

First Grade

1. Sign of the Cross
2. The Lord's Prayer
3. Hail Mary
4. Glory Be
5. Grace before Meals

Second Grade

All in previous grade, plus

6. Angel of God Prayer
7. Mass responses
8. Act of Contrition
9. Two Main Parts of the Mass
10. Two Main Parts of the Bible
11. Sacraments of Penance and Eucharist

Third Grade

All in previous grades, plus

12. Trinity
13. Apostles' Creed
14. Great Commandment
15. Ten Commandments
16. Locate Bible passages by book, chapter, and verse
17. Introduce the Liturgical Year

Fourth Grade

All in previous grades, plus

18. Spiritual and Corporal Works of Mercy
19. Fruits of the Spirit
20. Hail Holy Queen
21. How to Pray the Rosary

Fifth Grade

All in previous grades, plus

- 22. Sacraments
- 23. Gifts of the Holy Spirit
- 24. Order of the Mass
- 25. Prayer to the Holy Spirit
- 26. Eucharistic Adoration

Sixth Grade

All in previous grades, plus

- 27. Holy Days of Obligation
- 28. Beatitudes
- 29. Nicene Creed
- 30. Old Testament Books

Seventh Grade

All in previous grades, plus

- 31. Stations of the Cross
- 32. New Commandment
- 33. New Testament Books
- 34. Mysteries of the Rosary

Eighth Grade

All in previous grades, plus

- 35. Theological and Cardinal Virtues
- 36. Precepts of the Church
- 37. Days of Fasting and Abstinence
- 38. Sacraments (their scriptural foundations)

1. THE SIGN OF THE CROSS: In the name of the Father, and of the Son, and of the Holy Spirit.

Amen.

2. THE LORD'S PRAYER: 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.

3. HAIL MARY: Hail Mary, full of grace, the Lord is with thee. Blessed art thou amongst 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.

4. 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.

5. GRACE BEFORE MEALS: Bless us O Lord, and these thy gifts, which we are about to receive from thy bounty, through Christ, Our Lord. Amen.

6. 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.

7. MASS RESPONSES (basic responses)

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

The Lord be with you. And with your spirit.

The Word of the Lord. Thanks be to God.

A reading from the holy Gospel according to [name]. Glory to you, O Lord.

The Gospel of the Lord. Praise to you, Lord Jesus Christ.

The Lord be with you. And with your spirit.

Lift up your hearts. We lift them up to the Lord.

Let us give thanks to the Lord our God. It is right and just.

The peace of the Lord be with you always. And with your spirit.

The Body of Christ. Amen

May Almighty God bless you, the Father, and the Son, and the Holy Spirit. Amen.

Go in peace. Thanks be to God.

8. 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.

9. TWO MAIN PARTS OF THE MASS: (1) Liturgy of the Word and (2) Liturgy of the Eucharist

10. TWO MAIN PARTS OF THE BIBLE: (1) Old Testament and (2) New Testament

11. SACRAMENTS OF PENANCE AND EUCHARIST

Individual Rite of Reconciliation

-Welcome

-Reading from Scripture (optional)

-Confession of Sins

-Priest assigns a penance

-Act of Contrition

-Absolution

-Closing Prayer

How to receive Holy Communion

-To receive Holy Communion, you must be free from mortal sin and sorry for any venial sin committed since your last confession. The penitential rite at the beginning of Mass is an opportunity to express your sorrow.

-To honor the Lord, we fast for one hour before receiving Holy Communion. Fasting means going without food and drink, except water and medicine.

-Catholics are required to receive Holy Communion at least once a year during Easter time. But, it is important to receive Holy Communion often—if possible, at every Mass.

-Usually, Catholics are permitted to receive Holy Communion only once a day. There are some exceptions, such as attendance at a wedding or funeral liturgy.

-If a Catholic is not able to receive Holy Communion, it is still a serious obligation to attend Mass on Sundays and Holy Days of Obligation. If one cannot receive Holy Communion at Mass, one may make a Spiritual Communion to our Lord in prayer by expressing one's desire to receive Him in one's heart.

12. TRINITY: The Trinity is the Christian belief that there is one God who has revealed himself as three divine persons: God, the Father, God the Son, & God the Holy Spirit.

13. 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.

14. GREAT COMMANDMENT (Mt 22:34-40; Mk 12:28-34; Lk 10:25-28): You shall love the Lord your God with all your heart, and with all your soul, with all your strength, and with all your mind. You shall love your neighbor as yourself.

15. THE TEN COMMANDMENTS (Ex. 20:1-17)

I. I am the Lord your God; you shall not have strange gods before me.

II. You shall not take the name of the Lord your God in vain.

III. Remember to keep holy the Lord's Day.

IV. Honor your father and your mother.

V. You shall not kill.

VI. You shall not commit adultery.

VII. You shall not steal.

VIII. You shall not bear false witness against your neighbor.

IX. You shall not covet your neighbor's wife.

X. You shall not covet your neighbor's goods.

16. LOCATE BIBLE PASSAGES BY BOOK, CHAPTER, AND VERSE

For example: Genesis 1:13-14. Genesis is the name of the book in the Bible; the number before the colon stands for the chapter; the number(s) after the colon stands for the verse(s).

17. LITURGICAL YEAR: The church follows a prayer calendar known as the Liturgical Year. Each year, the church celebrates the Paschal Mystery (the passion, death and resurrection of Jesus Christ) through different seasons and feasts. When it is not a particular season, it is Ordinary Time. The liturgical color for Ordinary Time is green. The liturgical year begins with the First Sunday of Advent and ends the last Sunday of Ordinary Time, which celebrates the Solemnity of Christ the King.

Advent: Advent begins four Sundays before Christmas. During the season of Advent we prepare for the second coming of Christ at the end of time as well as the coming of Jesus at Christmas.

The liturgical colors of Advent are Purple and Rose.

Christmas: Christmas begins on Christmas day and ends with the Baptism of our Lord. During the Christmas season we celebrate that God became flesh in the incarnation of Jesus Christ. The liturgical color for Christmas is white.

Lent: Lent is a penitential season beginning on Ash Wednesday and ending on Holy Thursday (before Easter Sunday). The Church recalls the 40 days that Jesus spent in the desert fasting and praying. The liturgical color for Lent is purple.

Triduum: The Church celebrates the Triduum, which means three days, that Jesus went through his passion, death and Resurrection. These three days are Holy Thursday, Good Friday and Holy Saturday.

Easter: The Easter Season is time for rejoicing. It begins with Easter and continues for fifty days until the Holy Spirit was given on the Feast of Pentecost. The liturgical color for Easter is white.

Ordinary Time: During Ordinary Time, the Church reflects on the words and deeds of Jesus and learns how to live the faith it has received.

18. SPIRITUAL AND CORPORAL WORKS OF MERCY

Spiritual Works of Mercy: 1) To instruct the ignorant. 2) To counsel the doubtful. 3) To admonish sinners. 4) To bear wrongs patiently. 5) To forgive offenses. 6) To comfort the afflicted. 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 shelter the homeless. 5) To visit the sick. 6) To visit those in prison. 7) To bury the dead.

19. FRUITS OF THE SPIRIT (Gal 5:22-23): Charity, Peace, Kindness, Generosity, Faithfulness, SelfControl, Joy, Patience, Goodness, Gentleness, Modesty, Chastity

20. HAIL HOLY QUEEN: Hail, Holy Queen, Mother of mercy, our life, our sweetness and our hope. To thee do we cry, poor banished children of Eve. To thee do we send up our sighs, mourning and weeping in this valley of tears. Turn then, most gracious Advocate, thine eyes of mercy toward us, and after this our exile, show unto us the blessed fruit of thy womb, Jesus. O clement, O loving, O sweet Virgin Mary!

21. HOW TO PRAY THE ROSARY (know prayers on various beads) Begin the rosary with the Sign of the Cross. Recite the Apostle's Creed. Pray one Our Father, three Hail Mary's, one Glory Be. To pray each decade, meditate on the Mystery saying the Our Father on the large single bead and a Hail Mary on each of the ten smaller beads. Close each decade by praying the Glory Be. Pray the Hail, Holy Queen as the last prayer of the rosary.

22. SACRAMENTS: Sacraments are effective signs of God's grace, established by Jesus and given to his Church, to give life to us. The seven sacraments are divided into 3 categories.

1. Sacraments of Initiation:

Baptism is the sacrament of rebirth through which we are freed from sin, become children of God, and are welcomed into the Body of Christ, the Church.

Confirmation is the sacrament that strengthens the grace of Baptism, celebrates the gifts of the Holy Spirit, and empowers us to profess, live, and spread the faith.

Eucharist is the sacrament that makes present Jesus' sacrifice on the cross and invites us to share the Lord's Supper as we receive his Body and Blood under the appearances of bread and wine.

2. Sacraments of Healing:

Penance is the sacrament that celebrates God's forgiveness of sins by way of a contrite heart, the confession of sin, and absolution from the priest.

Anointing of the Sick is the sacrament in which Jesus Christ, through the anointing with sacred

oil and prayers of the priest, gives health, strength, and forgiveness to the seriously ill and suffering.

3. Sacraments of Service:

Matrimony is the sacrament in which a baptized man and a baptized woman commit to a faithful union of life, love, and service to one another and to the Church. This sacrament is properly fulfilled within a liturgical celebration in the presence of a priest or a deacon. The husband and wife enter this sacrament with freedom of choice, faithfulness to each other, and the acceptance and upbringing of children in the faith.

Holy Orders is the sacrament in which baptized men are ordained as bishops, priests, or deacons to serve the Church in the name of Jesus Christ.

23. GIFTS OF THE SPIRIT (Is 11:1-2): Wisdom, Understanding, Counsel (Right Judgment), Fortitude (Courage), Knowledge, Piety (Reverence), Fear of the Lord (Wonder and Awe in God's Presence)

24. ORDER OF MASS (describe 4 main parts.)

Introductory Rites

-Entrance (with song)

-Veneration of the Altar and Greeting

-Penitential Rite or Rite of Blessing and Sprinkling with Holy Water

-Glory to God (Gloria – except during Advent and Lent)

-Opening Prayer

Liturgy of the Word

-First Reading (usually from the Old Testament or the Acts of the Apostles)

-Responsorial Psalm

-Second Reading (not on weekdays unless a Feast – from the New Testament Letters)

-Gospel Acclamation (Alleluia, except during Lent)

-Gospel Reading

-Homily

-Profession of Faith (Creed)

-General Intercessions

Liturgy of the Eucharist

- Preparation of the Gifts (with music or song)
- Eucharistic Prayer (with sung acclamations – Holy-Holy [Sanctus], Memorial Acclamation, Great Amen)
- Distribution of Communion (with song)
- Concluding Rite
- Greeting
- Blessing
- Recessional (with song)

25. 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. Lord, by the light of the Holy Spirit you have taught the hearts of your faithful. In the same Spirit, help us to relish what is right and always rejoice in your consolation. We ask this through Christ our Lord. Amen.

26. EUCHARISTIC ADORATION: Adoration is when the priest or deacon takes a consecrated Host and places it in a monstrance for people to pray before Jesus, that is, for people to adore Jesus present in the Blessed Sacrament.

27. HOLY DAYS OF OBLIGATION

In the United States, the 5 Holy Days of Obligation are: January 1 (Mary, Mother of God); August 15 (Assumption of Mary); November 1 (All Saints Day); December 8 (The Immaculate Conception); and December 25 (Christmas).

28. BEATITUDES (Mt 5:1-12) (Lk 6:20-26) (familiarity)

- Blessed are the poor in spirit, for theirs is the kingdom of heaven.
- Blessed are the meek; for they shall possess the land.
- Blessed are they that mourn; for they shall be comforted.
- Blessed are those who hunger and thirst for justice, for they shall have their fill.
- Blessed are the merciful, for they shall obtain mercy.
- Blessed are the pure of heart, for they shall see God.
- Blessed are the peacemakers; for they shall be called the children of God.
- Blessed are those who are persecuted for justice sake; for theirs is the kingdom of heaven.

29. 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.

30. OLD TESTAMENT BOOKS (Be able to identify 2 books in each category.)

Pentateuch: Genesis, Exodus, Leviticus, Numbers, Deuteronomy

Historical Books: Joshua, Judges, Ruth, 1Samuel, 2Samuel, 1Kings, 2Kings, 1Chronicles, 2Chronicles, Ezra, Nehemiah, Tobit, Judith, Esther, 1Maccabees, 2Maccabees,

Wisdom Books: Job, Psalms, Proverbs, Ecclesiastes, Song of Songs, Wisdom, Sirach

Prophetic Books: Isaiah, Jeremiah, Lamentations, Baruch, Ezekiel, Daniel, Hosea, Joel, Amos, Obadiah, Jonah, Micah, Nahum, Habakkuk, Zephaniah, Haggai, Zechariah, Malachi

31. STATIONS OF THE CROSS (Be familiar with stations.)

I. Jesus is condemned to die.

II. Jesus takes up the cross.

III. Jesus falls the first time.

IV. Jesus meets his mother.

V. Simon helps Jesus carry the cross.

VI. Veronica wipes the face of Jesus.

VII. Jesus falls the second time.

VIII. Jesus meets the women of Jerusalem.

IX. Jesus falls the third time.

X. Jesus is stripped of his garments.

XI. Jesus is nailed to the cross.

XII. Jesus dies on the cross.

XIII. Jesus is taken down from the cross.

IX. Jesus is laid in the tomb.

32. NEW COMMANDMENT (Jn 13:34)

This is my commandment, that you love one another as I have loved you.

33. NEW TESTAMENT BOOKS (Be able to name the 4 gospels and recognize the other books.)

Narrative Books – Gospel of Matthew, Gospel of Mark, Gospel of Luke, Gospel of John, Acts of the Apostles

Letters/Epistles – Romans, 1Corinthians, 2Corinthians, Galatians, Ephesians, Philippians,

Colossians, 1Thessalonians, 2Thessalonians, 1Timothy, 2Timothy, Titus, Philemon, Hebrews,

James, 1Peter, 2Peter, 1John, 2John, 3John, Jude, Revelation

Apocalyptic Literature – Revelation

34. MYSTERIES OF THE ROSARY

Joyful Mysteries: The Annunciation, The Visitation, The Nativity, The Presentation, The Finding of Jesus in the Temple

Sorrowful Mysteries: The Agony in the Garden, The Scourging at the Pillar, The Crowning with Thorns, The Carrying of the Cross, The Crucifixion

Glorious Mysteries: The Resurrection, The Ascension, The Coming of the Holy Spirit, The Assumption, The Coronation of Mary as Queen of Heaven

Luminous Mysteries: The Baptism in the Jordan, The Miracle at Cana, The Proclamation of the Kingdom of God, The Transfiguration and The Institution of the Eucharist

35. THEOLOGICAL AND CARDINAL VIRTUES

Virtue – A spiritual habit which helps us to do God’s will.

Theological virtues: Faith, Hope, Love

Faith – firmly believing all God has revealed to the Church

Hope – firmly trusting in salvation and that God gives us sufficient graces to become holy

Charity (Love) – loving God above all else & loving our neighbor

Cardinal virtues Prudence, Justice, Fortitude, Temperance

Prudence – a practical use of reason to judge what is right and wrong

Justice – determination to give God and individuals what is rightfully due to them

Fortitude – strength (courage) to overcome fear and obstacles to God’s will

Temperance – helps us to control our desires and passions as we use the goods of creation

36. THE PRECEPTS OF THE CHURCH

These precepts are meant to guarantee to the faithful the very necessary minimum in the spirit of prayer and moral effort, in the growth in love of God and neighbor. These 5 Precepts are 1) To attend Mass on Sundays and Holy Days of Obligation, and resting from servile works. 2) To observe the days of abstinence and fasting. 3) To confess our sins to a priest, at least once a year. 4) To receive Our Lord Jesus Christ in the Holy Eucharist at least once a year during Easter Season. 5) To contribute to the support of the Church.

37. DAYS OF FASTING AND ABSTINENCE

Every Catholic, even children and older adults, should participate in some way in the spiritual disciplines and penitential practices of Lent.

-Ash Wednesday and Good Friday are days of fast and abstinence. This means that we do not eat meat and that we have one full meal on these days. Concerning the Good Friday fast, the Second Vatican Council teaches: —Let the Easter fast be kept sacred. Let it be celebrated everywhere on Good Friday and, where possible, prolonged throughout Holy Saturday, so that the joys of the Sunday of the Resurrection may be attained with uplifted and clear mind.¶

-The other Fridays of the Season of Lent are also days of abstinence from meat. The obligation to abstain from meat binds all Catholics 14 years of age and older. The obligation to fast, limiting oneself to one full meal and two lighter meals in the course of the day, binds

Catholics from the age of 18 until after their 60th birthday. Those who are younger or older are encouraged to participate and may freely embrace these disciplines. However, these disciplines should never endanger one's health.

38. SACRAMENTS (scriptural foundations)

Baptism — Repent and be baptized (Acts 2:37-41). (cf. Mt 3:13-17; Mk 1:9-11; Rom 6:3-4)

Confirmation — He has also put his seal upon us and given the Spirit in our hearts (2 Cor 1:21-22). (cf. Jn 1:33-34; Acts 2:1-4; Gal 5:22-23)

Eucharist — For as often as you eat this bread and drink the cup you proclaim the death of the Lord until he comes (1 Cor 11:26). (cf. Gn 14:17-20; Mt 14:13-21; Lk 9:10-17)

Penance — Whose sins you forgive are forgiven them, and whose sins you retain are retained (Jn 20:19-23). (cf. Gn 45:1-15; Mt 5:21-26; Mk 2:1-12)

Anointing of the Sick — Is anyone among you sick? He should summon the presbyters of the church, and they should pray over him and anoint him with oil (Jas 5:14-16). (cf. Ps 23; Mk 6:7-13; Jas 5:13-15)

Matrimony — The two shall become one flesh (Eph 5:21-33, Mt 19:1-12; Jn 2:1-11; 1 Cor 13)

Holy Orders — Do not neglect the gift you have which was conferred on you through the prophetic word and the imposition of hands of the presbyterate (1 Tim 4:11-16). (cf. Mt 10:1-4; Luke 6:12-16; Rom 12:1-8; 1 Tim 3:1-13)