

A Practical Guide To Mystical Catholicism

by [T. O' Donnell](#)

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Introduction

The parts that are original to T. O' Donnell are marked with an asterisk. The remainder are standard works of the Catholic Church.

This work should be viewed with the same suspicion as any work of its kind that does not bear an imprimatur, or which is published after the 1950's.



16 Tools To Sainthood *

Suffering is the coin of Heaven.

1. The Jesus Prayer

“Lord Jesus Christ, son of God, have mercy on me, a sinner.”

(Repeat)

Begin with the Lord’s Prayer, to warm up your heart, then repeat this one. Start it mindfully, then let your heart take over. This prayer bulldozes evil out of your heart, because He will not dwell where evil dwells.

2. Humility

Realise the Christ is a king and set over all creatures. You can't get to Heaven without going through Him. He has authority over you. Every knee must bow to Him; He can compel it, if He wishes to. It is incomprehensible to proud entities that He chooses (mostly) not to.

It is your absolute best interests to be a good and true servant to our Lord.

3. Prayer

Petition, praise, adore and thank our King humbly, kneeling.

4. Fasting

A full belly leads to sloth. An empty belly is an offering of suffering.

5. Suffering

Suffering is the coin of Heaven. Man has a debt to pay. The scales must be balanced. Suffering cheerfully undergone for Christ's sake is pleasing to God.

6. Offerings

The Work of God needs money and labour. It doesn't proceed merely by good wishes. You can help by offering both. A lighter wallet is a form of suffering too!

7. The Sacraments

Trying to get to Heaven without these is like a swimmer, in a tempest, refusing the offer of a lifebelt (from the Barque of Peter!)

Confession is the most important, after Baptism. Without this, the chance of going to Heaven, across a population, is minute.

8. Charity

See Christ in others and give to the needy. Christ made the ultimate sacrifice. You can make small sacrifices every day.

9. Contenance

Especially, sexual continence. Avoid every form of evil. Restrain evil passions. Ignore the glittering trash the World offers. Have clean hands, clean head, clean heart and thus a clean soul.

10. The Crucifix

The crucifix and what it means; the terrible sufferings of Christ on Holy Thursday and Good Friday.

Why is a crucifix so repellent to evildoers? Because they are proud and cannot bear how a powerful being would willingly undergo such prolonged torture for small creatures such as human beings. It is also a painful reminder to them of the great victory of God over the Devil and his human and infernal allies. Also, **when you look at Christ, Christ looks at you.**

For a Catholic, contemplating it makes your own sufferings seem small and you will want to join your suffering to his, to pay God back for your sins, those of your family line and your society. You will want to prostrate yourself before it and thank Him for all he has done for you.

11. Indulgences

You can gain remission of the punishment due in Purgatory for sins you have committed in this life, or you can relieve the dead. These indulgences can be applied to yourself or the Holy Souls; the deceased in Purgatory.

It's very important that you research and understand the legal conditions of gaining indulgences. Books like these or odd internet sites may not list them correctly. God is the great lawgiver, He heeds the just laws His Church makes and the rules must be followed. You need to find a current, valid **Enchiridion of Indulgences.**

12. Pious Reading

The Bible and the mystical lives of the saints. Also personal accounts of visits to Heaven and Hell, of exorcisms and of encounters with Jesus and Mary. These latter are called 'private revelations', as they are not 'public revelations', which ended with the death of the last Apostle. They can be quite sobering.

13. Sponsoring Masses

You can pay a priest for a specific Mass Intention. You can sing in the choir or serve at the altar. Each is an offering. Great works can be done by having masses said.

14. The Sorrowful Mysteries Of The Holy Rosary

From the evening of Holy Thursday to 3pm on Holy Friday God Himself submitted to frightful and constant abuse and then suffered a cruel and prolonged death, that some men might be saved. If you understand this, you may grasp the means to be saved yourself.

15. Latin

Learn common Catholic prayers in Latin. This makes it harder for you or oppressing demons to interfere in their recital. Latin is no longer used commonly and thus can attract no vulgar connotations, unlike English. It is also simple, ancient, proper and direct, making it more suitable to be used in worship.

16. The Breviary

Recite this every day, if you have the ability to do it. It will enhance your spiritual life and your prayer vocabulary.

Get a Latin one, published pre-1950.



These Things The Righteous Profess *

Here is what every Christian should profess. If you find you can't follow, or won't, you have a problem.

God has gone to a lot of trouble to convey to you the following. Why do you think you have any leeway? Do you think the Father Of The Law, the Origin of Justice, is going to overlook His own Law?

Do you think those saints who went to their deaths rather than profess to the contrary, were fools?

Ignorance may save many, but I wouldn't count on it. There's too much at stake.

The Ten Commandments

Douay-Rheims Bible, Exodus, Chapter 20:

[1] And the Lord spoke all these words: [2] I am the Lord thy God, who brought thee out of the land of Egypt, out of the house of bondage. [3] Thou shalt not have strange gods before me. [4] Thou shalt not make to thyself a graven thing, nor the likeness of any thing that is in heaven above, or in the earth beneath, nor of those things that are in the waters under the earth. [5] Thou shalt not adore them, nor serve them: I am the Lord thy God, mighty, jealous, visiting the iniquity of the fathers upon the children, unto the third and fourth generation of them that hate me:

[6] And shewing mercy unto thousands to them that love me, and keep my commandments. [7] Thou shalt not take the name of the Lord thy God in vain: for the Lord will not hold him guiltless that shall take the name of the Lord his God in vain. [8] Remember that thou keep holy the sabbath day. [9] Six days shalt thou labour, and shalt do all thy works. [10] But on the seventh day is the sabbath of the Lord thy God: thou shalt do no work on it, thou nor thy son, nor thy daughter, nor thy manservant, nor thy maidservant, nor thy beast, nor the stranger that is within thy gates.

[11] For in six days the Lord made heaven and earth, and the sea, and all things that are in them, and rested on the seventh day: therefore the Lord blessed the seventh day, and sanctified it. [12] Honour thy father and thy mother, that thou mayest be longlived upon the land which the Lord thy God will give thee. [13] Thou shalt not kill. [14] Thou shalt not commit adultery. [15] Thou shalt not steal.

[16] Thou shalt not bear false witness against thy neighbour. [17] Thou shalt not covet thy neighbour's house: neither shalt thou desire his wife, nor his servant, nor his handmaid, nor his ox, nor his ass, nor any thing that is his. [18] And all the people saw the voices and the flames, and the sound of the trumpet, and the mount smoking: and being terrified and struck with fear, they stood afar off, [19] Saying to Moses: Speak thou to us, and we will hear: let not the Lord speak to us, lest we die. [20] And Moses said to the people: Fear not: for God is come to prove you, and that the dread of him might be in you, and you should not sin.

The Seven Deadly Sins

Lust
Greed
Gluttony
Envy
Anger
Pride
Sloth

The 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.

The 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.

The Hail Mary

Hail Mary,
Full of Grace,
The Lord is with thee.
Blessed art thou among 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 death.
Amen.

The Gloria

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.



What God Looks Like

My emphasis, below.

Excerpt from:

THE FOUR LAST THINGS — DEATH, JUDGMENT, HELL and HEAVEN
FATHER MARTIN VON COCHEM, O.S.F.C.

Father Martin von Cochem was born at Cochem, on the Moselle, in the year 1625, and died at Waghausel in 1712.

“Remember thy last end, and thou shalt never sin.”

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PART III. ON HELL.

VI. On the Loss of the Beatific Vision of God.

[Source: <http://www.catholictradition.org/Classics/4last-things3f.htm>]

Excerpt:

” ... St. Bonaventure bears witness to this, when he says: “The most terrible penalty of the damned is being shut out forever from the blissful and joyous contemplation of the Blessed Trinity.” Again, St. John Chrysostom says: “I know many persons only fear Hell because of its pains, but I assert that the loss of the celestial glory is a source of more bitter pain than all the torments of Hell.”

The evil one himself was made to acknowledge this, as we read in the legends of Blessed Jordan, at one time General of the Dominican Order. For when Jordan asked Satan, in the person of one who was possessed, what was the principal torment of Hell, he answered: “Being excluded from the presence of God.” “Is God then so beautiful to look upon?” Jordan inquired. And on the devil replying that He was indeed most beautiful, he asked further: “How great is His beauty?” “Fool that thou art,” was the rejoinder, “to put such a question to me! Dost thou not know that His beauty is beyond compare?” “Canst thou not suggest any similitude,” Jordan continued, “which may give me to some extent at least an idea of the Divine beauty?” Then Satan said: **“Imagine a crystal sphere a thousand times more brilliant than the sun, in which the loveliness of all the colors of the rainbow, the fragrance of every flower, the sweetness of every delicious flavour, the costliness of every precious stone, the kindliness of men and the attractiveness of all the Angels combined; fair and precious as this crystal would be, in comparison with the Divine beauty, it would be unsightly and impure.”**

“And pray,” the good monk inquired, **“what wouldst thou give to be admitted to the vision of God?”** And the devil replied: **“If there were a pillar reaching from earth to Heaven, beset with sharp points and nails and hooks, I would gladly consent to be dragged up and down**

that pillar from now until the Day of Judgment, if I could only be permitted to gaze on the Divine countenance for a few brief moments.”

Hence we may gather how infinite is the beauty of the face of God, if even the spirit of evil would submit to such physical torture as he describes for the sake of enjoying for a few moments the sight of that gracious and majestic countenance. There is therefore no doubt that nothing is a source of such anguish to the devils and the damned as being deprived of the beatific vision of God. ...”

God And His Creatures *

I wondered if God being one and then creating others was in itself part of the cause of the fall of the angels and then men. If there is another, then there arises the possibility of opposition.

However, opposing obvious perfect goodness is by definition and in fact evil.

First the One.

The One thinks: If one, then other?

The One says: Let there be other.

Others then exist.

The others are not at one with the One.

Some others remain in Self and do not kneel before the One.

These others oppose the One, not being one, not being part of the One, the others having a different will.

The One being good, being one, and first, and at one time All, and creator of all that is other, to oppose the will of the One is evil.

The One, being supreme, radiant good, the evil others cannot remain in His presence and cannot be permitted to remain in His presence and are cast out.

“What's Catholic about it?” *

A question useful in deciding the worth of any religious writing

“What's Catholic about it?”

I find this question useful in deciding the worth of any religious writing.

The less mention is made of The Lord God, The Lord Jesus Christ, The Holy Spirit, The Blessed Virgin Mary, saints, angels, miracles, penance, asceticism, Calvary, the Sacraments. the priesthood and the Four Last Things, the more you can ignore it.

I also surmise that those men who are demonically influenced, and demons themselves, will avoid talking about these beings and topics.

If A Loving God, Why Hell? *

God's Mercy implies His Justice.

God's Mercy implies His Justice. If I have the power to show you mercy, implicit in that is that I have power over you; that I can judge you and then enforce that judgement.

So that's the first clue; God is not a senile grandfather, he is Pater Omnipotens, the Just Judge.

The following is speculation; take it or leave it:

Hell is God's Wrath manifest as a place and

The absence of hope and
The absence of caritas and
The absence of anything good and
The absence of light and
The absence of God Himself and ...

The presence of beings purely evil, who hate each other with undying hate, in a plastic, psychic, yet super-real plane, lasting forever. Who torture each other, forever.

And you can go there and be among them, quite easily.



Why Catholicism Is The Superior Religion *

A Catholic hermit living in poverty is what comes to mind when you think of a typical holy human.

Catholicism is essentially monastic. Monks deny the flesh, the Devil and Self to draw nearer to Christ and to amplify Him in their hearts. Priests and religious follow this model to a greater or lesser degree.

A Catholic hermit living in poverty is what comes to mind when you think of a typical holy human. A monk in cloisters. A living saint. Know any locally? Maybe one? Maybe none?

Contrast that with every other religion you know.

Orthodox Christianity allows a kind of divorce. A married man can be a priest. The Virgin Mary was not immaculately conceived without the stain of Original Sin. She did not ascend bodily into Heaven. Orthodox religious and priests can be holy, but their nationalist churches and easing of doctrine is where the rot began officially in Christianity.

Protestants allow divorce. They have, most seriously, dropped the sacrament of Confession. Their priestly orders are invalid; they don't themselves think their priests are set apart from the rest of us by their ordination. They believe that 'once saved, always saved', which negates spiritual exercise. A protestant is not what comes to mind when you try to imagine a holy man. They, themselves don't think asceticism is worthwhile.

Islam allows multiple wives. It has no monastic tradition I'm aware of. Muslims can morally make war on non-muslims and take their property, their women and their lives. It claims it is the final product of a line from Moses to Christ but rejects central tenets of Christianity. A muslim, even a Sufi mystic, is not what comes to mind when you try to imagine a holy man.

Hinduism and Buddhism. Sadhus and Buddhist monks certainly look the part. But who or what do they believe in? No god, no **G**od, or, a wide variety of gods, and mystical practices to go with that. Producing ... men who can produce low level magical effects and personality change, but, that's about it. No one is raised from the dead in the flesh, no one is cured of incurable diseases, permanently.

Paganism. Think about any occultist you know. That's paganism: a man choosing to worship a created thing, or himself, or treat with demons. Holy? Ha ha.

Holy. Who is holy? Holiness is in the gift of God. 'Sanctus' is what the seraphim sing when they circle the Throne. Those beings of vast and unimaginable power are compelled to sing this word in the Presence of the Lord Most High. He embodies it and is its source.

In whom do you see it in your locality? In whom was it seen in the past?

Catholicism is interesting because it denies the world and seeks God, through Christ. All other religions embrace the world to a greater or lesser degree.

Inferring The Existence Of God *

We are more intelligent than animals.

The universe is huge.

It is likely there are entities more intelligent and powerful than us.

The universe is finite.

The universe had a beginning, but who or what would go to the trouble of initiating it?

Therefore there is one being who is the most intelligent and powerful of all beings.

How can we lower creatures totally understand higher ones?

If there are beings in a relation to us, as we are to amoebas, then they may exist outside of the constraints of time, space and mortality that we suffer. We cannot comprehend them, as mice cannot comprehend us.

Now we make a jump.

People report seeing ghosts and demons. They report life after death and life beyond the material plane. They get information about the material plane which they could not have got by currently understandable means. This has been going on for as long as Man has existed.

The behaviour of ghosts, demons, angels and the denizens of heaven is like that of beings unconstrained by four-dimensional space-time. They materialise at will and can 'see' the future. They intersect with our plane of existence in ways which are frightening to us, as they come from 'above'. They are like adults doing mysterious things that babies can't grasp. They foretell the future because they stand outside linear time and can see probabilities coalescing further ahead.

There must be one of them which is the most powerful.

Nothing in the Universe comes out of nothing – why is there anything and

not nothing, as all in the universe tends to decay?
Therefore the universe must have had an intelligent Cause.

7 Reasons Why God Allows Evil *

1. Evil is done by men, not by God.
 2. Eve broke the one rule God gave her and drew Adam into sin. Man fell from Paradise. Any evil consequences are thus our own fault.
 3. A material universe means decay. Material things decay. This is in the nature of material things. This decay is confused with evil.
 4. That there is more than one being means opposition between beings. Angels opposed God, man opposes God and men oppose each other. People pursue their own ends and come into opposition with one another. This leads to evil.
 5. People pay for their own sins, those of their family and of their society. Sinful action begets a reaction. This reaction may be just or evil.
 6. Without the possibility of great evil there cannot be the possibility of great good. The concept would not exist.
 7. Men must have the ability to choose to do evil if they are also to have the ability to choose good. The singular Being that made everything wants us freely to choose good, as He is wholly good and the origin of good. Men are incarnated and thus can't perceive God clearly, so they make moral mistakes, unlike his angels, who, united with Him all the time, only wish to do good. A being that has no choice over what it does is a robot or a slave, and God does not desire us to be in these categories of being.
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One Day You Will Realise *

One day you will realise that you can only be in one room at one time, eat one meal at one time, wear one suit of clothes at one time. Your life is finite and its end approaches faster the older you get.

When you realise that, the project of owning a mansion on a country estate seems a waste of time and energy.

How To Destroy Christianity In Two Short Sentences *

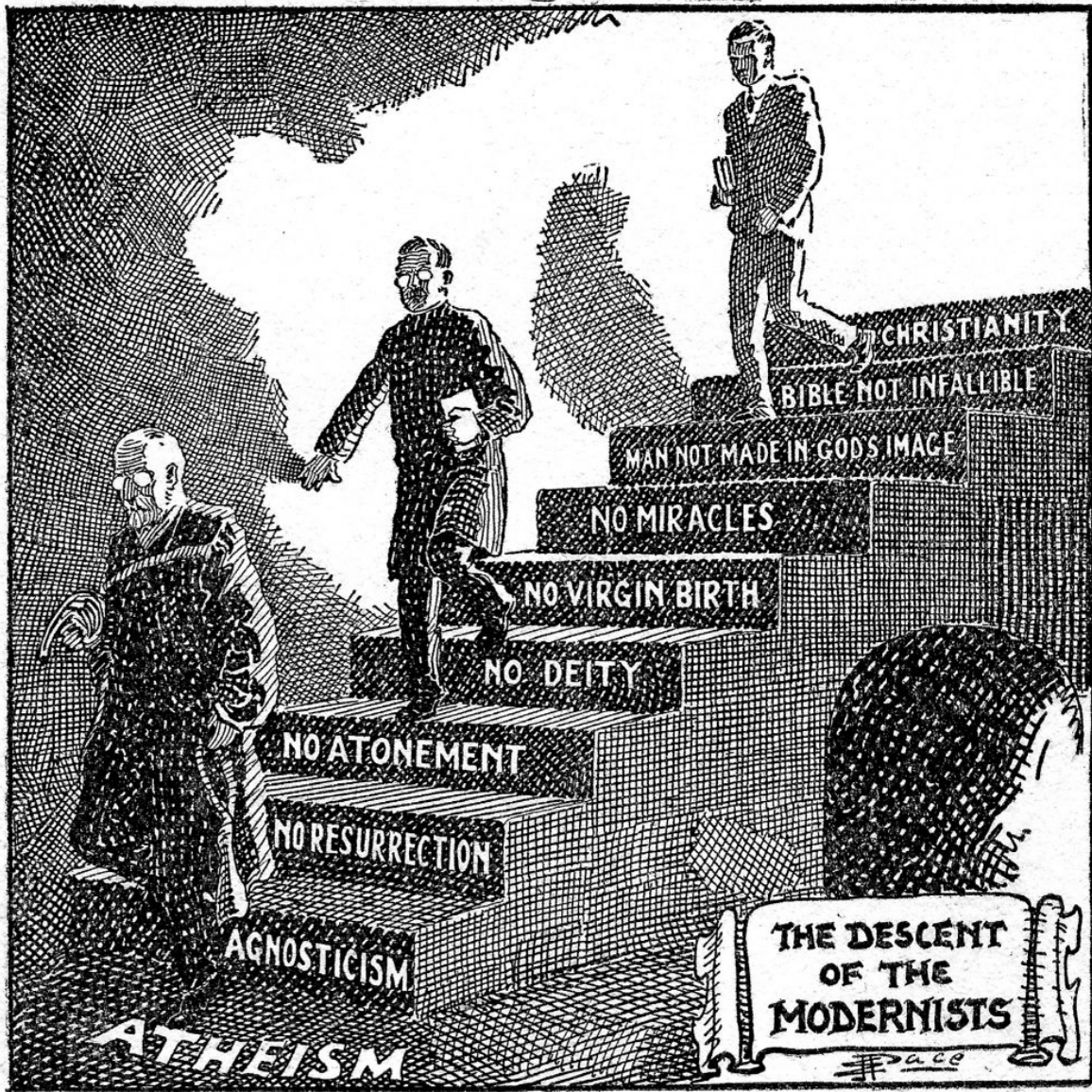
How to destroy Christianity in two short sentences. Just make the following proposition:

God loves us.
Only the very bad go to Hell.

Which follows:
So what did Jesus die for then?

This is the root cause of what we've had to suffer since 1970. Unless this proposition is nullified, then Western society will continue its decline, which decline stems from a perversion of Christianity at its heart: the Catholic Church.

No fear of Hell => No fear of sin => A society of villains.



The New Age – The Truth At Last *

New Age = Occultism = Spiritualism = Diabolism.

That's a bit harsh, you say?

Where do you think the Power comes from? It's not Heaven, is it? White magic and black magic are both demonic in origin.

'White witches' are the useful idiots of the occult. Here's a test for Mistress Wise: Ask your 'familiar' to say "Praise the Lord Jesus Christ!" Here's

another: tell them you don't want to contact them any more and for them to stop contacting you. See what happens.

Mediums talk to lying spirits, which are demons. The demon pretends it's your grandma. It gives tidbits of information that while they are true (sometimes), they are not *truly* helpful and/or they are banal.

Meanwhile, serious problems like illnesses and accidents erupt around you.

You petition a pagan 'god' for a cure, and you get it. **What you don't realise is that it was the demon that was causing the disease in the first place. Then later you have a relapse.** Or something else goes seriously wrong.

Candles can be made to light by themselves. Enemies who are not good Christians can be blasted. You gain power and lustful affection but what you can't facilitate is your own salvation; you're on a track that takes you bit-by-bit leftward and downwards.

You're walking down the wide and pleasant road to Hell. You don't need Catholicism because you think you're going to be 'reincarnated.' Watch how your 'contact' gets you to do more and more sinful things. Watch what happens when you try to disown them.

The devil is a liar and a murderer, you see, forever and for all. He's the king of deceit and he's had a long time to practice it. The demons that serve you in this life will force you to serve them in Hell when you die. **Forever.**

The human mind can't comprehend eternity until it is liberated from the human body and the soul realises that its current state will never, ever, end.

Then the screaming begins.

Many People Think Jesus Is Their Friend ... *

Many people think Jesus is their friend. I wonder what they've done for Him, lately?

As a king, saviour and shepherd, he might expect more than occasional good wishes.

Why God Sends People To Hell *

Someone who has willingly and knowingly disobeyed the Commandments cannot then just saunter into Heaven.

God embodies ultimate power, will, knowledge and ubiquity. As the embodiment of both Caritas et Justitia, no evil can exist in His Presence. People who do evil reject Him. Those who knowingly do evil and thus knowingly reject God cannot enter the Presence of God after the death of the body. So, where can they go, being solely spirit? To the hell of Lucifer.

God made us. We owe him everything, much more than any earthly son owes his father. To take the gift we have been given and then smear it in dirt is a base insult.

For the crime of rebellion, and thus disobedience, angels were sent to Hell. Because we do not have immediate sight of the Presence we have more excuse than the angels. So we get Purgatory for unforgiven *venial* sins.

Someone who has willingly and knowingly disobeyed the Commandments cannot then just saunter into Heaven. God will not be mocked. He does not change. He does not deviate. He embodies Justice as well as mercy.

It is part of the darkness of this era that people, even many Catholics, think that this is not so. In their minds God has gone from being the father of Justice to a sentimental uncle, who will look the other way.

A Lorica *

Pater Noster ...
Ave Maria ...

Gloria Patri et Filio ...
Sancte Michael Archangeli ...
O Sacred Heart Of Jesus ...

I arise today, armed with the sword of truth and the shield of righteousness,

In the company of the Most High God, the Adonai Sabaoth, the First and the Last, the Creator of all things, and no one created Him.

I arise today in the company of the Lord Jesus Christ, the Son of the Father, the best beloved, the Agnes Dei, the Salvator Mundi, miserere nobis, Domine Jesu Christe, salva nos ab igne inferni.

I arise today in the company of the Holy Spirit, the Spiritus Sancte, the Paraclete, the Quickener, the giver of wisdom. Vene, Sancte Spiritus, emitte spiritum tuum et creabuntur, et renovabis faciem terrae.

I arise today in the company of the Angels of Heaven, Saint Michael, Saint Raphael, Saint Gabriel, the Seraphim, The Cherubim, the Powers, Thrones, Dominions, Archangels and Angels. That I may be like them in righteousness before the sight of God and that they might abide with me according to their station and their liking.

I arise today in the company of the saints of Heaven, Saint Peter, Saint Paul, [Your baptismal saint Name], St Joseph ... [your favourite and most powerful saints here]

St Jude
St. Philomena
St. Anthony of Padua
St. Pio of Pietrelcina
Blessed Catherine Emmerich
St. Vincent Ferrer [i.e. your confirmation saint name]
St. Patrick [i.e. your national saint name]

That I may be like them in righteousness before the sight of God and that they might abide with me according to their station and their liking.

Christ be with me,
Christ be within me,
Christ be above me and Christ be below me,
Christ be on my left hand and Christ be on my right hand,
Christ be before me and Christ be behind me,
Christ be all around me.

Christ be in every eye that sees me, in every ear that hears me, in every mouth that speaks of me, in every mind that thinks of me, in every heart that feels anything about me, Christ ever be.

That the following classes of beings may be turned back, neutralised and confounded, if they attempt to work ill against me this day:

The demons may be neutralised,
that witches might be neutralised,
that wizards might be neutralised,
that astrologers may be neutralised,
that psychics may be neutralised,
that evil spirits may be neutralised,
that bad thought-forms may be neutralised,
that any and all users of occult power if they attempt to work ill against me this day, may be turned back, neutralised and confounded by the power of the Most High God, that I might abide in peace.

That Muslims,
Buddhists,
Hindus,
Jews,
Protestants,
Freemasons,
Satanists,
Atheists,
Apostates,
Heretics,
Liberals and progressives in matters of religion ...
and any and all persons that do not hold and profess the traditional Catholic faith, if they attempt to work ill against me this day, may be turned back, neutralised and confounded by the power of the Most High God, that I might abide in peace.

That Communists,
Socialists,
Anarchists,
revolutionaries,
the apolitical,
liberals and progressives in matters of politics, and any and all persons that do not hold and profess Christian conservative political values, if they attempt to work ill against me this day, may be turned back, neutralised and confounded by the power of the Most High God, that I might abide in

peace.

That professionals,
labourers,
tradesmen,
policemen and policing agencies,
taxmen and taxing agencies,
bureaucrats and bureaucratic agencies ...
motorists, pedestrians, train drivers, cab drivers, cyclists and motorcyclists,
street crazies, beggars and any and all laymen if they attempt to work ill
against me this day, may be turned back, neutralised and confounded by
the power of the Most High God, that I might abide in peace.

That women, children, animals, birds, fish, insects, plants... bacteria,
viruses and fungi ... chemicals, molecules, atoms, atomic particles, sub-
atomic particles and radiation if they attempt to work ill against me this day,
may be turned back, neutralised and confounded by the power of the Most
High God, that I might abide in peace.

That I may enjoy perfect health of mind, body, soul and spirit.

That any and all creatures that attempt to work ill against me this day may
be, by the power of the Most High God, turned back, neutralised and
confounded, that I might abide in peace.

Lord have mercy on the Holy Souls in purgatory, let perpetual light shine
upon them, may they rest in peace.

Lord have mercy on the poor, the sick, the lonely, the crazy, the homeless
and those afflicted by demonic powers. Grant them respite, O Lord and
fortitude to bear their trials.

God's will be done on earth as it is in heaven,
God's will be done on earth as it is in heaven,
God's will be done on earth as it is in heaven,
God's will be done in me.

Christus vincit, Christus regnat, Christus imperat.

Gloria tibi, Domine. Deo gratias.



An Examination of Conscience

SINS AGAINST THE TEN COMMANDMENTS

Sins Against The First Commandment

Have you doubted in matters of faith? Consulted fortune-tellers? Believed in dreams? Made use of superstitious practices? Gone to places of false worship and taken an active part in the religious services of a false church? Belonged to Masons, Communists, or some other forbidden society? Read anti-Catholic books or papers? Neglected religious instruction? Omitted religious duties through fear or ridicule? Murmured against God, or despaired of His mercy? Have you rashly presumed on His goodness in committing sin? Did you pray in time of temptation? For your family? Have you neglected your daily prayers? Have you recited them carelessly, without devotion, thoughtlessly? Have you missed spending a reasonable amount of time in thanksgiving after Holy Communion? Have you been irreverent toward God, sacred persons, places or things? Have you associated with people who might have a bad influence upon your life? Have you refused to place signs of faith in your home, such as a crucifix, picture of the Blessed Mother or the saints?

Sins Against The Second Commandment

Have you taken the name of God in vain? Laughed at the profane use of the name of God or irreverent speech by others? Given bad example to children by such speech in their presence, or by neglecting to correct a child when irreverent or profane language was used? Spoken disrespectfully of the saints or holy things? Allowed others in your household to do the same? Sworn falsely, that is, called upon God to witness the truth of what you were saying, when you were in reality telling a lie? Sworn rashly, or in slight and trivial matters? Have you cursed persons, animals, or things? Have you blasphemed, that is, used insulting language expressing contempt for God, His saints or sacred things? Have you caused others to do so? Have you criticized God's mercy or justice, or murmured against His providence?

Sins Against The Third Commandment

Have you assisted at Mass on Sundays and Holydays? Have you been late for Mass? Behaved properly in Church? Have you performed or commanded unnecessary servile work, bought or sold without necessity, or in any other way - gambling, drinking - profaned these holy days?

Sins Against The Fourth Commandment

Have you shown due honor, love, gratitude and obedience to your parents? Have you shown due honor and obedience to your pastors and other lawful superiors? Have you asked their pardon when you hurt them? Have you been disrespectful to your parents by speaking angrily to them, saying unkind, harsh words to them and about them, or by being ashamed of them? If you are a parent, have you shown this lack of honor,

love and gratitude to your parents in the presence of your children? Have you criticized them and rejected some of their orders? Have you corrected and punished your children for serious transgressions, or forbidden them to enter serious occasions of sin? Have you cooperated with teachers in the education of your children? Have you refused to send your children to Catholic school when you could have done so and had no permission from bishop or pastor to do otherwise? If there is no Catholic school in your vicinity, have you sent your children to catechism faithfully? Have you taken an interest in their catechism lessons? Have you cooperated with the Pastor and the Sisters in the projects sponsored by them to stimulate the children's interest in the faith? Have you trained and corrected your children in regard to chastity? Have you been disrespectful to aged persons? Have you had proper care for children and those dependent on you - both in physical and religious matters? Above all, have you given them a good example? If you are a child, have you refused to speak to your father or mother? Have you resented them? Have you disobeyed your parents when they gave you orders to avoid bad companions or dangerous occasions to sin? Have you obeyed the rules they made concerning persons to be brought into the house, the hours to be kept at night, or the conduct within the home? When earning money, while living at home or while still subject to your parents, have you refused them part of your earnings when they needed it or demanded it? As a citizen, have you obeyed laws of the city and country made for the safety and well-being of all?

Sins Against The Fifth Commandment

The fifth commandment forbids: Murder, suicide, criminal neglect that might cause serious injury or death to another, serious anger and hatred, abortion, mercy killing, the use of narcotics, sterilization, drunkenness, help extended to another to commit a mortal sin, fighting, anger, hatred and revenge.

Have you procured, desired, or hastened the death of any one? Have you been guilty of anger, hatred, quarreling, revenge? Used provoking language, insulting words, ridicule? Refused to speak to others? Caused enmities? Given scandal? Did you eat or drink too much? Have you been unkind, irritable, impatient? Have you provoked others to anger offended them, hurt them by anger or impatience? Have you entertained thoughts of jealousy, revenge, aversion, resentment or contempt of others? Have you kept company with those who drink to excess? Have you encouraged them to drink? Have you jested about their drunkenness? Have you neglected your health or endangered your life? Have you neglected to take care of the health of your children or those subject to you? Have you endangered the life of others by driving an automobile while intoxicated or caused real danger to the safety of others in any other way?

Sins Against The Sixth and Ninth Commandments

These two commandments demand purity and modesty in our life: in our thoughts, words, and actions, whether alone or with others.

In general, these commandments forbid: adultery, fornication, self-abuse, indecent dressing, necking, impure kisses, impure dancing, impure talk, sins against nature, birth control, impure touches, petting, looking at impure pictures, dances, floor shows, movies, or reading impure books or magazines.

Have you been guilty of impure or immodest thoughts, words or actions - alone or with others? Have you spoken words or phrases of double meaning? Have you told suggestive stories? Have you encouraged others to do so? Have you taught others to do this? Have you avoided occasions of sin in this matter? Have you guarded your sight, or allowed your eyes to wander in curiosity over obviously dangerous objects? Have you put yourself in an occasion of sin by reading bad books, looking at indecent pictures, keeping bad company, attending immoral performances, viewing indecent movies, television programs or internet sites, singing lewd songs, and the like? Have you distributed obscene books or magazines? Have you informed others of places of distribution? Have you encouraged others to read them? Have you desired to do impure things? Have you been an occasion of sin to others, by your conversation, dress, appearance, or actions? Have you touched yourself impurely? If you are married, have you committed sins of impurity with another married or single person? Taken part in prolonged kisses and embraces with others beside your partner in marriage? Have you used contraceptive means in performing marriage duties? Have you, without good reason, refused or neglected to render the marriage obligation when seriously asked?

Sins Against The Seventh and Tenth Commandments

These commandments forbid: robbery and burglary, graft, bribes, stealing and damaging the property of others. These commandments forbid not merely stealing but every type of dishonest dealing, such as, cheating, unjust keeping of what belongs to others, unjust damage to property of others, graft on the part of public officials. These commandments are also violated by merchants who use false weights, measures, who make exorbitant profits or lie about the essential qualities of their goods; by those who obtain money from others by persuading them to make unsound investments with the assurance of gain; by those who knowingly pass counterfeit money, or take undue advantage of the ignorance or necessity of another; by employers who defraud laborers; by employees who waste time during working hours, perform careless work or neglect to take reasonable care of the property of their employers; by employers who charge customers exorbitant prices; by those who do not return what they borrowed; by running up a charge account and not paying it; not returning found articles; selling articles with hidden defects for the usual price; not paying one's bills; by depriving one's family of necessities by gambling, drinking or foolish spending.

Have you stolen or retained ill-gotten goods? Damaged or wasted the property of others? Accepted bribes? Neglected to make restitution, or to help the poor? Have you desired the goods of others? Squandered their goods? As a parent, have you taught your children a strict sense of honesty and justice, punishing any slight theft or deceit? Have you sinned in any way mentioned above?

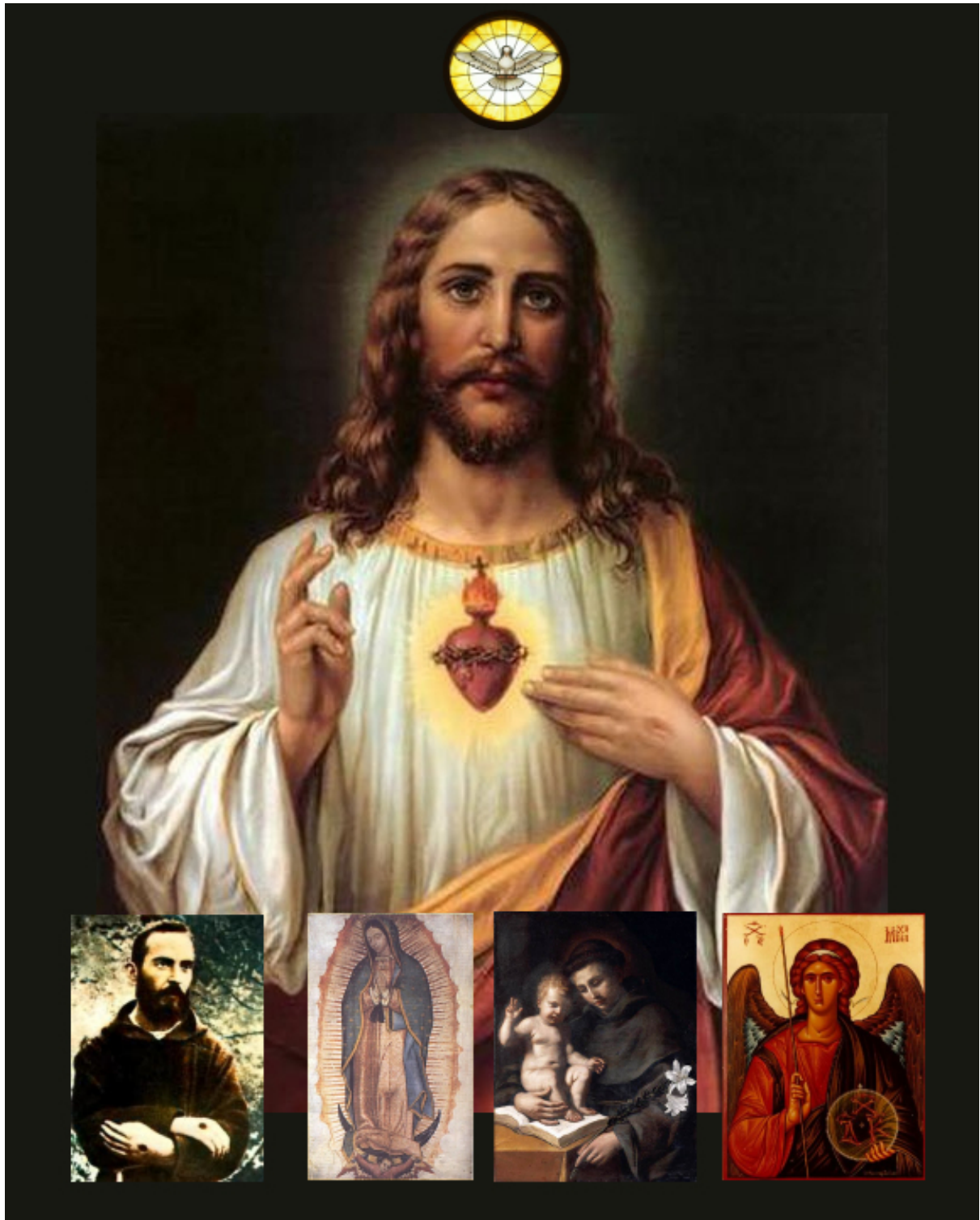
Sins Against The Eighth Commandment

This commandment forbids: lies, calumny, detraction, perjury, unjust and unnecessary criticism, fault-finding, gossip, backbiting, insults, rash judgment, the telling of secrets one is bound to keep, cheating, tale-bearing.

Have you borne false witness for or against another? Been guilty of detraction, flattery, hypocrisy, lying, rash judgment?

Have you entertained unkind thoughts of others? Have you harbored suspicions, nursed resentments, refused to forgive others when they expressed their contrition? Have you spread unkind remarks others make to you? Do you discuss the faults of your parents, wife, husband, children with others who have no business knowing anything about them? At home are you given to nagging, complaining, arguing, refusing to talk, calling names, petty quarreling?

Have you brought any harm to your neighbor and have you tried to repair it, as far as you were able? Have you tried to destroy the good work performed by another, or to hinder it seriously? Have you been sensitive, hurt, cool, thoughtless with others?



THE PENNY CATECHISM

A CATECHISM OF CHRISTIAN DOCTRINE

(for England and Wales)

Articles of the Creed

First | Second | Third | Fourth | Fifth | Sixth | Seventh | Eighth | Ninth | Tenth
| Eleventh | Twelfth

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CHAPTER I

FAITH

1. Who made you? God made me.
2. Why did God make you? God made me to know Him, love Him and serve Him in this world, and to be happy with Him forever in the next.
3. To whose image and likeness did God make you? God made me to His own image and likeness.
4. Is this likeness to God in your body, or in your soul? This likeness to God is chiefly in my soul.
5. How is your soul like to God? My soul is like to God because it is a spirit and is immortal.
6. What do you mean when you say that your soul is immortal? When I say that my soul is immortal, I mean that my soul can never die.

7. Of which must you take most care, of your body or of your soul? I must take most care of my soul: for Christ has said, "What doth it profit a man if He gain the whole world, and suffer the loss of His own soul?" (Matt. 16:26.)

8. What must you do to save your soul? To save my soul I must worship God by Faith, Hope, and Charity; that is, I must believe in Him, I must hope in Him, and I must love Him with my whole Heart.

CHAPTER II

9. What is faith? Faith is a supernatural gift of God, which enables us to believe without doubting whatever God has revealed.

10. Why must you believe whatever God has revealed? I must believe whatever God has revealed because God is the very truth, and can neither deceive nor be deceived.

11. How are you to know what God has revealed? I am to know what God has revealed by the testimony, teaching, and authority of the Catholic Church.

12. Who gave the Catholic Church divine authority to teach? Jesus Christ gave the Catholic Church divine authority to teach, when He said, "Go ye and teach all nations". (Matt 28:19.)

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THE APOSTLES' CREED

13. What are the chief things which God has revealed? The chief things which God has revealed are contained in the Apostles' Creed.

14. Say 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 Holy Ghost, born of the Virgin Mary; suffered under Pontius Pilate, was crucified, dead, and buried; He descended into hell; the third day He rose again from the dead; He ascended into heaven; sitteth 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 Ghost; the Holy Catholic Church; the Communion of Saints; the forgiveness of sins; the resurrection of the body; and life everlasting. Amen.

15. How is the Apostles' Creed divided? The Apostles' Creed is divided into twelve parts or articles.

FIRST ARTICLE OF THE CREED

16. What is the first article of the Creed? The first article of the Creed is, "I believe in God, the Father Almighty, Creator of heaven and earth."

17. What is God? God is the supreme Spirit, who alone exists of Himself, and is infinite in all perfections.

18. Why is God called Almighty? God is called "Almighty" because He can do all things: "With God all things are possible." (Mat.19:26.)

19. Why is God called Creator of heaven and earth? God is called "Creator of heaven and earth" because He made heaven and earth, and all things, out of nothing, by His word.

20. Had God any beginning? God had no beginning; He always was, He is, and He always will be.

21. Where is God? God is everywhere.

22. Does God know and see all things? God knows and sees all things, even our most secret thoughts.

23. Has God any body? God has no body: He is a Spirit.

24. Is there only one God? There is only one God.

25. Are there three Persons in God? There are three Persons in God: God the Father, God the Son, and God the Holy Ghost.

26. Are these three Persons three Gods? These three Persons are not three Gods: the Father, the Son, and the Holy Ghost are all one and the same God.

27. What is the mystery of the three Persons in one God called? The mystery of the three Persons in one God is called the mystery of the Blessed Trinity.

28. What do you mean by a mystery? By a mystery I mean a truth which is above reason, but revealed by God.

29. Is there any likeness to the Blessed Trinity in your soul? There is this likeness to the Blessed Trinity in my soul, that as in one God there are three Persons, so in my one soul there are three powers.

30. Which are the three powers of your soul? The three powers of my soul are my memory, my understanding, and my will.

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THE SECOND ARTICLE

31. What is the second article of the Creed? The second article of the Creed is, "and in Jesus Christ, His only Son, our Lord."

32. Who is Jesus Christ? Jesus Christ is God the Son, made man for us.

33. Is Jesus Christ truly God? Jesus Christ is truly God.

34. Why is Jesus Christ truly God? Jesus Christ is truly God because He has one and the same nature with God the Father.

35. Was Jesus Christ always God? Jesus Christ was always God, born of the Father from all eternity.

36. Which Person of the Blessed Trinity is Jesus Christ? Jesus Christ is the Second Person of the Blessed Trinity.

37. Is Jesus Christ truly man? Jesus Christ is truly man.

38. Why is Jesus Christ truly man? Jesus Christ is truly man because He has the nature of man, having a body and soul like ours.

39. Was Jesus Christ always man? Jesus Christ was not always man: He has been man only from the time of His Incarnation.

40. What do you mean by the Incarnation? I mean by the Incarnation that God the Son took to Himself the nature of man: "the Word was made Flesh." (John 1:14.)

41. How many natures are there in Jesus Christ? There are two natures in Jesus Christ, the nature of God and the nature of man.

42. Is there only one Person in Jesus Christ? There is only one Person in Jesus Christ, which is the Person of God the Son.

43. Why was God the Son made man? God the Son was made man to redeem us from sin and hell, and to teach us the way to heaven.

44. What does the holy name Jesus mean? The holy name JESUS means Saviour. (Mat. 1:21.)

45. What does the name Christ mean? The name CHRIST means Anointed.

46. Where is Jesus Christ? Jesus Christ is everywhere, as God. As God made man, He is in heaven, and in the Blessed Sacrament of the Altar.

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THE THIRD ARTICLE

47. What is the third article of the Creed? The third article of the Creed is “who was conceived by the Holy Ghost, born of the Virgin Mary.”

48. What does the third article mean? The third article means that God the Son took a Body and Soul like ours, in the womb of the Blessed Virgin Mary, by the power of the Holy Ghost.

49. Had Jesus Christ any Father on earth? Jesus Christ had no Father on earth: St Joseph was only His Guardian or Foster-Father.

50. Where was our Saviour born? Our Saviour was born in a stable at Bethlehem.

51. On what day was our Saviour born? Our Saviour was born on Christmas Day.

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THE FOURTH ARTICLE

52. What is the fourth article of the Creed? The fourth article of the Creed is “suffered under Pontius Pilate, was crucified, dead, and buried.”

53. What were the chief sufferings of Christ? The chief sufferings of Christ were: first, His agony and His sweat of blood in the Garden; secondly, His being scourged at the pillar, and crowned with thorns; and thirdly, His carrying His cross, His crucifixion, and His death between two thieves.

54. What are the chief sufferings of our Lord called? The chief sufferings of our Lord are called the Passion of Jesus Christ.

55. Why did our Saviour suffer? Our Saviour suffered to atone for our sins, and to purchase for us eternal life.

56. Why is Jesus Christ called our Redeemer? Jesus Christ is called our Redeemer because His precious blood is the price by which we were ransomed.

57. On what day did our Saviour die? Our Saviour died on Good Friday.

58. Where did our Saviour die? Our Saviour died on Mount Calvary.

59. Why do we make the sign of the cross? We make the sign of the cross - first, to put us in mind of the Blessed Trinity; and secondly, to remind us that God the Son died for us on the Cross.

60. In making the sign of the cross how are we reminded of the Blessed Trinity? In making the sign of the cross we are reminded of the Blessed Trinity by the words, “In the name of the Father, and of the Son, and of the Holy Ghost.”

61. In making the sign of the cross how are we reminded that Christ died for us on the Cross? In making the sign of the cross we are reminded that Christ died for us on the Cross by the very form of the cross which we make upon ourselves.

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THE FIFTH ARTICLE

62. What is the fifth article of the Creed? The fifth article of the Creed is “He descended into hell; the third day He rose again from the dead.”

63. What do you mean by the words, “He descended into hell”? By the words, “He descended into hell,” I mean that, as soon as Christ was dead, His blessed Soul went down into that part of hell called Limbo.

64. What do you mean by Limbo? By Limbo I mean a place of rest, where the souls of the just who died before Christ were detained.

65. Why were the souls of the just detained in Limbo? The souls of the just were detained in Limbo because they could not go up to the kingdom of heaven till Christ had opened it for them.

66. What do you mean by the words, “the third day He rose again from the dead”? By the words, “the third day He rose again from the dead,” I mean that, after Christ had been dead and buried part of three days, He raised His blessed Body to life again on the third day.

67. On what day did Christ rise again from the dead? Christ rose again from the dead on Easter Sunday.

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THE SIXTH ARTICLE

68. What is the sixth article of the Creed? The sixth article of the Creed is "He ascended into heaven; sitteth at the right hand of God the Father Almighty."

69. What do you mean by the words, "He ascended into heaven"? By the words, "He ascended into heaven," I mean that our Saviour went up Body and Soul into heaven on Ascension Day, forty days after His Resurrection.

70. What do you mean by the words, "sitteth at the right hand of God the Father Almighty"? By the words, "sitteth at the right hand of God the Father Almighty," I do not mean that God the Father has hands, for He is a spirit; but I mean that Christ, as God, is equal to the Father; and, as man, is in the highest place in heaven.

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THE SEVENTH ARTICLE

71. What is the seventh article of the Creed? The seventh article of the Creed is, "from thence He shall come to judge the living and the dead."

72. When will Christ come again? Christ will come again from heaven at the last day, to judge all mankind.

73. What are the things Christ will judge? Christ will judge our thoughts, words, works, and omissions.

74. What will Christ say to the wicked? Christ will say to the wicked, "Depart from Me, ye cursed, into everlasting fire, which was prepared for the devil and His angels." (Matt. 25:41.)

75. What will Christ say to the just? Christ will say to the just, "Come, ye blessed of My Father; possess ye the kingdom prepared for you." (Matt. 25:34.)

76. Will every one be judged at death, as well as at the last day? Every one will be judged at death as well as at the last day: "It is appointed unto men once to die; and after this, the judgment." (Heb. 9:27.)

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THE EIGHTH ARTICLE

77. What is the eighth article of the Creed? The eighth article of the Creed is "I believe in the Holy Ghost."

78. Who is the Holy Ghost? The Holy Ghost is the Third Person of the Blessed Trinity.

79. From whom does the Holy Ghost proceed? The Holy Ghost proceeds from the Father and the Son.

80. Is the Holy Ghost equal to the Father and to the Son? The Holy Ghost is equal to the Father and to the Son, for He is the same Lord and God as They are.

81. When did the Holy Ghost come down on the Apostles? The Holy Ghost came down on the Apostles on Pentecost Sunday, in the form of "parted tongues, as it were, of fire." (Acts 2:3.)

82. Why did the Holy Ghost come down on the Apostles? The Holy Ghost came down on the Apostles to confirm their faith, to sanctify them, and to enable them to found the Church.

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THE NINTH ARTICLE

83. What is the ninth article of the Creed? The ninth article of the Creed is “the Holy Catholic Church; the Communion of Saints.”

84. What is the Catholic Church? The Catholic Church is the union of all the faithful under one Head.

85. Who is the Head of the Catholic Church? The Head of the Catholic Church is Jesus Christ our Lord.

86. Has the Church a visible Head on earth? The Church has a visible Head on earth, the Bishop of Rome, who is the Vicar of Christ.

87. Why is the Bishop of Rome the Head of the Church? The Bishop of Rome is the Head of the Church because he is the Successor of St Peter, whom Christ appointed to be the Head of the Church.

88. How do you know that Christ appointed St Peter to be the Head of the Church? I know that Christ appointed St Peter to be the Head of the Church, because Christ said to Him; “Thou art Peter, and upon this rock I will build My Church, and the gates of hell shall not prevail against it. And to thee I will give the keys of the kingdom of heaven.” (Matt. 16:18,19.)

89. What is the Bishop of Rome called? The Bishop of Rome is called the Pope, which word signifies Father.

90. Is the Pope the spiritual Father of all Christians? The Pope is the spiritual Father of all Christians.

91. Is the Pope the Shepherd and Teacher of all Christians? The Pope is the Shepherd and Teacher of all Christians, because Christ made St Peter the Shepherd of the whole flock when He said, “Feed my lambs, feed my

sheep.” He also prayed that his “faith” might never fail, and commanded him to “confirm” his brethren. (John 21:15-17. Luke 22:32.)

92. Is the Pope infallible? The Pope is infallible.

93. What do you mean when you say that the Pope is infallible? When I say that the Pope is infallible, I mean that the Pope cannot err when, as Shepherd and Teacher of all Christians, he defines a doctrine, concerning faith or morals, to be held by the whole Church.

94. Has the Church of Christ any marks by which we may know her? The Church of Christ has four marks by which we may know her: she is One; she is Holy; she is Catholic; she is Apostolic.

95. How is the Church One? The Church is One because all her members agree in one Faith, have all the same Sacrifice and Sacraments, and are all united under one Head.

96. How is the Church Holy? The Church is Holy because she teaches a holy doctrine, offers to all the means of holiness, and is distinguished by the eminent holiness of so many thousands of her children.

97. What does the word Catholic mean? The word Catholic means Universal.

98. How is the Church Catholic or Universal? The Church is Catholic or Universal because she subsists in all ages, teaches all nations, and is the one Ark of Salvation for all.

99. How is the Church Apostolic? The Church is Apostolic because she holds the doctrines and traditions of the Apostles, and because, through the unbroken succession of her Pastors, she derives her Orders and her Mission from them.

100. Can the Church err in what she teaches? The Church cannot err in what she teaches as to faith or morals, for she is our infallible guide in both.

101. How do you know that the Church cannot err in what she teaches? I know that the Church cannot err in what she teaches, because Christ promised that the gates of hell shall never prevail against His Church; (Mat. 16:18) that the Holy Ghost shall teach her all things; (John 14:16-26) and that He Himself will be with her all days, even to the consummation of the world. (Mat. 28:20)

102. What do you mean by the Communion of Saints? By the Communion of Saints I mean that all the members of the Church, in heaven, on earth, and in purgatory, are in communion with each other, as being one body in Jesus Christ.

103. How are the faithful on earth in communion with each other? The faithful on earth are in communion with each other by professing the same faith, obeying the same authority, and assisting each other with their prayers and good works.

104. How are we in communion with the Saints in heaven? We are in communion with the Saints in heaven by honouring them as the glorified members of the Church, and also by our praying to them, and by their praying for us.

105. How are we in communion with the souls in purgatory? We are in communion with the souls in purgatory by helping them with our prayers and good works; "It is a holy and wholesome thought to pray for the dead, that they may be loosed from sin." (2 Macc. 12:46.)

106. What is purgatory? Purgatory is a place where souls suffer for a time after death on account of their sins.

107. What souls go to purgatory? Those souls go to purgatory that depart this life in venial sin, or that have not fully paid the debt of temporal punishment due to those sins of which the guilt has been forgiven.

108. What is temporal punishment? Temporal punishment is punishment which will have an end, either in this world, or in the world to come.

109. How do you prove that there is a purgatory? I prove that there is a purgatory from the constant teaching of the Church; and from the doctrine of Holy Scripture, which declares that God will render to every man according to his works; (Matt. 16:27.) that nothing defiled shall enter heaven; (Apoc. 21:27.) and that some will be saved,

“yet so as by fire.” (1 Cor. 3:15.)

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THE TENTH ARTICLE

110. What is the tenth article of the Creed? The tenth article of the Creed is “the forgiveness of sins”

. 111. What do you mean by "the forgiveness of sins"? By "the forgiveness of sins" I mean that Christ has left the power of forgiving sins to the Pastors of His Church. (John 20:23.)

112. By what means are sins forgiven? Sins are forgiven principally by the Sacraments of Baptism and Penance.

113. What is sin? Sin is an offence against God, by any thought, word, deed, or omission, against the law of God.

114. How many kinds of sin are there? There are two kinds of sin, original sin and actual sin.

115. What is original sin? Original sin is that guilt and stain of sin which we inherit from Adam, who was the origin and head of all mankind.

116. What was the sin committed by Adam? The sin committed by Adam was the sin of disobedience when he ate the forbidden fruit.

117. Have all mankind contracted the guilt and stain of original sin? All mankind have contracted the guilt and stain of original sin, except the Blessed Virgin, who, through the merits of her Divine Son, was conceived without the least guilt or stain of original sin.

118. What is this privilege of the Blessed Virgin called? This privilege of the Blessed Virgin is called the Immaculate Conception.

119. What is actual sin? Actual sin is every sin which we ourselves commit.

120. How is actual sin divided? Actual sin is divided into mortal sin and venial sin.

121. What is mortal sin? Mortal sin is a grievous offence against God.

122. Why is it called mortal sin? It is called mortal sin because it kills the soul and deserves hell.

123. How does mortal sin kill the soul? Mortal sin kills the soul by depriving it of sanctifying grace, which is the supernatural life of the soul.

124. Is it a great evil to fall into mortal sin? It is the greatest of all evils to fall into mortal sin.

125. Where will they go who die in mortal sin? They who die in mortal sin will go to hell for all eternity.

126. What is venial sin? Venial sin is an offence which does not kill the soul, yet displeases God, and often leads to mortal sin.

127. Why is it called venial sin? It is called venial sin because it is more easily pardoned than mortal sin.

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THE ELEVENTH ARTICLE

128. What is the eleventh article of the Creed? The eleventh article of the Creed is “the resurrection of the body.”



129. What do you mean by “the resurrection of the body”? By “the resurrection of the body” I mean that we shall rise again with the same bodies at the day of judgment.

THE TWELFTH ARTICLE

130. What is the twelfth article of the Creed? The twelfth article of the Creed is "Life everlasting."

131. What does "Life everlasting" mean? "Life everlasting" means that the good shall live forever in the glory and happiness of heaven.

132. What is the glory and happiness of heaven? The glory and happiness of heaven is to see, love, and enjoy God for ever.

133. What does the Scripture say of the happiness of heaven? The Scripture says of the happiness of heaven, "That eye hath not seen nor ear heard, neither hath it entered into the heart of man, what things God hath prepared for them that love Him." (1 Cor. 2:9.)

134. Shall not the wicked also live for ever? The wicked also shall live and be punished forever in the fire of hell.

CHAPTER III

HOPE

135. Will Faith alone save us? Faith alone will not save us without good works; we must also have Hope and Charity.

136. What is Hope? Hope is a supernatural gift of God, by which we firmly trust that God will give us eternal life and all the means necessary to obtain it, if we do what He requires of us.

137. Why must we hope in God? We must hope in God because He is infinitely good, infinitely powerful, and faithful to His promises.

138. Can we do any good work of ourselves towards our salvation? We can do no good work of ourselves towards our salvation; we need the help of God's grace.

139. What is grace? Grace is a supernatural gift of God, freely bestowed upon us for our sanctification and salvation.

140. How must we obtain God's grace? We must obtain God's grace chiefly by prayer and the holy Sacraments.

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PRAYER

141. What is prayer? Prayer is the raising up of the mind and heart to God.

142. How do we raise up our mind and heart to God? We raise up our mind and heart to God by thinking of God; by adoring, praising, and thanking Him; and by begging of Him all blessings for soul and body.

143. Do those pray well who, at their prayers, think neither of God nor of what they say? Those who, at their prayers, think neither of God nor of what they say, do not pray well; but they offend God, if their distractions are wilful.

144. Which is the best of all prayers? The best of all prayers is the "Our Father," or the Lord's Prayer.

145. Who made the Lord's Prayer? Jesus Christ Himself made the Lord's Prayer.

146. Say 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

them that trespass against us; and lead us not into temptation; but deliver us from evil. Amen.

147. In the Lord's Prayer who is called "Our Father"? In the Lord's Prayer God is called "Our Father".

148. Why is God called "Our Father"? God is called "Our Father" because He is the Father of all Christians, whom He has made His children by holy Baptism.

149. Is God also the Father of all mankind? God is also the Father of all mankind because He made them all, and loves and preserves them all.

150. Why do we say "Our Father" and not "My Father"? We say "Our" Father, and not "My" Father, because, being all brethren, we are to pray not for ourselves only, but also for all others.

151. When we say, "Hallowed be Thy name", what do we pray for? When we say, "Hallowed be Thy name," we pray that God may be known, loved, and served by all His creatures.

152. When we say "Thy kingdom come," what do we pray for? When we say, "Thy kingdom come", we pray that God may come and reign in the hearts of all by His grace in this world, and bring us all hereafter to His heavenly kingdom.

153. When we say, "Thy will be done on earth as it is in heaven," what do we pray for? When we say, "Thy will be done on earth as it is in heaven," we pray that God may enable us by His grace, to do His will in all things, as the blessed do in heaven.

154. When we say, "Give us this day our daily bread," what do we pray for? When we say, "give us this day our daily bread," we pray that God may give us daily all that is necessary for soul and body.

155. When we say, "Forgive us our trespasses, as we forgive them that trespass against us," what do we pray for? When we say, "Forgive us our trespasses, as we forgive them that trespass against us," we pray that God may forgive us our sins, as we forgive others the injuries they do to us.

156. When we say, "Lead us not into temptation," what do we pray for? When we say, "Lead us not into temptation," we pray that God may give us grace not to yield to temptation.

157. When we say, "Deliver us from evil," what do we pray for? When we say, "Deliver us from evil," we pray that God may free us from all evil, both of soul and body.

158. Should we ask the Angels and Saints to pray for us? We should ask the Angels and Saints to pray for us because they are our friends and brethren, and because their prayers have great power with God.

159. How can we show that the Angels and Saints know what passes on earth? We can show that the Angels and Saints know what passes on earth from the words of Christ: "There shall be joy before the angels of God on one sinner doing penance." (Luke 15:10.)

160. What is the chief prayer to the Blessed Virgin which the Church uses? The chief prayer to the Blessed Virgin which the Church uses is the Hail Mary.

161. Say the 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.

162. Who made the first part of the Hail Mary? The Angel Gabriel and St Elizabeth, inspired by the Holy Ghost, made the first part of the Hail Mary.

163. Who made the second part of the Hail Mary? The Church of God, guided by the Holy Ghost, made the second part of the Hail Mary.

164. Why should we frequently say the Hail Mary? We should frequently say the Hail Mary to put us in mind of the Incarnation of the Son of God; and to honour our Blessed Lady, the Mother of God.

165. Have we another reason for often saying the Hail Mary? We have another reason for often saying the Hail Mary, to ask our Blessed Lady to pray for us sinners at all times, but especially at the hour of our death.

166. Why does the Catholic Church show great devotion to the Blessed Virgin? The Catholic Church shows great devotion to the Blessed Virgin because she is the Immaculate Mother of God.

167. How is the Blessed Virgin Mother of God? The Blessed Virgin is Mother of God because Jesus Christ her Son, who was born of her as man, is not only man, but is also truly God.

168. Is the Blessed Virgin our Mother also? The Blessed Virgin is our Mother also because, being the brethren of Jesus, we are the children of Mary.

168a. What do we mean by the Assumption of the Blessed Virgin? By the Assumption of the Blessed Virgin we mean that by the power of God, Mary, at the completion of her life, was taken body and soul into everlasting glory to reign as Queen of heaven and earth.

168b. Is the Assumption of the Blessed Virgin an article of Faith? The Assumption of the Blessed Virgin is an article of Faith because it has been solemnly defined by the infallible authority of the Church.

CHAPTER IV

CHARITY

THE COMMANDMENTS OF GOD 169. What is Charity? Charity is a supernatural gift of God by which we love God above all things, and our neighbour as ourselves for God's sake.

170. Why must we love God? We must love God because He is infinitely good in Himself and infinitely good to us.

171. How do we show that we love God? We show that we love God by keeping His commandments; for Christ says, "If you love Me, keep My commandments." (John 14:15.)

172. How many Commandments are there? There are ten Commandments.

173. Say the ten Commandments. I am the Lord Thy God, who brought thee out of the land of Egypt, and out of the house of bondage. 1. Thou shalt not have strange gods before Me. Thou shalt not make to thyself any graven thing, nor the likeness of any thing that is in heaven above, or in the earth beneath, nor of those things that are in the waters under the earth. Thou shalt not adore them nor serve them. 2. Thou shalt not take the name of the Lord Thy God in vain. 3. Remember that thou keep holy the Sabbath day. 4. Honour thy father and thy mother. 5. Thou shalt not kill. 6. Thou shalt not commit adultery. 7. Thou shalt not steal. 8. Thou shalt not bear false witness against thy neighbour. 9. Thou shalt not covet thy neighbour's wife. 10. Thou shalt not covet thy neighbour's goods.

174. Who gave the ten Commandments? God gave the ten Commandments to Moses in the Old Law, and Christ confirmed them in the New.

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THE FIRST COMMANDMENT

175. What is the first Commandment? The first Commandment is, "I am the Lord thy God, who brought thee out of the land of Egypt, and out of the house of bondage. Thou shalt not have strange gods before me. Thou shalt not make to thyself any graven thing, nor the likeness of any thing that is in heaven above, or in the earth beneath, nor of those things that are in the waters under the earth. Thou shalt not adore them nor serve them."

176. What are we commanded to do by the first Commandment? By the first Commandment we are commanded to worship the one, true, and living God, by Faith, Hope, Charity, and Religion.

177. What are the sins against Faith? The sins against Faith are all false religions, wilful doubt, disbelief, or denial of any article of Faith, and also culpable ignorance of the doctrines of the Church.

178. How do we expose ourselves to the danger of losing our Faith? We expose ourselves to the danger of losing our Faith by neglecting our spiritual duties, reading bad books, going to non-Catholic schools, and taking part in the services or prayers of a false religion.

179. What are the sins against Hope? The sins against Hope are despair and presumption.

180. What are the chief sins against Religion? The chief sins against Religion are the worship of false gods or idols, and the giving to any creature whatsoever the honour which belongs to God alone.

181. Does the first Commandment forbid the making of images? The first Commandment does not forbid the making of images but the making of idols; that is, it forbids us to make images to be adored or honoured as gods.

182. Does the first Commandment forbid dealing with the devil and superstitious practices? The first Commandment forbids all dealing with the devil and superstitious practices, such as consulting spiritualists and fortune-tellers, and trusting to charms, omens, dreams, and suchlike fooleries.

183. Are all sins of sacrilege and simony also forbidden by the first Commandment? All sins of sacrilege and simony are also forbidden by the first Commandment.

184. Is it forbidden to give divine honour and worship to the Angels and Saints? It is forbidden to give divine honour or worship to the Angels and Saints, for this belongs to God alone.

185. What kind of honour or worship should we pay to the Angels and Saints? We should pay to the Angels and Saints an inferior honour or worship, for this is due to them as the servants and special friends of God.

186. What honour should we give to relics, crucifixes, and holy pictures? We should give to relics, crucifixes, and holy pictures a relative honour, as they relate to Christ and His Saints, and are memorials of them.

187. Do we pray to relics or images? We do not pray to relics or images, for they can neither see, nor hear, nor help us.

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THE SECOND COMMANDMENT

188. What is the second Commandment? The second Commandment is "Thou shalt not take the name of the Lord Thy God in vain."

189. What are we commanded by the second Commandment? By the second Commandment we are commanded to speak with reverence of God and all holy persons and things, and to keep our lawful oaths and vows.

190. What does the second Commandment forbid? The second Commandment forbids all false, rash, unjust, and unnecessary oaths; as also blaspheming, cursing, and profane words.

191. Is it ever lawful to swear or to take an oath? It is lawful to swear, or to take an oath, only when God's honour, or our own, or our neighbour's good requires it.

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THE THIRD COMMANDMENT

192. What is the third Commandment? The third Commandment is "Remember that thou keep holy the Sabbath day."

193. What are we commanded by the third Commandment? By the third Commandment we are commanded to keep the Sunday holy.

194. How are we to keep the Sunday holy? We are to keep the Sunday holy by hearing Mass and resting from servile works.

195. Why are we commanded to rest from servile works? We are commanded to rest from servile works that we may have time and opportunity for prayer, going to the Sacraments, hearing instructions, and reading good books.

THE FOURTH COMMANDMENT

196. What is the fourth Commandment? The fourth Commandment is "Honour Thy father and Thy mother."

197. What are we commanded by the fourth commandment? By the fourth Commandment we are commanded to love, reverence, and obey our parents in all that is not sin.

198. Are we commanded to obey our parents only? We are commanded to obey, not only our parents, but also our bishops and pastors, the civil authorities, and our lawful superiors.

199. Are we bound to assist our parents in their wants? We are bound to assist our parents in their wants, both spiritual and temporal.

200. Are we bound in justice to contribute to the support of our pastors? We are bound in justice to contribute to the support of our pastors; for St Paul says, "The Lord ordained that they who preach the Gospel should live by the Gospel." (1 Cor. 9:14.)

201. What is the duty of parents towards their children? The duty of parents towards their children is to provide for them, to instruct and correct them, and to give them a good Catholic education.

202. What is the duty of employers, masters, mistresses, and other superiors? The duty of employers, masters, mistresses, and other superiors is to take proper care of those under their charge, and to enable them to practise their religious duties.

203. What does the fourth Commandment forbid? The fourth Commandment forbids all contempt, stubbornness, and disobedience to our parents and lawful superiors.

204. Is it sinful to belong to a Secret Society? It is sinful to belong to any Secret Society that plots against the Church or State, or to any Society that by reason of its secrecy is condemned by the Church, for St Paul says: "Let every soul be subject to the higher powers; he that resisteth the power resisteth the ordinance of God; and they that resist purchase to themselves damnation." (Rom. 13:1,2.)

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THE FIFTH COMMANDMENT

205. What is the fifth Commandment? The fifth Commandment is "Thou shalt not kill."

206. What does the fifth Commandment forbid? The fifth Commandment forbids all wilful murder, fighting, quarrelling, and injurious words; and also scandal and bad example.

207. Does the fifth Commandment forbid anger? The fifth Commandment forbids anger, and, still more, hatred and revenge.

208. Why are scandal and bad example forbidden by the fifth Commandment? Scandal and bad example are forbidden by the fifth Commandment, because they lead to the injury and spiritual death of our neighbour's soul.

THE SIXTH COMMANDMENT

209. What is the sixth Commandment? The sixth Commandment is, "Thou shalt not commit adultery."

210. What does the sixth Commandment forbid? The sixth Commandment forbids all sins of impurity with another's wife or husband.

211. Does the sixth Commandment forbid whatever is contrary to holy purity? The sixth Commandment forbids whatever is contrary to holy purity in looks, words, or actions.

212. Are immodest plays and dances forbidden by the sixth Commandment? Immodest plays and dances are forbidden by the sixth Commandment, and it is sinful to look at them.

213. Does the sixth Commandment forbid immodest songs, books, and pictures? The sixth Commandment forbids immodest songs, books, and

pictures, because they are most dangerous to the soul, and lead to mortal sin.

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THE SEVENTH COMMANDMENT

214. What is the seventh Commandment? The seventh Commandment is, "Thou shalt not steal."

215. What does the seventh Commandment forbid? The seventh Commandment forbids all unjust taking away, or keeping what belongs to another.

216. Is all manner of cheating in buying and selling forbidden by the seventh Commandment? All manner of cheating in buying and selling is forbidden by the seventh Commandment, and also every other way of wronging our neighbour.

217. Are we bound to restore ill-gotten goods? We are bound to restore ill-gotten goods if we are able, or else the sin will not be forgiven; we must also pay our debts.

218. Is it dishonest for employees and other workers to waste their employer's time or property? It is dishonest for employees and other workers to waste their employer's time or property, because it is wasting what is not their own.

THE EIGHTH COMMANDMENT

219. What is the eighth Commandment? The eighth Commandment is "Thou shalt not bear false witness against thy neighbour."

220. What does the eighth Commandment forbid? The eighth Commandment forbids all false testimony, rash judgment, and lies.

221. Are calumny and detraction forbidden by the eighth Commandment? Calumny and detraction are forbidden by the eighth Commandment, and also tale-bearing, and any words which injure our neighbour's character.

222. If you have injured your neighbour by speaking ill of him, what are you bound to do? If I have injured my neighbour by speaking ill of him, I am bound to make him satisfaction by restoring his good name as far as I can.

THE NINTH COMMANDMENT

223. What is the ninth Commandment? The ninth Commandment is "Thou shalt not covet thy neighbour's wife."

224. What does the ninth Commandment forbid? The ninth Commandment forbids all wilful consent to impure thoughts and desires, and all wilful pleasure in the irregular motions of the flesh.

225. What sins commonly lead to the breaking of the sixth and ninth Commandments? The sins that commonly lead to the breaking of the sixth and ninth Commandments are gluttony, drunkenness, and intemperance, and also idleness, bad company, and the neglect of prayer.

THE TENTH COMMANDMENT

226. What is the tenth Commandment? The tenth Commandment is "Thou shalt not covet thy neighbour's goods."

227. What does the tenth Commandment forbid? The tenth Commandment forbids all envious and covetous thoughts and unjust desires of our neighbour's goods and profits.

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CHAPTER V

THE COMMANDMENTS OF THE CHURCH

228. Are we bound to obey the Church? We are bound to obey the Church, because Christ has said to the pastors of the Church, "He that heareth you, heareth Me: and he that despiseth you, despiseth Me." (Luke 10:16.)

229. What are the chief Commandments of the Church? The chief Commandments of the Church are: 1. To keep the Sundays and Holydays of Obligation holy, by hearing Mass and resting from servile works. 2. To keep the days of fasting and abstinence appointed by the Church. 3. To go to confession at least once a year. 4. To receive the Blessed Sacrament at least once a year, and that at Easter or thereabouts. 5. To contribute to the support of our pastors. 6. Not to marry within certain degrees of kindred, nor to solemnise marriage at the forbidden times.

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THE FIRST COMMANDMENT OF THE CHURCH

230. What is the first Commandment of the Church? The first Commandment of the Church is "To keep the Sundays and Holydays of Obligation holy, by hearing Mass and resting from servile works."

231. Which are the Holydays of Obligation observed in England and Wales? The Holydays of Obligation observed in England and Wales are: Christmas Day, the Circumcision, (the Octave Day of Christmas,) the Epiphany, the Ascension, Corpus Christi, SS. Peter and Paul, the Assumption of our Lady, and All Saints.

232. Is it a mortal sin to neglect to hear Mass on Sundays and Holydays of Obligation? It is a mortal sin to neglect to hear Mass on Sundays and Holydays of Obligation.

233. Are parents, employers, masters, and mistresses bound to provide that those under their charge shall hear Mass on Sundays and Holydays of Obligation? Parents, employers, masters, and mistresses are bound to provide that those under their charge shall hear Mass on Sundays and Holydays of Obligation.

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THE SECOND COMMANDMENT OF THE CHURCH

234. What is the second Commandment of the Church? The second Commandment of the Church is "To keep the days of fasting and abstinence appointed by the Church."

235. What are fasting days? Fasting days are days on which we are allowed to take but one meal, and are forbidden to eat flesh meat without special leave.

236. Which are the fasting days? The fasting days are the forty days of Lent; certain Vigils; the Ember days and in England and Wales the Wednesdays and Fridays in Advent. (Since the Second Vatican Council (1962-1965) the days of fasting of the conciliar Catholic Church are Ash Wednesday and Good Friday. The obligation of fasting is restricted to those who have completed their 21st year until they have begun their 60th.)

237. What are days of abstinence? Days of abstinence are days on which we are forbidden to eat flesh-meat, but are allowed the usual number of meals.

238. Which are the days of abstinence? The days of abstinence are all Fridays except the Friday on which Christmas Day may fall; and the

Sundays in Lent, unless leave be given to eat meat on them. (Since the Second Vatican Council (1962-1965) the days of abstinence, of the conciliar Catholic Church, in England and Wales are Ash Wednesday and Good Friday. "The age at which abstinence becomes binding is 14.)

239. Why does the Church command us to fast and abstain? The Church commands us to fast and abstain that so we may mortify the flesh and satisfy God for our sins.

THE THIRD COMMANDMENT OF THE CHURCH

240. What is the third Commandment of the Church? The third Commandment of the Church is "To go to confession at least once a year.

241. How soon are children bound to go to confession? Children are bound to go to confession as soon as they have come to the use of reason, and are capable of mortal sin.

242. When are children generally supposed to come to the use of reason? Children are generally supposed to come to the use of reason about the age of seven years.

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THE FOURTH COMMANDMENT OF THE CHURCH

243. What is the fourth Commandment of the Church? The fourth Commandment of the Church is "To receive the Blessed Sacrament at least once a year, and that at Easter or thereabouts."

244. How soon are Christians bound to receive the Blessed Sacrament? Christians are bound to receive the Blessed Sacrament as soon as they are capable of being instructed in this sacred mystery.

THE FIFTH COMMANDMENT OF THE CHURCH

245. What is the fifth Commandment of the Church? The fifth Commandment of the Church is "To contribute to the support of our pastors."

246. Is it a duty to contribute to the support of religion? It is a duty to contribute to the support of religion according to our means, so that God may be duly honoured and worshipped, and the kingdom of His Church extended.

THE SIXTH COMMANDMENT OF THE CHURCH

247. What is the sixth Commandment of the Church? The sixth Commandment of the Church is "Not to marry within certain degrees of kindred, nor to solemnise marriage at the forbidden times."

248. Which are the times in which it is forbidden to solemnise marriage? The times in which it is forbidden to solemnise marriage are from the first Sunday of Advent till after the Epiphany, and from Ash Wednesday till after Low Sunday.

CHAPTER VII

THE SACRAMENTS

249. What is a Sacrament? A Sacrament is an outward sign of inward grace, ordained by Jesus Christ, by which grace is given to our souls.

250. Do the Sacraments always give grace? The Sacraments always give grace to those who receive them worthily.

251. Whence have the Sacraments the power of giving grace? The Sacraments have the power of giving grace from the merits of Christ's Precious Blood, which they apply to our souls.

252. Ought we to have a great desire to receive the Sacraments? We ought to have a great desire to receive the Sacraments, because they are the chief means of our salvation.

253. Is a character given to the soul by any of the Sacraments? A character is given to the soul by the Sacraments of Baptism, Confirmation, and Holy Order.

254. What is a character? A character is a mark or seal on the soul which cannot be effaced, and therefore the Sacrament conferring it may not be repeated.

255. How many Sacraments are there? There are seven Sacraments: Baptism, Confirmation, Holy Eucharist, Penance, Extreme Unction, Holy Order, and Matrimony.

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BAPTISM

256. What is Baptism? Baptism is a Sacrament which cleanses us from original sin, makes us Christians, children of God, and members of the Church.

257. Does Baptism also forgive actual sins? Baptism also forgives actual sins, with all punishment due to them, when it is received in proper dispositions by those who have been guilty of actual sin.

258. Who is the ordinary minister of Baptism? The ordinary minister of Baptism is a priest; but any one may baptize in case of necessity, when a priest cannot be had.

259. How is Baptism given? Baptism is given by pouring water on the head of the child, saying at the same time these words, "I baptize thee in the name of the Father, and of the Son, and of the Holy Ghost."

260. What do we promise in Baptism? We promise in Baptism to renounce the devil and all his works and pomps.

261. Is Baptism necessary for salvation? Baptism is necessary for salvation, because Christ has said, "Unless a man be born again of water and the Holy Ghost, he cannot enter into the kingdom of God." (John 3:5.)

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CONFIRMATION

262. What is Confirmation? Confirmation is a Sacrament by which we receive the Holy Ghost, in order to make us strong and perfect Christians and soldiers of Jesus Christ.

263. Who is the ordinary minister of Confirmation? The ordinary minister of Confirmation is a Bishop.

264. How does the Bishop administer the Sacrament of Confirmation? The Bishop administers the Sacrament of Confirmation by praying that the Holy Ghost may come down upon those who are to be confirmed; and by laying his hand on them, and making the sign of the cross with chrism on their foreheads, at the same time pronouncing certain words.

265. What are the words used in Confirmation? The words used in Confirmation are these: "I sign thee with the sign of the cross, and I confirm

thee with the chrism of salvation; in the name of the Father, and of the Son, and of the Holy Ghost. Amen."

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THE HOLY EUCHARIST

266. What is the Sacrament of the Holy Eucharist? The Sacrament of the Holy Eucharist is the true Body and Blood of Jesus Christ, together with His Soul and Divinity, under the appearances of bread and wine.

267. How are the bread and wine changed into the Body and Blood of Christ? The bread and wine are changed into the Body and Blood of Christ by the power of God, to whom nothing is impossible or difficult.

268. When are the bread and wine changed into the Body and Blood of Christ? The bread and wine are changed into the Body and Blood of Christ when the words of consecration, ordained by Jesus Christ, are pronounced by the priest in the Holy Mass.

269. Why has Christ given Himself to us in the Holy Eucharist? Christ has given Himself to us in the Holy Eucharist to be the life and the food of our souls. "He that eateth Me, the same also shall live by Me;" "He that eateth this bread shall live for ever." (John 6:58,59.)

270. Is Christ received whole and entire under either kind alone? Christ is received whole and entire under either kind alone.

271. In order to receive the Blessed Sacrament worthily what is required? In order to receive the Blessed Sacrament worthily it is required that we be in a state of grace, and fasting from midnight. (Water does not break this fast.)

272. What is it to be in a state of grace? To be in a state of grace is to be free from mortal sin, and pleasing to God.

273. Is it a great sin to receive Holy Communion in mortal sin? It is a great sin to receive Holy Communion in mortal sin, "for he that eateth and drinketh unworthily, eateth and drinketh judgment to himself." (1 Cor. 11:29.)

274. Is the Blessed Eucharist a Sacrament only? The Blessed Eucharist is not a Sacrament only; it is also a sacrifice.

275. What is a sacrifice? A sacrifice is the offering of a victim by a priest to God alone, in testimony of His being the Sovereign Lord of all things.

276. What is the Sacrifice of the New Law? The Sacrifice of the New Law is the Holy Mass.

277. What is the Holy Mass? The Holy Mass is the Sacrifice of the Body and Blood of Jesus Christ, really present on the altar under the appearances of bread and wine, and offered to God for the living and the dead.

278. Is the Holy Mass one and the same Sacrifice with that of the Cross? The Holy Mass is one and the same Sacrifice with that of the Cross, inasmuch as Christ, who offered Himself, a bleeding Victim, on the Cross to His heavenly Father, continues to offer Himself in an unbloody manner on the altar, through the ministry of His priests.

279. For what ends is the Sacrifice of the Mass offered? The Sacrifice of the Mass is offered for four ends: first, to give supreme honour and glory to God; secondly, to thank Him for all His benefits; thirdly, to obtain pardon for our sins; and fourthly, to obtain all other graces and blessings through Jesus Christ.

280. Is the Mass also a memorial of the Passion and Death of our Lord? The Mass is also a memorial of the Passion and Death of our Lord, for Christ at His last supper said, "Do this for a commemoration of Me." (Luke 22:19.)

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PENANCE

281. What is the Sacrament of Penance? Penance is a Sacrament whereby the sins, whether mortal or venial, which we have committed after Baptism are forgiven.

282. Does the Sacrament of Penance increase the grace of God in the soul? The Sacrament of Penance increases the grace of God in the soul, besides forgiving sin; we should, therefore, often go to confession.

283. When did our Lord institute the Sacrament of Penance? Our Lord instituted the Sacrament of Penance when He breathed on His Apostles and gave them power to forgive sin, saying, "Whose sins you shall forgive, they are forgiven." (John 20:23.)

284. How does the priest forgive sins? The priest forgives sins by the power of God, when he pronounces the words of absolution.

285. What are the words of absolution? The words of absolution are: "I absolve thee from thy sins, in the name of the Father, and of the Son, and of the Holy Ghost."

286. Are any conditions of forgiveness required on the part of the penitent? Three conditions for forgiveness are required on the part of the penitent: Contrition, Confession, and Satisfaction.

287. What is Contrition? Contrition is a hearty sorrow for our sins because by them we have offended so good a God, together with a firm purpose of amendment.

288. What is a firm purpose of amendment? A firm purpose of amendment is a resolution to avoid, by the grace of God, not only sin, but also the dangerous occasions of sin.

289. How may we obtain a hearty sorrow for our sins? We may obtain a hearty sorrow for our sins by earnestly praying for it, and by making use of such considerations as may lead us to it.

290. What consideration concerning God will lead us to sorrow for our sins? This consideration concerning God will lead us to sorrow for our sins, that by our sins we have offended God, who is infinitely good in Himself and infinitely good to us.

291. What consideration concerning our Saviour will lead us to sorrow for our sins? This consideration concerning our Saviour will lead us to sorrow for our sins, that our Saviour died for our sins, and that those who sin grievously "crucify again to themselves the Son of God, making Him a mockery." (Heb. 6:8.)

292. Is sorrow for our sins, because by them we have lost heaven and deserved hell, sufficient when we go to confession? Sorrow for our sins, because by them we have lost heaven and deserved hell, is sufficient when we go to confession.

293. What is perfect contrition? Perfect contrition is sorrow for sin arising purely from the love of God.

294. What special value has perfect contrition? Perfect contrition has this special value; that by it our sins are forgiven immediately, even before we confess them; but nevertheless, if they are mortal, we are strictly bound to confess them afterwards.

295. What is confession? Confession is to accuse ourselves of our sins to a priest approved by the Bishop.

296. What if a person wilfully conceal a mortal sin in confession? If a person wilfully conceal a mortal sin in confession he is guilty of a great sacrilege, by telling a lie to the Holy Ghost in making a bad confession.

297. How many things have we to do in order to prepare for confession? We have four things to do in order to prepare for confession: first, we must heartily pray for grace to make a good confession; secondly, we must carefully examine our conscience; thirdly, we must take time and care to make a good act of contrition; and fourthly, we must resolve by the help of God to renounce our sins, and to begin a new life for the future.

298. What is Satisfaction? Satisfaction is doing the penance given us by the priest.

299. Does the penance given by the priest always make full satisfaction for our sins? The penance given by the priest does not always make full satisfaction for our sins. We should therefore, add to it other good works and penances, and try to gain Indulgences.

300. What is an Indulgence? An Indulgence is a remission, granted by the Church, of the temporal punishment which often remains due to sin after its guilt has been forgiven.

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EXTREME UNCTION

301. What is the Sacrament of Extreme Unction ? The Sacrament of Extreme Unction is the anointing of the sick with holy oil, accompanied with prayer.

302. When is Extreme Unction given ? Extreme Unction is given when we are in danger of death by sickness.

303. What are the effects of the Sacrament of Extreme Unction ? The effects of the Sacrament of Extreme Unction are to comfort and strengthen the soul, to remit sin, and even to restore health, when God sees it to be expedient.

304. What authority is there in Scripture for the Sacrament of Extreme Unction? The authority in Scripture for the Sacrament of Extreme Unction is in the fifth chapter of St James, where it is said: "Is any one sick among you? Let him bring in the priests of the Church and let them pray over him, anointing him with oil in the name of the Lord. And the prayer of faith shall save the sick man; and the Lord shall raise him up: and if he be in sins, they shall be forgiven him." (James 5:14,15.)

HOLY ORDER

305. What is the Sacrament of Holy Order? Holy Order is the Sacrament by which bishops, priests, and other ministers of the Church are ordained, and receive power and grace to perform their sacred duties.

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MATRIMONY

306. What is the Sacrament of Matrimony? Matrimony is the Sacrament which sanctifies the contract of a Christian marriage, and gives a special grace to those who receive it worthily.

307. What special grace does the Sacrament of Matrimony give to those who receive it worthily? The Sacrament of Matrimony gives to those who receive it worthily a special grace, to enable them to bear the difficulties of their state, to love and be faithful to one another, and to bring up their children in the fear of God.

308. Is it a sacrilege to contract marriage in mortal sin, or in disobedience to the laws of the Church? It is a sacrilege to contract marriage in mortal sin, or in disobedience to the laws of the Church, and, instead of a blessing, the guilty parties draw down upon themselves the anger of God. (For the marriage of a Catholic to be valid there must be present (1) either the Bishop or the Parish Priest, or another Priest duly delegated, and (2) two witnesses.)

309. What is a "mixed marriage"? A "mixed marriage" is a marriage between a Catholic and one who though baptized, does not profess the Catholic Faith.

310. Has the Church always forbidden mixed marriages? The Church has always forbidden mixed marriages, and considers them unlawful and pernicious.

311. Does the Church sometimes permit mixed marriages? The Church sometimes permits mixed marriages by granting a dispensation for very grave reasons and under special conditions.

311a. What does the Catholic partner of a mixed marriage promise? The Catholic partner of a mixed marriage promises to do everything possible to preserve the faith and have all children of the marriage baptized and brought up in the Catholic religion.

312. Can any human power dissolve the bond of marriage? No human power can dissolve the bond of marriage, because Christ has said: "What God hath joined together, let not man put asunder." (Matt. 19:6.)

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CHAPTER VII

OF VIRTUES AND VICIES

313. Which are the Theological Virtues? The Theological Virtues are "Faith, Hope, and Charity." (1 Cor. 13:13.)

314. Why are they called Theological Virtues? They are called Theological Virtues because they relate immediately to God.

315. What are the chief mysteries of Faith which every Christian is bound to know? The chief mysteries of Faith which every Christian is bound to know are the Unity and Trinity of God, and the Incarnation, Death, and Resurrection of our Saviour.

316. Which are the Cardinal Virtues? The Cardinal Virtues are "Prudence, Justice, Fortitude, and Temperance." (Wisd. 8:7.)

317. Why are they called Cardinal Virtues? They are called Cardinal Virtues because they are, as it were, the hinges on which all other moral virtues turn.

318. Which are the seven gifts of the Holy Ghost? The seven gifts of the Holy Ghost are: 1. Wisdom, 2. Understanding, 3. Counsel, 4. Fortitude, 6. Piety, 5. Knowledge, 7. The fear of the Lord. (Is. 11:2,3.)

319. Which are the twelve fruits of the Holy Ghost? The twelve fruits of the Holy Ghost are: 1. Charity, 2. Joy, 3. Peace, 4. Patience, 5. Benignity, 6. Goodness, 7. Longanimity, 8. Mildness, 9. Faith, 10. Modesty, 11. Contineny, 12. Chastity. (Gal. 5:22.)

320. Which are the two great precepts of Charity? The two great precepts of Charity are: 1. "Thou shalt love the Lord thy God with thy whole heart, and with thy whole soul, and with thy whole mind, and with thy whole strength." 2. "Thou shalt love thy neighbour as thyself." (Mark 12:30,31.)

321. Which are the seven Corporal Works of Mercy? The seven Corporal Works of Mercy are: 1. To feed the hungry, 2. To give drink to the thirsty, 3. To clothe the naked, 4. To harbour the harbourless, 5. To visit the sick, 6. To visit the imprisoned, 7. To bury the dead. (Matt. 26; Tobias 12.)

322. Which are the seven Spiritual Works of Mercy? The seven Spiritual Works of Mercy are: 1. To convert 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 injuries, 7. To pray for the living and the dead.

323. Which are the eight Beatitudes? The eight Beatitudes are: 1. "Blessed are the poor in spirit; for theirs is the kingdom of heaven. 2. Blessed are the meek; for they shall possess the land. 3. Blessed are they that mourn; for they shall be comforted. 4. Blessed are they that hunger and thirst after justice; for they shall have their fill. 5. Blessed are the merciful; for they shall obtain mercy. 6. Blessed are the clean of hearts; for they shall see God. 7. Blessed are the peacemakers; for they shall be called the children of God. 8. Blessed are they that suffer persecution for justice sake; for theirs is the kingdom of heaven." (Matt. 5:3-10.)

324. Which are the seven capital sins or vices and their contrary virtues? The seven capital sins or vices and their contrary virtues are:

Contrary Virtues

1. Pride. 1. Humility.

2. Covetousness. 2. Liberality.

3. Lust. 3. Chastity.

4. Anger. 4. Meekness.

5. Gluttony. 5. Temperance.

6. Envy. 6. Brotherly Love.

7. Sloth. 7. Diligence. 325. Why are they called capital sins? They are called capital sins because they are the sources from which all other sins take their rise.

326. Which are the six sins against the Holy Ghost? The six sins against the Holy Ghost are: 1. Presumption, 2. Despair, 3. Resisting the Known truth, 4. Envy of another spiritual good, 5. Obstinacy in sin, 6. Final impenitence.

327. Which are the four sins crying to heaven for vengeance? The four sins crying to heaven for vengeance are: 1. Wilful murder. (Gen. 4.); 2. The sin of Sodom. (Gen. 18.); 3. Oppression of the poor. (Exod. 2.); 4. Defrauding labourers of their wages. (James 5.)

328. When are we answerable for the sins of others? We are answerable for the sins of others whenever we either cause them, or share in them, through our own fault.

329. In how many ways may we either cause or share the guilt of another's sin? We may either cause or share the guilt of another's sin in nine ways: 1. By counsel, 2. By command, 3. By consent, 4. By provocation, 5. By praise or flattery, 6. By concealment, 7. By being a partner in the sin, 8. By silence, 9. By defending the ill done.

330. Which are the three eminent Good Works? The three eminent Good Works are Prayer, Fasting, and Alms-deeds.

331. Which are the Evangelical Councils? The Evangelical Councils are voluntary Poverty, perpetual Chastity and entire Obedience.

332. What are the four last things to be ever remembered? The four last things to be ever remembered are Death, Judgment, Hell, and Heaven. (Ecclus. 7:40.)

CHAPTER VIII

THE CHRISTIAN'S RULE OF LIFE

333. What rule of life must we follow if we hope to be saved? If we hope to be saved, we must follow the rule of life taught by Jesus Christ.

334. What are we bound to do by the rule of life taught by Jesus Christ? By the rule of life taught by Jesus Christ we are bound always to hate sin and to love God.

335. How must we hate sin? We must hate sin above all other evils, so as to be resolved never to commit a wilful sin for the love or fear of anything whatsoever.

336. How must we love God? We must love God above all things, and with our whole heart.

337. How must we learn to love God? We must learn to love God by begging of God to teach us to love Him: "O my God, teach me to love Thee."

338. What will the love of God lead us to do? The love of God will lead us often to think how good God is; often to speak to Him in our hearts; and always to seek to please Him.

339. Does Jesus Christ also command us to love one another? Jesus Christ also commands us to love one another - that is, all persons without exception - for His sake.

340. How are we to love one another? We are to love one another by wishing well to one another, and praying for one another; and by never allowing ourselves any thought, word, or deed to the injury of anyone.

341. Are we also bound to love our enemies? We are also bound to love our enemies; not only by forgiving them from our hearts, but also by wishing them well, and praying for them.

342. Has Jesus Christ given us another great rule? Jesus Christ has given us another great rule in these words: "If any man will come after Me, let him deny himself, and take up his cross daily and follow Me." (Luke 9:23.)

343. How are we to deny ourselves? We are to deny ourselves by giving up our own will, and by going against our own humours, inclinations, and passions.

344. Why are we bound to deny ourselves? We are bound to deny ourselves because our natural inclinations are prone to evil from our very childhood; and if not corrected by self-denial, they will certainly carry us to hell.

345. How are we to take up our cross daily? We are to take up our cross daily by submitting daily with patience to the labours and sufferings of this short life, and by bearing them willingly for the love of God.

346. How are we to follow our Blessed Lord? We are to follow our Blessed Lord by walking in His footsteps and imitating His virtues.

347. What are the principal virtues we are to learn of our Blessed Lord? The principal virtues we are to learn of our Blessed Lord are meekness, humility, and obedience.

348. Which are the enemies we must fight against all the days of our life? The enemies which we must fight against all the days of our life are the devil, the world, and the flesh.

349. What do you mean by the devil? By the devil I mean Satan and all his wicked angels, who are ever seeking to draw us into sin, that we may be damned with them.

350. What do you mean by the world? By the world I mean the false maxims of the world and the society of those who love the vanities, riches, and pleasures of this world better than God.

351. Why do you number the devil and the world amongst the enemies of the soul? I number the devil and the world amongst the enemies of the soul because they are always seeking, by temptation and by word or example, to carry us along with them in the broad road that leads to damnation.

352. What do you mean by the flesh? By the flesh I mean our own corrupt inclinations and passions, which are the most dangerous of all our enemies.

353. What must we do to hinder the enemies of our soul from drawing us into sin? To hinder the enemies of our soul from drawing us into sin, we must watch, pray, and fight against all their suggestions and temptations.

354. In the warfare against the devil, the world, and the flesh, on whom must we depend? In the warfare against the devil, the world, and the flesh we must depend not on ourselves, but on God only: "I can do all things in Him who strengtheneth me." (Philip. 4:13.)

CHAPTER IX

THE CHRISTIAN'S DAILY EXERCISE

355. How should you begin the day? I should begin the day by making the sign of the cross as soon as I awake in the morning, and by saying some short prayer, such as, "O my God, I offer my heart and soul to Thee."

356. How should you rise in the morning? I should rise in the morning diligently, dress myself modestly, and then kneel down and say my morning prayers.

357. Should you also hear Mass if you have time and opportunity? I should also hear Mass if I have time and opportunity, for to hear Mass is by far the best and most profitable of all devotions.

358. Is it useful to make daily meditation? It is useful to make daily meditation, for such was the practice of all the Saints.

359. On what ought we to meditate? We ought to meditate especially on the four last things, and the Life and Passion of our Blessed Lord.

360. Ought we frequently to read good books? We ought frequently to read good books, such as the Holy Gospels, the Lives of the Saints, and other spiritual works, which nourish our faith and piety, and arm us against the false maxims of the world.

361. And what should you do as to your eating, drinking, sleeping, and amusements? As to my eating, drinking, sleeping, and amusements, I should use all these things with moderation, and with a desire to please God.

362. Say the grace before meals. "Bless us, O Lord, and these Thy gifts, which we are going to receive from Thy bounty, through Christ our Lord. Amen."

363. Say the grace after meals. "We give Thee thanks, Almighty God, for all Thy benefits, who livest and reignest, world without end. Amen. May the souls of the faithful departed, through the mercy of God, rest in peace. Amen."

364. How should you sanctify your ordinary actions and employments of the day? I should sanctify my ordinary actions and employments of the day by often raising up my heart to God whilst I am about them, and saying some short prayer to Him.

365. What should you do when you find yourself tempted to sin? When I find myself tempted to sin I should make the sign of the cross on my heart, and call on God as earnestly as I can, saying, "Lord, save me, or I perish."

366. If you have fallen into sin, what should you do? If I have fallen into sin I should cast myself in spirit at the feet of Christ, and humbly beg His pardon by a sincere act of contrition.

367. When God sends you any cross, or sickness, or pain, what should you say? When God sends me any cross, or sickness, or pain, I should say, "Lord, Thy will be done; I take this for my sins."

368. What little indulgence prayers would you do well to say often to yourself during the day? I should do well to say often to myself during the day such prayers as -

Glory be to the Father, and to the Son, and to the Holy Ghost; as it was in the beginning, is now, and ever shall be, world without end. Amen.

In all things may the most holy, the most just, and the most lovable Will of God be done, praised, and exalted above all for ever.

O Sacrament most holy, O Sacrament divine, all praise and all thanksgiving be every moment Thine.

Praised be Jesus Christ, praised for evermore.

My Jesus, mercy; Mary, help.

369. How should you finish the day? I should finish the day by kneeling down and saying my night prayers.

370. After your night prayers what should you do? After my night prayers I should observe due modesty in going to bed; occupy myself with the thoughts of death; and endeavour to compose myself to rest at the foot of the Cross, and give my last thoughts to my crucified Saviour.