

Catholic Prayers and Practices
Grade Seven & Eight

<p>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.</p>	<p>Hail Mary Hail Mary, full of grace, the Lord is with thee. 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</p>
<p>The Act of Contrition O my God, I am heartily sorry for having offended you, And I detest all my sins because of your just punishment, 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.</p>	<p>The Apostles Creed</p> <ol style="list-style-type: none"> (1) I believe in God, the Father almighty, Creator of heaven and earth, And in Jesus Christ, his only Son, our Lord. (2) (Bow as you say these words.) Who was conceived by the Holy Spirit, born of the Virgin Mary, (3) 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. (4) 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.
<p>The Precepts of the Catholic Church</p> <ol style="list-style-type: none"> 1) Participate in Mass on Sundays and holy days of obligation and rest from unnecessary work. 2) Confess sins at least once a year. 3) Receive Holy Communion at least once a year during the Easter Season. 4) Observe the prescribed days of fasting and abstinence. 5) Provide your time, gifts, and money to support the Church. 	<p>The Ten Commandments</p> <ol style="list-style-type: none"> 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 covet your neighbor's wife. 10) You shall not covet your neighbor's goods.
<p>The Great Commandment You shall love the Lord your God with all your heart, with all your being, with all your strength, and with all your mind, and your neighbor as yourself."</p>	<p>The Blessed Trinity The three divine Persons in one God; Father, Son, and Holy Spirit.</p>
<p>What is Grace? Any gift of God, especially God's divine life in our soul; sanctifying grace.</p>	<p>What is a Sacrament? An outward sign, instituted by Christ, to give grace</p>
<p>The four marks of the Catholic Church</p> <ol style="list-style-type: none"> 1) One 2) Holy 3) Catholic 4) Apostolic 	<p>The 7 Sacraments</p> <ol style="list-style-type: none"> 1) Baptism 2) Confirmation 3) Eucharist 4) Reconciliation 5) Anointing of the Sick 6) Marriage 7) Holy Orders.

<p>The Theological Virtues</p> <ol style="list-style-type: none"> 1) Faith 2) Hope 3) Charity <p>(Virtue is the habit of doing good & avoiding evil.)</p>	<p>The Cardinal Virtues</p> <ol style="list-style-type: none"> 1) Prudence 2) Justice 3) Temperance 4) Fortitude
<p>Original Sin</p> <p>Our inherited condition from the sin of Adam and Eve by which we are born without grace and inclined to love ourselves more than God.</p>	<p>Mortal Sin</p> <p>A serious offense against God's laws which kills the life of Christ, sanctifying grace, in us.</p>
<p>Venial Sin</p> <p>An offense against the laws of God which is not so serious as mortal sin. It lessens God's grace in the soul, but does not drive it completely out as does mortal sin.</p>	<p>The Seven Capital Sins</p> <ol style="list-style-type: none"> 1) Pride 2) Avarice 3) Envy 4) Wrath 5) Lust 6) Gluttony 7) Sloth
<p>Immaculate Conception</p> <p>The special favor God gave the Blessed Virgin Mary by which she was free from original sin from the first moment of her life.</p>	<p>Incarnation</p> <p>The taking of a human nature by the Son of God when he became man.</p>
<p>The Gifts of the Holy Spirit</p> <ol style="list-style-type: none"> 1) Wisdom 2) Understanding 3) Right Judgment 4) Knowledge 5) Courage 6) Reverence 7) Wonder and Awe 	<p>The Fruits of the Holy Spirit</p> <ol style="list-style-type: none"> 1) Charity 2) Joy 3) Peace 4) Patience 5) Kindness 6) Goodness 7) Generosity 8) Gentleness 9) Faithfulness 10) Modesty 11) Self-Control 12) Chastity
<p>The Corporal Works of Mercy</p> <ol style="list-style-type: none"> 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 	<p>The Spiritual Works of Mercy</p> <ol style="list-style-type: none"> 1) Admonishing the sinner 2) Instructing the ignorant 3) Counseling the doubtful 4) Comforting the sorrowful 5) Bearing wrongs patiently 6) Forgiving all injuries 7) Praying for the living and the dead