

## BASIC TRUTHS EVERY CATHOLIC SHOULD KNOW

What is a sacrament? A sacrament is an outward sign, instituted by Christ, to give grace.

What is grace? Grace is the free and undeserved gift of sharing in God's life.

How many sacraments are there? There are 7 sacraments.

**SACRAMENTS OF INITIATION (3)** in proper order. Described and the signs.

### **1. BAPTISM**

Using water and the words *(name), I baptize you in the name of the Father, the Son and the Holy Spirit*, the one baptized is washed clean of Original Sin and actual sins. They are incorporated into Christ and made a member of His Body, the Church.

Sign: Water

### **2. CONFIRMATION**

Invokes the gift of the Holy Spirit upon a baptized person. Anointing of the candidate with Holy Chrism using the words *(name), be sealed with the Holy Spirit*.

Sign: Laying on of hands by a bishop or delegated priest and anointing with Holy Chrism

### **3. EUCHARIST**

Through the power of the Holy Spirit and the words of the priest, the bread and wine become the Body and Blood of Christ.

Sign: Bread and Wine (Body and Blood of Jesus Christ)

**SACRAMENTS OF HEALING (2)**

### **4. RECONCILIATION**

Reception of God's forgiveness of sins. Penance is performed to show that we are truly sorry and want to do better.

Sign: Words of Absolution

### **5. ANOINTING OF THE SICK**

A priest offers God's healing grace to strengthen our faith, hope and love for God when we are ill, weakened by old age or dying.

Sign: Laying on of hands and anointing with Oil of the Sick

**SACRAMENTS OF SERVICE OR VOCATION (2)**

### **6. HOLY MATRIMONY**

Marriage. A covenant between a baptized man and a baptized woman and God.

Sign: Marriage vows

### **7. HOLY ORDERS**

A baptized man is consecrated to serve the whole church as a bishop, priest or deacon.

Sign: Laying on of hands by a bishop

## THE TEN COMMANDMENTS

1. There is only one God. You shall not have strange gods before me.
2. Do not use the name of God in vain.
3. Remember to keep Sunday Holy.
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 GIFTS OF THE HOLY SPIRIT

- |                             |  |
|-----------------------------|--|
| 1. Wisdom                   | 5. Knowledge                                     |
| 2. Understanding            | 6. Piety (love)                                  |
| 3. Counsel (right judgment) | 7. Fear of the Lord (reverence, awe of the Lord) |
| 4. Fortitude                |  |

## PRECEPTS OF THE CHURCH

*From Catechism of the Catholic Church #2041-2043*

1. **You shall attend Mass on Sundays and Holy Days of Obligation.**  
Sunday, the day of the Resurrection, should be treated differently from the other days of the week. We do that in making the day holy by attending Mass and refraining from doing unnecessary work. Holy Days of Obligation, when we celebrate special feasts of Jesus, the Blessed Mother and the saints, should be marked the same way.
2. **You shall confess your sins at least once a year.**  
This obliges, in particular, those who are conscious of serious sin. Regular reception of the sacrament of Reconciliation helps to prepare us not only to receive the Eucharist, but also to continue the process of conversion begun in Baptism.
3. **You shall receive the sacrament of the Eucharist at least during the Easter season.**  
In the United States, this extends from the First Sunday of Lent to Trinity Sunday. Because the Holy Eucharist is both the source and summit of life for all in the Church, the Church teaches that every member, for his or her own good, must receive Communion minimally at least once a year.
4. **You shall observe the prescribed days of fasting and abstinence.**  
*Fasting* is refraining from food or drink to some degree. *Abstinence* is refraining from eating meat. The Church identifies specific days and times of fasting and abstinence to prepare the faithful for certain liturgical feasts; such actions of sacrifice can also help us to grow in self-discipline and in holiness.
5. **You shall help to provide for the needs of the Church.**  
This means contributing to the support of the activities of the Church with time, talent and financial resources, each according to their ability.