them, O Lord,
and let perpetual light shine upon them.
May they rest in peace. Amen.

Signum Crucis

In nómine Patris
et Fílii
et Spíritus Sancti. Amen.

Gloria Patri

Glória Patri
et Fílio
et Spíritui Sancto.
Sicut erat in princípío,
et nunc et semper
et in sǽcula sæculórum. Amen.

Ave, Maria

Ave, María, grátia plena,
Dóminus tecum.
Benedícta tu in muliéribus,
et benedíctus fructus ventris tui, Iesus.
Sancta María, Mater Dei,
ora pro nobis peccatóribus,
nunc et in hora mortis nostræ.
Amen.

Angele Dei

Ángele Dei,
qui custos es mei,
me, tibi commíssum pietáte supérna,
illúmina, custódi,
rege et gubérna.
Amen.

Requiem Æternam

Réquiem ætérrnam dona eis, Dómine,
et lux perpétua lúceat eis.
Requiescant in pace. Amen.

The Angelus

V. *The Angel of the Lord declared unto Mary.*

R. And she conceived of the Holy Spirit.

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.

V. *Behold the handmaid of the Lord.*

R. Be it done unto me according to thy word.

Hail Mary.

V. *And the Word was made flesh.*

R. And dwelt among us.

Hail 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;

Pour forth, we beseech thee, O Lord, thy grace into our hearts; that we, to whom the Incarnation of Christ, thy 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. Amen.

Glory be to the Father...

The Regina Caeli

Queen of heaven, rejoice, alleluia.

The Son whom you merited to bear, alleluia,
has risen as he said, alleluia.

Rejoice and be glad, O Virgin Mary, alleluia!

For the Lord has truly risen, alleluia.

Let us pray;

O God, who through the resurrection of your Son, our Lord Jesus Christ, did vouchsafe to give joy to the world; grant, we beseech you, that through his Mother, the Virgin Mary, we may obtain the joys of everlasting life. Through the same Christ our Lord. Amen.

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 this valley of tears

Turn then, most gracious advocate,

your eyes of mercy toward us,

and after this exile

show unto us the blessed fruit of thy womb,

Jesus.

O clement, O loving,

O sweet Virgin Mary.

Angelus Domini

Ángelus Dómini nuntiávit Mariáe.

Et concépit de Spíritu Sancto.

Ave, Mariá...

Ecce ancílla Dómini.

Fiat mihi secúndum verbum tuum.

Ave, Mariá...

Et Verbum caro factum est.

Et habitávit in nobis.

Ave, Mariá...

Ora pro nobis, sancta Dei génetrix.

Ut digni efficiámur promissionibus Christi.

Orémus.

Grátiam tuam, quæsumus,

Dómine, méntibus nostris infúnde;

ut qui, Ángelo nuntiánte,

Christi Fílii tui incarnatiónem cognóvimus,

per passiónem eius et crucem,

ad resurrectiόνis glóriam perducámur.

Per eúndem Christum Dóminum nostrum. Amen.

Glória Patri...

Regina Cæli

Regína cæli lætáre, allelúia.

Quia quem meruísti portáre, allelúia.

Resurréxit, sicut dixit, allelúia.

Gaude et lætáre, Virgo Mariá, allelúia.

Quia surréxit Dóminus vere, allelúia.

Orémus.

Deus, qui per resurrectiónem Fílii tui Dómini nostri Iesu Christi mundum lætificáre dignátus es, præsta, quæsumus, ut per eius Genetrícem Vírginem Mariám perpétuæ capiámus gáudia vitæ.

Per Christum Dóminum nostrum. Amen.

Salve, Regina

Salve, Regína,

Mater misericórdiæ,

vita, dulcédo et spes nostra, salve.

Ad te clamámus,

éxsules fílii Evæ.

Ad te suspirámus geméntes et flentes

in hac lacrimárum valle.

Eia ergo, advocáta nostra,

illos tuos misericórdes óculos

ad nos convérte.

Et Iesum benedíctum fructum ventris tui,

nobis, post hoc exsílium, osténde.

O clemens, o pia, o dulcis Virgo Mariá!

Under Your Protection

We fly to thy protection,
O holy Mother of God.
Despise not our petitions
in our necessities,
but deliver us always
from all dangers
O glorious and blessed Virgin.

Prayer to St. Michael the Archangel

St Michael the Archangel,
Defend us in battle.
Be our defense against the wickedness and snares of
the Devil.
May God rebuke him, we humbly pray, and do thou,
O Prince of the heavenly hosts,
By the power of God, thrust into hell Satan,
And all the evil spirits, who prowl about the world
Seeking the ruin of souls. Amen.

Come, Creator Spirit

Come, Holy Spirit, Creator come,
From your bright heavenly throne!
Come, take possession of our souls,
And make them all your own.
You who are called the Paraclete,
Best gift of God above,
The living spring, the living fire,
Sweet unction, and true love!
You who are sevenfold in your grace,
Finger of God's right hand,
His promise, teaching little ones
To speak and understand!
O guide our minds with your blessed light,
With love our hearts inflame,
And with your strength which never decays
Confirm our mortal frame.
Far from us drive our hellish foe
True peace unto us bring,
And through all perils guide us safe
Beneath your sacred wing.
Through you may we the Father know,
Through you the eternal Son
And you the Spirit of them both
Thrice-blessed three in one.
All glory to the Father be,
And to the risen Son;
The same to you, O Paraclete,
While endless ages run. Amen.

Sub tuum præsidium

Sub tuum præsidium confúgimus,
sancta Dei Génetrix;
nostras deprecationes ne despicias
in necessitatibus;
sed a periculis cunctis
líbera nos semper,
Virgo gloriósa et benedícta.

Sancte Michael Archangele

Sancte Michael Archangele,
defende nos in proelio;
contra nequitiam et insidias diaboli esto praesidium.
Imperat illi Deus; supplices deprecamur: tuque,
Princeps militiae coelestis, Satanam aliosque spiritus
malignos, qui ad perditionem animarum pervagantur
in mundo, divina virtute in infernum detrude. Amen.

Veni, Creator Spiritus

Veni, creátor Spíritus,
mentes tuórum vísita,
imple supérna grátia,
quæ tu creásti pectora.
Qui díceris Paráclitus,
altíssimi donum Dei,
fons vivus, ignis, caritas,
et spiritalis únctio.
Tu septifórmis múnere,
dígitus patérnæ dexteræ,
tu rite promíssum Patris,
sermóne ditans gúttura.
Accénde lumen sénsibus,
infúnde amórem córdibus,
infírma nostri córporis
virtúte firmans pérpeti.
Hostem repéllas lóngius
pacémque dones prótinus;
ductóre sic te prævio
vitémus omne nóxium.
Per Te sciámus da Patrem
noscámus atque Fílium,
teque utriúsque Spíritum
credámus omni témpore.
Deo Patri sit glória,
et Fílio, qui a mórtuis
surréxit, ac Paráclito,
in sæculórum sæcula. Amen.

Come, Holy Spirit

Come, Holy Spirit, come!
And from your celestial home
Shed a ray of light divine!
Come, Father of the poor!
Come, source of all our store!
Come, within our bosoms shine.
You, of comforters the best;
You, the soul's most welcome guest;
Sweet refreshment here below;
In our labor, rest most sweet;
Grateful coolness in the heat;
Solace in the midst of woe.
O most blessed Light divine,
Shine within these hearts of yours,
And our inmost being fill!
Where you are not, we have naught,
Nothing good in deed or thought,
Nothing free from taint of ill.
Heal our wounds, our strength renew;
On our dryness pour your dew;
Wash the stains of guilt away:
Bend the stubborn heart and will;
Melt the frozen, warm the chill;
Guide the steps that go astray.
On the faithful, who adore
And confess you, evermore
In your sevenfold gift descend:
Give them virtue's sure reward;
Give them your salvation, Lord;
Give them joys that never end.

The Anima Christi

Soul of Christ, be my sanctification.
Body of Christ, be my salvation.
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.
In Thy wounds I fain would hide,
N'er to be parted from Thy side,
Guard me, should the foe assail me.
Call me when my life shall fail me.
Bid me come to Thee above,
With Thy saints to sing Thy love,
World without end. Amen.

Veni, Sancte Spiritus

Veni, Sancte Spíritus,
et emítte cælitus
lucis tuæ rádiu.
Veni, pater páuperum,
veni, dator múnerum,
veni, lumen córdium.
Consolátor óptime,
dulcis hospes ánimæ,
dulce refrigériu.
In labóre réquies,
in æstu tempéries,
in fletu soláciu.
O lux beatíssima,
reple cordis íntima
tuórum fidéliu.
Sine tuo númine,
nihil est in hómine
nihil est innóxiu.
Lava quod est sórdidum,
riga quod est áridum,
sana quod est sauciu.
Flecte quod est rígidum,
fove quod est frígidum,
rege quod est déviu.
Da tuis fidélibus,
in te confidéntibus,
sacrum septenáriu.
Da virtútis méritum,
da salútis éxitum,
da perénne gáudiu. Amen.
Anima Christi
Ánima Christi, sanctífica me.
Corpus Christi, salva me.
Sanguis Christi, inébria me.
Aqua láteris Christi, lava me.
Pássio Christi, confórta me.
O bone Iesu, exáudi me.
Intra tua vúlnera abscónde me.
Ne permíttas me separári a te.
Ab hoste malígno defénde me.
In hora mortis meæ voca me.
Et iube me veníre ad te,
ut cum Sanctis tuis laudem te
in sæcula sæculórum. Amen

The Memorare

Remember, O most gracious Virgin Mary,
that never was it known
that anyone who fled to thy protection,
implored thy help,
or sought thy intercession,
was left unaided.
Inspired by this confidence
I fly unto thee,
O Virgin of virgins, my Mother.
To thee do I come,
before thee I stand,
sinful and sorrowful.
O Mother of the Word Incarnate,
despise not my petitions,
but in thy mercy hear and answer me.
Amen.

The Rosary

The Joyful Mysteries

(recited Monday and Saturday)

The Annunciation
The Visitation
The Nativity
The Presentation
The Finding in the Temple

The Mysteries of Light

(recited Thursday)

The Baptism of Jesus
The Wedding Feast of Cana
The Proclamation of the Kingdom, with the call to
Conversion
The Transfiguration
The Institution of the Eucharist

The Sorrowful Mysteries

(recited Tuesday and Friday)

The Agony in the Garden
The Scourging at the Pillar
The Crowning with Thorns
The Carrying of the Cross
The Crucifixion

The Glorious Mysteries

(recited Wednesday and Sunday)

The Resurrection
The Ascension
The Descent of the Holy Spirit
The Assumption
The Coronation of Mary Queen of Heaven and Earth

Prayer concluding the Rosary

Memorare

Memoráre, o piíssima Virgo María,
non esse audítum a sæculo,
quemquam ad tua curréntem præsidia,
tua implorántem auxília,
tua peténtem suffrágia, esse derelíctum.
Ego tali animátus confidéntia,
ad te, Virgo Vírginum, Mater,
curro, ad te vénio,
coram te gemens peccátor assísto.
Noli, Mater Verbi, verba mea despícere;
sed áudi propítia et exáudi. Amen.

Rosarium

Mystéria gaudiósa

(in feria secunda et sabbato)

Annuntiátio.
Visitátio.
Natívitás.
Præsentátio.
Invéntio in Templo.

Mystéria luminósa

(in feria quinta)

Baptísma apud Iordánem.
Autorevelátio apud Cananése matrimónium.
Regni Dei proclamátio coniúcta cum invitaménto
ad conversiónem.
Transfigurátio.
Eucharístiæ Institutio.

Mystéria dolorósa

(in feria tertia et feria sexta)

Agonía in Hortu.
Flagellátio.
Coronátio Spinis.
Baiulátio Crucis.
Crucifíxio et Mors.

Mystéria gloriósa

(in feria quarta et Dominica)

Resurréctio.
Ascénsio.
Descénsus Spíritus Sancti.
Assúptio.
Coronátio in Cælo.

Oratio ad finem Rosarii dicenda

Hail, Holy Queen, etc. as above

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 thee,
that meditating on 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.

Ora pro nobis, sancta Dei génetrix.

Ut digni efficiámur promissionibus Christi.

Orémus.

Deus, cuius Unigénitus per vitam,
mortem et resurrectionem suam
nobis salutis aeternae
praemia comparavit,
concede, quaesumus:
ut haec mysteria sacratissimo
beatae Mariae Virginis
Rosario recolentes,
et imitemur quod continent,
et quod promittunt assequamur.
Per Christum Dominum nostrum.
Amen.

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 are eternal truth and wisdom,
 who can neither deceive nor be deceived.
 In this faith I intend to live and die.
 Amen.

Act of Hope

O Lord God,
 I hope by your grace for the pardon
 of all my sins
 and after life here to gain eternal happiness
 because you have promised it
 who are infinitely powerful, faithful, kind,
 and merciful.
 In this hope I intend to live and die.
 Amen.

Act of Love

O Lord God, I love you above all things
 and I love my neighbor for your sake
 because you are the highest, infinite and perfect
 good, worthy of all my love.
 In this love I intend to live and die.
 Amen.

Act of Contrition

O my God, I am heartily sorry for having offended
 Thee, and I detest all my sins because of thy just
 punishments, but most of all because they offend
 Thee, my God, who art all good and deserving of all
 my love. I firmly resolve with the help of Thy grace to
 sin no more and to avoid the near occasion of sin.
 Amen.

The Magnificat

My soul proclaims the greatness of the Lord,
 my spirit rejoices in God my Savior,
 for he has looked with favor on his lowly servant.

From this day all generations will call me blessed:
 the Almighty has done great things for me,
 and holy is his Name.
 He has mercy on those who fear him

Actus fidei

Dómine Deus,
 firma fide credo et confíteor
 ómnia et síngula quæ
 sancta Ecclésia Cathólica propónit,
 quia tu, Deus, ea ómnia revelásti,
 qui es ætérna véritas et sapiéntia
 quæ nec fállere nec falli potest.
 In hac fide vívere et mori státuo.
 Amen.

Actus spei

Dómine Deus, spero per grátiam tuam
 remissionem ómnium peccatórum,
 et post hanc vitam ætérnam felicitátem
 me esse consecutúrum:
 quia tu promisísti, qui es infiníte
 potens, fidélis, benígnus, et miséricors.
 In hac spe vívere et mori státuo.
 Amen.

Actus caritatis

Dómine Deus,
 amo te super ómnia
 et próximum meum propter te,
 quia tu es summum, infinítum,
 et perfectíssimum bonum,
 omni dilectióne dignum.
 In hac caritáte
 vívere et mori státuo.
 Amen.

Actus contritionis

Deus meus, ex toto corde pænitet me ómnium meórum
 peccatórum, éaque detéstor, quia peccándo, non solum
 pœnas a te iuste statútas proméritus sum, sed
 præsértim quia offéndi te, summum bonum, ac dignum
 qui super ómnia diligáris. Ídeo fírmiter propóno,
 adiuvánte grátia tua, de cétero me non peccáturum
 peccandíque occasiónes próximas fugitúrum. Amen.

Magnificat

Magnificat ánima mea Dóminum,
 et exsultávit spíritus meus
 in Deo salvatóre meo,
 quia respéxit humilitátem
 ancillæ suæ.

Ecce enim ex hoc beátam
 me dicent omnes generatiónes,
 quia fecit mihi magna,

in every generation.
He has shown the strength of his arm,
he has scattered the proud in their conceit.
He has cast down the mighty from their thrones,
and has lifted up the lowly.
He has filled the hungry with good things,
and the rich he has sent away empty.
He has come to the help of his servant Israel
for he has remembered his promise of mercy,
the promise he made to our fathers,
to Abraham and his children forever.
Glory to the Father and to the Son and to the Holy
Spirit,
as it was in the beginning, is now, and will be forever.
Amen.

qui potens est,
et sanctum nomen eius,
et misericórdia eius in progénies
et progénies tíméntibus eum.
Fecit poténtiam in bráchio suo,
dispérsit supérbos mente cordis sui;
depósuit poténtes de sede
et exaltávit húmiles.
Esuriéntes implévit bonis
et dívites dimísit inánes.
Suscépit Ísrael púerum suum,
recordátus misericórdiæ,
sicut locútus est ad patres nostros,
Ábraham et sémini eius in sæcula.
Glória Patri et Fílio
et Spirítui Sancto.
Sicut erat in princípío,
et nunc et semper,
et in sæcula sæculórum.
Amen.

The Benedictus

Blessed be the Lord, the God of Israel;
he has come to his people and set them free.
He has raised up for us a mighty savior,
born of the house of his servant David.
Through his holy prophets he promised of old
that he would save us from our enemies,
from the hands of all who hate us.
He promised to show mercy to our fathers
and to remember his holy covenant.
This was the oath he swore to our father
Abraham:
to set us free from the hands of our enemies,
free to worship him without fear,
holy and righteous in his sight all the days of our life.
You, my child, shall be called the prophet of the Most
High;
for you will go before the Lord to prepare his way,
to give his people knowledge of salvation
by the forgiveness of their sins.
In the tender compassion of our God
the dawn from on high shall break upon us,
to shine on those who dwell in darkness and the
shadow of death,
and to guide our feet into the way of peace.
Glory to the Father and to the Son and to the Holy
Spirit,
as it was in the beginning, is now, and will be forever.
Amen.

The Te Deum

You are God: we praise you;
You are God: we acclaim you;
You are the eternal Father:
All creation worships you.
To you all angels, all the powers of heaven,
Cherubim and Seraphim, sing in endless praise:
Holy, holy, holy, Lord, God of power and might,
Heaven and earth are full of your glory.

Benedictus

Benedíctus Dóminus, Deus Ísrael,
quia visitávit
et fecit redemptiόνem plebi suæ,
et eréxit cornu salutis nobis
in domo David púeri sui,
sicut locútus est per os sanctórum,
qui a sæculo sunt, prophetárum eius,
salútem ex inimícis nostris
et de manu ómnium,
qui odérunt nos;
ad faciéndam misericórdiam
cum pátribus nostris
et memorári testaménti sui sancti,
iusiurándum, quod iurávit
ad Ábraham patrem nostrum,
datúrum se nobis,
ut sine timóre,
de manu inimicórum liberáti,
serviámus illi
in sanctitáte et iustítia coram ipso
ómnibus diébus nostris.
Et tu, puer,
prophéta Altíssimi vocáberis:
præíbis enim ante fáciem Dómini
paráre vias eius,
ad dandam sciéntiam salutis
plebi eius
in remissionem peccatórum eórum,
per víscera misericórdiæ Dei nostri,
in quibus visitábit nos óriens ex alto,
illumináre his, qui in ténebris
et in umbra mortis sedent,
ad dirigéndos pedes nostros
in viam pacis.
Glória Patri et Fílio
et Spirítui Sancto.
Sicut erat in princípío,
et nunc
et semper,
et in sæcula sæculórum. Amen.

Te Deum

Te Deum laudámus:
te Dóminum confitémur.
Te ætérnum Patrem,
omnis terra venerátur.
tibi omnes ángeli,
tibi cæli et univérsæ potestátes:
tibi chérubim et séraphim
incessábili voce proclámant:

The glorious company of apostles praise you.
The noble fellowship of prophets praise you.
The white-robed army of martyrs praise you.
Throughout the world the holy Church acclaims you:
Father, of majesty unbounded,
Your true and only Son, worthy of all worship,
And the Holy Spirit, advocate and guide.
You, Christ, are the king of glory,
The eternal Son of the Father.
When you became man to set us free
You did not spurn the Virgin's womb.
You overcame the sting of death,
And opened the kingdom of heaven to all believers.
You are seated at God's right hand in glory.
We believe that you will come, and be our judge.
Come then, Lord, and help your people,
Bought with the price of your own blood,
And bring us with your saints
To glory everlasting.
Save your people, Lord, and bless your inheritance.
Govern and uphold them now and always.
Day by day we bless you.
We praise your name forever.
Keep us today, Lord, from all sin.
Have mercy on us, Lord, have mercy.
Lord, show us your love and mercy;
For we put our trust in you.
In you, Lord, is our hope:
And we shall never hope in vain.

Sanctus, Sanctus, Sanctus,
Dóminus Deus Sábaoth.
Pleni sunt cæli et terra
maiestátis glóriæ tuæ.
Te gloriósus
apostolórum chorus,
te prophetárum
laudábilis número,
te mártýrum candidátus
laudat exércitus.
Te per orbem terrárum
sancta confitétur Ecclésia,
Patrem imménsæ maiestátis;
venerándum tuum verum
et únicum Fílium;
Sanctum quoque
Paráclitum Spíritum.
Tu rex glóriæ, Christe.
Tu Patris sempitérnus es Fílius.
Tu, ad liberándum susceptúrus
hóminem,
non horruísti Vírginis úterum.
Tu, devícto mortis acúleo,
aperuísti credéntibus regna cælórum.
Tu ad dexteram Dei sedes,
in glória Patris.
Iudex créderis esse ventúrus.
Te ergo quæsumus,
tuis fámulis súbveni,
quos pretióso sáanguine redemísti.
Ætérna fac cum sanctis tuis
in glória numerári.
Salvum fac pópulum tuum, Dómine,
et bédedic hereditáti tuæ.
Et rege eos, et extólle illos
usque in ætérnum.
Per síngulos dies benedícimus te;
et laudámus nomen tuum
in sæculum, et in sæculum sæculi.
Dignáre, Dómine,
die isto sine peccáto nos custodíre.
Miserére nostri, Dómine, miserére nostri.
Fiat misericórdia tua,
Dómine, super nos,
quemádmódum sperávimus in te.
In te, Dómine, sperávi:
non confúndar in ætérnum.

B) FORMULAS OF CATHOLIC DOCTRINE

The two 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 Golden Rule (*Matthew 7:12*):

Do to others as you would have them do to you.

The Beatitudes (*Matthew 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 three theological virtues:

1. Faith
2. Hope
3. Charity

The seven gifts of the Holy Spirit:

1. Wisdom
2. Understanding
3. Counsel
4. Fortitude
5. Knowledge
6. Piety
7. Fear of the Lord

The seven corporal works of mercy:

1. Feed the hungry.
2. Give drink to the thirsty.
3. Clothe the naked.
4. Shelter the homeless.
5. Visit the sick.
6. Visit the imprisoned.
7. Bury the dead.

The twelve fruits of the Holy Spirit:

1. Charity

The four cardinal virtues:

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

The seven capital sins:

1. Pride
2. Covetousness
3. Lust
4. Anger
5. Gluttony
6. Envy
7. Sloth

The seven spiritual works of mercy:

1. Counsel the doubtful.
2. Instruct the ignorant.
3. Admonish sinners.
4. Comfort the afflicted.
5. Forgive offenses.
6. Bear wrongs patiently.
7. Pray for the living and the dead.

The five precepts of the Church:

1. You shall attend Mass on Sundays and on holy days

2. Joy
3. Peace
4. Patience
5. Kindness
6. Goodness
7. Generosity
8. Gentleness
9. Faithfulness
10. Modesty
11. Self-control
12. Chastity

The four last things:

1. Death
2. Judgment
3. Hell
4. Heaven

The Holy Days of Precept for U.S. Catholics:

1. Sunday
2. January 1, the solemnity of Mary, Mother of God
3. Thursday of the Sixth Week of Easter, the solemnity of the Ascension
4. August 15, the solemnity of the Assumption of the Blessed Virgin Mary
5. November 1, the solemnity of All Saints
6. December 8, the solemnity of the Immaculate Conception
7. December 25, the solemnity of the Nativity of Our Lord Jesus Christ

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.