

The 10 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. Remember to 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 cover your neighbor's wife.
10. You shall not covet your neighbor's goods.

The (Eight) Beatitudes

1. Blessed are the poor in spirit, for theirs is the kingdom of heaven.
2. Blessed are they who mourn, for they will be comforted.
3. Blessed are the meek, for they will inherit the land.
4. Blessed are they who hunger and thirst for righteousness, for they will be satisfied.
5. Blessed are the merciful, for they will be shown mercy.
6. Blessed are the clean of heart, for they will see God.
7. Blessed are the peacemakers, for they will be called children of God.
8. Blessed are they who suffer persecution for the sake of righteousness, for theirs is the kingdom of heaven.

The 12 Fruits of the Holy Spirit (Results of the Gifts of the Holy Spirit)

1. Charity
2. Joy
3. Peace
4. Patience
5. Benignity (Kindness and Gentleness)
6. Goodness
7. Longanimity (Calmness in the face of long suffering)
8. Mildness
9. Faith
10. Modesty
11. Continity (self-control in matters of purity)
12. Chastity (purity in thought, word and action)

Three Theological Virtues

1. Faith
2. Hope
3. Charity (Love)

Seven Capital Sins

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

The Seven (7) Sacraments

1. Baptism
2. Penance
3. Eucharist
4. Confirmation
5. Holy Orders
6. Matrimony
7. Anointing of the Sick

Spiritual Works of Mercy

1. To admonish 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 all injuries.
7. To pray for the living and the dead.

Corporal Works of Mercy

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

Seven Gifts of the Holy Spirit

1. Wisdom
2. Understanding
3. Counsel (Right judgment)
4. Courage
5. Knowledge
6. Piety (Reverence)
7. Fear of the Lord

Seven Capital Virtues

1. Humility
2. Generosity
3. Chastity
4. Mildness
5. Temperance
6. Friendship
7. Diligence

The Sign of the Cross: In the name of the Father, and of the Son, and of the Holy Spirit. Amen.

The Stations of the Cross

1. Jesus is condemned to death on the cross.
2. Jesus carries His cross.
3. Jesus falls the first time.
4. Jesus meets His sorrowful mother.
5. Simon the Cyrene helps Jesus carry His cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time.
8. Jesus meets and speaks to the women of Jerusalem.
9. Jesus falls the third time.
10. Jesus is stripped of his garments.
11. Jesus is nailed to the cross.
12. Jesus dies on the cross.
13. Jesus is taken down from the cross and laid in His mother's arms.
14. Jesus is placed in the tomb.
15. Jesus rises from the dead.

The Mysteries of the Rosary

The Joyful Mysteries

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

The Luminous Mysteries (Mysteries of Light)

1. Jesus is Baptized in the River Jordan
2. Jesus' first miracle at the Wedding at Cana
3. Jesus Proclaims His Kingdom
4. Jesus is Transfigured on the Mountain
5. Jesus institutes the Holy Eucharist at the Last Supper

The Sorrowful Mysteries

1. The Agony in the Garden
2. Jesus is Scourged at the pillar.
3. Jesus is crowned with thorns.
4. Jesus carries His cross.
5. Jesus is crucified and dies on the cross.

The Glorious Mysteries

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

Prayers for Recitation and Memory

An Act of Contrition (select one of the following versions):

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 dies for us. In His name, my God, have mercy. Amen.

Oh My God, I am heartily sorry for having offended you and I detest all my sins because of your just punishments, but most of all because they offend you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to sin no more and to avoid the near occasions of sin. Amen.

Oh My God, I am heartily sorry for having offended you 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 you, my God, who are all good and deserving of all my love. I firmly resolve, with the help of Your grace, to confess my sins, to do penance and to amend my life. 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.

The Angelus (*this prayer is traditionally recited at 6 AM, noon and 6 PM*)

V. The Angel of the Lord appeared unto Mary

R. And she conceived of the Holy Spirit

Hail Mary, full of grace, the Lord is with you. Blessed are you among women, and blessed is the fruit of your 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. Let it be done to 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, Oh holy Mother of God,

R. That we may become worthy of the promises of Christ

Pour forth, we beseech thee, Oh Lord, thy grace into our hearts, that we to whom the incarnation of Christ was made known by the message of an angel, may, by his passion and death, be brought to the glory of His resurrection, through Christ our Lord. Amen.

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 power of 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 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.

Eternal Rest

Eternal Rest, grant to him(her), O Lord, and let perpetual light shine upon him (her);
May his (her) soul and the souls of all the faithful departed, through the mercy of God, rest in peace. Amen.

Glory Be (The Doxology):

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.

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.

Grace After Meals

We give you thanks for all your benefits, Almighty God, who lives and reigns, now and forever. May the souls of all the faithful departed through the mercy of God rest in peace. Amen.

Hail, Holy Queen

Hail, Holy Queen, Mother of mercy, Hail, our life, our sweetness and our hope. To you we cry, poor banished children of Eve; to you we send up our sighs, mourning and weeping in this vale of tears. Turn, then, most gracious advocate, your eyes of mercy toward us; and after this, our exile, show 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.

Hail Mary

Hail Mary, full of grace, The Lord is with you. Blessed are you among women, and blessed is the fruit of your womb, Jesus. Holy Mary, Mother of God, pray for us sinners, now, and at the hour of our death. Amen.

The Confiteor (I Confess)

I confess to Almighty God, and to you my brothers and sisters, that I have sinned through my own fault in my thoughts and in my words, in what I have done, and in what I have failed to do: and I ask blessed Mary, ever Virgin, all the Angels and Saints and you, my brothers and sisters, to pray for me to the Lord our God.

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.

Morning Offering

O Jesus, through the Immaculate Heart of Mary, I offer you all of my prayers, works, joys and 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, the reunion of all Christians. I offer them for the intentions of our bishops, and of all Apostles of Prayer, in particular for those recommended by our Holy Father this month. Amen.

The Nicene Creed (The Profession of Faith)

We believe in one God, the Father, the Almighty, maker of heaven and earth, of all that is seen and unseen. We believe in one Lord, Jesus Christ, the only Son of God, eternally begotten of the Father, God from God, Light from Light, true God from true God, begotten, not made, one in Being with the Father. Through Him all things were made. For us men and for our salvation He came down from heaven; by the power of the Holy Spirit He was born of the Virgin Mary, and became man. For our sake He was crucified under Pontius Pilate; He suffered, died and was buried. On the third day He rose again in fulfillment of 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. We believe in the Holy Spirit, the Lord, the giver of life, who proceeds from the Father and the Son. With the Father and the Son He is worshiped and glorified. He has spoken through the Prophets. We believe in one, holy, catholic and apostolic Church. We acknowledge one baptism for the forgiveness of sins. We look for the resurrection of the dead, and the life of the world to come. Amen.

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.