

PRAYERS, VIRTUES, SINS, PARTS OF THE MASS, BIBLE, ETC.

Sign of the Cross (cf.232)

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

Doxology

Glory be 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.

Hail Mary (cf. 2676-2677)

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.

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, almighty God, for these and all your gifts which we have received through Christ our Lord. Amen.

Prayer to Guardian Angel (cf. 336)

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.

Our Father (cf. 2759)

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.

Morning Offering

Jesus, through the Immaculate Heart of Mary, I offer you all my prayers, works, joys, and sufferings of this day for all the intentions of your most Sacred Heart. In union with the Most Holy Sacrifice of the

Mass throughout the world, in reparation for my sins, for the intentions of all, and in particular for the holy Father's intentions.

Act of Contrition (cf. 1451)

My God, I am sorry for my sins with all my heart, and I detest them.. 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. Amen.

Act of Contrition

O God, I am sorry for all my sins. I will try to not sin again. Amen..

Seven Sacraments (cf. 1210)

- Baptism
- Confirmation
- Eucharist
- Reconciliation
- Matrimony
- Holy Orders
- Anointing of the Sick

Liturgical Year	
△	Advent
△	Christmas
△	Ordinary Time
△	Lent
△	Triduum
△	Easter
△	Ordinary Time

Two Great Commandments

- You shall love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength.
- You shall love your neighbor as yourself. (*Mt.22:37-40; Mk 12:29-31; Lk 10:27*)

Apostles Creed (cf.194, 197)

I believe in God, the Father Almighty, creator of heaven and earth. I believe in Jesus Christ, his only Son, our Lord. He was conceived by the power of the Holy Spirit, and born of the Virgin Mary. He suffered under Pontius Pilate, was crucified, died, and was buried. He descended to the dead. On the third day he rose again. He ascended into heaven and is seated at the right hand of the Father. He will come again to judge the living and the dead. I believe in the Holy Spirit, the holy Catholic Church, the forgiveness of sins, the resurrection of the body, and life everlasting. Amen.

Stations of the Cross

1. Jesus is condemned to death.
2. Jesus takes up his cross.
3. Jesus falls the first time.
4. Jesus meets his mother.
5. Simon helps Jesus carry the cross.
6. Veronica wipes the face of Jesus.
7. Jesus falls the second time
8. Jesus meets 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
14. Jesus is laid in the tomb.

Twelve Apostles (cf. Mk 3:14-19)

1. Peter
2. Andrew
3. James
4. John
5. Philip
6. Thomas
7. Bartholomew
8. Matthew
9. James the Less
10. Jude
11. Simon
12. Judas

Act of Faith

My God, I firmly believe you are one in God in three Divine Persons, Father, Son, and Holy Spirit. I believe in Jesus Christ, your son, who became man and died for our sins, and who will come to judge the living and the dead. I believe these and all the truths which the Holy Catholic Church teachers, because you have revealed them, who can neither deceive nor be deceived. Amen,

Act of Hope

O my God, trusting in your infinite goodness 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.

Act of Love

My God, I love you above all things, with my whole heart and soul, because you are all good and worthy of all my love. I love my neighbor as myself for love of you. I forgive all who have injured me, and I ask pardon of all whom I have injured. Amen.

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, we fly unto you, O virgin of virgins, our mother. To you do we come, before you we stand, sinful and sorrowful. O mother of the Word Incarnate, despise not our petitions, but in your mercy, hear and answer us. Amen.

Ten Commandments (cf.2084)

1. I am the Lord your God; you shall have no other 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 covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

(cf Ex.20:1-17; Dt. 5,6:21)

Beatitudes (cf. 1716)

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

Prayer to the Holy Spirit (cf. 2617)

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

Let us pray:

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

Holy Days of Obligation (cf.2177)

- ◆ Solemnity of Mary, Mother of God (Jan. 1)
- ◆ Ascension (40 days after Easter)
- ◆ Assumption of Mary (August 15)
- ◆ All Saints Day (November 1)
- ◆ Immaculate Conception (December 8)
- ◆ Christmas (December 25)

Spiritual Works of Mercy (cf. 2447)

- ★ Share knowledge.
- ★ Give advice to those who need it.
- ★ Comfort those who suffer.
- ★ Be patient with others,.
- ★ Forgive those who hurt you.
- ★ Give correction to those who need it.
- ★ Pray for the living and the dead.

Corporal Works of Mercy (cf. 2447)

- ▶ Feed the hungry.
- ▶ Give drink to the thirsty.
- ▶ Shelter the homeless.
- ▶ Clothe the naked.
- ▶ Care for the sick.
- ▶ Help the imprisoned.

The Rosary (cf. 971)

Joyful Mysteries

(Mondays, Thursdays, Sundays in Advent)

- The Annunciation (Lk 1:30-33)
- The Visitation (Lk 1:50-53)
- The Birth of Our Lord (Lk 2:10-11)
- Presentation of Jesus in the Temple (Lk 2:29-32)
- The Finding of Jesus in the Temple (Lk 2:48-52)

Sorrowful Mysteries

(Tuesdays, Fridays, & Sundays in Lent)

- The Agony of Jesus in the Garden ((Mt 26:38-39)
- The Scourging at the Pillar (Jn 19:1)

- The Crowning of Thorns (Mk 15:16-17)
- The Carrying of the Cross (Jn 19:17)
- The Crucifixion (Jn 19:28-30)

Glorious Mysteries

(Wednesdays, Saturdays, & Sundays)

- The Resurrection of Jesus (Mk 16:-8)
- The Ascension of Jesus into Heaven (Acts 1:10-11)
- The Descent of the Holy Spirit on the Apostles (Pentecost) (Acts 2:1-4)
- The Assumption of Mary into heaven
- The Crowing of Mary as Queen of heaven

Prayer of St. Francis

Lord, make me an instrument of your peace.

where there is hatred, let me so love,
 where there is injury, pardon;
 where there is doubt, faith;
 where there is despair, hope;
 where there is darkness, light;
 where there is sadness, joy.

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,
 it is in dying that we are born to eternal life.

Regina Coeli

(replaces Angelus in Eastertime)

Queen of heaven, rejoice, alleluia.

For he whom you were worthy to bear, alleluia.

Has risen as he said, alleluia.

Pray for us to God, alleluia.

Because the Lord is truly risen, alleluia.

Let us pray: O God, who by the resurrection of your Son, our Lord Jesus Christ, granted joy to the whole world; grant, we beg you, that through the intercession of the Virgin Mary, his mother, we may lay hold of the joys of eternal 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, 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.

Fruits of the Holy Spirit (cf. 1832)

- Charity
- Joy
- Peace
- Patience
- Goodness
- Kindness
- Long Suffering
- Humility
- Faithfulness
- Modesty
- Contenance
- Chastity

Four Marks of the Catholic Church (cf. 750)

- One
- Holy
- Catholic
- Apostolic

Capital Sins (cf. 1866)

- ⊠ Greed
- ⊠ Anger
- ⊠ Envy
- ⊠ Lust
- ⊠ Pride
- ⊠ Sloth

Nicene Creed (cf. 195, 197)

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 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.

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 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. May almighty God have mercy on us, forgive us our sins, and bring us to everlasting life. Amen.

Precepts of the Church (cf. 2042-2043)

1. Attend Mass on Sundays and holy days of obligation, doing no unnecessary physical work on those days.
2. Confess serious sins at least once a year.
3. Receive holy Communion frequently and, at a minimum, during the Easter season.
4. Fast and abstain on days appointed.
5. Contribute to the support of the church.
6. Observe the laws of the church concerning marriage and give religious training to one's children by word, example, and use of parish schools or catechetical programs.
7. Join in the missionary spirit and work of the church.

Magnificat (Mary's Song) (cf. Lk1:46-55)

My being proclaims the greatness of the Lord, my spirit finds joy in God my savior. For he has looked upon his servant in all her lowliness. All ages to come shall call me blessed. God who is mighty has done great things for me, holy is his name; his mercy is from age to age on those who fear him. He has shown might with his arm; he has confused the proud in their inmost thoughts.

He has deposed the mighty from their thrones and raised up the lowly to high places. The hungry he has sent empty away. He has upheld Israel his servant, ever mindful of his mercy, even as he promised our fathers, promised Abraham and his descendants forever.

Parts of the Mass (cf. 1346)

Introductory

- ✠ Entrance Song
- ✠ Greeting
- ✠ Penitential Rite
- ✠ Gloria
- ✠ Opening Prayer

Liturgy of the Word

- ✠ First Reading
- ✠ Responsorial Psalm
- ✠ Second Reading
- ✠ Gospel Acclamation
- ✠ Gospel
- ✠ Homily
- ✠ Profession of Faith
- ✠ General Intercessions

Liturgy of the Eucharist

- ✠ Preparation of the Altar and the Gifts
- ✠ Prayer over the Gifts
- ✠ Preface
- ✠ Eucharistic Prayer
- ✠ Memorial Acclamation / Great Amen
- ✠ Communion Rite:
 - The Lord's Prayer
 - Sign of Peace
 - Breaking of the Bread
 - Communion
 - Silence/ Song of Praise
- ✠ Prayer after Communion

Concluding Rite

- ✠ Prayer
- ✠ Blessing
- ✠ Dismissal

Books of the Old Testament

**Pentateuch
Historical Books
Wisdom Books
Prophetic Books**

Pentateuch

Genesis (Gn)
Exodus (Ex)
Leviticus (Lv)
Numbers (Nm)
Deuteronomy (Dt)
Joshua (Jos)
Judges (Jgs)

Wisdom Books

Job (Jb)
Psalms (Ps)
Proverbs (Prv)
Ecclesiastes (Eccl)
Song of Songs (Sg)
Wisdom (Wis)

Historical Books

1 Samuel (1Sm)
2 Samuel (2 Sm)
1 Kings (1 Kgs)
2 Kings (2 Kgs)
1 Chronicles (1 Chr)
2 Chronicles (2 Chr)
Ezra (Esz)
Nehemiah (Neh)
Tobit (Tb)
Judith (Jdt)
Esther (Est)
1 Maccabees (1 Mc)

Prophetic Books

Isaiah (Is)
Jeremiah (Jer)
Lamentations (Lam)
Baruch (Bar)
Ezekiel (Ez)
Daniel (Dn)
Hosea (Hos)
Joel (Jl)
Amos (Am)
Obadiah (Ob)
Jonah (Jon)
Micah (Mi)
Nahum (Na)
Habbakkuk (Hb)
Zephaniah (Zep)
Haggai (Hg)

Books of the New Testament

Matthew (Mt)
Mark (Mk)
Luke (Lk)
John (Jn)
Acts of the Apostles (Acts)
Romans (Rom)
1 Corinthians (1 Cor)
2 Corinthians (2 Cor)
Galatians (Gal)
Ephesians (Eph)
Philippians (Phil)
Colossians (Col)
1 Thessalonians (1 Thes)
2 Thessalonians (2 Thes)
1 Timothy (1 Tm)
2 Timothy (2 Tm)
Titus (Ti)
Philemon (Phlm)
Hebrews (Heb)
James (Jas)
1 Peter (1 Pt)
2 Peter (2 Pt)
1 John (1 Jn)
2 John (2 Jn)
3 John (3 Jn)
Jude (Jude)
Revelation (Rv)